



Heart of Life

Centre for Spiritual &
Pastoral Formation



2019 Program

Ministry Formation Programs

Siloam: Full-time or Part-time Program for the Formation of Spiritual Directors

Now in its 41st year, the internationally-renowned Siloam Program for the formation of spiritual directors continues to guide candidates from Australia and around the world along the path of contemplative discernment, following the way of the heart. The program can be taken over one year full-time, or two years part-time (Mondays, 8.45am-5.30pm). There is generally a limit of eight participants in each program. Please refer to the Siloam brochure on our website for more information.



In addition to Spiritual Direction practicums, the seminars offered are:

The Human Experience of God	Discernment
Professional Standards in Ministry	Religious Experience
Spirituality of Human Life Stages A & B	Grace & Conversion
Ecological Spirituality	

Siloam may also be undertaken as a Graduate Diploma in Spiritual Direction through the University of Divinity. Fee-Help for tuition fees is available to qualifying Australian citizens.

The Siloam Formation Team includes: Lis Teggelove rsm, Marlene McGrath, Carole Carmody rsm, Kathleen Spokes sgs, Michele McCourt & Paul Beirne.

Supervision of Ministry Program (2020)

Individual and group supervision of ministry is available at Heart of Life.

Recognising the privilege and responsibility of involvement in the ministry of supervision, a one-year, part-time Supervision of Ministry Program will be offered in 2020.

Expressions of interest are invited for the 2020 Program - contact Heart of Life via email holsc@bigpond.com

Let the Heart Listen

Carole Carmody rsm, Julie Adam 15 x Thu, 9.30am-12.30pm, 28 Feb to 27 Jun

This part-time formation program on Thursday mornings is an invitation:

- to enter into a process of transformation, connecting you with the deeper mysteries of your own heart
- to open your heart in compassion for and connection to and with others
- to deepen your relationship with your Divine Companion, especially in the vulnerable aspects of your life.

Application forms are available from the Heart of Life office. Cost \$680

Professional & Personal Development for Spiritual Directors

Paul Beirne

5-day Intensive, Monday 1 Jul to Friday 5 Jul

This is a five-day intensive refresher program in spiritual direction, suitable for those active in the ministry and others returning to the ministry after some time away. Further information and application forms are available from Heart of Life. Cost \$950

Spiritual Leaders Program 1 Year Part-time: 22 Feb to 22 Nov

Fridays 9.30am-12.30pm, plus individual supervision once per month

This part-time formation program takes a transformative approach to ministry formation. It focuses on the theory and practice of a contemplative and discerning approach to pastoral ministry. It is designed for priests and ministers, lay ecclesial ministers, community and spiritual leaders, chaplains, school principals and others who are in positions of leadership in faith communities. The program may be credited for 36 points (two units) toward a Diploma in Theology, Bachelor of Theology or Bachelor of Ministry. Fee-Help for these awards is available to qualifying Australian citizens. A brochure and application form are available on our website or from the Heart of Life office.

Seminars & Workshops

Please book and pay at least one week in advance for all Seminars, Workshops and Reflection Days. This can be done with a credit card through the Heart of Life website www.heartoflife.melbourne, or by tel 03 9890 1101 or email holsc@bigpond.com

Semester 1

Religious Experience

Peter Malone msc *14 x Mondays, 9.15am–11am, 18 Feb to 24 Jun*

The varieties of religious experience, Biblical and theological foundations, symbols and storytelling, as well as religious experience as the focus of spiritual direction, are examined and reflected upon. Cost \$450

Discernment

Paul Beirne *14 x Mondays, 9.15am–11am, 18 Feb to 24 Jun*

This seminar focuses on the movements of God's Spirit and spirits not-of-God in our lives and in our ministry. Discernment of spirits and discernment of God's will are explored. Cost \$450

The Human Experience of God

Robyn Reynolds olsh *14 x Mondays, 2.30pm–4.15pm, 18 Feb to 24 Jun*

Through guided reflection on our human experience of God, we grow in appreciation of both our own experience and the experience described in classical writings about God and prayer. Cost \$450

Spirituality of Human Life Stages A

Simon Jenkinson *14 x Mondays, 2.30pm–4.15pm, 18 Feb to 24 Jun*

In this seminar, several 'life stage' models of human development will be examined, explaining the extensive changes that an individual's spiritual

growth undergoes over a lifetime. It also examines a spiritual director's understanding of, and response to, directees with special needs, including addressing methods for recognising directees who may be undergoing more serious mental health problems, and how to refer appropriately to professional mental health services. Cross-cultural factors in spiritual direction will also be examined, ensuring the culturally and linguistically diverse directee's cultural framework is respected, and idioms of spiritual expression are understood and valued. Cost \$450

Spirituality of Human Life Stages B

Peter Bentley *14 x Mondays, 2.30pm–4.15pm, 18 Feb to 24 Jun
or 14 x Tuesdays, 9.15am–11am, 19 Feb to 4 Jun*

This seminar examines the role of emotions in forming healthy self-awareness and development; processing anger; acknowledging shame; recognising our moral agendas; the core virtues of faith, hope and love. It also examines a spiritual director's understanding of how the range of both painful and affirming emotions contribute to a person's self-engagement and relationships with others. The following fundamental human experiences will be explored from the developmental perspective: painful emotions; grief and loss; gender identity and sexuality; love and friendship. Cost \$450 for either Monday or Tuesday stream.

Grace & Conversion

Robyn Reynolds olsh *14 x Thursdays, 9.15am–11am, 21 Feb to 13 Jun*

Grace may be recognised, rejected or received in our lives. The first half of this seminar examines the nature of divine grace and explores manifestations of grace in revelation, life events, creation, and human experience. In the second half, we reflect on the experience of conversion, from the perspectives of theology, human development theory, and our own experiences. Through our life experiences, God invites us to enter more deeply into our humanity, with all its ambiguities. Cost \$450

Semester 2

Ecological Spirituality

Paul Beirne, Anne Boyd *14 x Mondays, 9.15am–11am, 22 Jul to 11 Nov*

This seminar invites us to contemplate God at the heart of the dynamic, evolutionary universe, and explores the ways we may understand ourselves and our relationships within this inter-related and inter-dependent community of life. The seminar focuses on the implications of this for spiritual directors. Cost \$450

Grace & Conversion

Robyn Reynolds olsh *14 x Mondays, 9.15am–11am, 22 Jul to 11 Nov*

See description on page 2.

Spirituality of Human Life Stages A

Simon Jenkinson *14 x Mondays, 2.30pm–4.15pm, 22 Jul to 11 Nov*

See description on page 2.

Professional Standards in Ministry

Peter Bentley *14 x Mondays, 2.30pm–4.15pm, 22 Jul to 11 Nov*

This seminar focuses on professional standards and the ethical dilemmas faced in ministry. This focus is informed by, and blended with, participants' real life experience. Cost \$450



Discernment

Paul Beirne *14 x Tuesdays, 9.15am–11am, 23 Jul to 19 Nov*

This seminar focuses on the movements of God's Spirit and spirits not-of-God in our lives and in our ministry. Discernment of spirits and discernment of God's will are explored. Cost \$450

The Human Experience of God

Robyn Reynolds olsh *14 x Thursdays, 9.15am–11am, 25 Jul to 14 Nov*

Through guided reflection on our human experience of God, we grow in appreciation of both our own experience and the experience described in classical writings about God and prayer. Cost \$450

Retreat in Everyday Life *5 x Mon, times to be set, 5 Aug to 2 Sep*

Lis Teggelove rsm, Michele McCourt, Kathleen Spokes, Paul Beirne

Retreat in Everyday Life involves a commitment to daily prayer and weekly spiritual direction for five weeks. This is an opportunity to recognise God's presence in our everyday lives. Cost: Donation

Treasuring Our Later Years Series

Nicole Rotaru rsm *6 x Tuesdays, 1pm-3pm, 6 Aug to 10 Sep*

Our ageing offers us opportunities to be awake to the new possibilities offered daily. This series will include input, conversation and the opportunity to depth and integrate reflections and learnings through personal reflection and creative expressions. The sessions will cover: introduction and an understanding of ageing; spirituality; what is giving my life meaning?; relationships; gratitude; death - mystery. Cost \$180

Creative Enrichment Series - Spring's Return

Carole Carmody rsm, Marlene McGrath *4 x Wed, 1pm-3pm, 9 Oct to 30 Oct*

This is an opportunity to explore your creative expression through story,

colour, music in a contemplative space. With the support, encouragement and wisdom of others, we will be attentive to the new growth in our spirit. Whilst it is desirable for participants to come to all four sessions, you may come to one or all. Cost \$105 for four, or \$30 per session

Other Events & Offerings

'Today's My Day: A Spiritual Oasis'

'Set pools of silence in this thirsty land'

(James McAuley, 'A Letter to John Dryden')

If you long for space in your life, and seek a 'pool of silence', we invite you to enjoy the beautiful, natural surroundings at Heart of Life – a peaceful, spiritual oasis.

Spend a couple of hours, or perhaps a whole day at our Centre, restoring your soul and maintaining your spirit: wander through our grounds, spend time in the chapel or meet with a spiritual director.

Festival of the Sacred Heart *Friday 28 Jun, 2pm-4pm*

We invite you to join us as we celebrate, with the Missionaries of the Sacred Heart, their patronal feast day.

End-of-year Celebration *Monday 25 Nov, 7.30pm*

Please join us for the Eucharist and Missioning of our Graduates at St Paschal's Chapel, adjacent to Heart of Life.

Eucharist at Heart of Life *Thursdays 12.40pm*

During Terms - see below. All welcome!

2019 Term Dates at Heart of Life

Term 1: 18 Feb–5 Apr	Term 3: 22 Jul–20 Sep
Term 2: 23 Apr–28 Jun	Term 4: 7 Oct–22 Nov

Retreats

Arrangements can be made for an individually-directed retreat with one of Heart of Life's spiritual directors. Contact Heart of Life for further information.

On-site retreats are available at The Cliffs Retreat in Shoreham, Victoria, catered or self-catered. Contact Brian Gallagher msc for details and bookings, tel 5989 8777.

Spiritual Direction & Pastoral Supervision at Heart of Life

Heart of Life offers the ministry of spiritual direction and the ministry of pastoral supervision, in which seekers of God open their hearts and reflect on their experience in the company of a qualified and trusted other, to grow in inner freedom and love.

*For further information
and initial interview, please contact
Marlene McGrath at Heart of Life.*

Saturday Reflection Days & Weekends

Heart of Life's Saturday Reflection Days are facilitated, quiet days of prayer and sharing. Cost \$60 per Saturday Reflection Day unless otherwise stated. Morning tea provided, BYO lunch.

Please book and pay at least one week in advance for all Seminars, Weekends and Reflection Days. This can be done by credit card through the Heart of Life website www.heartoflife.melbourne, or by tel 03 9890 1101 or email holsc@bigpond.com

Gifts Differing

Peter Malone msc

Sat 23 Mar, 10am–4pm

Our graced selves, praying, communicating...

This is a Myers Briggs reflection day. Attendees can complete the Personality Type Indicator form on the day. (BYO lunch)

Mary Magdalene — A Most Maligned Woman

Therese Quinn rsj

Sat 6 Apr, 10am-4pm

Can we set the record straight by considering John 20:1,2,11-18 ... so that Mary of Magdala is not cheated out of the integrity of her own life, or of the dangerous memory of her missionary discipleship, or we the People of God deprived of the prophetic power of women's leadership? (BYO lunch)

The Art of Preparing a Weekend Retreat

Carole Carmody rsm, Marlene McGrath

*Sat 4 May, 10am-4pm
(& weekend of Fri 7 - Sun 9 Jun)*

This formation process builds upon The Art of Preparing A Retreat held in recent years. Participants will be mentored to lead a longer retreat of one weekend. Participants must attend both the Preparation on Sat 4 May 2019 in Box Hill, as well as the live-in Winter Wisdom Weekend Retreat on

7-9 June 2019 in Cheltenham (see below). Each person undertaking this formation will have a role in presenting the live-in weekend retreat. Cost: \$305 made up of \$90 for Preparation on Sat 4 May (BYO Lunch) plus \$215 for live-in Winter Wisdom Weekend Retreat on 7-9 June including accommodation and catering.

Winter Wisdom Weekend Retreat - Live-in

Carole Carmody rsm, Marlene McGrath

Fri 7 Jun, 4pm - Sun 9 Jun, 4pm

This is a contemplative retreat in the company of Julian of Norwich and Henri Nouwen. It is an opportunity to spend some personal, quality time with yourself in the quiet and beautiful environment of The Holy Name Retreat & Spirituality Centre in Cheltenham. Time is offered for personal space, reflection and prayer within a supportive environment. Cost of live-in retreat including accommodation and catering: \$215

Pondering Grief

Linda Espie

Sat 22 Jun, 10am-4pm

This day offers an invitation to reflect on and honour our inner life of change and transition. With creativity, space and gentle guiding support, this workshop will offer a sacred place for the breadth of human experiencing and spirit to guide individual exploration. Materials provided. Cost: \$80 (BYO lunch)

Reframing Retirement

Simon Jenkinson

Sat 13 Jul, 10am-4pm

Does our sense of vocation, or calling end with RETIREMENT? Does the final 'third' of life signal a decline, or an opportunity to encounter an unexplored terrain of life ... and of oneself? And what can our faith journey become at this time of transition? Whether voluntary or involuntary, RETIREMENT can be a wake-up call, summoning us to reframe our vision and our purpose. (BYO lunch)

Stillness & Journal Writing

Paul Beirne

Sat 17 Aug, 10am–4pm

In this seminar, in stillness, we allow the subtle movement of our hearts to find expression in a spiritual journal, whose sections accord with the natural contours of human experience. Materials provided. Cost: \$75 (BYO lunch)

The Hero's Journey: From St Thomas More to The Wizard of Oz

Simon Jenkinson

Sat 21 Sep, 10am-4pm

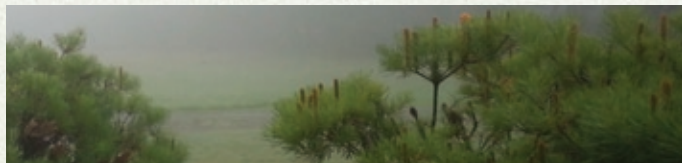
With heroic figures from both literature and film as our guides, we will map the Journey of the Hero: its spiritual significance and its power to inspire. You will be invited to question your own Journey, to discern the presence of the Hero within, however unlikely that may appear at first. The ultimate purpose of your particular Journey you have the opportunity to acknowledge more deeply, and to pursue fearlessly. (BYO lunch)

Waiting in Joyful Hope

Rita Malavisi rsj

Sat 30 Nov, 10am–4pm

As the pace of life increases through November and December, this reflection day will provide an opportunity to spend time in personal prayer and reflection. Participants will be invited to spend time deepening their experience of Advent — a time of hope. *"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* Romans 15:13 (BYO lunch)



About Us

Heart of Life began in 1983 as an initiative of the Missionaries of the Sacred Heart whose founder, Jules Chevalier, saw the formation and education of people in spirituality of the heart as the most important task of the Congregation. He saw this education and formation as a means to reform society and 'to address the ills of the day'.

Our inspiration to follow the way of the heart stems from our belief in God's inclusive love for all people, poured into our hearts by the Holy Spirit. This mysterious love moves in our lives and our world, inviting us to an authentic, grounded and deeply human way of being.

The way of the heart rests on a contemplative attitude and an authentic discernment that underpins all that we do at Heart of Life - in our seminars and workshops, our ministry formation programs and our professional commitment to spiritual direction. All of these activities are located in the place where the heart finds space to speak and to be heard.

We invite you to join us, as our hearts speak our truth, our longings, and our search for all that is real, true and good.

Our Staff

Paul Beirne is Director, and the experienced Heart of Life Formation team includes Carole Carmody rsm, Marlene McGrath, Kathleen Spokes sgs, Lis Teggelove rsm and Michele McCourt.

In addition to the above, many others are also involved in Heart of Life, including Julie Adam, Peter Bentley, Anne Boyd, Margaret Hughes, Simon Jenkinson, Peter Malone msc, Pia Pagotto and Robyn Reynolds olsh. Cecilia Rogers is the Business Manager and Susanah Tan is Heart of Life's Secretary.



Heart of Life

Vision

To be attuned to the mysterious Other in the heart of all creation.

(Heart of Life) Values ...

the symphony of silence in each graced encounter;
the harmony of the universe in the divine and human embrace;
the contemplative capacity of the heart nestled within life's experience.

Mission

The Mission of the Heart of Life is to enliven the divine spark in people's hearts through contemplative formation.

Heart of Life

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Australia

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Cover image 'A Place in God's Heart'

Artist — Ivan Guaderrama

Prints and commissions are available
from the artist at www.ivanguaderrama.com