



THE **CARMELITE**
CENTRE MELBOURNE

PROGRAM

SEMESTER 1

FEBRUARY - JUNE 2011

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

In continuing the practice of conversing with God throughout each day, and quickly seeking his forgiveness when I fell or strayed, his presence has become as easy and natural to me now as it once was difficult to attain.

It is a great delusion to think our times of prayer ought to differ from other times. We are as strictly obliged to cleave to God by action in the time of action as by prayer in the season of prayer.

We should, once and for all, heartily put our whole trust in God and make a total surrender of ourselves, secure that he will not deceive us.

There is not in the world a kind of life more sweet and delightful, than that of a continual conversation with God; those only can comprehend it who practice and experience it

Brother Lawrence of The Resurrection (c. 1614 - 12 February 1691) served as a lay brother in a Carmelite monastery in Paris.

For information, bookings and administration
contact the Carmelite Centre,
214 Richardson Street, Middle Park Vic 3206

EMAIL INFO@THECARMELITECENTREMELBOURNE.ORG

OR WWW.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 One of the 2011 Spirituality program organised by the Carmelite Centre, Middle Park.

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

- Lenten Program
- Health and Wellness Series
- Carmelite Spirituality
- General Spirituality

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 or
website: www.thecarmelitecentremelbourne.org

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

Please also note our 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: Many of our programs are recognised by the Catholic Education Office Melbourne for the purpose of gaining hours towards obtaining Accreditation to Teach in a Catholic School. For specific information please contact the Carmelite Centre on 03 9690 5430



FRIDAY 4 FEBRUARY 9.45AM-10.30AM - then weekly throughout the year

Lectio Divina

Join us on Fridays after morning mass in a quiet oasis of prayer away from the hustle and hype of your normal activities. *Lectio divina* can be a way of transformation. The latin term means ‘divine reading’ and describes a way of reading the scriptures whereby we gradually let go of our own agenda and open ourselves to what God wants to say to us. It can be described as a quiet time of attentive listening or looking to renew our heart and mind. Beginning Friday 4 February and then each week from 9.45am-10.30am, the Lady Chapel, Our Lady of Mount Carmel Church. We will use the *lectio divina* prayer practice based on the scriptures for the following Sundays.

Regular practice will bring:

Greater inner peace and calm

A feeling of being more at home with one’s self, with loved ones and with God.

TUESDAY 15 FEBRUARY 7.00PM-9.00PM

The Amazing Health Benefits of Yoga

There is increasing evidence that Yoga can be an effective adjunct to mainstream medical treatments in a wide range of conditions including cancer treatment and coping with injury to name a few. More and more medical practitioners are encouraging people to use Yoga to restore and maintain balance and healing.

Hear about:

- Ongoing research showing how Yoga is complimentary to traditional medicine when treating many health issues
- People recovering from injury or trauma often seek Yoga as a practice to assist in recovery
- How Yoga can help explore all layers of self and help in holistic healing
- How Yoga can help all people of all ages and stages

The more subtle tools of Yoga, Pranayama: breathing can be used in the most simple ways to help improve your health, mental, emotional and physical. The breath is the silent healing that can support you during stressful times but also assist in recovery from illness.

Facilitator: Kelly Davies



SUNDAY 20 FEBRUARY TO FRIDAY 25 FEBRUARY

Everyday Retreat – 6 days

The idea of a retreat is to take time out of your day to day life to stop, be still and listen to your inner spirit. A non-residential guided retreat with a spiritual companion. Companions will include Jim De Laurier oarm, Matthew McPhee oarm and Catherine Smith. This retreat is for people who will go about their usual day to day work or routine and meet with a spiritual companion each day at a mutually convenient time. The meetings will be at the Carmelite Centre or Priory in Middle Park.

The retreat experience will begin on Sunday afternoon 20th February at 4.00pm in the Lady Chapel in Mount Carmel Church where those participating will meet with the spiritual companions for an introduction, reflection and focusing session.

Then each day, Monday - Friday, you will meet with your companion for your one on one meeting.

In the meantime you go about your normal daily activities - whether that is at work or at home with the exception of taking some conscious time for prayer and reflection.

On the Friday, participants and spiritual companions will meet at 5.00pm for concluding prayer and reflection followed by drinks and nibbles.

The purpose of this retreat is to integrate your prayer life into your usual day to day activities. Be open and trust in a God who is not outdone in generosity!

Facilitators: Catherine Smith, Father Jim De Laurier oarm and
Father Matthew McPhee oarm

Cost: \$30.00 (\$20.00 concession)



SATURDAY 26 FEBRUARY 10.00AM-4.00PM

You Don't Need to Sit in the Lotus Position

In this 1-day workshop we will practice meditation which will assist us to see the events of life within a larger perspective by learning the value of living in the present moment. With guided and silent meditations and by examining spiritual traditions and training the mind we easily see the significant benefits of a happy life that meditation can offer each of us.

You will be introduced to the transformative effects of meditation as a practice that leads to living mindfully in the present moment.

Whether you have tried meditation, are an experienced meditator or a raw novice, the workshop will have something for you!

No experience necessary, just an open heart and a determination to 'give it a go.'
(BYO lunch or visit one of the nearby cafés.)

Facilitator: Peter Thomas

Contemplation is the inner journey of Carmelites, arising out of the free initiative of God, who touches and transforms us, leading towards unity in love with him, raising us up so that we may enjoy his gratuitous love and living in his loving presence. It is a transforming experience of the overpowering love of God. This love empties us of our limited and imperfect human ways of thinking, loving and behaving, transforming them into divine ways.
Carmelite Constitution (1995) 17



FRIDAY 4 MARCH 10.30AM-12 NOON (First of 3 sessions)

Spirituality and Technology 1

A hands-on how-to series for people who are keen to explore and go deeper using today's devices in their own personal journey or in assisting others in an organization based on spiritual values.

If you've got an iphone, smartphone, notebook or ipad, you've got access to some of the world's latest, most innovative and creative, engaging resources to help you and your organization learn and grow spiritually. This series is designed to help everyday, ordinary people with mobile devices or gadgets to traverse the complexity and techo-jumbo world of the internet and plug into user-friendly apps and resources to enhance their spiritual journey. Come and join us for a practical, inventive and very user-friendly adventure as we grow spiritually through technology.

Who is the program suitable for?

This series is a practical series for people who are keen to explore using their devices (see below for list of devices covered) to help them in their spiritual journey. We will be using our devices in the sessions to explore, collaborate and share as we engage with each other and others around the world. To fully benefit from the series, you will need to have one or more of the devices in the list. Please note that the less tech inclined you are, the more you will benefit from this series. We will remove the tech jargon from the session and show and guide how you can manage your gadget in practical and useful ways.

Those who may benefit include:

- Ministers or leaders of a church group
- Employees/members of a church community or organization
- Managers of spirituality centres
- Individuals interested in exploring the use of these devices in their own spiritual journey

In the 3 sessions we will learn:

- How to find, install and use apps, tools and resources to grow spiritually
- How to find, locate and use spiritual resources
- Spiritual disciplines and principles and the tools that help you enforce and practice them
- The pros and cons, advantages and disadvantages of different devices in the context of spiritual journeying
- How others are using tools and resources to grow spiritually



Dates : Friday 4th, 11th & 18th March 10.30am - 12pm (3 sessions that grow in depth and complexity)

Session 1: Introduction to tech-powered personal spirituality

Session 2: Growing in your spiritual walk via tech-powered spiritual disciplines

Session 3: Sharing, collaborating and plugging in a global spiritual community

You will also be able to apply this learning in a broader context and obtain great value from this technology.

Devices to be covered:

iphone, ipad, notebook (pc, mac os or android), android powered smartphones

Facilitator: David Cheah

TUESDAY 8 MARCH 10.30AM -12 NOON

International Women's Day Morning Tea and Discussion

2011 marks the centenary of International Women's Day which was first celebrated in 1911. The theme for 2011 is 'celebrating 100 years' and our celebrations will focus on the achievements of women so far along with the many challenges which lie ahead if full and equal participation within the many areas of society is to be achieved for all women. Our guest speaker will assist us to reflect on this theme. Please join us in the O'Connor - Pilkington Rooms for morning tea and a lively discussion.

Facilitator: Rev Bobbie Moore

LENTEN PROGRAM *HEART TO HEART*

From Faith & Life, Archdiocese of Brisbane

In Lent we are invited to listen attentively to the conversations in the Lenten gospels- Jesus' encounter with the devil; his transfiguration in front of Peter, James and John; with the blind man; the Samaritan woman and with Martha. We turn again to where God dwells within us to converse with the word so that our eyes will be opened, our hearts purified and our minds will be one with Christ Jesus (Philippians 2:6).



This resource will nourish and encourage our conversations – within the heart, with God and with others.

Cost: no cost

Facilitators: Damien Peile, Sally Diserio and Phil Roach

TUESDAY 8 MARCH 7.00PM-9.00PM

LENTEN PROGRAM HEART TO HEART WEEK 1

First Sunday of Lent

“Remember Who You Really Are”

The Lenten gospels always begin with Jesus in the desert being tempted by the devil. In the Christian tradition the desert has a positive meaning as a place of withdrawal, retreat and searching for God and oneself. In each of the three temptations the devil’s challenge to Jesus is – who are you? Do you know? These are our questions too. These are our questions as well as questions for the church. The Spirit is Jesus’ companion and a constant source of empowerment for us and for the church.

Facilitators: Damien Peile, Sally Diserio and Phil Roach

FRIDAY 11 MARCH 10.30AM-12 NOON

Spirituality and Technology 2

See program details page 12

TUESDAY 15 MARCH 7.00PM – 9.00PM

LENTEN PROGRAM HEART TO HEART WEEK 2

Second Sunday of Lent

“You Are My Beloved”

On the mountain of transfiguration the disciples are prepared for the testing journey towards the mountain of suffering and death that awaits Jesus and his friends. The Father’s words ‘listen to him’ invite the disciples to follow Jesus and to be transfigured themselves. Like the disciples we too are graced, through the intimate words God speaks to each of us through our common baptism “you are my beloved...you enjoy my favour”.



THURSDAY 17 MARCH 7.00PM-9.00PM (FIRST OF SIX SESSIONS)

Awakening to Presence 1

Presence is an inner state of being, spaciousness and stillness from which our moment-by-moment experience arises and dissolves. Presence awakens us to the essence of who we are, gradually transforming our consciousness. This dimension enables us to acknowledge and allow the multiple manifestations of 'what is', including the contents of our mind, to be seen for what they are. Presence enhances the process of disentangling limiting and unhelpful mental contents and interpersonal communications. Presence gradually transforms our consciousness by noticing and responding with alertness and openness, and by helping ease habitual patterns of reacting and struggling.

This program will include meditations, experiential and reflective exercises, small group work, and large group discussions.

What participants will learn

- Key principles and practices for awakening to or deepening their experience of Presence, and for living in the Now
- Processes and strategies for moving into Presence and disentangling one's essence and vitality from the mind dimension
- Strategies, practices and suggestions for integrating Presence into their lives
- What it means to live in Presence, love, compassion, harmony, beauty, trust and integrity, including their offerings and challenges

Who is this program suitable for?

- Any person wanting to learn about and increase their connection with Presence in daily life.
- The program is suitable for people from any spiritual tradition, and for those without a spiritual path.

Dates: Thursday 17, 24, 31 March; 7, 14 April; and, Saturday 30 April 2011

Time: 7 - 9pm Thursdays; 10am-2pm Saturday

Investment: \$270.00

Please note that the program is limited to 18 participants. It is an experiential learning program, not group counselling/therapy.

Facilitator: Charles Thermos



FRIDAY 18 MARCH 10.30AM-12 NOON

Spirituality and Technology 3

See program details page 12

TUESDAY 22 MARCH 7.00PM – 9.00PM

LENTEN PROGRAM *HEART TO HEART WEEK 3*

Third Sunday of Lent

“I Am The Living Water”

In today’s gospel the encounter between Jesus and the Samaritan woman draws the woman into a relationship with his mission. She may not have the deepest faith but she has enough to respond and to do what she can. Water is central in this story and as Australians it is something we have learnt to appreciate through our rationing and conservation. The buying and selling of water is now part of our lives but Jesus offers water to the woman for free... water that gushes up and continues in abundance forever. We need to understand, accept and respond to the abundant gift of life that Jesus also offers us.

Facilitators: Damien Peile, Sally Diserio and Phil Roach

THURSDAY 24 MARCH 9.30AM – 4.30PM

Jesus On Screen Part 1

Since the invention of cinema in the 1890s, there has been an ever-increasing number of Jesus films. Most of us have seen some of them, perhaps *The King of Kings*, *Jesus of Nazareth*, *The Passion of The Christ*, even *The Last Temptation of Christ*. What do we make of them? They are not gospels but they do visualise the gospels, helping our imaginations which have been stirred by listening to the word. The changes in religious thinking, spirituality and theological reflection are embodied in the films, so this is an opportunity to look at the different ways of thinking about and representing Jesus in the 20th century. The range of Jesus movies offers a resource for preachers, teachers – and those who are movie lovers. Peter Malone will lead us through the portrayals of Jesus on screen in two parts.



Part 1 will include: from the silent films, through de Mille, *Gospel According to Matthew*, *Greatest Story Ever Told*, *Godspell*, *Jesus Christ Superstar* to *Jesus of Nazareth*. Offered twice in Semester One.

Part 2 will include: from *The Jesus Project*, through *Jesus of Montreal*, *Last Temptation of Christ*, *Jesus* (Jeremy Sisto version), *The Miracle Maker*, *The Gospel of John*, *The Passion of The Christ*. These sessions will be in July and August of this year. Offered twice in Semester Two

Jesus is the word of God, according to St John. Jesus is also the image of the unseen God according to St Paul. Scenes from the movies will be shown and there will be opportunity for discussion and reflection.

Thursday **24th March** – 9.30am – 4.30pm **Part One**

Saturday **9th April** 10.00am – 4.00pm **Part One (repeat)**

Thursday **28th July** – 9.30am – 4.30pm **Part Two**

Saturday **6th August** 10.00am – 4.00pm **Part Two (repeat)**

Cost: \$30 (\$20 concession)

Facilitator: Father Peter Malone msc

7.00 - 9.00PM

Awakening to Presence - Session 2

See program details page 15

SATURDAY 26 MARCH 10.00AM – 4.30PM

Mount Macedon Bush Walk

You are invited to Join Fr Denis Andrew, Prior Provincial of the Carmelite Province of Australia and East Timor, on this gentle bush walk at Mount Macedon. Enjoy the forests of this beautiful regional park which offers sweeping views as far south as Port Phillip Bay. Walk distance will vary from 5 to 10 km. Take time out for reflection or journal writing if you need.



We leave Our Lady of Mount Carmel Church, Middle Park at 10.00am via a car pool and meet at Camel's Hump carpark, Mount Macedon for coffee and gathering before setting out for a leisurely bush walk along the west side of the mountain to the memorial cross. The walking track is relatively level and very scenic. There is a cafe/coffee shop on top of Mount Macedon. We will return home by 4.30pm. BYO lunch/water.

Cost: no cost

Convenors: Irene Hayes, Damien Peile and Father Denis Andrew

TUESDAY 29 MARCH 7.00PM-9.00PM

LENTEN PROGRAM HEART TO HEART WEEK 4

Fourth Sunday of Lent

"I Am The Light"

The gospel for the Fourth Sunday is set in Jerusalem during the Feast of Tabernacles. The impact of the story depends on tension and contrast: darkness and light, blindness and sight. After Jesus smears his eyes with mud the man is able to see for the first time. However it is the inner sight that he receives and that grows into faith that is more striking. The Pharisees on the other hand, refuse to believe anything other than what they know and their blindness increases.

Like the man born blind we meet in this gospel a Jesus who is steady, faithful, and who seeks us out when we feel alone or in need.

Facilitators: Damien Peile, Sally Diserio and Phil Roach

THURSDAY 31 MARCH 7.00 - 9.00PM

Awakening to Presence - Session 3

See program details page 15



TUESDAY 5 APRIL 7.00PM-9.00PM

LENTEN PROGRAM HEART TO HEART WEEK 5

Fifth Sunday of Lent

“I Am The Resurrection and The Life”

This must be one of the most dramatic scenes in the gospel. When Jesus arrives in Bethany he meets Martha who almost reprimands him for not being there to prevent her brother from dying. Nonetheless Martha is a woman of faith, quick to express her views and feelings but in her exchanges with Jesus she always rises to the challenge. Like Martha our hopes are often disappointed, our best efforts seem to yield very little. This scene gives us a very human Jesus. We feel the love between him and this family and his deep sadness at their distress. However, God’s love and his power are strong enough to penetrate the stone cave and even death.

Facilitators: Damien Peile, Sally Diserio and Phil Roach

THURSDAY 7 APRIL 7.00 - 9.00PM

Awakening to Presence - Session 4

See program details page 15

SATURDAY 9 APRIL 10.00AM-4.00PM

Jesus on Screen (repeat of 24 March program)

See program details page 16

TUESDAY 12 APRIL 7.00PM-9.00PM

LENTEN PROGRAM HEART TO HEART WEEK 6

Passion Sunday

“Our Hearts Remember”

The journey we take during Holy Week mirrors the life of each of us. Triumph and weakness are strange partners because our greatest strengths are often where we feel weakest. The events of this last week of Jesus’ earthly life echo our lives, the seasons of our hearts. Each of us is called to live the death and resurrection of Jesus each day.

Facilitators: Damien Peile, Sally Diserio and Phil Roach



TUESDAY 12 APRIL 7.30 - 9.00PM

The Good-Book Club Formation Meeting

The Good-Book Club meets on the third Tuesday of each month. Membership is open to all who have an interest in reading literature inspired by Christian principles. A broad range of material will be drawn from the bible, books, articles, newspapers, and the internet, all of interest to and accessible by Christian readers. Academic theology is unlikely to be included. You are invited to join us and to contribute to the discussions, selection of reading materials and to leading a discussion, as you feel appropriate. The 2011 membership fee of \$35 will cover room hire, audio-visual access, tea/coffee and photocopying (if required) for the seven meetings in 2011.

Please register your interest in becoming an inaugural member of the Good-Book Club on or before attending the formation meeting at 7:30 pm on Tuesday April 12 in the Pilkington Room. You can pay the membership fee at the formation meeting or at the inaugural meeting in May. We consider that an inaugural membership of 15 is required to allow the Good-Book Club to start on a firm foundation. Registration before the formation meeting will allow us to send you a “prospectus” on the Good-Book Club for discussion at the formation meeting.

Dates for Semester 1: Tuesday 12 April (formation meeting),
Tuesday 17 May and 21 June

Cost: \$35

Convenors: Richard Goss and Bernie Bicknell

THURSDAY 14 APRIL 7.00 - 9.00PM

Awakening to Presence - Session 5

See program details page 15

SATURDAY 30 APRIL 10.00AM - 2.00PM

Awakening to Presence - Session 6

See program details page 15



MONDAY 9 MAY 7.00PM-9.00PM

“Laughter is the Best Medicine”

In this side-splitting workshop, Merv Neal, C.E.O.- Laughter Yoga Australia And New Zealand, will show us why humor is infectious and why the sound of roaring laughter is more contagious than the common cold. Come along and have a hilarious time and laugh the night away! Laughter clubs the world over are helping people with their great techniques to induce shared laughter!

Once you've tried laughter at this level you'll be very glad you did.

Facilitator: Merv Neal

EASTER RETREAT SATURDAY MAY 14TH - SATURDAY MAY 21ST

SATURDAY 14 MAY 10.00AM-4.00PM

‘Living the Joy of Easter’ Retreat (Group Day 1)

People pray in different ways depending on their personality, the time of their life journey and the particular needs that they have. This retreat experience will consist of a day's prayer and reflection together in which we shall take the time to practice different ways of praying. Participants will be offered assistance to practice these forms of prayer during the coming week and meet with the facilitator if they can make the time, as a way of encouragement for their prayer. We shall all then meet again on the following Saturday to further pray and reflect together so that participants can go forward more confident on their journey.

Participants are encouraged to bring a bible and writing material as well as their lunch.

We shall share this time together.

Facilitator: Adrian Jones



TUESDAY 17 MAY 2011 7.30PM-9.00PM

“The Good-Book Club” monthly meeting

WEDNESDAY 18 MAY 9.00AM (MASS FOLLOWED BY MORNING TEA) -12.30PM.

Explore the National Shrine of Our Lady of Mount Carmel Middle Park

You are invited to a morning of shared discussion and reflection with Fr David Hofman, Director of the National Shrine, on:

- What is a ‘shrine’?
- Who is Our Lady of Mount Carmel?
- How could a shrine be significant for you and the wider community in today’s world?
- Who are the Carmelites and what is the spirituality they embody?

The morning will begin with mass at 9.00am followed by morning tea and a reflective discussion. The morning will also include a tour of the Carmelite library and the Carmelite Centre and an opportunity to meet members of the Carmelite Community.

Facilitator: Father David Hofman ocarm

THURSDAY 19 MAY 2011 9.00AM-5.00PM (TIME TO BE CONFIRMED)

National E-conference ‘Holy Spirit’

Hosted by the Broken Bay Institute, Sydney

Convenors: Irene Hayes and Damien Peile



THURSDAY 19 MAY 7.00PM-9.00PM

Listening-It's Good For Your Health!

In this session we will reflect on the benefits of listening – to ourselves and others – and how developing this skill to a higher level can:

- Generate respect between yourself and others
- Help you solve more problems and assist in making decisions
- Assist you to 'stay cool' in emotionally charged situations
- Improve self-image, levels of confidence and self-esteem
- Help in avoiding situations of miscommunication

A very practical and interactive session to assist everyone!

Facilitator: Michael McGartland

SATURDAY 21 MAY 10.00AM-4.00PM

'Living the Joy of Easter' Retreat (Group Day 2)

Refer program details page 21



SATURDAY 4 JUNE 2011 10.00AM - 4.00PM

Find out about the Carmelites

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.

Facilitator: Teresa Paradowski

WEDNESDAY 8, 15 AND 22 JUNE 7.00 - 9.00PM

MEDITATION, PRAYER OF THE HEART 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 successive weeks.

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

Meditation, Prayer of the Heart (3 sessions)

From the time of Jesus, the early church and down through the ages, Christian women and men have taught the value of meditation as a way of living the Christian life; as a way of 'being'; as a way of being with God and with our neighbour. The Desert Mothers and Fathers, John Cassian, Benedict of Nursia, John of the Cross, Teresa of Avila, Thomas Merton, Henri Nouwen and scores of other saints and scholars have affirmed the value of a meditative life. Whether you have meditated in the past, are an experienced meditator or a raw novice, these three sessions will have something for you.

Dates: Wednesday 8, 15 and 22 June

Facilitator: Peter Thomas



SATURDAY 18 JUNE 10.30AM – 3.00PM

Relax to the Max (Day 1)

*A 'care for yourself' program focusing on relaxing the body
Come to both or one session*

Discover the body's natural relaxation response and help your system return to balance by:

- reducing stress hormones,
- slowing the heart rate,
- relaxing the muscles and
- lengthening the breath.

A balanced mind and body frees our energy to explore creativity, focus and inner Wellbeing.

Learn how to activate a state of deep, restorative rest through gentle movement, Focused breathing, visualisation, meditation and progressive muscle relaxation.

Suitable for all fitness levels. You move/stretch at your own level.

Wear loose, comfy clothing.

BYO: 1 x mat; 1 x blanket; 2 x towels

Cost: \$25.00 (concession \$20.00) per day

Facilitator: Jenny Anderson

TUESDAY 21 JUNE 7.30PM-9.00PM

"The Good-Book Club" monthly meeting

SATURDAY 25 JUNE 10.30AM-3.00PM

Relax to the Max (Day 2)



SPIRITUAL COMPANIONING

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 ocarm
- Fr Matthew McPhee ocarm
- 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 email: enquiry@thecarmelitecentremelbourne.org



The Carmelite Centre Melbourne forms an association with Carmelite Institute of Britain and Ireland (CIBI)

This is a very exciting development for 2011. CIBI offers an online course in Carmelite Spirituality and in September 2011 we will launch our first module.

We are currently seeking expressions of interest from potential participants in the first module which will cover 'Mary in the Carmelite Tradition'. This course will be undertaken by distance learning and will be a brief introduction to the theme of the Blessed Virgin Mary and the Carmelite Order.

There will be sufficient reading material given in each unit to allow for a solid grasp of the theme, however some additional recommendations for reading will be provided.

On completion of the 5 units of input you may complete a questionnaire, write a learning journal or write an essay.

This module forms part of an Adult Education Diploma and you would receive a certificate on completion.

We are also having discussions with theology colleges as to incorporating the study of Carmelite Spirituality into higher degree level studies. However our starting point is to have a pilot group complete this first module.

During the study of the module we will offer opportunities for participants to meet together to discuss/reflect on the course.

If you are interested in completing this module please contact the Carmelite Centre office on 03 9690 5430 or info@thecarmelitecentremelbourne.org

Please note registrations for this module need to be completed by July 2011

CARMELITE LIBRARY PROGRAMS

WEDNESDAY 6 APRIL AND THURSDAY 7 APRIL 10.00AM AND 4.00PM

Book Sale

The Carmelite Library will host a two day book sale in the O'Connor – Pilkington Rooms on Wednesday 6 April and Thursday 7 April between 10.00am and 4.00pm each day. For further information please contact Philip Harvey, the Librarian.

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.anztle.org

The Library hours in 2011 are:

Tuesday 12 noon - 8pm

Wednesday, Thursday & Friday 9am - 5pm

Closed Mondays

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

THE FACILITATORS



JENNY ANDERSON

Jenny Anderson has been a qualified teacher of relaxation and meditation techniques since 1994 facilitating weekly group classes and corporate programs for many years at *Young Heart Relaxation* school in Perth. Jenny's favourite quote regarding relaxation is "*begin where you are*".



DENIS ANDREW OCARM

After Ordination in 1980 Fr Denis Andrew has spent 30 years in Carmelite parish ministry around Australia. Last year he was appointed Prior Provincial, Australia and East Timor. Fr Denis is interested in the changes that have occurred in Carmelite life and in the Church and wider community over these 30 years. With these changes the Carmelites and the Church are exploring new ways of connecting with people's faith. Increasingly this involves sharing the Carmelite life with lay people of all cultures connected to the Carmelite spirituality. Despite 30 years of change Fr Denis believes faith and belief remains an important force in Australia and the

world, even if in quite different ways – one of these initiatives being to embrace the life and energy of the close links with East Timor and the Asia and Oceania region.



BERNIE BICKNELL

Bernie has been a parishioner at Middle Park/Port Melbourne for 3 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.



DAVID CHEAH

David has been a gadgeteer for as long as he can remember. He believes that he is in geek heaven today with the plethora of gadgets and resources available anytime, anywhere. Coupled with his passion for truth and all things spiritual, David believes that there must be a higher purpose for gadgets and he is totally dedicated to evangelizing how we can use gadgets to fulfill the higher purpose of spiritual growth. Professionally, David is a strategist and futurist advising businesses and organisations on business, strategy, marketing and communications.



KELLY DAVIES

Kelly was trained at Agama Yoga Centre and has extensive experience in adaptation, skilled in offering support or providing challenge where appropriate. This sensitivity is particularly evident in her prenatal classes. Her special interests are in meditation and Yoga sutra. Kelly along with Barbara Brian travel to India each year to further their studies. Kelly also teaches yoga and meditation for corporate companies in the CDB, where the emphasis is on managing stress and relaxation, and at hospitals offering rehabilitation. Kelly is a KHYF certified Yoga Teacher at the centre. She is currently studying to be a Yoga therapist.



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 Carmel 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 OLMC parish 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.

RICHARD GOSS

Richard reads for pleasure, enlightenment, and to avoid danger

"Convictions are more dangerous enemies of truth than lies." Nietzsche, Human, all too human 1878 - 86



DAVID HOFMAN OCARM

Fr David is a member of the Carmelite Province of Australia and Timor Leste and parish priest at the Carmelite Parish of Port Melbourne & 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. 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.



PETER MALONE MSC

Peter Malone MSC taught at Daramalan College, Canberra, and then Fundamental Theology, Old Testament Studies at the MSC seminary in Canberra. From 1972 he taught at the Yarra Theological Union, Melbourne, as well as being on the staff of the National Pastoral Institute and The Heart of Life Spirituality Centre, also in Melbourne.

In 1989 he was elected President of OCIC Pacific (The International Catholic Organisation for Cinema) and was elected world president in 1998. When OCIC and Unda (the Church's

organisation for Radio and Television) merged as SIGNIS (The World Catholic Association for Communication) in 2001, he was elected the first president.

He was editor of Compass Theology Review from 1971-1998. He has written on theology, spirituality and cinema, especially Lights Camera Faith, the series called A Movie

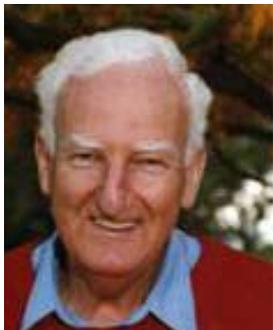


MICHAEL MCGARTLAND

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.



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.



MERV NEAL

Merv has more than 30 years experience in managing his own companies and is presently CEO of Laughteryoga International. See how you can laugh your way to a more healthy, happy and positive life and work environment. Merv will demonstrate the simplest and most effective health and fitness technique you will have ever seen. In an interactive and dynamic presentation, you will be amazed at how simple developing and changing your life can be.



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.



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'.



PHIL ROACH

Philip Roach has been a member of the OLMC parish 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.



CHARLES THERMOS

Charles Thermos is an experienced psychologist, teacher, group facilitator, organisational consultant who presently works in private practice and in a large public health organisation. He has a strong interest in the wisdom / spiritual traditions, and in interspirituality, and is committed to his own daily Presence, meditative and other spiritual practices. He is passionate about the simplicity, transformational power, benefits and challenges of universal principles and teachings from these traditions, and particularly keen to share these with others.



PETER THOMAS

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”.

St Teresa of Avila (1515-1582)

*Christ has no body now, but yours.
No hands, no feet on earth, but yours.
Yours are the eyes through which
Christ looks compassion into the world.
Yours are the feet
with which Christ walks to do good.
Yours are the hands
with which Christ blesses the world."*

*Let nothing trouble you,
let nothing frighten you.
All things are passing;
God never changes.
Patience obtains all things.
He who possesses God lacks nothing:
God alone suffices.*



"To have courage for whatever comes in life - everything lies in that."

Registration Form

Registration is recommended 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 or

website www.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** ___/___/11 **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)

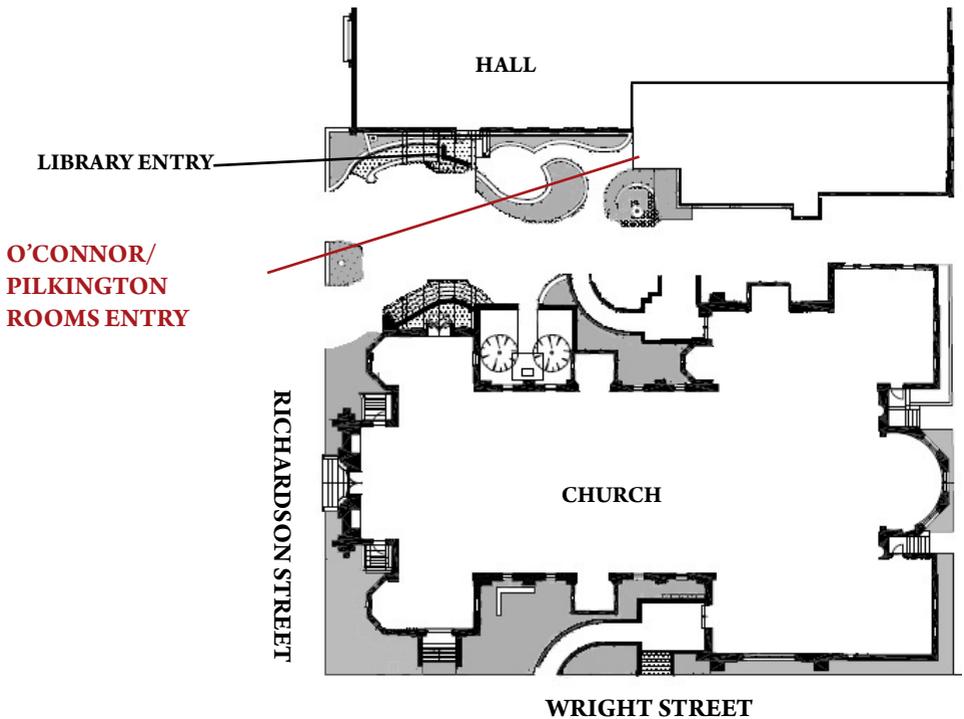
See over for directions ➡

Please remove along this line





The O'Connor/Pilkington Rooms
The Carmelite Centre
214 Richardson Street
Middle Park Vic 3206



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.