



*"Kerun Kreestha"*  
67-73 Alto Ave  
Croydon. 3136

Day Programs for WOMEN  
2023

All Facilitators have  
certificates in  
Pastoral Care & Spiritual  
Direction.

**BOOKINGS ESSENTIAL**

**E: [familycare.croydon@mercy.org.au](mailto:familycare.croydon@mercy.org.au)**

**P. 03 9723 6797**

**Payment via Direct Deposit preferred**

Name of account: Family Care Sisters

BSB: 06 3124 Ac No. 1077 9929

**APRIL:**

Date: 26<sup>th</sup> April 2023

Time: 10am – 3.30pm approx..

Facilitator: Sr Joan Sibberas rsm

Title: **The Five Love Languages**

As our greatest need is to be loved 'The Love Languages' helps us to explore this. It is about the way we express our love and the way we feel loved, which varies according to our personality. There will be input, time for reflection followed by group sharing

Cost: \$30

BYO: Lunch. Tea/Coffee provided. Morning Tea provided.

VENUE: Meeting Room

## MAY

Date: **1<sup>st</sup> May 2023**  
Time: 10am – 3.30pm approx..  
Facilitator: Kathleen Ward  
Title: **Dadirri**  
A day of engaging in the spiritual practice of Dadirri, deep listening and quiet still awareness; contemplatively being with nature. The day will involve art, a short walk in local bushland, as well as a chance for some group reflection.  
Cost: \$30  
BYO: Lunch. Tea/Coffee provided. Morning Tea provided.  
VENUE: Meeting Room

Date: **3<sup>rd</sup> May 2023**  
Time: 10am – 3.30pm approx..  
Facilitator: Sue Gesell  
Title: **Sorrow & Grief –**  
Give your Sorrow and Grief all the space and shelter that is its due'. This will be a facilitated process that will give you the 'space' your sorrow and its gentle origins demand and then you may truly say 'Life is beautiful and so rich' (Etty Hillesum). To day we will explore together the wisdom and courage that allows us to accept both Joy and Sorrow. Individual Pastoral Care will be available.  
Cost: \$30  
BYO: Lunch. Tea/Coffee provided. Morning Tea provided.  
VENUE: Meeting Room

Date: **10<sup>th</sup> May 2023**  
Time: 10am – 3.30pm approx..  
Facilitator: Sr Joan Sibberas rsm  
Title: **Autumn**  
A season of 'letting go; and to open our hearts to transformation. The day will include a time to reflect and time for art activities.  
Cost: \$30  
BYO: Lunch. Tea/Coffee provided. Morning Tea provided.  
VENUE: Meeting Room

Date: **11<sup>th</sup> May 2023**  
Time: 10am – 3.30pm approx..  
Facilitator: Kathleen Ward  
Title: **Making Marriage Work**  
Take a look at some key strategies for improving communication in marriage. We will cover techniques for enhancing interaction. There will be a chance for journalling and some group discussion.  
Cost: \$30  
BYO: Lunch. Tea/Coffee provided. Morning Tea provided.  
VENUE: Meeting Room

Date: **24<sup>th</sup> May 2023**  
Time: 10am – 3.30pm approx..  
Facilitator: Kathleen Ward  
Title: **Pilgrim Writing**  
Take the chance to explore some fun and self-exploratory writing exercises. This will be a guided experience with the opportunity, but not a requirement, to share written responses in a small group setting.  
Cost: \$30  
BYO: Lunch. Tea/Coffee provided. Morning Tea provided.  
VENUE: Meeting Room

Date: **25<sup>th</sup> May 2023**  
Time: 10am – 3.30pm approx..  
Facilitator: Sue Gesell  
Title: **Forgiveness – What Are We Talking About?**  
We cannot forgive because we should. This will be a gentle day that will include some psychological input, some self-reflection and the opportunity to share or not to share your own experience of Forgiveness and the Gift of Freedom.  
Cost: \$30  
BYO: Lunch. Tea/Coffee provided. Morning Tea provided.  
VENUE: Meeting Room

Date: **29<sup>th</sup> May 2023**  
Time: 10am – 3.30pm approx..  
Facilitator: Sr Joan Sibberas rsm  
Title: **Laudato Si**  
Appreciating the gifts God continues to give us in nature and the world around us. A time to ‘smell the roses’. Some input will be given there will be a chance for a walk and then some group sharing.  
Cost: \$30  
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**JUNE**

Date: **1<sup>st</sup> June 2023**

Time: 10am –3.30pm approx..

Facilitator: Kathleen Ward

Title: **Meditation**

Spend the day exploring various practices in meditation. The day will follow the pattern of receiving some input, followed by a chance to meditate, and then the opportunity to reflect on the experience. This will be a gentle day of supported self-nurturing.

Cost: \$30

BYO: Lunch. Tea/Coffee provided. Morning Tea provided.

VENUE: Meeting Room

Date: **7<sup>th</sup> June 2023**  
Time: 10am –3.30pm approx..  
Facilitator: Sue Gesell  
Title: **The Awakened Heart – Gerald May MD**  
This American Psychiatrist, insists that ‘there is a desire within each of us, in the deep centre of ourselves that we call Heart. It is the human desire for Love. Our true identity, our reason for being, is to be found in this desire’. During this day there will be a facilitated conversation and an opportunity to explore your own Love Story, with its joys and sorrows.  
Cost: \$30  
BYO: Lunch. Tea/Coffee provided. Morning Tea provided.  
VENUE: Meeting Room

Date: **8<sup>th</sup> June 2023**  
Time: 10am –3.30pm approx....  
Facilitator: Kathleen Ward  
Title: **To Be Advised**  
Cost: \$30  
BYO: Lunch. Tea/Coffee provided. Morning Tea provided.  
VENUE: Meeting Room

Date: **19<sup>th</sup> June 2023**  
Time: 10am –3.30pm approx..  
Facilitator: Sr Joan Sibberas rsm  
Title: **Envisaging Your Life**  
A day for envisaging your life into the future. A day exploring possibilities through collage, prayer, journalling and discussion.  
Cost: \$30  
BYO: Lunch. Tea/Coffee provided. Morning Tea provided.  
VENUE: Meeting Room

Date: **22nd June 2023**  
Time: 10am –3.30pm approx..  
Facilitator: Sue Gesell  
Title: **Grace & Gratitude – Oliver Newton John.**  
A relaxing day, to Celebrate and Reflect on the Life and Death of a great Australian. We will listen to *her* music and share *our* stories. It is an opportunity to become Mindful of Grace and Gratitude in our own life.  
Cost: \$30  
BYO: Lunch. Tea/Coffee provided. Morning Tea provided.  
VENUE: Meeting Room