

2017

professional
DEVELOPMENT

sessions FOR spiritual directors



WellSpring understands the formation of a spiritual director to be ongoing and works with our directors to provide a contemplative learning environment for competent, well trained and committed individuals who continue to be formed in listening with a contemplative heart.

Professional Development sessions are offered throughout the year with the aim of fostering the call that first drew you to become a spiritual director, to develop your skills as a spiritual director, and to build a supportive community of spiritual directors.

The program for this year includes an online discussion group (page 1), and several sessions at WellSpring (pages 2-4). In addition to these sessions, there will be three Quiet Days for spiritual directors with Jill Manton and Tess Veenker (page 4).

As learning and support is enhanced by sharing with others who hold a breadth of experience, spiritual directors from other centres are welcome to join these Professional Development sessions.

WellSpring students of the Art of Spiritual Direction are also invited to join in this program.

Costs:	\$65 / \$55 (members/concession)	Professional Development Sessions, 10am to 3pm
	\$48 / \$38 (members/concession)	Professional Development Sessions, 10am to 1pm
	\$30 / \$25 (members/concession)	'Fostering the Call' Soul Nurture/PD, 2 December
	No cost	Quiet Days for Spiritual Directors, 10am to 3pm

Location: WellSpring, 10 Y Street, Ashburton, unless otherwise noted

Catering: BYO lunch. Morning tea provided

To register: Visit www.wellspringcentre.org.au/bookings OR call (03) 9885 0277

Commencing in February 2017 and continuing throughout the year

'Keepers of the Flame' Online Discussion Group for Spiritual Directors **Facilitator: Tim McCowan**

This online (closed group) blog/discussion group aims to provide a space for WellSpring spiritual directors to have extended conversations around their understanding and practice in the art of spiritual direction, through the book by Susan S Phillips, *Candlelight: Illuminating the Art of Spiritual Direction* and some appropriate open-ended questions. Tim McCowan will facilitate the online group, and Susan Phillips herself will occasionally participate. This is a great way to further our understanding and engage with each other, especially if access to Professional Development sessions at WellSpring is difficult. The author, Susan Phillips, is thrilled that we are using her book and has agreed to join our online discussion group from time to time.

Visit www.wellspringcentre.org.au/keepers-of-the-flame for information about how to join this group. The discussion group will commence in February 2017.

Tim McCowan grew up in Melbourne before moving to the Philippines to live and work among the urban poor with 'Servants' mission for eight years. His search for a space to reflect theologically upon those life-changing years led into a Doctor of Ministry degree in Chicago. While staying with Native Americans in the US, Tim discerned a call toward a ministry of reconciliation in Australia.

Upon his return in 2001 he trained in spiritual direction at WellSpring, met his future wife, was ordained as a Baptist minister and began teaching spirituality at Stirling Theological College.

In addition, he is the WellSpring Coordinator of Reconciliation Formation and prior Director of the Building Bridges program. His special interests are reading, spiritual formation, experiential learning, music and walking in the many public gardens near his home.

Tuesday 28 February

10am to 3pm

The Landscape of Forgiveness: Interactive, Inspiring, Illuminating

Facilitator: John Steward

Every person stands somewhere in a broad landscape: either desiring, needing, avoiding, struggling for, or struggling with, forgiveness. Inevitably the issue of forgiveness arises as part of the warp and woof of living. We will reflect on ways our work can support those who face the question of forgiveness.

We will first reflect on our own experience and then seek insights from stories emerging from the healing and recovery of Rwandans after the pain and chaos of 1994. Through our conversation our lives will be touched, and our work as spiritual directors impacted. We will consider what forgiveness is and isn't, why it is so difficult at times, and what our responsibilities and opportunities are as companions on the faith journey.

John Steward gained his PhD from Adelaide University in 1972, after completing his undergraduate and honors degrees in Agriculture. He then completed studies in Divinity [BD Hons] from the Melbourne College of Divinity. In 1997-98 John was involved in the post-genocide reconstruction in Rwanda. then regularly returning to Rwanda over the next nine years to mentor Rwandese peace and development workers, hearing stories of change and making many friends. From 2009-2011 John was mentor in Australia of a project to develop VANISHING POINT, an online peace and conflict curriculum for secondary students, using stories of Rwandans who have healed relations since 1994. John's book on healing and forgiveness after conflict, 'From Genocide to Generosity', brings alive stories of healing and hope after trauma. In Australia, John is a spiritual director with the Living Well Centre and WellSpring.

Wednesday 29 March

10am to 3pm

Relational Psychodynamics

Facilitator: Liza Stewart

Unlocking the wisdom of the inner world is a wonderfully rich and exciting though at times challenging, experience. Having the tools to enable noticing of inner response patterns makes change possible, if there is sufficient motivation. We will seek awareness of some of the personal blocks that create hindrance to this exploration. Searching for and bringing to consciousness personal inner patterns of behaviour and response that impede effective communication, allow greater awareness of the one with whom we are in conversation.

Some of the possible tools we can explore are the impact of the unconscious: the minimal non verbal indications of desired disclosure in the one with whom we are in interaction: the impact of personal defensiveness and defence mechanisms: exploration of the impact of the various forms of our conditioning: some of the things that threaten how we identify ourselves. These topics, including touching on needs and what is of importance to each of us, will be focused on unwrapping the deepest and most revealing of all questions, 'who actually am I?'

Liza Stewart is a wife, mother and grandmother whose background is in education. Her spiritual direction formation was at Heart of Life Spirituality Centre in Melbourne. She is passionate about encouraging the exploration and integration of all aspects of life.

Tuesday 9 May

10am to 1pm

The Role of Spiritual Direction in Preventing Burnout **Facilitators: Andrea Mayes and Andrew Woff**

Burnout is a common problem for many stressful occupations including ministry, medical professionals, teachers and carers. A person who is experiencing burnout is likely to feel exhausted, be less effective in their work and withdraw from people. As burnout develops gradually but is often unnoticed for a long time, there is a role for spiritual directors to help the person notice burnout at an early stage. This seminar will help spiritual directors become familiar with the signs of burnout and the most common causes.

For some people spiritual issues may be an important factor to help them prevent burnout. This seminar will help spiritual directors understand the spiritual issues that have been found to contribute to burnout. We will also discuss spiritual practices that assist with rest and renewal. As burnout is a work-related problem, the spiritual director may need to encourage their pilgrim to seek support from other people. We will discuss some of the other professionals that may be applicable. Finally, we will look at our own life-work balance as spiritual directors and reflect on how our balance and boundaries are going, so that we don't start to suffer from burnout ourselves.

Andrea Mayes was born and grew up in Canberra. Her first degree was a Bachelor of Science (Resource and Environmental Management), which led to 10 years of environmental policy and program work with the Commonwealth government. After moving to Melbourne, she started theological study in 2012 and completed her Graduate Diploma in Theology in 2014. She started training as a spiritual director with WellSpring in 2014 and graduated in 2016. Her research paper in her final year was on The Role of Spiritual Direction in Preventing Burnout in Ministers. She also completed her Master of Arts (Spiritual Direction) in 2016. Andrea is an active member of the Uniting Church and is involved in an inter-faith environmental group called GreenFaith/ARRCC.

Andrew Woff is a member of the Art of Spiritual Direction Formation team, and a WellSpring spiritual director, and supervised Andrea in the work of her research paper. A Baptist pastor, he has been Head of Pastoral Leadership Support and Development with the Baptist Union of Victoria. He has served four churches in various roles of pastoral leadership and was part of the Regional Ministry team of the BUV from 2000-2011. In a context where pastoral leadership is often seen as a profession with significant risk of high stress and burnout, Andrew longs to see pastors enriched and enhanced through their response to God's gracious call.

Wednesday 28 June

Spirit-in-Flesh Deep Listening

10am to 3pm

Facilitator: Alex Sangster

This experiential workshop is designed to awaken spiritual directors to the movement of the Spirit in their own bodies and in the bodies of their pilgrims. Working from the theological space of incarnation (spirit-in-flesh) we will playfully engage with what it means to 'be in the moment' with our whole being, not just our heart/head. This session will gently challenge participants to move out of their listening comfort zone and into a space of authentic, embodied truth. Participants are encouraged to wear comfortable clothes. Suitable for those with and without mobility constraints.

Alex Sangster is a Minister of the Word with the Uniting Church in Australia, and a WellSpring trained spiritual director. She is also a professional performer having trained at the West Australian Academy of Performing Arts (WAAPA), graduating in 1995. Alex has been involved in numerous community theatre projects and taught drama at the National Theatre. In 2014 she wrote and produced the award winning children's play 'April Underhill: Tooth Fairy'.

Alex has facilitated many retreats and workshops designed to awaken, inspire and challenge. She is passionate about breaking open story in ways that liberate, inspire and awaken and in ways that create connections with the emerging church and with those who are spiritually hungry but culturally anti-institution.

Tuesday 11 July

Honouring the Day: Noticing God in Daily Life

10am to 3pm

Facilitator: Elizabeth Delbridge

This reflective workshop offers directors an experience of the Review of the Day (Examen) as a tool for pilgrims. The simplicity of the review belies its profound potential in attending to the movements of God in one's life. Used regularly it can reveal patterns of behaviour that contribute data towards emerging life-giving decisions as well as noticing personal gifts. Used at the end of the day, it can even help people sleep better!

Initially being led through this prayer for ourselves we will then reflect together on what we noticed. We will unpack the most common hindrances that undermine people's confidence with this process then discuss and practice methods that clarify and strengthen our/their engagement. A central motif in the life of Ignatius, we will discover how this daily practice restores the resilience of the soul.

Elizabeth Delbridge is a trained spiritual director and Anglican priest who left parish ministry to focus on spiritual direction. Elizabeth understands her vocation as 'holding up the light', so she looks for prayer practices that illuminate the spiritual life, thus enabling people to see more clearly and live more deeply. She enjoys listening to music, especially piano, and creating an indigenous garden.

Thursday 24 August 10am to 1pm

Anger: Gift or Trap, Friend or Foe?

Facilitator: Peter Bentley

This professional development session explores the various ways in which we deal with anger in our everyday lives and how we conceptualise what is happening in the process. We will identify a range of strategies that different personality types adopt to process anger, and examine ways of assisting pilgrims to embrace the life-giving aspects of anger.

Peter Bentley was Director of WellSpring for ten years until 2012, prior to completing a PhD over the next four years on the topic, 'An Investigation of Learning Processes and Contexts of a Curriculum Program for the Formation of Spiritual Directors'. Peter is Coordinator of Formation Studies at WellSpring and an expert in avoiding anger (or so he thinks!).

Tuesday 3 October

10am to 3pm

Self-Supervision: Amplifying Whispers from Body, Mind and Spirit

Facilitator: Marlene Marburg

When puzzling interactions arise in the spiritual direction relationship or any relationship, simple reflection might not be sufficient to identify and address their histories and causes. This professional development uses poetry, the arts and the participants' interior responses as means to access deeper levels of personal awareness. Please bring pen and notebook.

Marlene Marburg (www.marlenemarburg.com.au) is co-director of Kardia Formation. Her poetry has been published widely. She has produced a series of poetry collections entitled 'Grace Undone'. Marlene's doctorate in spirituality explored the capacity of poetry to access deep levels of personal and communal awareness.

Saturday 2 December

10am to 3pm

Fostering the Call

Facilitator: Margaret Donald

Using the structure of a Soul Nurture Day, this is an invitation to join with colleagues who share the vocation of caring for people's souls. This is a quiet day designed to care for your souls, your whole being – body, mind and spirit – in connection with your call as a spiritual director.

Margaret Donald is a spiritual director with a deep love for Celtic Spirituality, Centering Prayer, and the process of reflective art-making as a container for awareness. She is an experienced retreat facilitator and is passionate about offering creative silent spaces where each person can depth their own unique journey of the heart.

Quiet Days for Spiritual Directors

Following on from a request from some of our spiritual directors, Jill Manton and Tess Veenker will offer three Quiet Days in 2017. We hope these will enable more people to participate at least once during the year and in addition, provide a simple rhythm to the year for those who would like to share contemplative space more often in solidarity with other spiritual directors.

Come and relax with friends, enjoy the silence, share communion, walk in the garden or on the beach. For those attending the Quiet Day at Somers, you might like to include the day as part of a Sabbath weekend somewhere on the Mornington Peninsula where what begins in the Quiet Day can continue to unfold before it is time to return home again.

Location: WellSpring

Facilitator: Tess Veenker

- Wednesday 8 March, 10am to 3pm
- Thursday 27 April, 10am to 3pm

Location: Somers (address and directions will be sent upon registration)

Facilitator: Jill Manton

- Saturday 12 August, 10am to 3pm (Those who wish to stretch the time, are welcome to stay until 5pm)

Jill Manton was WellSpring's founding director and the formation program for spiritual directors was an integral part of her ministry from the beginning. Since then, she has continued to support and nurture those who are called to this vocation through her spiritual direction, supervision, retreats, quiet days, consultation and teaching at WellSpring and other venues. She will enjoy sharing these Quiet Days with her colleagues in spiritual direction.

Tess Veenker is a Missionary Sister of the Sacred Heart and has been in this Congregation for over 40 years. She completed the Siloam Course (spiritual direction formation) at Heart of Life then worked with Jill Manton in the early beginnings of WellSpring. Tess continues as a spiritual director, is a WellSpring Board member, and has been a member of the Formation Course for many years, currently as a supervisor.



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