

## ► Formative Experiences continued

### LIVING WATERS MEDITATION AND SPIRITUALITY CENTRE

Living Waters Meditation and Spirituality Centre is available for all those who are seeking spirituality, healing, meditation, prayerful support or Spiritual Direction. We are a community of people who pray by reaching into our deepest centre of being. "The all important aim in Christian meditation is to allow God's mysterious and silent presence within us to become more and more not only a reality, but the reality which gives meaning, shape and purpose to everything we do, to everything we are," John Main OSB.

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See diocesan website:

[www.mn.catholic.org.au](http://www.mn.catholic.org.au), under Catholic Faith, then Spirituality & Faith, then Retreats and Reflection Days

### SPIRITUAL DIRECTORS AND SUPERVISORS

A list of trained spiritual directors can be found on the diocesan website, [www.mn.catholic.org.au](http://www.mn.catholic.org.au), under Catholic Faith, then Spirituality & Faith.

### SEASONS FOR GROWTH

#### Understanding Change, Loss and Grief

This learning experience will deepen one's own knowledge of grief and

increase one's awareness of the needs of others who are grieving.

#### Exploring Seasons of Grief

Using the metaphor of the changing seasons participants explore the physical, emotional, mental, social and spiritual dimensions of their grief.

#### Parent Program

Supporting children and young people through family change and loss can be challenging. This learning experience seeks to enhance family relationships by supporting parents to better understand the experience of death, separation and divorce from a child's perspective. See diocesan website, [www.mn.catholic.org.au](http://www.mn.catholic.org.au), under Church & Community, then Change Loss Grief.

### MARRIAGE & RELATIONSHIP EDUCATION

The Diocese provides two pre-marriage programs for couples preparing for marriage.

**Before We Say I Do** is a group program held over two Saturdays.

**FOCCUS Program** is an inventory program with personalised couple discussion with a Relationship Educator held across three 90-minute sessions facilitated in the evenings.

Both programs explore the research on creating strong sound friendship of an intimate relationship which increases trust, long term commitment in marriage whilst assisting the couple to live out their vows daily. Couples learn how to strengthen

their friendship and intimacy which determines how they manage conflict.

**The ENHANCE Program** is offered for couples that are already married or in a committed relationship and are looking to re-vitalise their partnership and renew their commitment to each other through exposure to the same research findings. For more detail see diocesan website, [www.mn.catholic.org.au](http://www.mn.catholic.org.au), under Catholic Faith, then Getting Married.

**Bringing Baby Home (BBH)** is a two-day workshop for couples who are expecting a new baby or have young children. Workshops are led by supportive facilitators who have been trained to help expecting couples and new parents in the transition to parenting which at times can be exhausting and overwhelming.

Bringing Home Baby Workshop aims to build the skills needed to have happy, healthy, strong family relationship – even during challenging times. See diocesan website, [www.mn.catholic.org.au](http://www.mn.catholic.org.au), under Church & Community.

### MYERS-BRIGGS TYPE INDICATOR WORKSHOP

Understanding one's personality type and preferred behaviours; Understanding the different behavioural preferences of other individuals, the attributes and gifts of all the individuals in the group; Developing strategies to enhance interpersonal relationships.

For more detail see <http://tiny.cc/DLG-MBTI>

