



Heart of Life

Centre for Spiritual
& Pastoral Formation

2022 Program

'Come and see'



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 ministry formation programs, our seminars and reflection events, and our professional commitment to spiritual direction and supervision. 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

Clare Shearman is Director (from 1/1/22). The Formation team includes Carole Carmody rsm, Sue Gesell, Leslie Hanger, Peter Hay, Jeff Hood, Marlene McGrath, Wayne Stanhope OCarm, Jo Sullivan, Joan Wright-Howie. Heart of Life is also enriched by the valuable contribution of: Julie Adam, Anne Boyd csb, Margaret Hughes, Rita Malavisi rsj, Peter Malone msc, Lynn Moresi, Pia Pagotto, Robyn Reynolds olsh and Leonie Wallace pbvm, as well as Cecilia Rogers (Business Manager) and Susanah Tan (Secretary).

Ministry Formation Programs

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



Now in its 44th 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, 9.00am-4.30pm) and is available in-person or online via Zoom. Please see the detailed Siloam brochure on our website.

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: Carole Carmody rsm, Sue Gesell, Leslie Hanger, Peter Hay, Jeff Hood, Marlene McGrath, and Wayne Stanhope OCarm.

2022 Term Dates at Heart of Life

Term 1: 14 Feb–8 Apr	Term 3: 18 Jul–16 Sep
Term 2: 26 Apr–24 Jun	Term 4: 3 Oct–18 Nov

Emmaus Supervision Program*

18 Months Part-time

The Emmaus Supervision Program has been developed in response to the demand for professional supervisors for those in individual ministry. It is a program for the formation of competent, experienced, professional supervisors. The program draws on the encounter of the two disciples with Jesus on the road to Emmaus.



The Emmaus Supervision Program is open to those 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 is offered over 18 months with a mix of part-time and intensive study and is available in-person or online via Zoom. Please see the detailed Emmaus brochure on our website.

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 program includes:

- Theory & Practice of Supervision
- Discernment
- Spirituality of Human Life Stages
- Professional Standards

The Emmaus Formation Team includes: Peter Hay, Jo Sullivan and Joan Wright-Howie.

Spiritual Leaders Program - Online*

1 Year Part-time
2 Apr to 12 Nov

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 clergy, lay ecclesial ministers, community and spiritual leaders, pastoral care practitioners, school principals and others who are in positions of leadership in faith communities. The program is available online via Zoom. In 2022, the timetable consists of selected Thursday evenings, Saturdays, and three-day Intensives during school holidays. It 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, 24 Feb to 16 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, or email info@heartoflife.melbourne for more information.

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

Spiritual Direction#

In Spiritual Direction, the caring presence of another moves us to a freedom to speak about whatever is deep within our heart, and in doing so, be valued and encouraged.

Our Spiritual Directors' focus is on being attuned to the Spirit of God in ourselves and in the other person. The practice is to offer a compassionate, contemplative, listening heart to another. The 'direction' we speak of is towards God and our true freedom.

Available in-person and via Zoom. Tel (03) 9890 1101

Individual & Group Supervision#

Supervision is an essential requirement for anyone involved in pastoral ministry. It is available from Heart of Life in-person and via Zoom.

'Normative participation in professional/pastoral supervision is no less than six hours per year for all those in active ministry.'

Catholic Professional Standards Ltd (CPSL) Standard 5.5.3

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. Contact Heart of Life for further information on tel (03) 9890 1101.

Retreats

Retreat in Everyday Life

5 x Mondays, 1-29 August

Peter Hay, Jeff Hood, Carole Carmody rsm, Marlene McGrath 11.30am-12.30pm

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. Please contact us to be put on the list for this Retreat and we will contact you well in advance regarding the dates and times once set. Cost: Donation

Individually-directed Retreats

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

Live-in Retreats

Heart of Life has had a long association with The Cliffs Retreat in Shoreham, Victoria, where Live-in retreats are available—catered or self-catered. Contact Arthur Shearman for details and bookings, tel (03) 5989 8777, www.thecliffsretreat.com

Outreach Ministry

Supporting Parishes

The staff at Heart of Life has a wealth of experience working with parishes to design spiritual enrichment programs for groups and individuals. These days, afternoons, weekends or weekly series could be created for your parish leaders, support staff, or your congregation.

The Heart of Life staff can assist with the following:

- facilitating a newly-formed parish pastoral council;
- working with new ministers in a collaborative approach to ministry;
- providing group supervision to groups and dioceses;
- offering guided reflection and small group facilitation on a particular theme, ie guided meditation, prayer, Catholic social teaching, mission, the giftedness of our identity, listening circles, contemplative dialogue, spiritual conversations, art as therapy, interculturalism, photography as a spiritual practice.

For further information, contact Heart of Life on tel (03) 9890 1101.

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

Teachers & Schools - Staff Spirituality Days

Heart of Life can provide a day or a few hours of spiritual renewal to school staff. This would be designed specifically for your staff and facilitated by a qualified spiritual director or supervisor.

Possible topics include: religious education and theology, prayer and reflection, and other faith formation activities that encourage and support participants to nurture their own faith.

Contact Heart of Life to explore how we might help to build your staff and school community.

Life Lessons from Lasso

(in-person and via Zoom)

Rita Malavisi rsj, Clare Shearman 3 x Wed, 23 Feb, 2 & 9 Mar, 3.30pm-5pm

Explore the spirituality of the heart and qualities of leadership learned from an in-depth reflection on the unlikely leader and coach, Ted Lasso. Rediscover the ways in which Jesus led in faith, hope and love. Learn more about leadership and the power of positivity, trust and belief in yourself and others.

"Be like the happiest animal in the world. Be like a goldfish". (Ted Lasso)
 'Ted Lasso' is available on Apple TV however no previous knowledge of the show is required. Cost: \$60

CECV-Accredited Programs

Heart of Life works with the Catholic Education Commission of Victoria (CECV) for relevant reflection events to be approved as professional development hours for teachers to gain or maintain accreditation to teach or lead in Catholic schools.

Please check our Teachers' Resources webpage regularly for updates on approved programs.

Alumni

Alumni Program 2022

This year, our annual program includes reflection events led by our Alumni and we will supplement these with additional online offerings throughout the year. If you would like to share your many gifts, please let us know. Any programs offered that contribute to professional development hours for spiritual directors are annotated accordingly.

We will work closely with the Conference of Spiritual Directors Australia (CSD) by supporting them in their mission to offer professional development opportunities for spiritual directors.

Heart to Practise (H2P) 2022 9 x 4th Friday of month, 1pm-2pm

Following the success of this graduate program last year, we will be offering our 2021 Graduates the opportunity to remain connected with Heart of Life as they take up their spiritual roles over the next 12 months. This is in the form of ongoing professional development with group supervision. Discounted cost: \$100 (4th Friday of the month at 1pm, from March to November, supervision sessions and professional development topics chosen by the group with guest speakers as required).

Heart for Life Lunchtime Program

8 x 1st Wednesday of month, 1pm-2pm

This year, we will offer peer group support for Siloam Alumni and others in individual ministry. Similar to Heart to Practise, groups will be supported by a Heart of Life supervisor to provide professional group supervision as well as professional development. Topics will be tailored to meet the needs and interests of the group. Please register via email: secretary@heartoflife.melbourne. Cost: \$200 (1st Wed of the month at 1pm, from April to November, supervision sessions and professional development topics chosen by the group with guest speakers as required).

Seminars

All seminars are available in-person or online via Zoom.

Please book and pay at least one week in advance for all Seminars and Reflection events. This can be done by credit card via tel 03 9890 1101, www.heartoflife.melbourne or email info@heartoflife.melbourne

Semester 1

Religious Experience

Peter Malone msc *14 x Mondays, 9.15am–11am, 14 Feb to 20 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: \$475

Discernment*

Jeff Hood *14 x Mondays, 9.15am–11am, 14 Feb to 20 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: \$475

The Human Experience of God*

Robyn Reynolds olsh *14 x Mondays, 2.30pm–4.15pm, 14 Feb to 20 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: \$475

Spirituality of Human Life Stages B*

Lynn Moresi *14 x Mondays, 2.30pm–4.15pm, 14 Feb to 20 Jun
or 14 x Tuesdays, 9.15am–11am, 15 Feb to 31 May*

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: \$475 for either Monday or Tuesday stream.

Spirituality of Human Life Stages A*

Jeff Hood *14 x Tuesdays, 2.30pm–4.15pm, 15 Feb to 31 May*

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: \$475

Grace & Conversion*

Robyn Reynolds olsh *14 x Thursdays, 9.15am–11am, 17 Feb to 2 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: \$475

Semester 2

Ecological Spirituality*

Peter Hay

14 x Mondays, 9.15am–11am, 18 Jul to 7 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: \$475

Spirituality of Human Life Stages A*

Jeff Hood

14 x Mondays, 9.15am–11am, 18 Jul to 7 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/supervisor's understanding of, and response to, those with special needs, including addressing methods for recognising those who may be undergoing more serious mental health problems, and how to refer appropriately to professional mental health services. Cross-cultural factors will also be examined, ensuring the culturally and linguistically diverse person's cultural framework is respected, and idioms of spiritual expression are understood and valued. Cost: \$475

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more deeply into our humanity, with all its ambiguities. Cost: \$475

Professional Standards in Ministry*

(to be advised)

14 x Mondays, 2.30pm–4.15pm, 18 Jul to 7 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: \$475

Discernment*

Jeff Hood

14 x Tuesdays, 9.15am–11am, 19 Jul to 15 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: \$475

The Human Experience of God*

Robyn Reynolds olsh

14 x Thursdays, 9.15am–11am, 21 Jul to 10 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: \$475



* 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. **We invite you to check our website regularly for additional reflection events added throughout the year.**

Please book and pay at least one week in advance for all Seminars and Reflection events. This can be done by credit card via tel 03 9890 1101, www.heartoflife.melbourne, or email info@heartoflife.melbourne

Life Lessons from Lasso

Rita Malavisi rsj, Clare Shearman 3 x Wed, 23 Feb, 2 & 9 Mar, 3.30pm-5pm

See detailed information on page 4.

Reframing Retirement* (in-person event)

Simon Jenkinson Sat 26 Feb, 10am-3.30pm

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)

Lenten Reflections (Reflection series via Zoom)

Cathy Beaton Thu 3, 10, 17, 24, 31 Mar & 7 Apr, 7.30pm-8.30pm

Join us on a Thursday evening during Lent for some reflective time. Each week, there will be guided meditation, time for quiet reflection and the opportunity for group sharing. Come to one or all.

Cost: Donation welcome

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

** recommended as professional development for supervisors

Windows onto God* (in-person, or Zoom if Covid restrictions in place)

Tim Lockwood cfc Sat 26 Mar, 10am-3pm

The windows to be explored are incarnation, darkness, abundance and self-acceptance. Incarnation, seen in the broad sense of God being in the world, takes in the joy of being alive. With this joy, there is the experience of darkness, which is also part of our human reality. Abundance picks up the theme of incarnation. It reminds us that God is lavish with her/his gifts and wants us to enjoy them. Self-acceptance is linked to these themes since it means accepting both the darkness and the light in ourselves. The seminar will be interactive and will allow time for reflection and sharing. Cost: \$60 (BYO lunch)

Pondering Grief* (in-person, or via Zoom if Covid restrictions in place)

Linda Espie Sat 30 Apr, 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: \$80 including materials. (BYO lunch)

Tending Our Winter Heart: Live-in Weekend Retreat

Carole Carmody rsm, Marlene McGrath Fri 10 Jun, 4pm - Sun 12 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 Centre in Cheltenham. Time is offered for personal space and reflection, within a supportive environment, as well as spiritual direction if you wish. Limited couple-rooms are available. Cost: \$300 including accommodation and catering.

Spiritual Nourishment Afternoons

(in-person, or via Zoom according to personal circumstances)

Carole Carmody rsm, Cathy Beaton

Thu 21 Jul & 25 Aug, 1pm-4pm

'Rest and self-care are so important.
When you take time to replenish your spirit,
it allows you to serve from the overflow.
You cannot serve from an empty vessel.'

(Eleanor Brown)

Those in caring roles live with profound beauty amidst the challenges of daily life. We offer these reflection/retreat days to you, someone who frequently serves others who may need support, a place of welcome and some nurturing. Take some time out for yourself, if you are able, to join us for one or both of these reflection days. Each day is offered as an oasis. You will have the space and time to be silent, reflect, with the opportunity to share if you wish. We invite you to re-energise your mind and replenish your spirit. Depending on the group, a further retreat day can be arranged. Cost: \$30 per session

Communication & Relationships*

(in-person, or via Zoom if Covid restrictions in place)

James Areechira svd

Sat 23 Jul, 12.30pm-5pm

A fundamental aspect of any relationship—with God or people—is Communication. This event looks at the different aspects of communication and their strengths and weaknesses in daily life. It offers a practical approach to communication and relationships. Cost: \$60 (BYO lunch)

Mindfulness & Meditation *(in-person and via Zoom)*

Paola Cheng

Sat 30 Jul, 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 prayer in the practice of Mindfulness & Meditation, and we invite you to come prepared to be still and journey within. Cost: \$50 (BYO lunch)

Gently Integrating our Shadow-side Toward Wholeness* *(in-person, or via Zoom if Covid restrictions in place)*

Kaye Twining

Sat 6 Aug, 1pm-4.30pm

Our shadow-side is not some deep, dark pathology within us to be feared. Rather, as Jungian analyst, the late Robert Johnson argued 'Our shadow-side is simply those aspects of our self that we do not see or know.' Although we are unaware of our shadow-side operating within us, it nevertheless shapes our living, in that our shadow-side expresses itself through distorted and unhealthy means. If our shadow-side is unknown to us, how can it be recognised and integrated? Also, how can wholeness and true self be experienced? This reflection event will offer an understanding of wholeness, true self and shadow-side and include a reflective practice for gently integrating our shadow-side toward wholeness. Cost: \$50

Treasuring Our Later Years *(in-person and via Zoom)*

Nicole Rotaru rsm

Sat 20 Aug, 10am-4pm

Our ageing offers us opportunities to be awake to the new possibilities offered daily. During our time together, we will consider themes that have special significance in our later years: awakening to new possibilities in my life now; spirituality; what is giving my life meaning?; relationships; gratitude; death - mystery; intimacy and delight in God's presence. Cost: \$60

Assertiveness - Trusting Your Own Inner Voice *(via Zoom)*

Chris Chaplin msc

Tue 30 Aug, 7pm-9.30pm

In this reflection event, we explore:

- Finding within ourselves that voice of God that echoes 'who I am as good in the eyes of God'.
- What is it that distorts this perception and how that influences my

judgement and behaviour.

- Assertiveness: what it is and what it is not. Why being assertive is adult behaviour that builds up everyone's strength and capacity to love.
- Being assertive with God. Being with an assertive God.

Cost: \$35

Gifts Differing*

(in-person)

Peter Malone msc

Sat 1 Oct, 10am–3.30pm

Our graced selves, praying, communicating...

This is a Myers Briggs reflection day. Attendees can complete the Personality Type Indicator form on the day. Cost: \$60 (BYO lunch)

Walking with Wisdom

(in-person or via Zoom)

Carole Carmody rsm, Julie Adam

4 x Thurs, 6 - 27 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: \$100 for the series, or \$30 per session

Mindfulness & Meditation

(via Zoom)

Paola Cheng

Sat 15 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 prayer in the practice of Mindfulness & Meditation, and we invite you to come prepared to be still and journey within. Cost: \$50 (BYO lunch)

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

** recommended as professional development for supervisors

Interludes of Your Making - Spiritual Journaling

(via Zoom)

Margaret Trainor

Sat 29 Oct, 10am-3pm

You are invited to step aside for a personal interlude—a day to be supported as you quietly listen to your heart and allow the Spirit within to lead you gently forward. Through intervals of creative expression and private reflection, individuals can foster new ways of attuning, sensing and articulating inner experiences. Playful use of mixed media expands the contemplative attentiveness. A focused process facilitates a gentle unfolding of self-understanding and meaning. Spiritual journaling will enable participants to notice emerging possibilities, capture otherwise fleeting insights and ponder a path of growth and change. This is a private, companioned journey with no necessity to share. You can enter into your process at your own pace. No art experience is necessary. The outcome will be fresh awareness of your inner self. Cost: \$60 (BYO lunch)

Spirituality & Screen Images*

(in-person, or via Zoom if Covid restrictions in place)

Peter Malone msc

Sat 5 Nov, 12.30pm-5pm

We always acknowledge Jesus as the Word made Flesh. But, Colossians 1 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 (BYO lunch)

Advent Anticipation

(in-person or via Zoom)

Gail Crisp, Cathy Beaton

Sat 26 Nov, 10am–3.30pm

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

Other Events & Offerings

Festival of the Sacred Heart

Friday 24 Jun, 12nn-2pm

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 21 Nov, 7.30pm

Please join us for the Eucharist and Missioning of our Graduates at Heart of Life.



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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Australia

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Cover image '**Heart of God**' by
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<https://fineartamerica.com/profiles/gary-rowell>