

Days of Reflection

FEBRUARY: 11TH 1.00PM—4.00PM
EXPLORING A MOVIE - THE FISHER KING (1991)
Facilitator: Val O'Hara RSM **Cost: Donation \$10.00**

FEBRUARY 24TH - 25TH 10.00AM—4.00PM LIGHT LUNCH INCLUDED
THE STORY GOD WRITES
Facilitator: Gaye Lennon RSM **Cost: \$70.00**

FEBRUARY 27TH 9.30AM— 1.00 PM LIGHT LUNCH INCLUDED
LENTEN REFLECTION: "CELEBRATE WHAT'S RIGHT WITH THE WORLD"
Facilitator: Helen Baguley RSM **Cost: \$20.00**

MARCH 6TH 9.30AM— 1.00 PM LIGHT LUNCH INCLUDED
LENTEN REFLECTION: "THE COSMIC DANCE"
Facilitator: Helen Baguley RSM **Cost: \$20.00**

MARCH 13TH 9.30AM— 1.00 PM LIGHT LUNCH INCLUDED
LENTEN REFLECTION: "LOAVES AND FISH"
Facilitator: Helen Baguley RSM **Cost: \$20.00**

MARCH 16TH - 17TH 9.30— 3.00 LIGHT LUNCH INCLUDED
SINGING THE SONG OF YOUR SOUL
Facilitator: Anne Ryan RSM **Cost: \$70.00**

MARCH 27TH 9.30AM— 1.00 PM LIGHT LUNCH INCLUDED
LENTEN REFLECTION: "JOURNEY TO THE CROSS AND BEYOND"
Facilitator: Helen Baguley RSM **Cost: \$20.00**

APRIL 3RD 9.30AM— 1.00 PM LIGHT LUNCH INCLUDED
LENTEN REFLECTION: "IN THE BEGINNING"
Facilitator: Helen Baguley RSM **Cost: \$20.00**

APRIL 27TH – 28TH 9.30AM – 4.00 PM LIGHT LUNCH INCLUDED
LISTENING TO THE CALL TO BECOME THE BELOVED DISCIPLE.

Facilitator: Helen Duffy RSM **Cost: \$70.00**

APRIL 29TH 1.00PM—4.00PM

EXPLORING A MOVIE ITALIAN FOR BEGINNERS (2000)

Facilitator: Val O'Hara RSM **Cost: Donation \$10.00**

MAY 2ND, 16TH, 30TH 9.30AM - 11.30AM

MOVEMENT AND MEDITATION FROM THE HEART - PRESENCE.

Facilitator: Vicki Hancock **Cost: \$25.00 per session**

MAY 18TH 9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

**POWERFUL PARABLES –STORY TELLING, STORY LISTENING, STORY SHARING:
DISCOVERING NEW MEANINGS IN THE ORDINARY OF OUR EVERYDAY.**

Facilitator: Val O'Hara RSM **Cost: \$20.00**

JUNE: 3RD 1.00PM—4.00PM

EXPLORING A MOVIE PLACES IN THE HEART (1984)

Facilitator: Val O'Hara RSM **Cost: Donation \$10.00**

JUNE: 14TH 9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

PRAYER: A BRIDGE BETWEEN LONGING AND BELONGING

Facilitator: Anne Ryan RSM **Cost: \$20.00**

JULY: 7TH – 8TH 9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

RECONNECTING WITH CELTIC SPIRITUALITY

Facilitator: Helen Baguley RSM **Cost: \$70.00**

JULY: 29TH 9.30AM – 5.00 PM LIGHT LUNCH INCLUDED

**MYERS-BRIGGS TYPOLOGY INDICATOR WORKSHOP
UNDERSTANDING PERSONALITY**

Facilitator: Helen Baguley RSM **Cost: \$35.00**

AUGUST: 3RD 9.30AM – 1.00 PM LIGHT LUNCH INCLUDED
GIVING EUCHARIST
Facilitator: Val O'Hara RSM **Cost: \$20.00**

AUGUST: 5TH- 6TH 9.30AM – 4.00 PM LIGHT LUNCH INCLUDED
STORIES TOLD AND UNTOLD ON THE JOURNEY: A BIBLICAL EXPLORATION
Facilitator: Elaine Wainwright RSM **Cost: \$70.00**

AUGUST: 19TH 1.00PM – 4.00PM
EXPLORING A MOVIE North Country: (2005)
Facilitator: Val O'Hara RSM **Cost: Donation \$10.00**

SEPTEMBER: 27TH 9.30AM – 1.00 PM LIGHT LUNCH INCLUDED
WONDERS AND POSSIBILITIES
Facilitator: Anne Ryan RSM **Cost: \$20.00**

OCTOBER: 14TH 1.00PM – 4.00PM
EXPLORING A MOVIE INTO THE WOODS (2015)
Facilitator: Val O'Hara RSM **Cost: Donation \$10.00**

OCTOBER: 26TH 9.30AM – 1.00 PM LIGHT LUNCH INCLUDED
DESIDERATA: THINGS TO BE DESIRED
Facilitator: Val O'Hara RSM **Cost: \$10.00**

NOVEMBER: 16TH 9.30AM – 1.00 PM LIGHT LUNCH INCLUDED
SOUL SISTERS
Facilitator: Helen Baguley RSM **Cost: \$70.00**

DECEMBER 2ND 1.00PM – 4.00PM
EXPLORING A MOVIE - THIS MOVIE WILL BE YOUR CHOICE
Facilitator: Val O'Hara RSM **Cost: Donation \$10.00**

FEBRUARY

FEBRUARY: 11TH

1.00PM—4.00PM

EXPLORING A MOVIE

Christ commissions us to meet with people where they are, in the middle of their messy lives. Movies are modern day parables which can provide us with a venue in which to fulfil this great commission. References: 'Movies that Matter' by Richard Leonard S.J. Loyola Press Chicago 2006 'Praying the Movies II' by Edward McNulty Westminster John Knox Press, Louisville, Kentucky 2003

The Fisher King (1991) stars Robin Williams and Jeff Bridges: *two strangers in a big city. One has lost his job, the other's lost his mind.* The title comes from a *Holy Grail* legend and is about everyman seeking redemption. The film explores many aspects of brokenness –physical, emotional, psychological and spiritual. The characters may be viewed as archetypal. Some critics see the strange story as a parable of grace

Reflection: We will look at the movie in the light of the original Fisher King Legend, and reflect on its metaphoric, archetypal images. What challenges does it offer us in daily life?

Facilitator: Val O'Hara RSM

Cost: Donation \$10.00

FEBRUARY 24TH - 25TH

10.00AM—4.00PM LIGHT LUNCH INCLUDED

THE STORY GOD WRITES ...

Within the safety of a supportive environment these two days will use imagination processes to explore the story God would write about your life: the underlying story to the one that has a public face; the story that doesn't get proclaimed out loud; the story that has been the basic constant in the weaving of your life. Broken threads, knots, mistakes all form part of a larger tapestry of life.

Facilitator: Gaye Lennon RSM

Cost:\$70.00

FEBRUARY 27TH

9.30AM– 1.00 PM LIGHT LUNCH INCLUDED

LENTEN REFLECTION: "CELEBRATE WHAT'S RIGHT WITH THE WORLD"

How open to possibilities does our vision allow us to be?

Facilitator: Helen Baguley RSM

Cost: \$20.00



MARCH 6TH 9.30AM – 1.00 PM *LIGHT LUNCH INCLUDED*

LENTEN REFLECTION: “THE COSMIC DANCE”

An invitation to experience our oneness with all that is.

Facilitator: Helen Baguley RSM

Cost: \$20.00

MARCH 13TH 9.30AM – 1.00 PM *LIGHT LUNCH INCLUDED*

LENTEN REFLECTION: “LOAVES AND FISH”

The disturbing and dangerous potential of our own generosity.

Facilitator: Helen Baguley RSM

Cost: \$20.00

MARCH 16TH - 17TH 9.30 – 3.00 *LIGHT LUNCH INCLUDED*

SINGING THE SONG OF YOUR SOUL

Using the metaphor ‘to sing’, meaning to breathe soul over the things that are ailing or in need of restoration, the reflections offered during these two days will include the story *LaLoba*, wherein the wisdom figure sings over the bones she has gathered to bring new life. Such stories offer a pattern to ‘sing-up’ our awareness of our soul journey to be present to Presence.

Facilitator: Anne Ryan RSM

Cost: \$70.00

MARCH 27TH 9.30AM – 1.00 PM *LIGHT LUNCH INCLUDED*

LENTEN REFLECTION: “JOURNEY TO THE CROSS AND BEYOND”

The story of each person’s passage from life to death to life.

Facilitator: Helen Baguley RSM

Cost: \$20.00

APRIL

APRIL 3RD 9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

LENTEN REFLECTION: “IN THE BEGINNING” Our story within the never-ending story.

Facilitator: Helen Baguley RSM

Cost: \$20.00

APRIL 27TH – 28TH 9.30AM – 4.00 PM LIGHT LUNCH INCLUDED

LISTENING TO THE CALL TO BECOME THE BELOVED DISCIPLE.

These contemplative style days will invite us to respond to the call in John's Gospel to become the Beloved Disciple. Meditation will frame our reflective experiences.

Facilitator: Helen Duffy RSM

Cost: \$70.00

April 29TH 1.00PM—4.00PM

EXPLORING A MOVIE

Italian for Beginners (2000) – a Danish movie, looking at the need for love from many angles. The main character is a Lutheran Pastor recovering from the recent death of his wife. There is tragedy, mental illness, humour, failed romances, falling in love, forgiveness, reconciliation.

Reflection: We will reflect on *Italian for Beginners* as a movie exploring every aspect of the human condition. The role of Church and religion comes under scrutiny, and God is revealed in unexpected places. Richard Leonard S.J. gives us a critical question to examine: *How does love become the thread that brings healing to individuals in the film?*

Facilitator: Val O'Hara RSM

Cost: Donation \$10.00

MAY

MAY 2ND, 16TH, 30TH 9.30AM - 11.30AM

MOVEMENT AND MEDITATION FROM THE HEART - PRESENCE.

Awareness of your body through gentle movement and deep relaxation brings you into the present moment, eases physical tension and emotional stress, allowing a slowing down of the mind and an opening of the heart. In this peaceful state of awareness of the senses you can move more freely into mindfulness meditation then to deeper stillness. Come, taste this experience in sacred text, verse, reflection, response, music and imagery. Come to more sessions to internalise these nurturing spiritual practices and to connect with true presence.

Facilitator: Vicki Hancock

Cost: \$25.00 per session

MAY 18TH

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

POWERFUL PARABLES –

STORY TELLING, STORY LISTENING, STORY SHARING:

DISCOVERING NEW MEANINGS IN THE ORDINARY OF OUR EVERYDAY.

Jesus did it through stories that gave some graspable shape to the role of God in our lives. It's clear that he didn't belabour his listeners with deep theology and troublesome words, but rather settled on stories to shine a light on what God was really like.

This Reflection Day will give us a chance to explore God in our lives, unlocking new meanings in the familiar through many forms of modern day parables: story, role play, poetry, body sculpture.

Facilitator: Val O'Hara RSM

Cost: \$20.00



JUNE: 3RD

1.00PM – 4.00PM

EXPLORING A MOVIE

Places in the Heart (1984) — our nostalgic movie for the year. It stars Sally Field, Danny Glover, Ed Harris and John Malkovich and is set in Texas in the 1930's. The film is overtly Christian, everyone goes to Church on Sundays, the little town seems to be a happy healthy community - in the beginning. We then endure so much suffering with the main characters: tragic death, racism, (KKK) greed, prejudice, disability and hatred. Do forgiveness and redemption necessarily follow?

Reflection: Our reflection will centre on the final scene, where resolution, perhaps, comes.

Facilitator: Val O'Hara RSM

Cost: Donation \$10.00

JUNE: 14TH

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

PRAYER: A BRIDGE BETWEEN LONGING AND BELONGING

In his book, "Eternal Echoes—Exploring our Hunger to Belong", John O'Donohue offers various images of this bridge and ways we learn to see with the eyes of the soul. We will explore some of these insights with time to **be** in prayer.

Facilitator: Anne Ryan RSM

Cost: \$20.00



JULY: 7TH - 8TH 9.30AM—4.00PM LIGHT LUNCH INCLUDED

RECONNECTING WITH CELTIC SPIRITUALITY

We will explore themes within the Celtic tradition:

Reconnecting into a relationship with the sacredness of the earth.

Reconnecting with compassion.

Reconnecting with the Light at the heart of all life.

Facilitator: Helen Baguley RSM

Cost: \$70.00

JULY: 29TH 9.30AM— 5.00 PM LIGHT LUNCH INCLUDED

MYERS-BRIGGS TYPOLOGY INDICATOR WORKSHOP

UNDERSTANDING PERSONALITY

Discover your strengths and unique gifts! This workshop explores innate personality differences in a positive and supportive atmosphere. You will be helped to identify your personality type, which can be a useful 'tool' for personal growth, for improving understanding and communication, for achieving balance in life and a clearer understanding of oneself and others.

Facilitator: Helen Baguley RSM

Cost: \$35.00



AUGUST: 3RD 9.30AM— 1.00 PM LIGHT LUNCH INCLUDED

GIVING EUCHARIST...

an extract from "The Lord's Supper" by Peter Maurin

*He was old, tired, and sweaty,
pushing his homemade cart
down the alley, stopping now and then
to poke around in somebody else's garbage.
I wanted to tell him about EUCHARIST,*

*but the look in his eyes,
the despair on his face,
the hopelessness of somebody else's life in his cart
told me to forget it.*

So I smiled, and said, "Hi" – and gave him EUCHARIST.

Let's take some time to pray about Eucharist – how it functions in our every day. Bring a story to share, or a poem or a piece of art which expresses something of the experience of Eucharist. Sharing these will be another form of eucharist in our reflection together.

Facilitator: Val O'Hara RSM

Cost: \$20.00

AUGUST 5TH – 6TH

9.30AM – 4.00 PM LIGHT LUNCH INCLUDED

STORIES TOLD AND UNTOLD ON THE JOURNEY:

A BIBLICAL EXPLORATION

This session will explore the way/s in which stories emerge from and shape a community through the lens of a gospel narrative. It will also explore stories not told because of the world view of their tellers. This will provide a space to undertake new storytelling into the future that the entire Earth community is calling forth.

Facilitator: Elaine Wainwright RSM

Cost: \$70.00

AUGUST: 19TH

1.00PM – 4.00PM

EXPLORING A MOVIE

North Country: (2005) a powerful movie about the fight for women's rights. Starring Charlize Theron, Sissy Spacek, and Frances McDormand, this film is based on a true story. It portrays a searing story of women who broke the gender barrier labouring in the hazardous Minnesota iron mines, and also broke legal ground with the nation's first class action sexual-harassment lawsuit. It is an emotionally explosive social justice story played out in the grim territory of a man — dominated industry.

Reflection: Why is it important that women should be treated equally as men? What Christian values are implied in this struggle? How far have we come? What elements of this particular story are reflected in events in our own times?

Facilitator: Val O'Hara RSM

Cost: Donation \$10.00



SEPTEMBER

SEPTEMBER: 27TH

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

WONDERS AND POSSIBILITIES

We often think we know an art work and enclose it in one meaning. This is an invitation to look anew at religious symbols and images; to explore new wonders and possibilities.

Facilitator: Anne Ryan RSM

Cost: \$20.00



OCTOBER

OCTOBER: 14TH

1.00PM—4.00PM

EXPLORING A MOVIE

Into the Woods (2015) Whimsical and weird! Bursting with energy, song, and over dramatic acting, this movie has been dubbed *the best musical of the century!* Starring Meryl Streep (in her wickedest role ever!) and a score of talented stars, the film explores fairytale stories we thought we knew and understood, twisting and turning and mixing and mingling them in a collage of Sondheim music and mayhem.

Reflection: What do fairytales have to tell us? How do the writers (Stephen Sondheim and James Lapine) challenge us to look beyond the story to human needs and emotions?

FACILITATOR: Val O'Hara RSM

COST: DONATION \$10.00

OCTOBER: 26TH

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

DESIDERATA: THINGS TO BE DESIRED

“Go placidly amidst the noise and haste, and remember what peace there may be in silence”.

This will be a reflection day of quiet and peace, using the Desiderata as our focus. We will explore the depths of meaning in the poem, employing art, music, drama and the magnificent environment of our Spirituality Centre to draw us into prayer and contemplation.

Facilitator: Val O'Hara RSM



NOVEMBER

NOVEMBER: 16TH 9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

SOUL SISTERS

Using images of Louis Glanzman and poetry of Edwina Gateley, we will be invited to explore the stories of women in scripture and to notice how their voices and experience speak powerfully to our own.

Facilitator: Helen Baguley RSM

Cost: \$20.00



DECEMBER

DECEMBER: 2ND 1.00PM—4.00PM

EXPLORING A MOVIE

THIS MOVIE WILL BE YOUR CHOICE!

REFLECTING ON CHRISTIAN VIRTUES IN THE MOVIES!

Richard Leonard S.J. writes, quoting St Thomas Aquinas: *wherever faith, hope, love, justice, fidelity, self-esteem, prudence, mercy and hospitality are present, then, named or not, Christ is present. Jesus, in his parables, says Leonard, takes ordinary events of daily life and draws out lessons about faith, hope, love, justice, fidelity, self-esteem, prudence, mercy and hospitality!* Christ commissions us to meet with people where they are, in the middle of their messy lives. Movies are modern day parables which *can provide us with a venue in which to fulfil this great commission.*

References: 'Movies that Matter' by Richard Leonard S.J. Loyola Press Chicago 2006 'Praying the Movies II' by Edward McNulty Westminster John Knox) Press, Louisville, Kentucky 2003

FACILITATOR: Val O'Hara RSM

COST: DONATION \$10.00