



THE **CARMELITE**  
CENTRE MELBOURNE

**PROGRAM**

**SEMESTER 2**

**JULY—DECEMBER 2013**

*The Carmelite Centre Melbourne is a joint project of The Carmelite Province of Australia and East Timor and The Parish of Port Melbourne-Middle Park.*

*The programs and services offered by The Carmelite Centre arise from the activities of The Carmelite Library, the National Carmelite Shrine of Our Lady of Mt Carmel and the Parish of Port Melbourne-Middle Park.*

*Registrations: 03 9690 5430, [registration@thecarmelitecentremelbourne.org](mailto:registration@thecarmelitecentremelbourne.org)*

*A map of the venue and public transport details are on the back cover.*

*N.B. Many of our programs are recognized by the Catholic Education Office Melbourne and the Catholic Education Commission of Victoria for accumulating hours toward accreditation to teach in a Catholic school.*



## **PROGRAM SEMESTER 11 JULY—DECEMBER 2013**

The Carmelite Centre Melbourne reflects the values of contemplation, free thinking, simplicity, humility and grace. We honour the individual, embrace community and welcome people who seek spiritual and personal enrichment into our range of activities.

Our focus at The Carmelite Centre Melbourne is on:

- Developing Spiritual Journeys
- Developing Spiritual Leaders
- Spiritual Leadership through Service and Outreach

The Carmelite Centre Melbourne  
214 Richardson Street,  
Middle Park, Victoria 3206

Telephone: 03 9690 5430

Email: [info@thecarmelitecentremelbourne.org](mailto:info@thecarmelitecentremelbourne.org)

Website: [www.thecarmelitecentremelbourne.org](http://www.thecarmelitecentremelbourne.org)

Many sessions are recognized by the Catholic Education Office Melbourne, and the Catholic Education Commission of Victoria, for accumulating hours toward Accreditation to teach in a Catholic School.

### **PRAYER AND LITURGY**

Our Lady of Mount Carmel Church (OLMC) is open daily from 8.30 am–6.00 pm. Shrines within the church are: Our Lady of Mount Carmel, St Therese of Lisieux, St Mary of the Cross MacKillop, The Prophet Elijah and The Sacred Heart.

Special masses at the Shrine of Our Lady of Mount Carmel during 2013 include:

- Feast of Mary Help of Christians (Healing Mass)—6.00 pm Saturday 25 May
- Feast of Our Lady of Mount Carmel (Mother's Mass)—10.30 am Sunday 21 July
- Feast of St Therese (Mass of Love and Hope)—10.30 am Sunday 29 September
- All Souls (Remembrance Mass)— 6.00 pm Saturday 2 November

For details of services at both St Joseph's and Our Lady of Mount Carmel are found at [carmelites.org.au](http://carmelites.org.au).



## WELCOME TO THE CARMELITE CENTRE MELBOURNE'S PROGRAM FOR SECOND SEMESTER 2013

You are warmly invited to participate in any or all of our talks, retreats, workshops and opportunities for prayer and reflection. The Carmelites' traditional charisms of Prayer, Fraternity and Service lead to a contemplative disposition and are reflected in our program headings—Spirituality, Community and Service.

Sessions are organised for different days and times to maximise your opportunities to attend. Costs vary for the programs so please check them in this program.

This year we are introducing a Spiritual Enrichment Program for those wishing to deepen their connection with God. Participants can design their own package from the retreats, courses, talks and services offered in this program. Visit our website for more information and to enrol in our Spiritual Enrichment Program.

From time to time we offer additional activities not included in this brochure. Please check our website or sign up for our newsletter for updates: [www.thecarmelitecentremelbourne.org](http://www.thecarmelitecentremelbourne.org)

**Registrations** are strongly recommended for all our activities. This enables us to confirm sessions or notify you if we need to cancel.

You can register by:

- calling: 03 9690 5430
- emailing: [registration@thecarmelitecentremelbourne.org](mailto:registration@thecarmelitecentremelbourne.org)
- visiting: [thecarmelitecentremelbourne.org](http://thecarmelitecentremelbourne.org)

Members of St Joseph's and OLMC Parish receive 25% discount (excluding residential retreats, annual pilgrimage, Online Spirituality Course and Spiritual Direction).



## **SERVICES FOR: THE SPIRITUAL JOURNEY**

The Carmelite Centre Melbourne provides a contemplative space, companionship and services specifically designed for people on the spiritual path. For enquiries, to make appointments or to avail yourself of these services, call us on 03 9690 5430 or send an email to [info@thecarmelitecentremelbourne.org](mailto:info@thecarmelitecentremelbourne.org)

## **SPIRITUAL DIRECTION**

This series of one-on-one meetings with a qualified Spiritual Director will help you hear God's spirit at work within. People facing a significant challenge to their faith, or who want more from their spiritual life will find meetings with a Spiritual Director transformative. For details on our Spiritual Directors refer to the Biography section of this brochure.

## **EVERYDAY RETREATS & RETREAT DAYS**

To retreat is to stop, be still and listen to the spirit. Everyday Retreats are personalized non-residential programs designed to find inner stillness while going about your daily business. Everyday Retreats are usually structured to assist you to pray and reflect and they include regular meetings with one of our qualified Spiritual Directors.

## **CONTEMPLATIVE COUNSELLING**

Spiritual practices of silence, stillness and mindfulness are the essence of Contemplative Counselling which helps us live more fully in the present. Contemplative Counselling shifts attention away from chattering thoughts and toward a focus on living in a more considered and heart-felt way.

## **SUPPORT FOR GRIEF AND LOSS**

Loss is a constant presence in life. We feel it when someone we love dies, when we lose the robustness of our bodies, when our relationships or jobs change. Sometimes loss feels like we are enduring a recurring storm. Counselling enables us to stay afloat during these turbulent times.

## **SPIRITUALITY DAYS**

The Carmelite Centre Melbourne offers first class workshop facilities and our team is available to design a variety of professional development sessions to help groups and organizations reflect on their achievements, establish a vision of their future, or focus on ways to improve their operations.



### **DREAM REFLECTION**

The Carmelite Centre Melbourne offers dream groups and workshops for those wishing to reflect on their dreams. Dream Groups generally run in blocks of up to ten sessions and we require at least five members. Contact us if you are interested in joining a Dream Group.

### **THE CARMELITE LIBRARY**

This unique collection on spirituality and mysticism is unparalleled in Australia and serves theological researchers, students and anyone on the sacred journey. Become part of a keen community of readers by calling the library on 03 9682 8553 or visit: [carmelitelibrary.org](http://carmelitelibrary.org)

### **THE CARMELITES**

Curious about The Carmelites? Contact us to discover more about this tradition and its unique charisms.



## JULY

<b>Mon</b>	<b>1</b>	<b>School Holidays</b>
<b>Tues</b>	<b>2</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.
<b>Wed</b>	<b>3</b>	
<b>Thurs</b>	<b>4</b>	<b>Meditation for Beginners</b> followed by regular meditation session—½hr. instruction for the beginner on techniques and spiritual traditions related to meditation practice followed by a regular <b>meditation</b> session. When: 6.30–7.45 pm. Venue: Malone Room. With: Peter Thomas. Cost: \$5 for beginner session only.
<b>Fri</b>	<b>5</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of The Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat 6, Sun 7 &amp; Mon 8</b>		
<b>Tues</b>	<b>9</b>	<b>Tuesday Morning Prayer</b> – begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.
<b>Wed</b>	<b>10</b>	
<b>Thurs</b>	<b>11</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
<b>Fri</b>	<b>12</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of The Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat 13 &amp; Sun 14</b>		
<b>Mon</b>	<b>15</b>	<b>Third Term begins</b>
<b>Tues</b>	<b>16</b>	<b>Feast of Our Lady of Mount Carmel</b> <b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.  <b>Spiritual Reading Group</b> —a guided discussion on spiritual writings on the third Tuesday of the month. Participants are provided with reading material before each meeting. Details of authors and texts are on our website. When: 4.30–6.00 pm. Venue: The Carmelite Library. Convenor: Susan Frykberg. Cost: \$5.
<b>Wed</b>	<b>17</b>	
<b>Thurs</b>	<b>18</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.



<b>Fri</b>	<b>19</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of The Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat</b>	<b>20</b>	<b>Feast of St Elijah</b> <b>Creative Kids Group: Create a Story</b> —through music, movement and art. When: 2.00–3.30 pm. Venue: O’Connor Pilkington Rooms. Convenor: Maggie Dillon. Cost: \$30. (All materials supplied)
<b>Sun 21 &amp; Mon 22</b>		
<b>Tues</b>	<b>23</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.
<b>Wed</b>	<b>24</b>	
<b>Thurs</b>	<b>25</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
<b>Fri</b>	<b>26</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of The Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat 27 Sun 28 &amp; Mon 29</b>		
<b>Tues</b>	<b>30</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.

## AUGUST

<b>Thurs</b>	<b>1</b>	<b>Meditation for Beginners</b> followed by regular meditation session—½hr instruction for the beginner on techniques and spiritual traditions related to meditation practice followed by a regular <b>meditation</b> session. When: 6.30–7.45 pm. Venue: Malone Room. With: Peter Thomas. Cost: \$5 for beginner session.
<b>Fri</b>	<b>2</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.  <b>Spirituality of Play Weekend Workshop</b> —draws participants into their playfulness through meditation, art, clowning, voice and movement techniques, and story play. When: 7.00–9.00 pm. Venue: O’Connor Pilkington Rooms. With: Rev. Peter Batten. Cost: \$150.
<b>Sat</b>	<b>3</b>	<b>Spirituality of Play Weekend</b> continues—When: 10.00–4.00 pm. Venue: O’Connor Pilkington Rooms. With: Rev. Peter Batten.



**AUGUST (CONT'D)**

<b>Sun</b>	<b>4</b>	<b>Sourdough Bread Making 1: An Introduction</b> —discover what sourdough bread is, how to care for a sourdough culture and how to make and bake a loaf. Take home a sourdough culture, dough to bake in the morning, class notes and recipes. When: 1.00–4.00 pm. With: Gayle McIntyre. Venue: O’Connor Pilkington Rooms. Cost: \$60. LIMITED PLACES.
<b>Mon</b>	<b>5</b>	
<b>Tues</b>	<b>6</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.  <b>iGod Session 3: Exploring 21st Century Bible and Spiritual Study Apps</b> —explore the nexus between spirituality and the technology of our everyday world. When: 7.30–9.00 pm. Venue: St Josephs Conference Centre. With: David Cheah. Cost: \$25.
<b>Wed</b>	<b>7</b>	
<b>Thurs</b>	<b>8</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
<b>Fri</b>	<b>9</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat 10, Sun 11 &amp; Mon 12</b>		
<b>Tues</b>	<b>13</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.  <b>Library Seminar 3: Tracing the St John’s Bible</b> —Join Sally Diserio for a fascinating insight into the creation of this handwritten Bible illuminated in the medieval tradition. When: 6.00–8.30 pm. Venue: O’Connor Pilkington Rooms. With: Sally Diserio. Cost: \$25
<b>Wed</b>	<b>14</b>	
<b>Thurs</b>	<b>15</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
<b>Fri</b>	<b>16</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat</b>	<b>17</b>	<b>Creative Kids Group: A Special Gift for Father’s Day</b> —make a portrait of yourself, Dad or Grandad, or decorate a frame for a special picture. When: 2.00–3.30 pm. Venue: O’Connor Pilkington Rooms. Convenor: Maggie Dillon. Cost: \$30 (All materials supplied).





<b>Sun</b>	<b>18</b>	
<b>Mon</b>	<b>19</b>	<b>Enrolment Deadline: Prayer in the Carmelite Tradition</b> —for the Carmelite Institute of Britain and Ireland online education course. For more information visit: <a href="http://thecarmelitecentremelbourne.org">thecarmelitecentremelbourne.org</a> .
<b>Tues</b>	<b>20</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.  <b>Spiritual Reading Group</b> —a guided discussion on spiritual writings on the third Tuesday of the month. Participants are provided with reading material before each meeting. Details of authors and texts are on our website. When: 4.30–6.00 pm. Venue: The Carmelite Library. Convenor: Susan Frykberg. Cost: \$5.
<b>Wed</b>	<b>21</b>	
<b>Thurs</b>	<b>22</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
<b>Fri</b>	<b>23</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat 24, Sun 25 &amp; Mon 26</b>		
<b>Tues</b>	<b>27</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.
<b>Wed</b>	<b>28</b>	<b>Poetry for the Soul</b> —this year poets share their spiritual journeys reading their own writing and the writing of those who inspired them. Guests: Chris Wallace-Crabbe & Alex Skovron. When: 6.30–8.30 pm. Venue: O’Connor Pilkington Rooms. Cost: \$25.
<b>Thurs</b>	<b>29</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
<b>Fri</b>	<b>30</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.

## SEPTEMBER

<b>Sun</b>	<b>1</b>	<b>Sourdough Bread Making 2:</b> Whole grains—covers the benefits and methods of integrating whole grains into sourdough bread. When: 1.00–4.00 pm. With: Gayle McIntyre. Venue: O’Connor Pilkington Rooms. Cost: \$70. LIMITED PLACES.
------------	----------	---



**SEPTEMBER (CONT'D)**

<b>Mon</b>	<b>2</b>	<p><b>Online Carmelite Education</b> begins:—<b>Prayer in the Carmelite Tradition</b>—For more information on this course offered through the Carmelite Institute of Britain and Ireland, visit: <a href="http://thecarmelitecentremelbourne.org">thecarmelitecentremelbourne.org</a></p> <p><b>(Anti) Social Media 101: A Beginners' Guide for Parents and Grandparents</b>—join us as we explore the Do's and Don'ts of Social Media and how to guide loved ones to use it wisely and safely. When: 7.00–9.00 pm. Venue: O'Connor Pilkington Rooms. With: IT and social media experts David Cheah and Tamarind Begley, psychologists Michael McGartland and Anna Booth, and some of our young leaders in schools. Cost: \$10</p>
<b>Tues</b>	<b>3</b>	<p><b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.</p>
<b>Wed</b>	<b>4</b>	
<b>Thurs</b>	<b>5</b>	<p><b>Meditation for Beginners</b> followed by regular meditation session—½hr instruction for the beginner on techniques and spiritual traditions related to meditation practice followed by a regular <b>meditation</b> session. When: 6.30–7.45 pm. Venue: Malone Room. With: Peter Thomas. Cost: \$5 for beginner session</p>
<b>Fri</b>	<b>6</b>	<p><b>Lectio Divina</b>—a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.</p>
<b>Sat</b>	<b>7</b>	
<b>Sun</b>	<b>8</b>	<p><b>Cupcake Decorating for Adults</b>—delicious, beautiful almost too good to eat. Have fun decorating cupcakes for different occasions. When: 1.00–4.00 pm. With: Gayle McIntyre. Venue: O'Connor Pilkington Rooms. Cost: \$60. LIMITED PLACES.</p>
<b>Mon</b>	<b>9</b>	
<b>Tues</b>	<b>10</b>	<p><b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.</p>
<b>Wed</b>	<b>11</b>	
<b>Thurs</b>	<b>12</b>	<p><b>Meditation</b>—a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.</p> <p><b>Social Justice: A Catholic Imperative</b>—Discover the scriptural and theological roots of the Catholic imperative for social justice, the developmental factors that drive young people toward justice, and how educators can use music—the lingua franca of the young—to grasp the justice message in the Gospels. When: 7.00–9.00 pm. With: Patrick Jurd. Venue: The O'Connor Pilkington Rooms. Cost: \$20</p>



<b>Fri</b>	<b>13</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat</b>	<b>14</b>	<b>Creative Kids Group: Clay Modelling or Sculptures</b> —Use clay, wood and other things to create amazing sculptures. When: 2.00–3.30 pm. Venue: O’Connor Pilkington Rooms. Convenor: Maggie Dillon. Cost: \$30. (All materials supplied)
<b>Sun 15 &amp; Mon 16</b>		
<b>Tues</b>	<b>17</b>	<b>St Albert of Jerusalem Feast Day</b> <b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost. <b>Spiritual Reading Group</b> —a guided discussion on spiritual writings on the third Tuesday of the month. Participants are provided with reading material before each meeting. Details of authors and texts are on our website. When: 4.30–6.00 pm. Venue: The Carmelite Library. Convenor: Susan Frykberg. Cost: \$5.
<b>Wed</b>	<b>18</b>	
<b>Thurs</b>	<b>19</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
<b>Fri</b>	<b>20</b>	<b>School Holidays</b> <b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat 21, Sun 22 &amp; Mon 23</b>		
<b>Tues</b>	<b>24</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.
<b>Wed</b>	<b>25</b>	<b>The Carmelite Way Pilgrimage: Information Evening</b> —in the tradition of the great Christian pilgrimages of Europe, this uniquely Australian experience deepens your relationship with God in nature. Find out more about this pilgrimage through the Yarra Valley. When: 7.00–9.00 pm. Venue: The Carmelite Centre Melbourne. With: The Pilgrimage Team. No Cost.
<b>Thurs</b>	<b>26</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
<b>Fri</b>	<b>27</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.



**OCTOBER**

<b>Tues</b>	<b>1</b>	<b>Feast of Therese Lisieux</b> <b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.
<b>Wed</b>	<b>2</b>	<b>The Little Way of St Thérèse</b> —who offers hope when she says our sins should never have the final say about our lives. Discover the wisdom of this popular saint with Fr. James Des Lauriers. When: 9.30–11.00 am AND 7.00–9.00 pm. Venue: O’Connor Pilkington Rooms for both sessions. Cost: \$10 each session.
<b>Thurs</b>	<b>3</b>	<b>Meditation for Beginners</b> followed by regular meditation session—½hr instruction for the beginner on techniques and spiritual traditions related to meditation practice followed by a regular <b>meditation</b> session. When: 6.30–7.45 pm. Venue: Malone Room. With: Peter Thomas. Cost: \$5 for beginner session
<b>Fri</b>	<b>4</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat</b>	<b>5</b>	
<b>Sun</b>	<b>6</b>	<b>Creative Kids Group: Cupcake Decoration</b> with Gayle McIntyre—bake and decorate your own yummy cupcakes. Bring a container to take your cakes home. When: 2.00–3.30 pm. Venue: O’Connor Pilkington Rooms. Convenor: Maggie Dillon. Cost: \$30. (All materials supplied)
<b>Mon</b>	<b>7</b>	<b>Fourth Term begins</b> <b>Enrolment Deadline: Living in God’s Presence</b> —Carmelite Institute of Britain and Ireland online education. Visit: <a href="http://thecarmelitecentremelbourne.org">thecarmelitecentremelbourne.org</a>
<b>Tues</b>	<b>8</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.
<b>Wed</b>	<b>9</b>	
<b>Thurs</b>	<b>10</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.  <b>Library Seminar 4: The Mystical Cervantes</b> —a presentation by Vicente Pérez de León, Senior Lecturer in Spanish at School of Languages and Linguistics, Melbourne University on the mystical art of Miguel de Cervantes, known for his novel Don Quixote. When: 6.30–8.00 pm. Venue: O’Connor Pilkington Rooms. Cost: \$25
<b>Fri</b>	<b>11</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.



Sat	12	<b>Awaken to a rich life: A journey with Teresa of Avila</b> —a one day non-residential retreat discovering Teresa through her writings and how they resonate in our lives; the stuff of our journey with God. Bring writing material for your reflections. When: 10.00–3.30 pm. Venue: O’Connor Pilkington Rooms. With: Adrian Jones. Cost: \$40
<b>Sun 13 &amp; Mon 14</b>		
Tues	15	<p style="text-align: right;"><b>Feast of St Teresa of Avila</b></p> <p><b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.</p> <p><b>Spiritual Reading Group</b>—a guided discussion on spiritual writings on the third Tuesday of the month. Participants are provided with reading material before each meeting. Details of authors and texts are on our website. When: 4.30–6.00 pm. Venue: The Carmelite Library. Convenor: Susan Frykberg. Cost: \$5.</p>
Wed	16	<b>Poetry for the Soul</b> —this year poets share their spiritual journeys reading their own writing and the writing of those who inspired them. Guests: Jordie Albiston & Brendan Ryan. When: 6.30–8.30 pm. Venue: O’Connor Pilkington Rooms. Cost: \$25.
Thurs	17	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
Fri	18	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
Sat	19	<b>Creative Kids Group: Paper Mache Creatures or Masks</b> —explore shapes, colours and textures to create a creature or a mask. When: 2.00–3.30 pm. Venue: O’Connor Pilkington Rooms. Convenor: Maggie Dillon. Cost: \$30. (All materials supplied)
Sun	20	
Mon	21	<b>Online Education Begins: Living in God’s Presence.</b> Visit <a href="http://thecarmelitecentremelbourne.org">thecarmelitecentremelbourne.org</a> for more information about the course offered through the Carmelite Institute of Britain and Ireland.
Tues	22	<p><b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.</p> <p><b>Advent Talk: The Gospel of St Matthew: The Story of an Emerging Church</b>—an exploration of the designated Gospel for 2014. When: 7.00–9.00 pm. Venue: O’Connor Pilkington Rooms. With: Hugh Brown O. Carm. \$20</p>
Wed	23	



## OCTOBER (CONT'D)

<b>Thurs</b>	<b>24</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
<b>Fri</b>	<b>25</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat</b>	<b>26</b>	
<b>Sun</b>	<b>27</b>	<b>Gluten-free Pastry</b> —Learn some pastry making techniques then adjust, and apply them to gluten-free flours and substitutions. Bring your own tips and suggestions as well. When: 1.00–4.00 pm. Venue: O'Connor Pilkington Rooms. With: Gayle McIntyre. Cost: \$70. Only 10 places.
<b>Mon</b>	<b>28</b>	
<b>Tues</b>	<b>29</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.
<b>Wed</b>	<b>30</b>	
<b>Thurs</b>	<b>31</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.

## NOVEMBER

<b>Fri</b>	<b>1</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat</b>	<b>2</b>	<b>All Souls Day</b>
<b>Sun</b>	<b>3</b>	<b>Commissioning Liturgy for Pilgrims &amp; Mass of Remembrance:</b> When: 10.30 am. Venue: Our Lady of Mount Carmel.  <b>Christmas Baking</b> —book early for an afternoon of baking, take home an assortment of biscuits and slices to eat now or freeze until the holidays. When: 1.00–4.00 pm. Venue: St Joseph Hall. With: Gayle McIntyre. Cost: \$60. LIMITED PLACES.
<b>Mon</b>	<b>4</b>	
<b>Tues</b>	<b>5</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.
<b>Wed</b>	<b>6</b>	
<b>Thurs</b>	<b>7</b>	<b>Meditation for Beginners</b> followed by regular meditation session—½hr instruction for the beginner on techniques and spiritual traditions related to meditation practice followed by a regular <b>meditation</b> session. When: 6.30–7.45 pm. Venue: Malone Room. With: Peter Thomas. Cost: \$5 for beginner session



<b>Fri</b>	<b>8</b>	<p><b>Lectio Divina</b>—a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.</p> <p><b>The Carmelite Way Pilgrimage</b>—in the tradition of the great Christian pilgrimages of Europe, this uniquely Australian sacred experience deepens your relationship with God in nature. Prior Provincial, Denis Andrew OCarm, will lead pilgrims in moments of prayer and reflection through the Yarra Valley. Each evening there will be inspirational presentations by guest speakers.</p> <p>Meet at 8.00 am at The Carmelite Centre Melbourne to be driven to Lilydale where the pilgrimage begins. Pilgrims will stay at Pallotti College in Millgrove and be bussed to the walk daily. The pilgrimage finishes after lunch on Sunday. Cost: Visit: <a href="http://thecarmelitecentremelbourne.org">thecarmelitecentremelbourne.org</a></p>
<b>Sat 9 &amp; Sun 10</b> Pilgrims stay at Pallotti College in Millgrove		
<b>Mon</b>	<b>11</b>	
<b>Tues</b>	<b>12</b>	<p><b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.</p>
<b>Wed</b>	<b>13</b>	
<b>Thurs</b>	<b>14</b>	<p style="text-align: center;"><b>Feasts of All Carmelite Saints of the Order</b></p> <p><b>Meditation</b>—a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.</p>
<b>Fri</b>	<b>15</b>	<p><b>Lectio Divina</b>—a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.</p>
<b>Sat</b>	<b>16</b>	<p><b>Creative Kids Group: Create a Herb Garden</b>—discover your green thumb and make a living gift that will grow and delight. When: 2.00–3.30 pm. Venue: O'Connor Pilkington Rooms. Convenor: Maggie Dillon. Cost: \$30. (All materials supplied)</p>
<b>Sun 17 &amp; Mon 18</b>		
<b>Tues</b>	<b>19</b>	<p><b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.</p> <p><b>Spiritual Reading Group</b>—a guided discussion on spiritual writings on the third Tuesday of the month. Participants are provided with reading material before each meeting. Details of authors and texts are on our website. When: 4.30–6.00 pm. Venue: The Carmelite Library. Convenor: Susan Frykberg. Cost: \$5.</p>
<b>Wed</b>	<b>20</b>	



## NOVEMBER (CONT'D)

<b>Thurs</b>	<b>21</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
<b>Fri</b>	<b>22</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat 23, Sun 24 &amp; Mon 25</b>		
<b>Tues</b>	<b>26</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.
<b>Wed</b>	<b>27</b>	
<b>Thurs</b>	<b>28</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
<b>Fri</b>	<b>29</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat</b>	<b>30</b>	<b>Advent Oasis Day</b> —Come, sit, breathe, and pray before the Christmas rush. When: 10.00–3.00 pm. Venue: O'Connor Pilkington Rooms. With: Michelle Trebilcock and Rebekah Pryor. Cost: \$40

## DECEMBER

<b>Sun</b>	<b>1</b>	<b>Creative Kids Program: Gingerbread House Decorating</b> —get into the Christmas spirit by decorating your own gingerbread house. When: 2.00–3.30 pm. Venue: O'Connor Pilkington Rooms. Cost: \$30. (All materials supplied)
<b>Mon</b>	<b>2</b>	
<b>Tues</b>	<b>3</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.  <b>Christmas Drinks</b> —A celebration of gratitude to our leaders, facilitators and participants for a year of enlightenment and inspiration. When: 6.30 pm. Venue: O'Connor Pilkington Rooms. Cost: FREE
<b>Wed</b>	<b>4</b>	
<b>Thurs</b>	<b>5</b>	<b>Meditation for Beginners</b> followed by regular meditation session—½hr instruction for the beginner on techniques and spiritual traditions related to meditation practice followed by a regular <b>meditation</b> session. When: 6.30–7.45 pm. Venue: Malone Room. With: Peter Thomas. Cost: \$5 for beginner session





<b>Fri</b>	<b>6</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat 7, Sun 8 &amp; Mon 9</b>		
<b>Tues</b>	<b>10</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.
<b>Wed</b>	<b>11</b>	
<b>Thurs</b>	<b>12</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
<b>Fri</b>	<b>13</b>	<b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat</b>	<b>14</b>	<b>Feast of St John of the Cross</b>
<b>Sun 15 &amp; Mon 16</b>		
<b>Tues</b>	<b>17</b>	<b>Tuesday Morning Prayer</b> — begin your day with prayers, psalms and meditation based on the Divine Office or Liturgy of the Hours. Be reminded of the presence of God throughout the day. When: 7.30–8.00 am. Venue: Malone Room. No Cost.  <b>Spiritual Reading Group</b> —a guided discussion on spiritual writings on the third Tuesday of the month. Participants are provided with reading material before each meeting. Details of authors and texts are on our website. When: 4.30–6.00 pm. Venue: The Carmelite Library. Convenor: Susan Frykberg. Cost: \$5.
<b>Wed</b>	<b>18</b>	
<b>Thurs</b>	<b>19</b>	<b>Meditation</b> —a weekly meeting of ordinary people who wish to benefit from awareness. When: 7.00–7.45 pm. Venue: Malone Room. With: Peter Thomas. No Cost.
<b>Fri</b>	<b>20</b>	<b>School Holidays</b> <b>Lectio Divina</b> —a weekly reflection on the scriptures in the tradition of the Carmelites led by members in the Lady Chapel OLMC. When: 9.30–10.15 am. No Cost.
<b>Sat 21, Sun 22 &amp; Mon 23</b>		
<b>Tues</b>	<b>24</b>	<b>Christmas Eve</b>



## PROFILES

### THE CARMELITE CENTRE MELBOURNE TEAM

**Irene Hayes** is The Carmelite Centre Melbourne Leader. She manages the daily operations of the centre, and is the key contact for our Schools Program and Online Carmelite Studies.

**Damien Peile** is The Carmelite Centre Melbourne Pastoral Adviser and liaison with local interfaith groups and representatives. He also provides Spiritual Mentoring and counselling at The Centre.

**Clare Shearman** is the convenor of the Spiritual Enrichment Program, coordinator of Spiritual Direction services and a consultant in the not for profit industry.

**Donna Ward** is The Carmelite Centre Melbourne Program Planner. She has expertise as a project manager and is a writer, editor and publisher.

### THE SPIRITUAL DIRECTORS AND MENTORS

A qualified and experienced team of Spiritual Directors are available to walk with you on the spiritual path.

**Jim De Laurier OCarm** was a pastoral counsellor and spiritual director in Africa, America, Europe. He provides pastoral and spiritual care for the Lay Carmelites of Australia and presents sessions on Carmelite spirituality at The Carmelite Centre Melbourne.

**Adrian Jones** is a qualified Spiritual Director who has led spirituality courses and retreats for over 30 years. He serves on various committees advising on Carmelite Spirituality and life, and frequently presents reflection days at The Carmelite Centre Melbourne.

**Bernadette Micallef OCDS** has a long association with the Carmelite Order. She completed a graduate theology degree (YTU) and a certificate in spiritual direction (Siloam).

**Margie Bradbeer** is a qualified Spiritual Director. She studied at Wellsprings Centre of Spirituality and works in Pastoral Care at Caritas Christi.



## THE CARMELITE CENTRE FACILITATORS AND CONVENORS

A team of experienced facilitators, well qualified in their areas of interest facilitate a range of lectures, workshops and reflection sessions throughout this Semester.

**Denis Andrew OCarm** is the Prior Provincial of the Carmelite Order in Australia and East Timor. He is the spiritual leader for the annual Carmelite Pilgrimage and talks on Carmelite Spirituality during retreats and other workshops.

**Rev. Peter Batten** is a Uniting church minister, Creative Arts Therapist, accredited Interplay teacher, labyrinth facilitator and Sacred Clown. He has clowned and facilitated community art projects in a variety of settings and has a passion for enabling people to connect with their creative child within.

**Tamarind Begley** is the National Marketing Manager for SAI Global Property, and the proprietor of 'A Floral Experience' which offers fun-filled floral workshops often run at The Carmelite Centre Melbourne. She is a fan of Facebook and uses it extensively to advertise and grow her client base.

**Hugh Brown OCarm**, once Principal of Whitefriars College, Parish Priest of Our Lady of Mount Carmel and St Joseph's Parish, and lecturer for the Broken Bay Institute, is now Parish Priest of Morwell and Churchill, and facilitates In-services for Catholic Schools in Biblical Studies and Spirituality.

**David Cheah** is a gadgeteer with a passion for all things spiritual. He believes gadgets can enhance our faith. A futurist by profession, he consults with business on strategy, marketing and communication.

**Maggie Dillon** is a qualified teacher and artist committed to encouraging emerging artists of all ages to develop skills and seek fulfilment of their individual direction within their art-making.

**Susan Frykberg** reads widely in Christian Mysticism, practices centering prayer, is a poet and a composer and holds degrees in Theology, Ancient Languages and Composition.

**Philip Harvey** is the Carmelite Librarian and poetry editor of Eureka Street, his work is published widely in Australia and overseas.



**Patrick Jurd** has a Science degree from Sydney University, a Master of Theology from Melbourne University, over fifteen years experience in faith leadership and taught for over thirty years. He is Director of Faith and Religious Education at Ave Maria College, Aberfeldie.

**Michael McGartland** is the Principal Clinical Psychologist at Alfred Heath, has worked in clinical and counseling psychology for over 30 years and regularly presents at The Carmelite Centre.

**Gayle McIntyre** is a parishioner of Port Melbourne-Middle Park who works at Trinity College. Her business, The Bread and Honey Kitchen, offers a range of baking courses.

**Rebekah Pryor** is a Melbourne artist who works primarily with paint and fabric to explore ideas and images from everyday life.

**Peter Thomas** is a filmmaker with an interest in meditation. He has produced films on the Dalai Lama, Thich Nhat Hanh and a number of Christian monastics in Australia and abroad.

**Michelle Trebilcock** is a parent and Anglican priest based in Camberwell currently studying a doctorate of theology.

## GUEST SPEAKERS

**Jordie Albiston** has published eight poetry collections. Two of her books have been adapted for music-theatre, both enjoying seasons at the Sydney Opera House. Jordie's work has won many awards, including the 2010 NSW Premier's Prize. She lives in Melbourne.

**Brendan Ryan** teaches English at a secondary college in Geelong. His poems appear in literary journals and newspapers, *The Best Australian Poetry* (U.Q.P) and *Best Australian Poems* (Black Inc.) His second collection of poetry, *A Paddock in His Head* (Five Islands Press 2008), was shortlisted for the 2008 ACT Poetry Prize.

**Alex Skovron** is the author of five collections of poetry—most recently *Autographs* (2008)—and a prose novella, *The Poet* (2005). He was born in Poland, arrived in Australia aged nine, grew up in Sydney, lives in Melbourne, and works as a freelance editor. His *New & Selected Poems* is forthcoming.



**Chris Wallace-Crabbe AM**, is listed as one of Australia's National Treasures. He has read his poetry worldwide, and his latest collection is *New and Selected Poems* (Carcanet Oxford Poets). *Read It Again*, a volume of critical essays, was published by Salt in 2005. He writes on the visual arts and works co-operatively on artists' books.

**Sally Diserio** is a parishioner of Our Lady of Mount Carmel and participates in ministry and liturgy by planning and contributing to creative projects within the parish. She also has an ongoing interest in calligraphy.

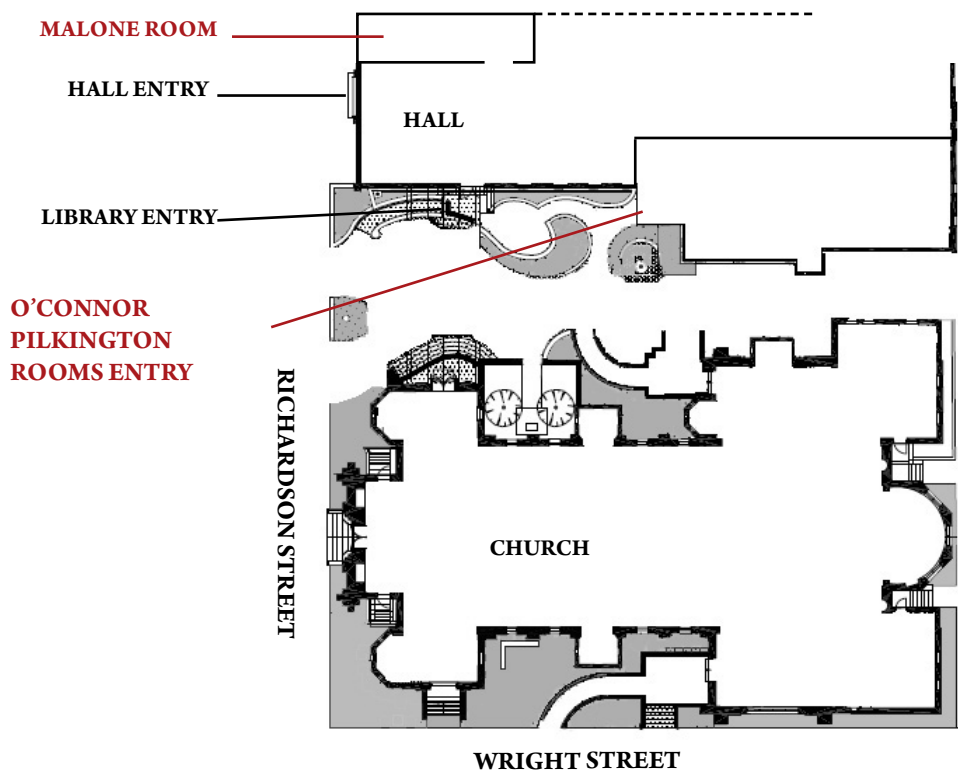
**Vicente Pérez de León** is Senior Lecturer in Spanish, Latin American and European Studies at Melbourne University. His research publications are on Cervantes and he has written two monographs: *Unbalanced Stages*, on Cervantes' short drama, and *Cervantes and the Fourth Mystery*, on Cervantes' narrative.







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.