

The background of the cover is a photograph of a brick building with a courtyard. The courtyard has a paved walkway, a small tree, and some landscaping. The text is overlaid on a semi-transparent white box.

THE CARMELITE CENTRE SPIRITUALITY PROGRAM

a joint initiative of

**The Australian Carmelite Province and
The Parish of Port Melbourne/Middle Park**

**SEMESTER 1
FEBRUARY - JUNE 2010**

For information, bookings and administration
contact the Co-ordinators of the Carmelite Centre, Damien Peile and Irene Hayes,
210-214 Richardson Street, Middle Park Vic 3206
[email thecarmelitecentre@pacific.net.au](mailto:thecarmelitecentre@pacific.net.au)
Tel 03 9690 5430 (*If phone unattended, please leave a brief message*)

Information and bookings are also available at:
The Carmelite Parish Office, Level 1, 189 Rouse Street, Port Melbourne Vic 3207
Tel 03 9681 9600 Fax 03 9681 9608

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Welcome to Semester one of the 2010 spirituality program organised by the Carmelite Centre, Middle Park. The program has been organised across two semesters (Semester one: February – June and Semester two: July - November)

The programs in Semester one have been organised under the following broad headings:

- Lenten Program *Remember me*
- Health and wellbeing
- Carmelite spirituality
- General spirituality
- Retreat days
- Community
- Meditation
- Joint Carmelite library and Carmelite Centre programs

Our workshops and presentations have been organised for different days of the week and different times during the day to provide maximum opportunities for you to participate.

The cost for each 2 hour session is \$10 (concession \$5) and each full day session is \$15 (concession \$10) except where listed otherwise.

Please register for all workshops and presentations with the Carmelite Centre on Tel 03 9690 5430, or email thecarmelitecentre@pacific.net.au.

This will ensure that, in case of cancellation or unforeseen circumstance, we will be able to contact you.

Further information can also be obtained by contacting the Parish Office on Tel 03 9681 9600.

A registration form is included at the end of this document.



LENTEN PROGRAM – REMEMBER ME

from faith&life, Archdiocese of Brisbane

Lent is a prime time to nurture our prayer life. Like the gardener in Luke's gospel (Third Sunday of Lent) caring for the fragile fig tree, our prayer life needs time and careful attention. In the words of Henri Nouwen: 'We need a way of living in the Spirit by which all we are and all we do becomes a form of reminding ... This is what is meant by a prayerful

life; a life in which nothing is done, said, or understood independently of God.' This program will nourish and deepen our spiritual life as we journey to Easter and remember God's abiding love for each one of us.

For each week of Lent, *Remember me* provides: opening prayer; the Sunday Gospel; Gospel reflection; reflection and discussion questions; and closing prayer.

Facilitators: Damien Peile, Coordinator of The Carmelite Centre
Phil Roach, Parishioner and Teacher MacKillop College
Sally Diserio, Parishioner Our Lady of Mount Carmel,
Middle Park



Artwork: © Sr Dorothy Woodward RSJ

Tuesday 16th February 6.00 – 9.00 pm

Lenten Program One

Called by the Holy Spirit

The program commences at 6.00pm on Shrove Tuesday, the last day before Lent when it is traditional to eat pancakes. Pancake Day was originally celebrated because making such foods used up ingredients such as fat and eggs, whose consumption was traditionally restricted during fasting associated with Lent.

Just as Jesus was led by the Holy Spirit into the wilderness, we too are called to reflect on the power of the Spirit in our own lives and our call to grow in awareness of the Spirit in revealing wisdom and courage for us every day.



Artwork: © Sr Dorothy Woodward RSJ

Wednesday 24th February 7.00 – 9.00 pm

Lenten Program Two

Come to the Mountain to Pray

The Transfiguration of Jesus reminds us of Christ's divinity and also the central invitation for us during Lent to 'pass over' from our humanity to be raised up to share in the divinity of Jesus. Like Peter, we can affirm that it is good for us to be here. The challenge throughout Lent is to recognize the myriad of opportunities to renew the Ash Wednesday invitation to 'turn away from sin and live by the Gospel'



Saturday 27th Feb, 10.00am – 4.00pm

Health, Wellbeing and Healing Workshop

Relax the Body – Quieten the Mind!

A workshop to gain increased inner peace, vitality and wellbeing. You will learn practical steps to developing a practice of meditation as well as tips to ease stress, pain and old injury with the Feldenkrais method.

Facilitators: Peter Thomas and Ruth Avery

Peter will lead a meditation process with practical techniques to develop personal harmony. Ruth will present a series of gentle sequential physical movements to experience easier flexibility, coordination and comfort in sitting and standing.

Cost: \$60.00 (\$50.00 Concession)

Wisdom enters through love, silence, and mortification. It is great wisdom to know how to be silent and to look at neither the remarks, nor the deeds, nor the lives of others.

St John of the Cross

MARCH



Artwork: © Sr Dorothy Woodward RSJ

Wednesday 3rd March 7.00 – 9.00 pm

Lenten Program Three

Coping with Hardship and Suffering

This week we are asked to reflect on how our faith helps us cope when ‘bad things happen to good people’! We pray for the needs of everyone struggling to know the graciousness of God. We share the human search for meaning in everyday suffering and explore how to use these as an opportunity to hear God’s word with hope and peace.

Tuesday 9th March 10.00am – 2.00 pm

Spirituality Network Meeting.

The Carmelite Centre will host the meeting of the statewide network of representatives from Spirituality Centers from Victoria.



Artwork: © Sr Dorothy Woodward RSJ

Wednesday 10th March 7.00 – 9.00 pm

Lenten Program Four

Love and Forgiveness

The famous parable of the father and his two lost sons can help us reflect on our attitudes. We hear at the heart of St Luke’s Gospel how goodwill and acceptance applies in all relationships. This is not just the parable of the prodigal son. It is also the parable of the elder brother and of the grieving father.

Monday 15th March 10.00am – 12.30pm

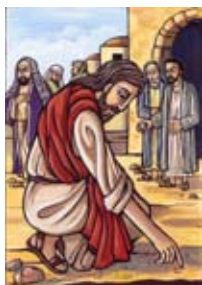
“Empowering Women to end Poverty by 2015”

International Women’s Day Morning Tea and Discussion

Women disproportionately suffer the burden of poverty. This year, International Women’s Day is about recognizing women’s contributions and realizing and protecting their rights. Empowering women to end poverty includes:

- Action taken to promote greater involvement of women in public life.
- Legal and social programs that give women protection from violence.
- Promotion of social change which encourages more equitable sharing of domestic burdens.
- Girls and women enabled to gain greater access to technical training and information and communication technologies.
- Needs and rights of women given greater priorities when public services are being reformed.

Facilitator: Anne Boyd csb



Artwork: © Sr Dorothy Woodward RSJ

Wednesday 17th March 7.00 – 9.00 pm

Lenten Program Five

The Healing Power of God's Grace

Like the adulterous woman in this Gospel story, we too are in need of Christ's compassion. When Jesus challenged those who had not sinned, to be the first to throw a stone, he reminds us all that we need to forgive others and not condemn.



Saturday 20th March 10.00am – 4.00 pm

Yoga as a Treatment for Binge Eating Disorder

This workshop will introduce some alternative ways to think about maintaining a healthy body weight. For example, should we focus on prevention of weight gain or weight loss? There will be information on negotiating the maze of dieting and exercise advice, examining learned behaviors and following one's personal path. Participants will also learn about and experience how Yoga can assist in mindfulness and prevention of weight gain.

Facilitators: Barbara Brian, Agama Yoga Centre, Middle Park
 Dr Shane McIver, lecturer and researcher, Health and Social Development, Deakin University



Artwork: © Sr Dorothy Woodward RSJ

Wednesday 24th March 7.00 – 9.00 pm

Lenten Program Six

Seated at the Table of the Lord

Like a dying parent, Jesus is trying to tie up loose ends, to reconcile differences, to encourage hope, to give strength, all of this from a profound love for that very human group – his disciples. We too are followers of Jesus, but like Peter are at times full of bravado in what we say, but find it hard to live out. Jesus desired so eagerly to share the meaning of his ministry and life with the disciples, but most of it was missed by them!



Port Melbourne/Middle Park Parish Easter Ceremonies

Passion Sunday 27-28 March 2010

6.00pm: Vigil mass at Mount Carmel on Saturday 27 March 2010;
9.00am: mass at Saint Joseph's on Sunday 28 March 2010;
10.30am: mass at Mount Carmel on Sunday 28 March 2010.

Holy Thursday 1 April 2010

9.00am: Morning Prayer – both churches;
7.30pm: Mass of the Lord's Supper – both churches.

Good Friday 2 April 2010

10.00am: Morning Prayer – both churches;
3.00pm: Good Friday Ceremonies – both churches.

Holy Saturday 3 April 2010

10.00am: Morning Prayer – both churches;
7.30pm: Easter Vigil at Mount Carmel.

Easter Sunday 4 April 2010

9.00am: Easter Sunday mass at Saint Joseph's;
10.30am: Easter Sunday mass at Mount Carmel



HEALTH & WELLBEING SERIES

Thursday 15th April 7.00 – 9.00 pm

'Coping with Depression and Anxiety – Session One'

Most people know someone suffering from depression – which is more than just a low mood. Individuals and families can be confused about how to manage either themselves or others experiencing depression. Depression can result in difficulty functioning in everyday activities.

One in five people experience depression at some stage in their lives.

This session will cover:

- Types of depression
- Signs and Symptoms
- What puts a person at risk
- Treatment options
- Helping others

Facilitator: Michael McGartland, Principal Clinical Psychologist, Alfred Health.

Thursday 22nd April 7.00 – 9.00pm

'Coping with Depression and Anxiety – Session Two'

While some people feel anxious occasionally, others experience anxiety so intensely it negatively affects their everyday lives. Anxiety disorders are more than stress – which is a normal reaction to everyday pressure.

This session will help you understand:

- Types of Anxiety Disorders
- Recognizing signs and symptoms
- Treating options
- Helping others

Facilitator: Michael McGartland, Principal Clinical Psychologist Alfred Health.



Saturday 24th April 10.00am – 4.00 pm

Cardinal John Henry Newman – Spirituality, Conscience, Ecumenism and The Church Today

In light of the proposed beatification of Cardinal Newman this year, the Carmelite Library and the Carmelite Centre invite you to be part of a seminar on the man and his ideas. John Henry Newman was an Anglican who converted to Roman Catholicism. A theologian, spiritual writer and poet, he was an advocate of orthodoxy in religion and the primacy of conscience. This is a session not to be missed. Impressive guest presenters will take you on the Newman journey.

- Fr Austin Cooper OMI AM – Lecturer in Spirituality and Church History
- Peter Price M.Min, Ph.D. – Chair Department of Theology: Mission and Ministry, Yarra Theological Union
- Kelvin Curnow -
- Peter Thomas - Producer/Director/Writer of the Newman College commissioned “Newman, A Man for Our Times”



Thursday 29th April 7.00 – 9.00 pm

Ageing and Retirement

Ageing is inevitable and happens to all of us day by day. With the increasing number of ‘older’ people in our community and advances in health and science we are living longer. However, ageing does bring its own challenges in every aspect of our life – spiritually, physically and emotionally. Not everything has to decline with age! This session will be like a forum where each of these aspects will be covered.

Facilitators: Eddie Paulsen, Council on the Ageing, Victoria Parishioners Dr Jim McCarthy and Dr Frances Galvin

CARMELITE SPIRITUALITY

Wednesday 12th May 7.00 – 9.00 pm

Carmelite Spirituality – The Scriptures and Carmelite Spirituality

Carmelite Spirituality finds its initial inspiration in the biblical figures of Mary and Elijah – both profound examples of the contemplative and prophetic spirit that lies at the core of the Carmelite tradition. At the centre of the Carmelite Rule is the injunction “to ponder day and night the law of the Lord” and hence the scriptures remain at the heart of all Carmelite spirituality and is especially exemplified in the great mystical teachers who have belonged to the Carmelite family.

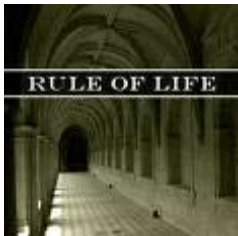
Facilitator: Hugh Brown ocar

Monday 17th May 7.00 – 9.00pm

Timor Leste – Current Situation and brief history

In addition to providing a brief overview of the history of East Timor, Patsy Thatcher will describe the very different cultural traditions and institutions that govern the everyday life of the Timorese people as well as discussing Timorese values and mores. Hear the many stories gained from years of experience working and living in East Timor. Come along and understand more about the Australia-East Timorese relationship and why it is important to maintain this.

Facilitators: Patsy Thatcher, Social Anthropologist
Sr Rosemary Patterson rsm, East Timor Mission
Coordinator for the Carmelites



Wednesday 19th May 7.00 – 9.00pm

Carmelite Spirituality – Living the Carmelite Rule within Enclosure in the 21st Century

There is an increasing need for contemplation in our world and not everyone is called to live an enclosed way of life, but an insight into this way of life can inspire all and increase our understanding of its meaning in today’s world.

Facilitator: Maria Hughes ocdm – Carmelite Monastery, Wagga Wagga



Saturday 22nd May 10.00am –3.00 pm

'Taking the time'

a retreat experience with Adrian Jones - DAY 1

As we go through the day, we often wonder about the heart-tugging questions that sit at the back of the way we live. *Taking the time* is a program which will begin

on Saturday May 22nd continue during the week and conclude on Saturday May 29th. Those who cannot come on both Saturdays are most welcome on either day.

Participants will be invited to notice what tugs at their heart, what are the desires that give direction to their life. They will be introduced to ways to explore those desires and to pray with them so as to meet the creator God who is at the heart of them. People will be offered ways of continuing to reflect and pray during the coming week. Each person will be free to do whatever they are able and want to. There will be no expectations.

BYO lunch, tea and coffee provided. Please bring your copy of a bible and writing material.



Wednesday 26th May 7.00 – 9.00 pm

Carmelite Spirituality – Lectio Divina or Spiritual Reading as Prayer

We are a community centered on the Word of God. Learn and experience this 'Sacred Reading' – the prayerful and attentive reading of the Word of God which sustains us not just in the Liturgy of the Hours and the Liturgy of the Word at Mass, but as we go about our day to feed off this prayer to truly be people of The Word.

Facilitator: David Hofman ocar

Saturday 29th May 10.00am – 3.00 pm

Retreat with Adrian Jones – DAY 2

(Those who cannot come on both Saturdays are most welcome on either day.)

Participants will be able to reflect further on their journey and be offered different ways to pray that suit their needs. Taking the time can be the chance for people familiar with making a retreat to do so. Importantly we hope that it might be an encouragement to people who have not done so to include a time of retreat and reflection in their spiritual journey.

BYO lunch, tea and coffee provided. Please bring your copy of a bible and writing material.



MEDITATION SERIES

Meditation is not a way of doing, but a way of becoming – becoming ourselves and coming to self knowledge. If you are seeking a deeper understanding of yourself and others and looking for a way towards inner peace, then meditation may be what you have been looking for.

This Introduction to Meditation will be held over 3 weeks with 2 timeslots on the same day each week – 11.00am and 7.00 pm. These are repeat sessions.

No experience necessary as even those who have been meditating for years are still beginners.

Tuesday 8th June– 11.00am – 1.00 pm and 7.00 – 9.00 pm (repeat sessions)

What is Meditation? How to Meditate?

This introductory session will seek to answer many of the myths associated with meditation and provide some practical advice on the techniques of meditation practice. A period of meditation together with meditative practices is included.

Facilitator: Peter Thomas

Tuesday 15th June– 11.00am – 1.00 pm and 7.00 – 9.00 pm (repeat sessions)

Living Awareness/Inner Experience

This session will concentrate on entering deeply into the present moment. We will discover that when we are ‘mindful’ we begin to appreciate the nature of reality and this insight liberates us from much of the confusion that is part of modern life.

Facilitator: Peter Thomas



Thursday 17th June– 10.00am – 4.00 pm &
Saturday 19th June– 10.00am – 4.00 pm
Find out about The Carmelites – Two Days

Have you ever been curious to find out more about the Carmelites? We are offering a discovery day for you to experience our unique charism. Using two introductory booklets as our focus, we will explore the main elements of Carmelite Spirituality in the context of Christian history and the background of the Order. Further discovery days will be offered for those wishing to delve a little deeper into life as a Carmelite.
Facilitators: Lay Carmelites Sue Stuckey and Teresa Paradowski

Tuesday 22nd June 11.00am – 1.00 pm and 7.00 – 9.00 pm (repeat sessions)

The Fruits of Meditation

Although meditation is not a drug to make us oblivious to life's problems it does help us see what we must do and what we must NOT do to bring about harmony within ourselves and in society. For those with a religious belief it can deepen one's spirituality. For those seeking to lessen anxiety it can have beneficial results.
Facilitator: Peter Thomas



Saturday 26th June, 10.00am – 4.00pm
Health, Wellbeing and Healing Workshop

Relax the Body – Quieten the Mind!

A workshop to gain increased inner peace, vitality and wellbeing. You will learn practical steps to developing a practice of meditation as well as tips to ease stress, pain & old injury with the Feldenkrais method.

Facilitators: Peter Thomas & Ruth Avery

Peter will lead a meditation process with practical techniques to develop personal harmony. Ruth will present a series of gentle sequential physical movements to experience easier flexibility, coordination and comfort in sitting and standing.
Cost: \$60.00 (\$50.00 Concession)

Also available through The Carmelite Centre...

Spiritual Companionship

The word spiritual direction first off evokes an image of some wise person giving good advice to someone about their way to God. It needs to be said that this is not the primary meaning of the practice even though at some time good advice may be given.

Spiritual direction refers to the whole process whereby the direction of a person's journey in the Spirit can become clearer. It involves a three way meeting of the director or companion so called, the person seeking spiritual direction and God's Spirit for whose presence the two people make way by their approach to spiritual direction.

The person coming for direction brings their experience of the ordinary events of their life. The director listens to their experience as they relate it and by their attentiveness enables the person to notice how God's Spirit is moving in their life. The person is then free to respond to God's invitation.

Who are the people who might seek spiritual direction? Often they are people who have come across some challenge on their faith or spiritual journey and cannot find guidance in dealing with the challenge. They may be people who feel they want more from the journey and cannot find a way of moving on.

Spiritual Directors can be contacted through the Carmelite Centre:

- Fr Jim De Laurier oarm
- Fr Matthew McPhee oarm
- Catherine Smith, and
- Adrian Jones

Weekly Meditation – Tuesdays 7.00 pm

A community of very ordinary people meets in the Malone Room (just inside Carmelite Hall on left hand side) on Tuesdays at 7.00 pm.

Experience the benefit of meditation as a way of bringing peace, harmony and joy to your life. No particular meditation technique is prescribed although suggestions are given to newcomers to help find their own way. Meditation is a way to assist us to live a 'mindful' life to enhance our day-to-day awareness by living in the present moment. No experience necessary and there is no cost. Everyone welcome.

'Good Grief' Support Group

The experience of any loss (death, illness, growing older, changes in employment) can be like enduring a fierce storm at sea. Sometimes we feel swamped and overwhelmed. Other times, the storms settle for a while only to return later. Most of us experience these storms and survive.

The Carmelite Centre is inviting you to explore your experience of these stormy life events and to learn of the ways you have managed to 'stay afloat'. Join with others to find ways of learning to live with your particular loss in a confidential setting. The group encourages respect for individuals and provides opportunities for mutual support.

Meetings are held in the O'Connor/Pilkington Rooms on the third Monday of each month (except May) at 7.00 pm and are facilitated by Damien Peile, accredited Loss and Grief Counselor.

For more information contact Damien Peile on 0419 503 421 or Irene Hayes at the Carmelite Centre office – 03 9690 5430 or e: thecarmelitecentre@pacific.net.au

Christ has no body on earth but yours, no hands but yours, no feet but yours.

Yours are the eyes through which Christ's compassion for the world is to look out.

St Teresa of Avila

CARMELITE LIBRARY PROGRAM

Tuesday 8th June – 7.30pm

Spirituality as an Academic Discipline

Conducted as part of the anniversary celebrations of the Melbourne College of Divinity

Presenters: Austin Cooper OMI and Michael Smith SJ

THE CARMELITE LIBRARY

The Carmelite Library is a library of spirituality and mysticism, unique in Australia. It serves the needs of researchers, students and anyone involved in the spiritual journey. You are welcome to join the Library, thus becoming part of a wide community of borrowers and readers.

The Librarians are there to assist you with registration, directions, loans and any questions, general or reference.

The Carmelite Library is situated in the Carmelite Hall at 214 Richardson Street, Middle Park 3206.

Phone: +61 (03) 9682 8553

Fax: +61 (03) 9699 1944

librarian@carmelitelibrary.org

www.carmelitelibrary.org

www.anztl.org

The Library hours in 2010 are:

Tuesday 12 noon - 8pm

Wednesday, Thursday & Friday 9am - 5pm

Closed Mondays

The Librarian, Philip Harvey, and library staff (Susan Southall and Tim Hennessy) are there to assist you with registration, directions, loans and any questions, general or reference.

THE FACILITATORS

RUTH AVERY

Ruth is a Feldenkrais practitioner. Having completed a four year course Ruth graduated from the Melbourne International Feldenkrais Training Program in 2001. She has worked with people from professionals to children, improving their skills in performance in a range of settings.



ANNE BOYD CSB

Anne is a Brigidine sister with a long history of involvement in Catholic Education at primary, secondary and tertiary levels. In recent years she has fulfilled a growing desire to explore the inter-relationship between ecology and spirituality.

Anne is currently the co-ordinator of the EarthSong Project, sponsored by seven Religious Orders in Victoria. She enjoys gardening and bush walking and is an avid follower of the Western Bulldogs!

The focal points of EarthSong's programs are literacy, spirituality and ethics. We seek:

- to raise awareness around the emerging new cosmology and the growing communion between the various aspects of human knowledge and endeavour in the light of this cosmology
- to develop new ways of honouring and celebrating the sacredness of all creation
- to promote a new ethical structure that recognizes and protects the integrity of all life forms on planet Earth.

These aims are implemented through an educational and experiential approach.

Wherever possible, the aims of the project will be achieved in collaboration with other groups and organizations with similar visions, hence the programs are offered in a range of venues and often in response to invitations.



BARBARA BRIAN

Barbara Brian is the founder of the very busy Agama Yoga Centre in Middle Park. She has been teaching yoga for 20 years for people of all ages and stages of health. Barbara is highly sought after for teaching and training in Yoga both locally and overseas.



HUGH BROWN OCARM

Hugh Brown is a Carmelite priest currently working within the Diocese of Sale as Parish Priest of Churchill and Chaplain to Monash University, Gippsland. Early in his ministry, Hugh taught Theology and Biblical Studies at the Yarra Theological Union, Box Hill and McAuley Teachers College, Mitchelton before it became the Queensland Campus of the Australian Catholic University. After that, he spent 8 years as Principal of Whitefriars College, Donvale and then Parish Priest of Our Lady of

Mount Carmel, Middle Park and St Joseph's Parish, Port Melbourne. Prior to coming to Churchill, Hugh worked for the Catholic Education Office in the Diocese of Sale as the Secondary Educational Consultant and continues to teach Biblical Studies in the Scalan Program of the Diocese which aims to equip leaders in Catholic Education with an introduction to both Theology and Biblical Studies. He also conducts seminars for parishes and schools in the areas of leadership and the formation of Christian communities.



AUSTIN COOPER OMI

Austin Cooper OMI AM MA (CUA) PhD (Monash) has taught at Catholic Theological College for over 30 years where he is Senior Fellow and Head, Department of Church History, Department of Pastoral and General Studies. He is one of Australia's leading authorities on the Oxford Movement of the 19th century and has written extensively on English mysticism. Austin has also published works on Julian of Norwich and The Cloud of Unknowing and many articles on modern history and the history of English Spirituality. In 2004 he was made a

Member in the Order of Australia (AM) for services to theological education.

KELVIN CURNOW

Kelvin Curnow has completed a thesis on Cardinal Newman, focusing on the contentious Tract 90.



FR JIM DE LAURIER OCARM

Jim De Laurier is a Carmelite of many years and has a deep love for Carmelite spirituality. He is a degreed and certified Pastoral Counselor and Spiritual Director with considerable experience. Jim has accompanied people in Africa, America, Europe and now in Australia. He has worked in an ecumenical Pastoral Counseling Centre in marriage and family counseling, was spiritual director for Carmelite students for over ten years and has many years of experience in giving Days of Recollection and Retreats. Before coming to Australia, Jim was the Director of the National Shrine of Our Lady of Mount Carmelite in the United States. Currently, his ministry is the pastoral and spiritual care of the Lay Carmelites of Australia. Jim is a warm and compassionate person, a good listener with the ability to help people at significant points in their lives.



SALLY DISERIO

Sally Diserio has been a member of the parish community at Middle Park since the early 1990's when she brought her first child to be baptized. Sally has been active in parish life during most of that time including five years on the Parish Pastoral Council. She also became involved with The Kilbride Centre as a parish representative during its initial set-up and has stayed closely connected, predominantly by running cooking classes and catering for various functions. Sally is a firm believer in the importance of community and works hard in various arenas to promote friendship and connection.

DR FRANCES GALVIN AND DR JIM MCCARTHY

Dr Galvin and Dr McCarthy served the community of Colac as general practitioners for 36 years up until their retirement in 1995, and then followed by 10 years as relieving locums in rural Victoria and southern NSW. They now live in the parish and maintain an interest in local community activities.



DAVID HOFMAN OCARM

David is a member of the Carmelite Province of Australia and Timor Leste and parish priest at the Carmelite Parish of Port Melbourne and Middle Park. He is also Convenor of the Carmelite Centre and Director of the National Shrine of Our Lady of Mount Carmel, Middle Park. He has written on liturgy, music, ministry and church architecture for Liturgy News and Summit magazine.

He has given talks, workshops and practical sessions on sacraments, theology, liturgical music and various forms of prayer, including *Lectio Divina*, in both Melbourne and Brisbane.



ADRIAN JONES

Adrian Jones has been leading courses in spirituality and conducting retreats for over 30 years. He has a strong interest in Carmelite spirituality and at present serves on the commission to promote Carmelite spirituality and life. He completed the course in spiritual leadership at Loyola University Chicago and is an accredited spiritual director. Adrian is married and lives now with his wife Maureen in Melbourne. They lived for 20 years on a farm near Foster in South Gippsland where they were able

to express their love for the land and the giftedness of the fragile universe of which we are part. Maureen and Adrian love their garden and find in it great personal refreshment. Adrian's desire as a presenter of programs at the Carmelite Centre is to encourage people no matter where they find themselves to engage with their unique journey of life.



MICHAEL MCGARTLAND

Michael McGartland has worked as a clinical and counseling psychologist and academic for more than 30 years in public psychiatric, university and private practice settings. This has involved him in many activities such as running the Ansett Fear of Flying course, setting up a university research centre, sitting on government and industry advisory committees, and teaching a wide range of health practitioners and students. He is a longstanding member of the Board of the local Community Health

Service. Throughout all of this he has maintained a love of clinical practice. Currently Michael is the Principal Clinical Psychologist at Alfred Health and he runs a private practice. He and his family live locally.

DR SHANE MCIVER

Dr Shane McIver is a lecturer and researcher within the School of Health and Social Development, Faculty of Health, Medicine, Nursing and Behavioral Sciences, Deakin University. He has studied at local and international Universities, including La Trobe University and the University of California, Santa Barbara. His main field of interest, teaching and research is Health Promotion, specializing in alternative and complementary therapies, specifically meditation-based approaches to health and wellbeing. He is currently writing a book based on findings from his doctoral thesis.



FR MATTHEW MCPHEE OCARM

Matthew has extensive experience walking the journey of faith with people of all ages and stages. As well as previously directing prayer houses across Australia, Matthew has a practical, warm and intuitive manner and believes God is ever present in our hearts and minds. His approach to spiritual companionship is based on learning to know God's love and how to deepen one's trust and awareness of this love – which is at our fingertips.



TERESA PARADOWSKI

Teresa Paradowski made contact with Lay Carmelites for the first time in 1981 during the centenary celebrations of the Carmelite Friars arrival in Australia. She was received into the Third Order in July 1984 and did her formation by correspondence. Teresa's First Profession was in August 1986 and Profession for Life on 9 July 1989.



ROSEMARY PATTERSON RSM

Rosemary Patterson is a Mercy sister whose working background has mainly been in primary education being a principal and teacher in migrant and inner city primary schools. In order to learn a little more about Catherine McAuley's choice of being founded for the poor, Rosemary worked in a housing commission area. In October 2000 Rosemary went to East Timor where she lived and worked for three years. In this time she worked with the Jesuit Refugee Service as a Teacher Educator and English teacher.

Later Rosemary moved to Baucau continuing to work as a teacher educator with the Marist brothers. Presently, Rosemary is the East Timor Mission Coordinator for the Carmelites and visits East Timor for two months each year.



EDDIE PAULSEN

Eddie held senior executive positions in the financial services and funds management industries for over 30 years.

Since retiring from active management, he worked with one of the world's largest provider of outplacement services developing strategies and plans for them and their clients around the issues of an ageing workforce and the management of that issue both from employer and employee perspectives.

He sits on a number of Boards and Committees and was also a COTA Board member and Treasurer for 3 years. Eddie is assisting COTA with their Transitions Through Retirement project and also presents talks on depression for Beyond Blue through COTA.



DAMIEN PEILE

With qualifications in theology, social work and counseling, Damien's professional life has been spent in assisting people find psychological and spiritual meaning in their life.

Currently, Damien works as a counselor at the Alfred Hospital and has broad experience in individual and group work exploring themes of grief, loss and transition. He is also an experienced mediator and relationship counselor having worked in organizations including Centacare Family Services and in private practice. His work reflects his own

psychological and spiritual journey addressing the question of 'where do I find God in my life'. Damien's recent encounter in overcoming cancer has confirmed his belief that we meet God in life in order to find life in God. He lives with his wife Irene in Southbank.



PETER PRICE

Peter Price M.Min, Ph.D. lectures in Pastoral Theology and is Chair of Theology at Yarra Theological Union. He completed a doctoral thesis on John Henry Newman last year. Besides lecturing at YTU, he has provided planning consultancies to Parishes in Melbourne, to the Diocese of Ballarat, the Australian Bishops' Conference Working Group on Parish Pastoral Councils, and to the National Bishops' Conference of Papua New Guinea. His passion is in Church History.

PHILIP ROACH

Philip Roach has been a member of the parish community at Middle Park since the mid 1990's and has been active in parish life during this time including involvement in Aboriginal Reconciliation initiatives. Phil is a dedicated teacher at MacKillop College and regularly participates in parish activities promoting learning and supporting others.



CATHERINE SMITH

Catherine is married with four adult children and four grandchildren. She was born in New Zealand and spent her first 50 years there.

Catherine began to consciously recognize her spiritual journey in her mid thirties when a priest introduced her to contemplative prayer and retreats. This began an exciting time where her faith blossomed and she discovered a God, not to be feared, but who loved her uniquely and unconditionally. Parish life was alive and

life-giving and Catherine became involved in many aspects of this. To witness others discovering and deepening their spiritual journeys as she listened to their individual stories, energized and often times amazed her.

Ten years ago Catherine moved to Melbourne after a short period in the United States. Melbourne is now her home where she enjoys living in this busy multicultural city. For the last eight years Catherine has been a Catholic Chaplain at the Women's prison in Deer Park where she is privileged to listen to the diverse and individual stories of the women there. Some have discovered for the first time, a God of Surprises, one who loves them intimately. It was during this time that Catherine undertook formal training in Spiritual Direction.

Catherine has been a parishioner of Our Lady of Mount Carmel for the last two and a half years. She is involved in the R.C.I.A. program and again privileged to listen as participants deepen their awareness of the mystery of God in their everyday lives.

Catherine is also involved with a Women's Spirituality Centre in Brunswick.



SUE STUCKEY

Sue Stuckey is a Lay Carmelite from New South Wales. She is Formator for the Lay Carmelite Communities at Jamberoo and Wollongong and is at present studying Carmelite Spirituality through the Carmelite Institute in Washington. Sue is a Resource person for the Lay Carmelite National Council of Australia.

PATSY THATCHER

Patsy Thatcher began her working life as a trained nurse and then as a mature age student became a social anthropologist whose post-graduate study covered the refugee/migrant experience of the East Timorese born in Australia from 1975 to 1999. As a consequence of this study, and later because of commitments to various projects in Timor Leste, Patsy visited, lived and travelled there every year from 1990 until the present.



PETER THOMAS

Meditation

A filmmaker by profession Peter has gained an interest in meditation due to his involvement in producing television programs about ascetical people and communities.

A teacher of meditation his eclectic knowledge is drawn from his study with the Dalai Lama in India, Thich Nhat Hanh in France and Christian monastic life in both Australia and overseas.

Producer of many television documentaries about indigenous issues he won a United Nations Peace Prize in the category of Indigenous Issues for his SBS – TV documentary, “Sacred Stones”.

Registration Form

Registration is essential for all talks/events, except Tuesday night meditation.
Payment can be made at the door.

Please register by phone to:

The Co-ordinators of the Carmelite Centre, Damien Peile and Irene Hayes
on Tel 03 9690 5430 (*If phone unattended, please leave a brief message*)
email: thecarmelitecentre@pacific.net.au

Information and bookings are also available at:

The Carmelite Parish Office, Level 1, 189 Rouse Street, Port Melbourne
Tel 03 9681 9600 Fax 03 9681 9608

Name: _____

Address: _____

Post Code: _____

Telephone/mobile: _____

Email: _____

I wish to enrol for:

Program Title _____ Date ___/___/10 Time _____

Program Title _____ Date ___/___/10 Time _____

Program Title _____ Date ___/___/10 Time _____

Program Title _____ Date ___/___/10 Time _____

**Cost per program session \$10 or \$5 concession
unless otherwise indicated**

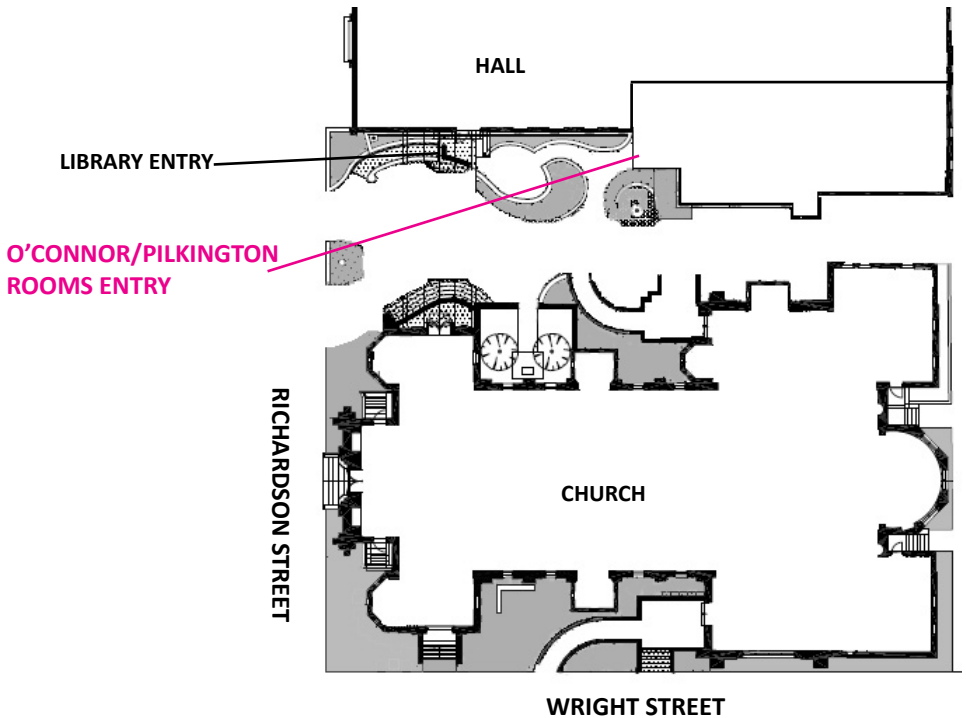
All talks/events are held in the O'Connor/Pilkington Rooms at the
Carmelite Centre, 210-214 Richardson Street, Middle Park
(between the Church and Hall)

See over for directions ➡

Please remove along this line



The O'Connor/Pilkington Rooms
The Carmelite Centre
210-214 Richardson Street
Middle Park



Tram 112 from Collins Street to cnr of Mills and Richardson Streets and
Tram 96 from Bourke Street to Wright Street stop on the light rail
Mel Ref 2K C 10.