

## Borrowing Enquiries

The Dilley Library at St Joseph's Convent Lochinvar can be accessed online. Register as a borrower at <http://tiny.cc/DilleyLibrary>. Contact the Adult Faith Formation Office on (02) 4979 1134 or email [Sharon.Murphy@mn.catholic.org.au](mailto:Sharon.Murphy@mn.catholic.org.au)

## ► Formative Experiences

### ANAWIM PRAYER AND RETREAT CENTRE, WANGI WANGI

"Anawim", a ministry of the Lochinvar Sisters of St Joseph, offers hospitality to anyone seeking space, solitude and unstructured time in an atmosphere of quiet and peace; private retreats throughout the year (except during January); directed retreats upon request; days of prayer and reflection; spiritual direction and facilities for groups wishing to organise and conduct their own retreat, seminar or program.

**Contact:** Sr June Flynn RSJ

**Address:** 16 Wangi Point Road, Wangi Wangi, NSW 2267

**Phone:** 02 4975 1436

**Email:** [june.flynn@ssjl.org.au](mailto:june.flynn@ssjl.org.au)

### CAFÉ DVDS + BOOKLETS

- Knowing God Better
- Knowing God Even Better
- Believe
- Life to the Full
- Saints
- Walking in the Spirit
- Dare to Believe
- Youth Resources
- Alive
- Joy of the Gospel
- Pass It On
- You, Your Children and the Catholic Faith
- Baptism, & Confirmation
- First Communion & Reconciliation
- God Speaks through the Church

### A RETREAT WITH' SERIES

- A Retreat with Matthew: going beyond the Law
- A Retreat with Mark: embracing discipleship
- A Retreat with Luke: stepping out on the word of God
- A Retreat with John the Evangelist: that you may have life

### MERCY SPIRITUALITY CENTRE, TORONTO

Welcomes adults of all faith traditions seeking to take time and space to nurture and deepen their own spiritual journey. The yearly program offers a wide variety of reflection times both residential and non-residential, as well as day programs. The highly-qualified facilitators come from around Australia.

Accommodation is available for self-catering self-directed retreat times of 2 – 6 days. Spiritual companionship sessions are available by appointment.

This centre situated on the shores of Lake Macquarie, is conducted by the Institute of Sisters of Mercy of Australia and Papua New Guinea.

Institute of Sisters of Mercy website: <http://institute.mercy.org.au/toronto>

**Contact:** Anne Ryan RSM

**Address:** 26 Renwick Street, Toronto, NSW 2283

**Phone:** 02 4959 1025

**Email:** [mercyltoronto@mercy.org.au](mailto:mercyltoronto@mercy.org.au)

### THE EMMAUS DVD SERIES

- Australian Spirituality
- Beyond Death
- Conscience
- Discipleship
- Eucharist
- Forgiveness
- Good News
- Jesus Christ
- Liturgy

### SYMBOLON DVD RESOURCES

- A Journey of Faith
- Divine Revelation
- The Bible
- The Story of Salvation: Creation, Fall, Redemption
- Who is Jesus?
- The Paschal Mystery
- The Holy Spirit Why do I Need the Church?
- Baptism and Confirmation

### REFLECTION DAYS

By arrangement with Adult Faith Formation Office. For reflection days at Other Centres see diocesan website, [www.mn.catholic.org.au](http://www.mn.catholic.org.au), under Catholic Faith, then Spirituality & Faith.

### E-CONFERENCES

**See Broken Bay Institute:**

[www.bbi.catholic.edu.au](http://www.bbi.catholic.edu.au)

### PARISH GROUPS

Resources for Lenten groups, Advent groups etc. See diocesan website, [www.mn.catholic.org.au](http://www.mn.catholic.org.au), under Catholic Faith, then Liturgy, then The Liturgical Year.

### PARISH BIBLE STUDY AND FAITH-SHARING GROUPS

A wide range of books and audio-visual resources are available for borrowing. See below for some examples: *Café*, *Symbolon* and *Emmaus* resources.

- Mary
- Ministry
- Prayer
- Sacraments of Initiation
- Scriptures
- Stages of Faith
- The Church
- The Creed
- The Cross
- Vatican Two
- World Today

- The Eucharist
- A Walk Through the Mass
- Marriage & Holy Orders
- A Catholic Moral Vision
- Marriage & Sexuality
- Catholic Social Teaching
- Dignity of the Human Person
- Reconciliation & Anointing of Sick
- Mary & the Saints
- Last Things

## ► 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.

**Contact:** Anne Cuskelly

**Street:** 34 Kenrick Street The Junction NSW 2291

**Phone:** 0407 436 808

**Email:** annecuskelly@hotmail.com

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>

