1. **Films Plus**:

Back by popular demand! This year we are again offering films accompanied by a D&M.

The selection of 4 films will be advised via email. Attend 1, 2, 3 or 4.

 Presenter: Angela Dewar

 Dates: Mar. 13th. April 23rd.

 Sept. 10th. Nov. 12th.

1. **SBNR – Spiritual But Not Religious**

If you identify with this statement you are invited to attend this one day program.

It will provide the opportunity for you to both reflect and discuss the importance of spirituality in your daily life.

Presenter: Sue Gesell

Date: Mar. 16th

1. **The Gift of Gratitude.**

“Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” Melody Beattie

 Presenter: Sr Gwen Daw sjc

 Date: May 14th

1. **Feminine Spirituality**

*Suitable for new or continuing participants.*

Exploring Feminine spirituality from a woman’s point of view and how it impacts on life.

Presenter: Margaret Carman

Dates: May 15th & June 12th

1. **Gathering the Fragments**

“You can’t always change things, sometimes you have no control over the way things go…. you’re just given so much to work with in a life and you have to do the best you can with what you got.” Mary quoted in “The Quilters – Women & Domestic Art, an Oral History.”

Presenter: Sr. Michele Toussaint fcs

Date: May 16th

1. **A Spirituality for Married Life**

 *Suitable for new or continuing participants.*

An exploration of marital spirituality will help you understand the tension, confusion

and conflict that is inevitable in most marriages. We will identify seven developmental processes in ‘marriage’ and use our combined wisdom to explore these processes.

A Spirituality for the married life will not solve your problems, but it will provide you with the freedom to make wise choices.

 Presenter: Sue Gesell

 Dates: June 13th & July 18th & August 15th

1. **“Claiming my Freedom”.**

A closer look at Boundaries – based on the work of Henry Cloud and John Townsend

Presenter: Sr Gwen Daw sjc

Date: July 17th

1. **The Millers Tale - by M. Silf.**

This story reveals shafts of God’s mystery, tracing creation’s story, from original blessing, through brokenness and restoration, to a vision of a new and never ending Kingdom in which we are all called to be co-creators.

Presenter: Angela Dewar

Date: August 14th & September 11th.

1. **The Necessary Rice - M. Silf**

In this story of the Necessary Rice, some of the scenarios of human frailty and compulsion are explored.

Presenter: Angela Dewar

Date: October 16th

1. **Creating a Mandala.**

 Presenter: Angela Dewar

 Date: October 17th

1. **Crossroads & Threshholds**

 “As we stand at the thresholds, life itself is commissioning us to move on to a new stage of our Becoming. Something at the core of being is urging us forward…” M. Silf – Sacred Spaces

Presenter: Sr Michele Toussaint fcs Date: November 13th

1. **Conversations with a Pumpkin. - M. Silf**

All we can change is ourselves, and our own perceptions. This story explores what it can mean and what it can cost, to let go of the protective shell of our ego selves to make way for Cinderella’s coach of transformation.

Presenter: Angela Dewar

Date: November 14th

“Kewn Kreestha” (KK)– the Family Care Sisters’ Wholistic centre provides for the

 physical, emotional, spiritual and social well-

 being of women.

KK is not a Hospital or a Mental Health facility.

KK operates February to mid-December each year.

Prayer Days:

April 24th: June 6th: July 16th

Information re: topics will be sent via email.

Focus Weeks: To attend a Focus week Guest

must have participated in a Regular Program week.

In 2018 – 2 Focus weeks are being offered.

1. “Too soon Old, Too late smart”
* Growing into Wisdom.

9th-13th April 2018

1. “The hole in my chest”.
* Healing & Hope for adult children everywhere.

6th-10th August 2018

**Short Stay**: Residential.

Guests may stay 1 or more nights.
Sessions provided, attendance optional.

March. 5th – 8th

April 16th – 19th Home 10am

Sept. 17th – 20th

 **70+ Week**: July 23rd - 27th

**Day Programs**: 10am – 3pm

For programs with more than 1 session, attendance is required at all sessions.

Cost: $25 per session. $20 concession.

Time: 9.50am arrival for 10am start

BYO: Lunch. M/Tea provided.

Venue: Meeting Room

**Bookings essential for all programs**.

**Residential Programs:**

 Cost of stay:

 $40 per day. GST inclusive.

 A Deposit of $30 is required **prior** to

 any booking being confirmed.

 If no Deposit received within 5 days of initial call, booking may be cancelled.

 Direct deposit is preferred method

 for payment.

**Banking Details:**

Bank: Commonwealth Bank

Name: Family Care Sisters

BSB: 06 3113

Ac No. 1091 6426

Under description: write your name

 & surname. Advise via email

 when deposit is made.

E: resthome.familycare@bigpond.com

All Donations over $2 are Tax Deductible

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Wholistic Centre

 Day Programs for 2018

Family Care

69 Alto Ave. Croydon. 3136

 Phone: 03 9723 6797 (M-F)

 Web: Family Care Sisters / Sisters of Mercy