

From the National Chair

In preparing this reflection, I became aware that it would be delivered to you on All Saints Day. What does that mean for us today?

As a child, I remember waiting patiently till I could choose my saint name for Confirmation and reading the Book of the Saints which we had in the classroom (Book 1 & 2). Stories of the lives of people filled with adventure, spirit, and for some gruesome death, or a peacefulness that was far from this world. What do Saints mean for me now? Working as a pastoral associate, my Parish Priest reminded me to “make friends with the Saints”. What did he mean? In their lives, Saints were ordinary people, who carried weakness just like us. But they show us how to live a life towards God. Isn't that just all about spiritual direction – listening deeply to where life is directed towards God.

Lucy Abbott Tucker's definition of spiritual direction helps me.

"God is present and active in every moment of life.

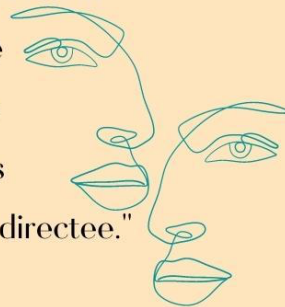
Spiritual direction is a conversation

between two people

as they listen for the

presence and actions

of the sacred in the life of the directee."



November 1st also reminds me to remember the ones who have gone before us, who have shown us how to live our lives directed to God. Memories, experiences, and sacred stories are all part of our journey.

With every blessing,

Rita Malavisi

CSD Australia News

CSD Australia Administration Workforce

Do you know anyone who could act as Treasurer/Membership Co-ordinator for CSD Australia. If you are interested or know anyone else who might be interested or willing to be involved please contact [Rita](#). More information such as job description/s will be developed shortly.



Spiritual Direction Graduate Offer

It has been the custom over the past few years that new graduates from the recognised Spiritual Formation programs are offered one year free membership. It's a saving for them of \$75. If you know anyone who is graduating, please let them know to contact us via [email](#).



Australian Ecumenical Council for Spiritual Direction Donation

An annual donation will be made to AECSA in November in appreciation of their support for the spiritual direction community in Australia. This donation is calculated at \$10 per member of CSD Australia.



CSD Australia Social Media

Thank you to everyone who continues to follow us on social media. Don't forget to Like our page and share with others. If you would like to contribute, please feel free to contact [Karen](#)

<p>Members Monday Profiles of our Members</p>	<p>Wednesday Wondering Inspiring words from one of our spiritual writers.</p>	<p>Freebie Fridays: Showcasing a range of free apps, emails, newsletters or retreats</p>

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CSD Australia Members

Profile of a Member

Dora Ghaitidis

I was introduced to spiritual direction while doing my Bachelor of Theology. Being keen to integrate my love for learning about God, and service, I became a pastoral carer and work in a private hospital. My passion for spiritual care led me to the Siloam Program at Heart of Life, I completed a Graduate Diploma in Spiritual Direction. At present I am completing a Master of Theology and a doing the Emmaus Supervision Program.

I am deeply aware of the privilege and honour of being invited into the sacred space of another and the Divine. I carefully cultivated and sustained my practice with a deep love for monastic wisdom, which helps guide and enlighten my contemplative prayer practice. I enjoy doing Christian retreats, where I can spend more time deepening my relationship with God and seeking God's healing grace. Retreats help me feel renewed and supported, particularly for the purpose of my spiritual care practice.



- Favourite Scripture:** Jeremiah 1:5 "Before I formed you in the womb I knew you, before you were born, I set you apart; I appointed you as a prophet to the nations."
- Favourite Book:** The Mystical Marriage, Spiritual Life According to St. Maximos the Confessor.
- Favourite Movie:** What Dreams May Come
- Memorable Moment:** The first time I held my daughters in my arms.

Dawn Colsey

My ordination as an Anglican Priest was in later life, after I had been a teacher of languages, mostly French and English, and after studying Theology, resisting the call from God to priesthood for too long. After Parish ministry I have been serving as Chaplain to the Anglican Mothers' Union. My formation for Spiritual Direction was with the Catholic Archdiocese of Adelaide and in the Ignatian tradition. From last year that has been my main ministry. I am aware of the holy ground which is ours as we make ourselves vulnerable together with our directees.



- Favourite Scripture:** The Annunciation to Mary in Luke 1, 38. "Here am I, the servant of the Lord." From the moment of truly hearing it, my path to ordination went ahead smoothly.
- Favourite Book:** I love reading, but have no one favourite book. I am very struck by Tim Winton's, "*the shepherd's hut*" for its subtle but powerful metaphorical message.
- Favourite Movie:** No favorite. I love the theme music from *The Mission*.
- Memorable Moment:** My moment was feeling so moved to see on TV the fire burning fiercely in Notre Dame Cathedral, Paris, and the steeple falling, causing much more damage. I was especially moved by the crowd of Parisians, young as well as older, fervently praying and singing "Salut, Marie."

Linda Carla Di Sipio

I am an Australian woman adopted by Sicilian parents and birthed by a woman from Abruzzo. I coincidentally married an Australian man whose family came from a short distance from where my family of origin lived in Abruzzo. My life is a series of wonderful stories like that, these stories show many coincidental links towards identity and belonging between my chosen Sicilian family and that of my origin. Sometimes I am Sicilian and sometimes I am Abbruzzese and sometimes I am also Australian. Understanding my roots helps anchor me in my purpose. I work as a Formation and Mission Education leader at St Vincent's Public Hospital Melbourne. In this role I provide experiences for the staff at St Vincent's to deepen their awareness of their encounters with the essence of the Mission and Values. These Mission and Values are anchored in the big story of the sisters of Charity. I particularly enjoy using the arts (in all its forms) as well as history to engage staff with this process. My spiritual direction training percolates through all the work I do.



Favourite Scripture: Psalm 139: 13-14 For you created my inmost being; you knit me together in mother's womb. I praise you because I am fearfully and wonderfully made.

Favourite Book: No favourite book at this time.

Favourite Movie: My Brilliant Friend.

Memorable Moment: When I was training as a spiritual director, a sister of charity offered me her prayer room to use with my pilgrims. When I entered the prayer room for the first time, I saw my late grandmothers arm chairs there. To my surprise I had donated these chairs to the sisters years ago and had forgotten about them. When I entered into the prayer room and sat on my grandmother's chair, I felt like I had come home to rest in the arms of my late nonna. These chairs are now in my office at work. They anchor me.

Catherine Solano

My forty years as a sister of mercy have been filled with rich experiences and blessings as well as personal challenges that I now recognise as precious gifts. I especially treasure the friendships with sisters, past students, staff, and co-workers that developed in each of the places where I ministered. As an educator I believe deeply in the value of lifelong and learning for our minds, bodies, hearts and souls. The opportunity to train as a spiritual director through the Claret Center in Chicago whilst completing theological studies in Interculturality was a welcome nudge from God and too good to miss, and it is an honour to journey with women and men in this way.



Favourite Scripture: (John 15:5ff) "I am the vine, you are the branches; remain in my love

Favourite Book: Year of Wonders - Geraldine Brooks

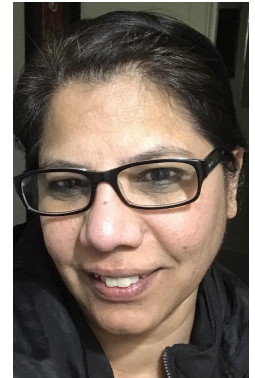
Favourite Movie: The Mission AND My Octopus Teacher

Memorable Moment: The first class of graduating teacher trainees in the Nuba Mountains of Sudan.

Anila Isaac

I am Sister of Mercy born and bred in Pakistan, I came to Australia over 10 years ago and have been involved in different ministries. Learning and Teaching is my passion and I have been involved in Catholic Education for over 25 years (both in Pakistan and Australia). I have been teaching young adults which is very rewarding.

I graduated from Heart of Life and hold a degree in Spiritual Direction. I have recently completed a course in Leadership Program in Cosmology through Deeptime Network USA; exploring Big Picture, Montessori Cosmic Vision and Education, Journey of the Universe, and Story of the Universe to name a few topics. I enjoy my ministry and provide spiritual direction online and in person. I live in Melbourne and meet people for spiritual direction at ISMAPNG office Heidelberg Road, Alphington. Through spiritual direction I strive to accompany directees to deepen relationships with the divine and grow in one's own spirituality. I encourage my directees to have regular sessions as it is important to build relationships. It is my joy and privilege to be with my spiritual directees.



Favourite Scripture: "My soul magnifies the Lord, and my spirit rejoices in God my saviour, for God has looked with favour on the lowliness of the Almighty servant."

Favourite Book: Five People you meet in Heaven by Mitch Albom

Favourite Movie: Girl with a Pearl Earring

Memorable Moment: Birth of my eldest niece. The memory of holding the newborn for the first time still warms my heart.

Katrina Zhang

I am a member of the Sisters of Mercy, Parramatta. I was born in China and have been living in Australia for many years, initially ministering in pastoral care at a hospital and in an aged care facility. I have always loved being with people and accompanying them in their life journey, deeply appreciating the uniqueness of each person. In 2019 I completed a Graduate Diploma in Spiritual Direction through Siloam, Heart of Life Centre and YTU in Melbourne. During my studies, I deeply experienced the love of God and felt strongly drawn to accompany others in their spiritual yearnings. Following completion of my studies in Siloam, I was blessed to be offered an opportunity to be a Spiritual Director at St Mary's Towers Retreat Centre in Douglas Park and have ministered there until the Centre's closure last month. I have loved, and still love to accompany people in their spiritual journeying, both in person and online. I feel this is an immense privilege that has been granted to me. I enjoy music, nature and quiet.



Favourite Scripture: Jesus said, "I am the Way, the Truth and the Life" (Jn 14:6)

Favourite Book: I don't have any favourite authors, but I do love reading non-fiction, especially biographies, autobiographies, and memoirs.

Favourite Movie: The Sound of Music

Memorable Moment: When I saw this magnificent tree at St Joseph's Spirituality Centre in Kincumber, I was stunned with its majesty and was deeply awed by its stature and strong root system. I was drawn to approach it, stand silently, in its embrace.

Elizabeth (Liz) Lee

I have a passion for fostering human connection through deep listening and a listening presence among the fringes. Through a relationship of 'attentive companionship,' I respectfully and reverently listen, notice, name and respond to what is unfolding in life. I explore with companions what gives life meaning and purpose as stories are shared, fears and anxieties, joys and delights, named and what is life-giving and life-denying discovered. I simply accompany others in their quest for the fullness of life as they grow in relationship with self, others and creation. Regardless of their relationship with Divine Presence, I offer a space that is holy and fosters spiritual intimacy. For 59 years I identified as Catholic, I am Catholic in my DNA, but I am more than my DNA. I am married, a mother, grandmother, theological research student, an occasional preacher and a Pastoral Supervisor as well as a Spiritual Companion.



- Favourite Scripture:** Not one but two- God said, "Let us make humankind in our image. To be like us. Let them be stewards of the fish in the sea, the birds of the air, the cattle the wild animals, and everything that crawls on the ground. Humankind was created as God's reflection: in the divine image God created them; female and male, God made them. Genesis 1:26-27 . And "I came that you may have life and have it abundantly" John 10:10
- Favourite Book:** Too hard to say but take a look at "Lost Connections" by Johan Hari.
- Favourite Movie:** Philomena
- Memorable Moment:** Walking the 'streetways' in the jail and knowing that I am the freest I have ever been in my life!

Honorary Member

Maureen Delaney RSC

For me Life is relationships.

Opportunities within CSD, as it has developed across the years, have invited me.

Early memories include my looking forward to the annual Conferences in different cities – Adelaide, Sydney, Melbourne, Hobart . . . the deepening friendships within these. International opportunities were rich at Milford, Ohio and at All Hallows in Dublin, as were my local studies in Melbourne and Sydney towards my B. Theology degree with its focus on Spirituality.

And too, my later years of being on teams like that at the Emmanuel Pastoral and Spirituality Centre in Launceston with Trish Dance RSJ, and my years at Currajeen Retreat Centre in Doreen, Melbourne with my RSC Sisters, Margaret Dwyer and Elizabeth Costigan. I note my deepening appreciation here of group supervision. Opportunities challenged deep listening, drawing me to God's Spirit within myself and within those with whom I walked.....



Being companioned and being a companion on the journey of life has been the lens through which I have walked. This continues to be so in my Retirement Village at Mernda, close to Currajeen's site, and too, with Parishioners, who remember their experiences there.

I continue to grow within the wonder of silence, the surprise of Sacred Scripture, the inspiration of Music, and Poetry, and the written Word, the challenge of lived experience, the warmth of Companionship, the learning that never ceases.

Thank you for being there, members of CSD!

CSD Australia Professional Development

You are welcome to join all or any of the monthly sessions planned for 2022. There is no cost or need for members to book. A zoom link will be sent to all members in the preceding week.

Non members are welcome to join and book through [trybooking](#).
Cost is \$20 per session for non members.

Intensive Journal Workshop: Saturday November 19th 9.00am - 12.00pm (AEDT)

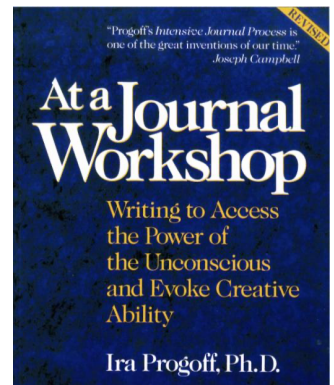
Join us for a three hour morning workshop presented by Kate Scholl from Eremos.

Is it time to pause and take a look at where / who you are?

The *Intensive Journal* process provides a means to clarify one's purpose, deepen relationships and live more authentically. We invite you to participate and engage with this wonderful process which connects us deeply to our inner resources and opens new awareness.

This method developed by Ira Progoff combines keeping a journal, with a structured format that enables you to get to know the inner core of your life on an ever-deeper level. It empowers you to gain a fuller perspective of your life and unlock hidden creative potential.

Our facilitator Kate Scholl has been leading *Intensive Journal*® workshops for over 30 years and is passionate about their potential for enabling one to live more creatively and genuinely. She is a highly skilled facilitator and deeply passionate about the potential for transformation the Journal enables.



FACILITATOR

Kate
Scholl



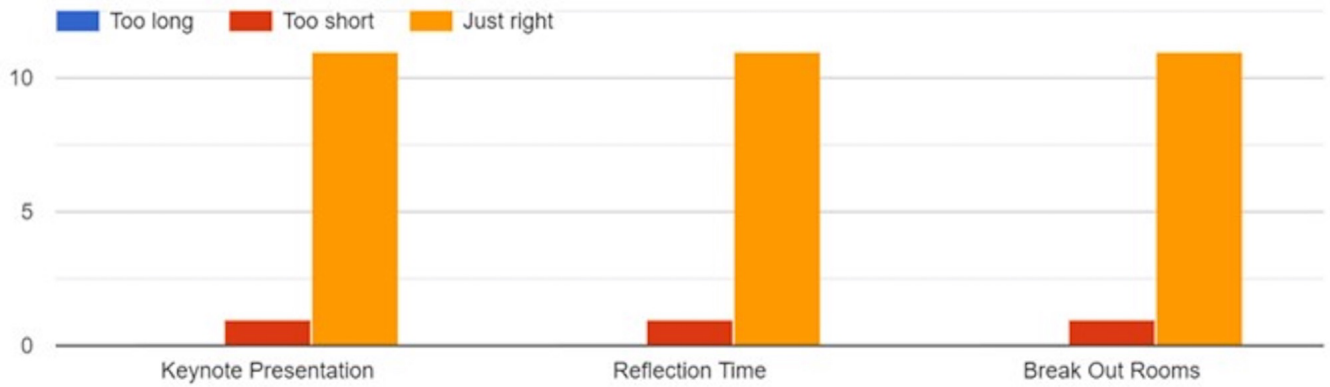
EREMOS
EXPLORING SPIRITUALITY IN AUSTRALIA

Professional Development Feedback

Here are some comments from participants from the last professional development.

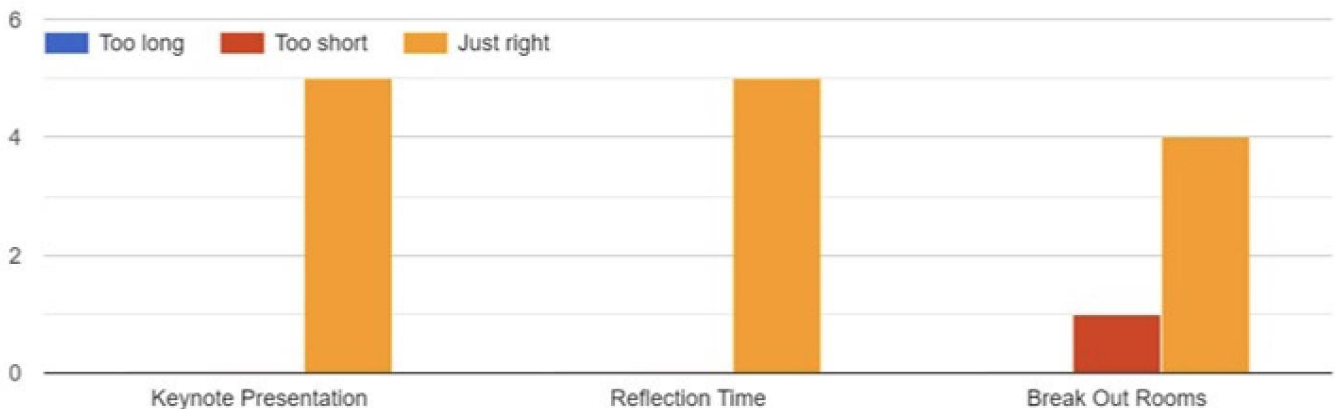
The Language of Silence with Sally Longley (September 2022)

- A very helpful topic for us doing spiritual direction. Silence is indeed a doorway to listening and being listened. Thanks a lot for the opportunity to deepen my understanding of silence in the context of spiritual direction as well as in relating to God, who is Silent itself!
- I enjoyed the flow of the day. The gentle interaction. Giving some personal examples
- The input was "dense" - there was much of it! Would have appreciated more reflective moments scattered throughout the input time: to absorb, to "apply" to our SD practice.... Would have appreciated reflective moments scattered throughout the input - time to absorb...time to "apply" to



Contemplative Supervision: An invitation to Grow with Lynette Dungan (August 2022)

- Her words could be applied to how contemplative am I in my direction session
- Remember the wider context among other things
- How important space and quiet is for me at present

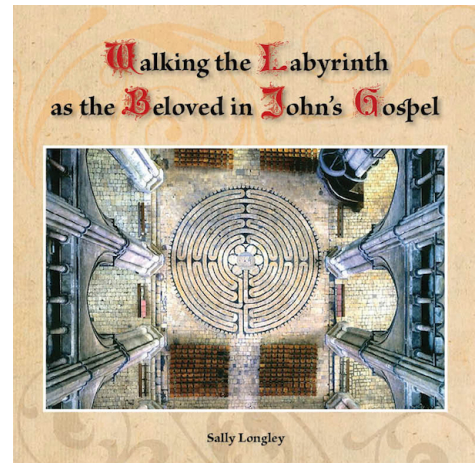


Book Review

“Walking the Labyrinth as the Beloved in John’s Gospel” by Sally Longley

Reviewed by Marie O’Shea sgs : Port Pirie, South Australia

This is a beautifully presented book of 160 pages. This square shaped and weighty hard covered book is now a prized prize for me. In regards to the cover my eye is drawn into the middle of the Labyrinth which is also the middle of the page and to the title with beautiful calligraphy in red for the initial letters of Walking, Labyrinth, Beloved, John’s and Gospel. Such letters are used throughout the book in Preface, Contents, Introduction and the headings of the 21 Chapters, Postscript and Appendix. The script is complemented with photographs of varying size. Being a visual person, I am drawn to them. They are a wonderful resource for Visio Divina. Sally explains Lectio Divina in Appendix B.



In her preface Sally says “this book was born as a way to provide guidelines and suggestions for labyrinth walks. Each type of labyrinth has its own gift. For those that do not have ready access to a labyrinth, the book is written in such a way that the approach is adaptable to any pattern, or a local walk through the streets around one’s home, or the finger labyrinth that accompanies this book.” Sally goes on to say, “The affirmation of each person’s belovedness to God is the unifying theme of the walks in this book.” Sally uses personal stories, images, words, symbols and metaphors to open up for us the central concept of John’s gospel, belovedness. Sally has a chapter on each chapter of John’s Gospel. Here is a sample of chapters. 1. Beginnings: Being deeply Known, 5. What is Between Me and Healing? 7. Deep calls to Deep, 11. If only...! 15. The Sap of Life, 19. In God’s Loving Gaze and 21 Into New Life.

In her Introduction Sally explains how John’s gospel is like a labyrinth journey. I found this very helpful as while I have seen a number of labyrinths I never really understood their purpose. I have not had it explained to me or read about it before. I appreciate the clear way Sally provides many suggestions of ways to walk the labyrinth with the themes from John’s Gospel. She suggests ways to walk into the labyrinth, ideas for when you reach the centre and for when you are walking out of it. Towards the end of each chapter there is a **Breath Prayer Walk** which is often a very short scripture passage or quote from a Christian writer. The last is **Journal Encouraging** the journaling of one’s reflections on their experience.

I like how Sally says, “there is no right way to walk the labyrinth. Walk and pray in whatever way suits you best.” What an aid to slow oneself down, become more centred and be present to ourselves and to God! *Walking the Labyrinth as the Beloved in John’s Gospel* is a valuable resource for Spiritual Directors.

Other News

Emmaus Supervision Program - Heart of Life

The Emmaus Supervision Program at Heart of Life is an unique and profound journey. Along the way you'll discover the art of being a great supervisor. You'll dive into the theory and be immersed in a community of practice. Supported small group work provides a powerful learning environment. Creative approaches to supervision through lived experience equip you in reflective practice. You'll graduate with confidence, wisdom and skill to provide discerning, competent, professional supervisory accompaniment.

[For more information](#)



Professional Supervision for Spiritual Directors - St Francis College

This course is intended to train people to work as:

Clinical supervisors of counsellors, therapists, social workers, youth and community workers

Pastoral supervisors of clergy, church workers and pastoral carers

Supervisors of pastoral care workers in hospitals and aged care facilities

Supervisors of students in training

This course will also allow for:

Supervisors to upgrade their skills and knowledge

Individuals to qualify for membership of professional supervision associations

[For more information](#)

ST FRANCIS
COLLEGE
SOUTHERN QUEENSLAND



Santa Casa Retreat Centre

Santa Casa, located in historical Queenscliff just 90 minutes from Melbourne on the Bellarine Peninsula in southern Victoria, is a sacred place of refreshment and nurture for body, mind and spirit. Santa Casa is available for Spiritual Directors to conduct retreats, workshops etc. [For more information](#)

