



# *Heart of Life*

Centre for Spiritual  
& Pastoral Formation

**2021 Program**  
(May - November)

*'Enlivening the Heart'*



## 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 Heart of Life Formation team includes Carole Carmody rsm, Jeff Hood, Michele McCourt, Marlene McGrath and Lis Teggelove rsm. Many others are also involved in Heart of Life, including Julie Adam, Peter Bentley, Anne Boyd csb, Margaret Hughes, Rita Malavisi rsj, Peter Malone msc, Pia Pagotto, Robyn Reynolds olsh and Clare Shearman. Cecilia Rogers is the Business Manager and Susanah Tan is Heart of Life's Secretary.

### 2021 Term Dates at Heart of Life

- |                       |                       |
|-----------------------|-----------------------|
| Term 1: 15 Feb–1 Apr  | Term 3: 19 Jul–17 Sep |
| Term 2: 19 Apr–25 Jun | Term 4: 4 Oct–19 Nov  |

## Ministry Formation Programs

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



Now in its 43rd 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. Siloam can be undertaken over one year full-time, or two years part-time (Mondays, 8.45am–4.30pm). 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, Michele McCourt, Jeff Hood and Paul Beirne.

### Professional & Personal Development for Spiritual Directors\*

**Paul Beirne** *5-day Intensive, Monday 28 Jun to Friday 2 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

*\* recommended as professional development for spiritual directors and others in ministry*

## Spiritual Leaders Program\*

1 Year Part-time

28 x Friday mornings, 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 toward a Diploma in Theology, Bachelor of Theology or Bachelor of Ministry through the University of Divinity. Fee-Help for tuition fees in these awards is available to qualifying Australian citizens. The Spiritual Leaders brochure and application form are available on our website.

## Let the Heart Listen\*

1 Semester Part-time

Carole Carmody rsm, Julie Adam

15 x Thursday mornings, Feb to 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.

Please see our website for the brochure and application form.

## Individual and Group Supervision#

Supervision is an essential requirement for anyone involved in pastoral ministry. Heart of Life endeavours to uphold the integrity of this ministry by offering Individual or Group Supervision, where pastoral journeys are shared, and skills and sensitivity increased through professional guidance. Please email [info@heartoflife.melbourne](mailto:info@heartoflife.melbourne) for more information.

# considered essential for spiritual directors and those in any form of individual ministry

## Emmaus Supervision Program\*

The Emmaus Professional Supervision Program has been developed in response to demand for professional supervisors for those in individual ministry – priests, chaplains, spiritual directors, spiritual health workers etc. It is an 18-month program for the formation of competent, experienced professional supervisors, and will begin in February 2022. The program draws on the encounter of the two disciples with Jesus on the road to Emmaus.

The lecturers and supervisors at Heart of Life foster a discerning, contemplative approach whereby supervisors-in-formation learn to attend to their supervisees and walk with them as they seek to recognise what may be hidden to them, opening their eyes to their potential for growth in their particular ministry.

The program is open to women and men of varying faith and cultural traditions, who are drawn to support the ministry journey of others, and seek to discern whether they may be called to the ministry of supervision. The program will suit those who are looking to move into supervision and who have at least 5 years' experience in their existing area of ministry.

The Heart of Life Emmaus approach to formation is soundly experiential. It is Christocentric in its spirituality, praxis-oriented, and firmly based in grounded theory. The following six units are planned:

- Supervision Praxis 1,2 & 3: Foundational, Intermediate, Advanced - each with Individual Supervision
- Personal Awareness & Human Development
- Discernment, Mindfulness, and Grounded Theory
- Professional Standards & Integrity in Ministry

Expressions of interest are invited for our 2022 Emmaus Program. Please go to the Emmaus page on our website or contact Heart of Life.

## Seminars

**Please book and pay at least one week in advance for all Seminars and Reflection events.** This can be done with a credit card through the Heart of Life website [www.heartoflife.melbourne](http://www.heartoflife.melbourne), or by tel 03 9890 1101 or email [info@heartoflife.melbourne](mailto:info@heartoflife.melbourne)

## Semester 2

### Ecological Spirituality\*

Paul Beirne, Anne Boyd csb *14 x Mondays, 9.15am–11am, 19 Jul to 8 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

### Spirituality of Human Life Stages A\*

Jeff Hood *14 x Mondays, 9.15am–11am, 19 Jul to 8 Nov*

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

### Grace & Conversion\*

Robyn Reynolds olsh *14 x Mondays, 2.30pm–4.15pm, 19 Jul to 8 Nov*

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

### Professional Standards in Ministry\*

Peter Bentley *14 x Mondays, 2.30pm–4.15pm, 19 Jul to 8 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, 20 Jul to 16 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, 22 Jul to 11 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

*\* recommended as professional development for spiritual directors and others in ministry*

## Reflection Events

Heart of Life's Reflection events are facilitated, quiet times of prayer and sharing. Morning tea is provided; BYO lunch where appropriate.

**Please book and pay at least one week in advance for all Seminars and Reflection events.** This can be done by credit card through the Heart of Life website [www.heartoflife.melbourne](http://www.heartoflife.melbourne), or by tel 03 9890 1101 or email [info@heartoflife.melbourne](mailto:info@heartoflife.melbourne)

### Pondering Grief\*

Linda Espie

Sat 22 May, 10am-3.30pm

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)

### The Barefoot Mystic (Reflection event via Zoom)

Paul Beirne

Sat 5 Jun, 10am-3pm

A person places themselves in the presence of God. This is not a goal to be achieved; rather, it is a natural state where we find and embrace our true selves. The first thing one must understand is that *"God's first language is silence"* (St John of the Cross). *"Everything else is a poor translation. In order to understand this language, we must learn to be silent and to rest in God."* (Thomas Keating). This seminar is an invitation to do just that. Cost: \$50

### Tending Our Winter Heart: Live-in Weekend Retreat

Carole Carmody rsm, Marlene McGrath

Fri 11 Jun, 4pm - Sun 13 Jun, 4pm

This is a contemplative retreat. 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 and reflection, within a supportive environment, as well as spiritual direction if you wish. Cost \$295 including accommodation and catering.

### Mindfulness & Meditation

Paola Cheng

Sat 19 Jun, 10am-3pm

When we are present to the 'now', centredness and relaxation become a natural part of life, and we know how to act from a heart of love. This is a day of reflection in the practice of Mindfulness & Meditation, and we invite you to come prepared to be still and journey within. Cost \$60 (BYO lunch)

### Mindfulness & Meditation (Reflection series via Zoom)

Paola Cheng

4 x Tues, 6 - 27 Jul, 7.30pm-8.30pm

This series of 4 x one-hour sessions focuses on the practice of contemplative mindfulness and meditation. Input and guidance will be provided, allowing participants to maintain a regular practice in a supportive community. Cost \$50

## Spiritual Direction

Heart of Life offers the ministry of Spiritual Direction: an ancient Christian practice in which seekers of God open their hearts to a trusted other, to grow in inner freedom and love.

For further information and initial interview, please contact  
**Marlene McGrath** at Heart of Life, tel: (03) 9890 1101

## Reframing Retirement\*

Simon Jenkinson

Sat 24 Jul, 10am-3pm

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. Cost \$60 (BYO lunch)

## Spirituality & Screen Images

Peter Malone msc

Sat 31 Jul, 12.30pm-5pm

We always acknowledge Jesus as the Word made Flesh. But, Colossians I proclaims Jesus as the Image of the Invisible God. Religious images have always been part of spirituality. The 20th century saw moving images emerging on screens, cinemas, television, and new modes of streaming. How can we relate to these images as vision for our spiritual lives? Images, symbols, visual metaphors, Christ-figures? We appreciate Lectio Divina. Here we respond to Visio Divina, clips from movies, their challenge. Cost \$60 (afternoon tea provided)

## Your Journal Companion: A Journey to Embrace One's Soul\*

Paul Beirne

Sat 7 Aug & 9 Oct, 10am-3pm

*'You do not write your journal; your journal writes you.'* (Professor Ira Progoff, *'At a Journal Workshop'*).

Keeping a Journal is deeply transformational. In this two-day reflective workshop, in stillness, we will allow the subtle movement of our hearts and souls to overflow onto the pages of our journal, whose sections accord with the natural contours of human experience. It is just like coming home. *"At the end of all our exploring will be to arrive where we*

*started and know the place for the first time."* (T S Eliot, 'Little Gidding'). Cost \$140 including journal materials (BYO lunch)

## Ephphatha? Be Thou Open? (Reflection event via Zoom)\*

Margaret Trainor

Sat 28 Aug, 10am-4pm

This day offers you time and sacred space to be set apart and companioned to explore new ways of attuning and responding to your experiences. You are invited to participate in a self-paced personal journey of sensitively and privately opening your heart to your inner feelings. You will be supported in using various forms of expression to unfold layers of meaning.

As a means of valuing and holding your insights, you will be encouraged to capture experiences and reflections in a creative journal of your making. Participants will use their own simple art or creative materials and journal. A suggestion list will be provided to help you choose a few play elements. Cost \$60

## Pondering Grief (Reflection event via Zoom)\*

Linda Espie

Sat 4 Sep, 10am-3.30pm

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. Cost \$60

## Treasuring Our Later Years Series\*

Nicole Rotaru rsm

6 x Tues, 21 Sep - 26 Oct, 12.45pm-3pm

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 explore

understandings of: ageing; spirituality; relationships; meaning; gratitude; death. Cost \$180, or \$30 per session

### Wisdom of the Heart (Reflection series via Zoom)\*

Carole Carmody rsm, Marlene McGrath 4 x Thurs, 7 - 28 Oct, 10am-12.30pm

This series offers a time to explore the depths of wisdom in our own heart, to recognise wisdom in the encounter with another... to dwell in the Heart of Contemplation. Cost \$85 for the series, or \$25 per session

### Mindfulness & Meditation (Reflection event via Zoom)

Paola Cheng Sat 23 Oct, 10am-2pm

When we are present to the 'now', centredness and relaxation become a natural part of life, and we know how to act from a heart of love. This is a day of reflection in the practice of Mindfulness & Meditation, and we invite you to come prepared to be still and journey within. Cost \$40

### Advent Anticipation

Gail Crisp, Cathy Beaton Sat 27 Nov, 10am-3.30pm

An invitation into reflection. A day of prayer offering time to make space for anticipation and hope. This is a time to pay attention to yourself in the midst of many demands. Cost \$60 (BYO lunch)

### Retreats

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

On-site retreats are available at The Cliffs Retreat in Shoreham, Victoria, catered or self-catered. Contact Clare Shearman for details and bookings, tel (03) 5989 8777, [www.thecliffsretreat.com](http://www.thecliffsretreat.com)

*\* recommended as professional development for spiritual directors and others in ministry*

### Retreat in Everyday Life 5 x Tue, 3 to 31 Aug, 1.15pm-2.15pm

Lis Teggelove rsm, Michele McCourt, Jeff Hood

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

### Other Events & Offerings

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#### '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 peaceful environment at Heart of Life. Call us to arrange a day when you can come to our Centre, to spend a couple of hours or perhaps a whole day, restoring your soul and maintaining your spirit. You might like to read a book in our Library, meet with a spiritual director, or take quiet time in the adjacent grounds and grotto of St Joseph's Parish.

#### Festival of the Sacred Heart

Friday 11 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 22 Nov, 7.30pm

Please join us for the Eucharist and Missioning of our Graduates at St Joseph's Parish at 43-55 Stanhope St, Malvern VIC.



## *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 Centre for Spiritual & Pastoral Formation**

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