

THE CARMELITE CENTRE PROGRAM

a joint initiative of

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

SEMESTER 2

JULY - DECEMBER 2010

We live in a world full of injustice and disquiet. It is our duty to contribute to be in solidarity with the sufferings of those who are marginalised; to share in their struggle for justice and peace; and to fight for their total liberation, helping them to fulfil their desire for a decent life. We cannot turn a deaf ear to the cry of the oppressed who plead for justice. ... Social reality challenges us. Attentive to the cry of the poor, and faithful to the gospel, we must take our stand with them...

Excerpt from Carmelite Constitutions (1995) nn. 111-114

For information, bookings and administration
contact the Co-ordinators of the Carmelite Centre, Damien Peile and Irene Hayes,
214 Richardson Street, Middle Park Vic 3206
[email info@thecarmelitecentremelbourne.org](mailto:info@thecarmelitecentremelbourne.org)
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 Two of the 2010 Spirituality program organised by the Carmelite Centre, Middle Park.

This semester the sessions are organised under the following broad headings:

- Spirituality
- Interfaith
- Social Justice
- The Life Journey
- Family Program
- Christmas Celebration
- Carmelite Library Program

The sessions have been organised for different days of the week and different times to maximise your opportunities to attend and participate.

The usual cost for each 2 hour session is \$10.00 (concession \$5.00) and each full day session is \$15.00 (Concession \$10.00) except if this is listed otherwise.

Please register for all sessions with the Carmelite Centre on T: 03 9690 5430 or E: registration@thecarmelitecentremelbourne.org

Registrations are essential so that we can keep in touch with you regarding the sessions.

Please also note our new website www.thecarmelitecentremelbourne.org for updates and further information.

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

A registration form is included at the end of this booklet for your convenience and there is also a registration form available through the website.

Please note: Our programs are recognised by the Catholic Education Office Melbourne to obtain Accreditation to Teach in a Catholic School



Saturday 17th July 2.00 – 4.00 pm

Mary MacKillop – a REAL Woman with a Message for TODAY!

If you are looking for a model of how to live a good life this session will highlight some very human qualities of a person about to be made a saint! Mary MacKillop is being recognized for her contributions to our world because she lived a life full of challenges by making ongoing positive life giving choices in spite of the hurdles that came her way. Learn about Mary MacKillop the person and be inspired by her courage, care for others, commitment to action and embracing God in the ordinariness of her life.

Discover why the Church makes saints and what this means for us in everyday life.

You will be encouraged by this session no matter what your present life is offering you, but it will certainly help reflect on how we manage hardship and difficulty in any aspect of life.

There will be something in this reflective session for everyone – men, women and young people – no matter what your belief system. All Welcome!

Facilitator: Mary Ryan rsj is a member of the Victorian Provincial Leadership Team



Thursday 22nd July 7.00 – 9.00 pm

The Spirit of Generation Y: Young People's Spirituality in a Changing Australia.

Andrew Singleton PhD will present his research findings on the spiritual needs and beliefs of young Australians. This will be presented in an interactive format and will also include a panel of young women from Star of the Sea College who will share their personal approach to God, religion and spirituality. Parents, teachers and all people interested in our future Church and society will gain from attending this session.

Facilitator: Dr Andrew Singleton is a Senior Lecturer in the Sociology Department at Monash University



Wednesday 4th August 7.00 – 9.00 pm

“Hare Krishna – the Life and Beliefs of Krishna Consciousness”

In this session, Bhakta Dasa will share his journey on embracing the spiritual philosophy of Krishna and what led him to where he is now. Bhakta will also outline what happens in a usual ‘Hare Krishna’ day – including the role of chanting, approach to food and the environment, dress and daily routine. In unraveling some of the ‘mystique’ around Hare Krishna, Bhakta will cover its fundamental beliefs such as perception of God, self & others as well as introducing us to the ancient scriptures and spiritual traditions of Krishna Consciousness philosophy from India. You will even have the opportunity to taste some renowned healthy Krishna snacks!

Facilitator: Bhakta Dasa, Director of Interfaith Dialogue for the International Society of Krishna Consciousness (ISKCON) and based at the temple in Albert Park



Wednesday 11th August 7.00 – 9.00 pm

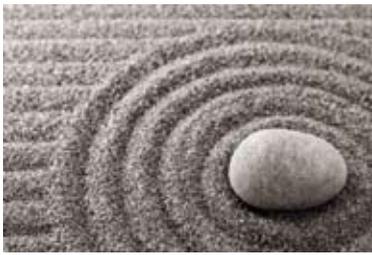
“Baha’i”– Oneness and Peace in a Global Society”

This interactive and engaging presentation will introduce us to the core teachings of the Baha’i faith including:

- The Oneness of God and acceptance of truth as posited in all faiths
- The Oneness of Humanity and the importance of service to bring about the social and economic development of all humanity, including information about some of the Baha’i inspired projects of service in Australia and other parts of the world
- The importance of all forms of education including schooling and spiritual education
- The independent investigation of truth
- Equality of men and women and how this belief is lived out today

It will begin with the history of the faith and its founder Bahauallah and his life and teachings. The Baha’i community life in the City of Port Phillip and other parts of Melbourne will also be explained.

Facilitators: Lobna Rouhani & Julia Riazaty are both members of the local Port Phillip Baha’i community



Wednesday 18th August 7.00 – 9.00 pm

“Spiritual Companionship – Paying attention to your INNER SELF”

Find out how this process could benefit you. Spiritual direction/companionship refers to the process in which the purpose of a person’s journey in the Spirit can become clearer. This involves a three way meeting of the companion, the person seeking spiritual clarity/direction and God’s Spirit in their midst. Many people benefit from this process in the ordinary aspects of life or sometimes at turning points in one’s life or career and trying to understand the faith challenge in living one’s journey.

Facilitators: Catherine Smith & Adrian Jones



Wednesday 25th August 7.00 – 9.00 pm

Interfaith Dialogue – the way forward for Christianity and understanding Incarnation Theology

In this session Fr John Dupuche will share his journey of the heart and describe a lived expression of interfaith through the community to which he belongs. Key concepts discussed will include how to maintain distinctiveness of one’s one beliefs while opening hearts and minds to other faith traditions – important to avoid a shapeless approach to Interfaith relationships. Find out how to encourage celebration of all traditions without losing one’s own sense of faith.

In today’s world we are called to respond to people of all traditions through our family relationships, our work and day to day life. Our schools are continuing to be places of diverse faith perspectives. How do we create harmony in the midst of the diversity of these faith expressions? How do we move out of our own situation to understand the ‘other’? What does it mean to truly ‘meet’ with the other?

Join us for a stimulating discussion of these and related issues!

Facilitator: Fr John Dupuche

SEPTEMBER

The Gospel and Social Justice

Tuesday 7th September 7.00 – 9.00 pm

Violence and our Society Today

The theme for Social Justice Sunday on 26th September emphasizes the Christian response to violence in our society today. This session starts our reflection on our responsibilities in this regard.



Both on an individual and structural basis, we sometimes witness the effects of intolerance, anger and violence. As a society we need to consider how the Christian values of forgiveness and reconciliation can lead to peace and non-violence.

In the session we will hear from a community policing perspective some of the issues around violence in our society and how it is understood in the world of law enforcement. There will also be discussion of strategies for goodwill and how we build these in today's society.

Facilitator: Sergeant Doug Bowles, South Melbourne Police Team

Tuesday 14th September 7.00 – 9.00 pm

The Christian Response to Anger & Violence in our Society

Hear about three examples of a Christian response to anger and violence in our local community and how they work in a variety of different situations:

- Sacred Heart Mission where providing personal support, accommodation, food and advocacy is among the many services offered
- Men and Women in Prison and how the Catholic ministry works in such a complicated environment
- Life on the Streets for Young Women – how to minister to them



After hearing from a panel of three speakers from these ministries we will have a general discussion on how this links with the call of the Gospel to minister in challenging environments.

Facilitators: Michael Petrusco, CEO, Sacred Heart Mission

Anne Dixon sgs

Giovanna Danza rsm

Tuesday 21st September 7.00 – 9.00 pm

Social Justice and the Christian Churches' Response

This session will highlight the work for social justice as an integral part of the mission of the Church – a mission inspired and sustained by a spirituality of justice.



Do the Christian churches give priority to work for social justice and human rights, or are they more concerned with Christian charity?

What would a stronger commitment to social justice and human rights look like in the Australian context?

Facilitator: Peter Norden AO

OCTOBER

The Life Journey



Thursday 7th October 7.00 – 9.00 pm

Mindfulness: Being and Living with 'The Lights On'!

Grounded in over 2,000 years of Eastern philosophy and Western spirituality, the tradition of mindfulness has stood the test of time as a beneficial way to improve quality of life. Mindfulness is a way of being, and a way of paying attention purposefully to one's moment-by-moment experience, with curiosity and interest. It is also a practical and useful tool that can be adopted by anyone to reduce suffering and enhance day-to-day living. This session will be an introduction to the practice of mindfulness, and how we can participate in this both formally and informally.

The benefits of sustained mindfulness practice include:

- increased self-confidence
- enhanced mental clarity and focus

- greater sense of control in one's life
- an increased willingness to look at stressful events as meaningful challenges
- a greater sense of meaning in life
- enhanced quality of life
- increased awareness of thoughts, emotions and behaviors enhanced acceptance of people and situations and
- increased compassion for oneself and all sentient beings.

Facilitator: Charles Thermos

DR. JOHN IZZO

the five secrets
you must
discover
before
you die



Wednesday 13th October 7.00 – 9.00 pm

The Five Secrets You Must Discover Before You Die!

This session will be an introduction to the book of this title by John Izzo. There is a saying that goes “The problem with life is that it happens daily”! According to this book, the secret to living more fully lies partly in the time honoured and wise practice of looking towards our elders – that is, those who have already lived it! Have we forgotten the importance of this in our world today? The book is based on interviews with over 200

people – all over 60!

Many of us could develop a higher level of satisfaction in our lives – which is what this book is about. Find out more about the five secrets and how to work more on our ‘self actualised’ state.

Facilitator: Bernie Bicknell, Parishioner and Business Executive



Sunday 17th October, 11.00am – 1.00 pm

Environment Day – Family Activities

Join us at Galilee Regional Catholic Primary School for two hours of family fun activities designed to build our awareness about caring for and enjoying our environment. Activities will inspire you to work in your garden or balcony, prepare and enjoy healthy meals in your kitchen and have you working with recycled materials to create great “masterpieces” and artworks around the family table. You will also hear about the many eco friendly projects located at both the new South Melbourne Commons and the Port Phillip Eco Centre and how to get involved!

Facilitators: Staff and personnel from various projects associated with the Port Phillip Eco Centre

Venue: Galilee School, 301-319 Bank Street, South Melbourne

NOVEMBER

The Advent Journey

Wednesday 10th November, 2.00pm – 4.00 pm

“Spiritual Companionship – Paying attention to your INNER SELF”

Find out how this process could benefit you. Spiritual direction/ companionship refers to the process in which the purpose of a person’s journey in the Spirit can become clearer. This involves a three way meeting of the companion, the person seeking spiritual clarity/direction and God’s Spirit in their midst. Many people benefit from this process in the ordinary aspects of life or sometimes at turning points in one’s life or career and trying to understand the faith challenge in living one’s journey.

Facilitators: Catherine Smith & Adrian Jones

Friday 19th November – Sunday 21st November

Carmelite Pilgrimage

“The Carmelite Way – A Bush Walk with a Bit of Prayer”



Join us on the Australian 2010 Carmelite pilgrimage as we weave our way through the beautiful Yarra Valley on a Pilgrimage walk to be known as “The Carmelite Way”.

In the tradition of the great Christian pilgrimages of Europe, “The Carmelite Way” offers the pilgrim a unique Australian Springtime experience to walk through the stunning scenery of the Yarra Valley and to enjoy the company of fellow walkers.

Pilgrims will leave the National Shrine of Our Lady of Mt. Carmel Middle Park, travel by mini-bus to Lilydale and walk the Warburton trail from Lilydale to Warburton in three easy walking stages with overnight stops at Woori Yallock and Yarra Junction with the final destination the Carmelite Sancta Sophia Meditation Community at Warburton. Total walking distance is approximately 40km.

Led by Carmelite Prior Provincial, Denis Andrew O.Carm, this will be a typical Australian bush walk with moments along the way devoted to prayer and reflection. Evenings will include short presentations on Carmelite Spirituality by guest speakers.

This is your opportunity to walk, form friendships, reflect and have a great few days in the Australian countryside.

Enquiries to The Carmelite Centre Office

DECEMBER



Thursday 2nd December 6.00-8.00pm
Christmas Party

Join us in the O'Connor/Pilkington rooms for a celebratory drink and entertainment as we give thanks for the blessings and gifts of 2010.

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 ocam
- Fr Matthew McPhee ocam
- Catherine Smith; and
- Adrian Jones

Weekly Meditation – Thursdays 7.00 - 8.00pm

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

Grief & Loss Support Counseling

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'.

Confidential grief counseling is available through the Carmelite Centre provided by Damien Peile, accredited grief counselor. For more information contact the Carmelite Centre office – 03 9690 5430 or e: enquiry@thecarmelitecentremelbourne.org

CARMELITE LIBRARY PROGRAMS

Saturday 9th October 10am-3.30 pm

All Generations Shall Call Me Blessed: Mary in Scripture, History and Tradition

This all-day seminar is an opportunity to learn the latest on the person and place of the Blessed Virgin Mary. Speakers include:

- **Catherine Playoust**, Head of Biblical Languages and Literature at the United Faculty of Theology in Parkville.
- **Andrew McGowan**, Warden of Trinity College, Melbourne. One of his main scholarly interests is to find answers to questions about the early church, its life and worship. He will talk about the origin and growth of the Mary cult in the late Roman Empire.
- **Charles Sherlock** was a member of the Anglican-Roman Catholic International Commission from 1991 to 2005 where he worked closely on doctrinal agreements including the joint position on the teachings about Mary. He is currently Secretary of the Australian and New Zealand Association of Theological Schools.

Thursday 28th October 7.30-9.30pm

Not Much God: the Spirituality of Teenage Boys

Michael McGirr and John Marsden give talks on their wide-ranging understanding of what spirituality really means and how it takes shape in that most interesting time of our lives, adolescence.

Both speakers are teachers with an active interest in the life and development of the teenager. They have also written on the subject in one form or another.

- **Michael McGirr** is Head of Faith and Mission at St. Kevin's College in Toorak. His most recent book is 'The Lost Art of Sleep'.
- **John Marsden** is Principal of Candlebark School near Woodend. He has written many best-selling fiction for boys, also two non-fiction works close to the subject, 'Secret Men's Business' and 'The Boy You Brought Home'

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.anztla.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

BERNIE BICKNELL



Bernie has been a parishioner at Middle Park/Port Melbourne for 2 years. He has worked in senior business roles both in Australia and overseas. He is also Chairman of the Lighthouse Foundation, a Melbourne charity working with young homeless people and those at risk. Like us all, he is searching for the secrets of happiness and success.

SERGEANT DOUG BOWLES



A qualified Aircraft Engineer, Doug studied drama in Queensland for approximately 3 years and moved to Sydney to pursue an acting career.

In the course of the following 26 years he appeared in every major television drama series and had roles of various degrees in approximately 20 films, both for television and the cinema. During this time Doug maintained an interest in civil aviation and obtained a Commercial Pilot's License. He joined Victoria Police in 2000 and was promoted to the rank of Sergeant in 2009 and is currently stationed at South Melbourne Uniform

Section where he has been for approximately 4 years.

Doug has an active interest in those suffering Mental Illness and wrote a submission to the Minister for Mental Health in 2008 to contribute to the new Mental Health Reform Strategy 2009.

Doug is a married father of two children, Emily and Sean.

GIOVANNA DANZA



B. Education; B. Theology; Dip. Transpersonal Counselling; Dip. Transpersonal Art Therapy.

Giovanna is a Sister of Mercy with extensive educational and pastoral experience. She is currently working as a prison chaplain and is also in private practice as a transpersonal counsellor and art therapist.

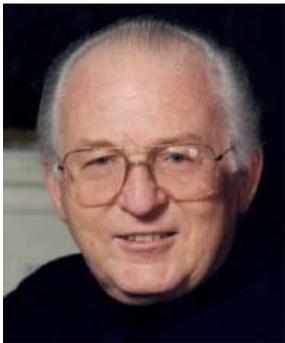
Her passion is to companion people in their search to optimize their potential so that their lives are lived fully and well.

BHAKTA DASA



Bhakta Dasa is the director of Interfaith dialogue for the International Society of Krishna Consciousness (ISKCON) and is based at the temple in Albert Park. Bhakta represented ISKCON at the recent Parliament of World Religions in Melbourne and has had a keen interest in religion since early childhood. He served as a Christian missionary in New Guinea and studied many religious trends including Transcendental Meditation before becoming a Hare Krishna in 1978.

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.

ANNE DIXON SGS



Anne Dixon belongs to the congregation of the Sisters of the Good Samaritan. Since 1994 Anne has been working with Rosie's Oblate Youth Mission in Melbourne. Rosies is a volunteer organization of young people who spend Wednesday and Friday nights around Flinders St Station, in the heart of Melbourne, chatting to whoever is around. They may be homeless, drugged, drunk, mentally ill, ex-prisoners, old or young. Over a hot cuppa they form community. Their motto "Friends on the Street" sums up this ministry.

During the day Anne is Chaplain in the men's prisons in Victoria. These two ministries overlap significantly.

REV DR JOHN DUPUCHE



Rev. Dr. John Dupuche is a Parish Priest in the Catholic Archdiocese of Melbourne. His book: *Abhinavagupta: the Kula Ritual as elaborated in chapter 29 of the Tantraloka* was published in 2003; *Jesus, the Mantra of God*, in 2005; *Towards a Christian Tantra* in 2009.

John is chair of the Catholic Interfaith Committee and research officer at Australian Catholic University.

He has established an interfaith household together with Swami Sannyasanand and the Venerable Lobsang Tendar.

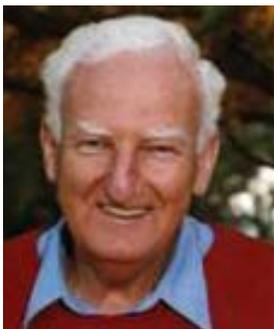
ADRIAN JONES



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.

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.

PETER NORDEN AO



Peter Norden is a Vice Chancellor's Fellow at the University of Melbourne and an Adjunct Professor in the School of Global Studies, Social Science and Planning at RMIT University.

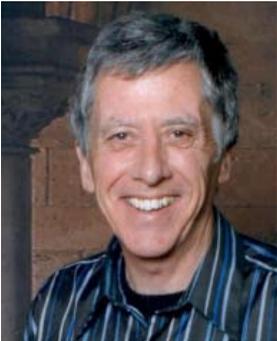
He has spent many years working in the social services field and representing the church in areas of social justice and human rights.

He continues his work as a public advocate and consultant through "Norden Directions"

(www.nordendirections.com.au)

In 2007, Peter was made an Officer in the Order of Australia "for services to community development through social research and programs aimed at assisting marginalized young people and offenders, to the mental health sector, and to the Catholic Church in Australia".

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'. He lives with his wife Irene in Southbank.

MICHAEL PETRUSCO

Michael Petrusco has been CEO of Sacred Heart Mission since 2003. He is also Chairperson of the Council to Homeless Persons, the peak body for organisations working with people who are homeless in Victoria. Prior to his career in the community sector, Michael worked in the commercial sector including KPMG & Arthur Andersen where he gained his Chartered Accounting qualification.

JULIA RIAZATY





Julia Riazaty was born into a Bahá'í family on 5th December 1984. After completing her high school studies in Perth in 2002, Julia travelled to Alice Springs for 12 months to complete a Bahá'í Youth Year of Service which consisted primarily of volunteer work with the Indigenous Australian community. She then went on to complete a bachelor degree in Sports Science and Nutrition followed by a postgraduate diploma in Primary Education. After completing her University studies at the end of 2007, Julia moved to Israel for 18 months to volunteer at the Bahá'í World Centre in Haifa where she took on an administrative

role in the Department of the Secretariat. After returning from Israel in 2009, she moved to Melbourne and began working as an Administration Manager for IP Systems, a telecommunications company.

Julia has a real passion for children. Since the age of 15 she has assisted various teachers in running Bahá'í classes for children of all ages. Her experience with the Indigenous Australian children in Alice Springs further added to her desire to educate children, not just academically but also spiritually. She has a background in music as well as drama, and strongly believes that the creative arts are an important avenue of expression. In May of this year, Julia was married to Kameron Riazaty who is also a Bahá'í and they now live together in the Port Phillip community. She hopes to register as a teacher with Victoria in 2010 and become fully immersed in the education of children once again.



LOBNA ROUHANI

Lobna Rouhani was born in Amman, Jordan and migrated to Australia with her family in 1987. She grew up in Perth, Western Australia and moved to Melbourne three years ago. Upon completion of high school, Lobna undertook a Baha'i youth year of service in Alice Springs where she worked with children and youth in the local Indigenous communities. This experience led her to study Indigenous Australian Cultural Studies and Professional Writing, after which she moved to Victoria to complete a Masters in International Development

with a focus on child and women's human rights. During this time she volunteered at Childwise in Melbourne, at a rural development institute for women in India, and for the Queen Rania Family and Child Centre in Jordan where she worked to equip children with the appropriate skills and knowledge to prevent physical and sexual abuse. Lobna is currently working as a research associate at the University of Melbourne in the field of genetic health research in Indigenous communities looking at the ethics behind this form of research. She is also actively involved with the local Baha'i community teaching Baha'i classes to children at Stonnington Primary School, and running regular interfaith devotional gatherings for the community.



SR MARY RYAN RSJ

Mary joined the Sisters of St Joseph in 1969, and says, unashamedly, that this was the best thing that ever happened to her! Her early Josephite years were spent in primary teaching, and, since then, she has been involved in parish pastoral ministry, young adult ministry and retreats, adult faith education, university chaplaincy, and fostering a 'vocations culture' at diocesan, state and national levels. Currently she is a full-time member of the Josephites' Victorian Provincial Leadership Team. One of her 'hobbies'

in recent years has been the fostering of an awareness of Mary MacKillop and the gift she is to our nation - and the world. She has no doubt that, although a product of the 19th Century, Mary MacKillop is truly a 'woman for our time'!



DR ANDREW SINGLETON

Dr Andrew Singleton is a Senior Lecturer in the Sociology department at Monash University. Andrew has a BA (Honours) and PhD, both from Monash. His research interests are in the areas of the sociology of religion (secularization, youth religion and spirituality, personal belief, alternative religions) and gender studies (men and masculinity).

Andrew is writing a book, *The Afterlife in a Secular Age*, which considers belief in the afterlife in an era of widespread secularism.



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.



CHARLES THERMOS

Charles Thermos is the founder and director of Transformative Psychology Centre, as well as an experienced psychologist, psychotherapist, couple and family therapist, teacher, group facilitator, and organisational consultant. He is committed to inspiring and helping people to awaken and transform their lives, creating a safe, respectful, and supportive environment for this process.

Charles' commitment to his own consciousness and transformation practice is an integral part of his life through daily meditation, prayer, reflection, contemplation,

reading, journaling, lifelong learning, and being in nature. He is interested in universal truths and insights from the wisdom, faith and scientific traditions; in experiencing the sacred in everyday life; and in practices that contribute positively to health and wellness.

In addition to his professional work, Charles enjoys the delights of life, including socialising and eating with friends and family, travelling to interesting places and cultures, cafes, reading, painting, exercising, cinema, theatre, and dance performances.



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 events, except Thursday night meditation.
Payment can be made at the door.

Please register by phone to:

The Carmelite Centre

on Tel 03 9690 5430 *(If phone unattended, please leave a brief message)*

email: registration@thecarmelitecentremelbourne.org

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 _____

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

Unless otherwise specified all events are held in

the O'Connor/Pilkington Rooms at the

Carmelite Centre, 214 Richardson Street, Middle Park

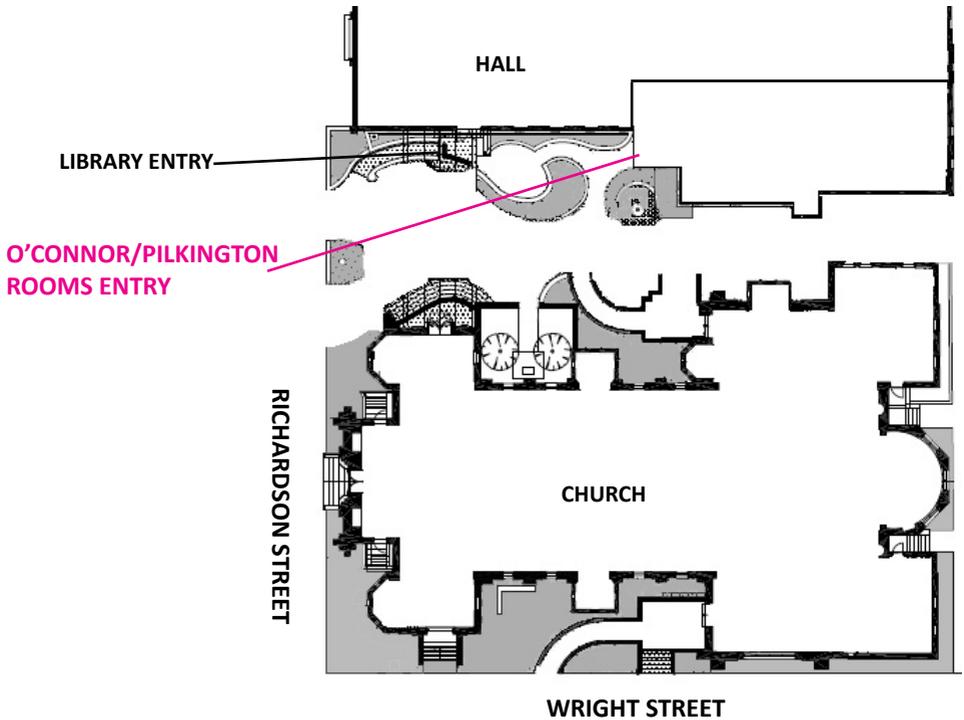
(between the Church and Hall)

See over for directions ➡

Please remove along this line



The O'Connor/Pilkington Rooms
The Carmelite Centre
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.