

PRAYER EXPLOSION

A mini expo on prayer



**Saturday
22 Feb 14**

10:00 am to 2:30 pm

6 Workshops - presented twice

Workshops

Body movement as prayer:

Using the Rosen Method Bodywork as a tool for connecting the body/mind. Using breath to become aware of how the physical affects the Spirit and the Spirit affects the body. This form of praying helps with personal growth and how to live in the present moment

Christian Meditation:

Based on a revival of early Church practice, Christian Meditation is a calming and focusing discipline which leads the whole person into silence and the prayer of Christ who himself sought solitude with God. Christian Meditation supports and enriches other facets of Christian prayer. It is particularly relevant in a world which is full of "noise" and a society which is fast losing its capacity for reflection.

Hear Prayer: Connecting with the Spirituality of the Missionaries of the Sacred Heart. This prayer experience will explore the Spirituality of the Heart and the four movements of the Heart.

Presenters

John Bosman msc

Many years of MSC formation and ministry have shaped John's interest in embodied prayerfulness. He recently graduated as a Rosen Method Movement and Bodywork practitioner.

Judy Kenny

Judy was involved in Catholic Education for more years than she cares to remember. She has a Masters degree in theological studies and is currently a volunteer on the Pastoral Care Team at Calvary Hospital. She is the leader of the meditation group which will facilitate this workshop. The meditation group began in 2003 and its members meet weekly.

Terry Naughton msc Terry is on the Retreat Team at St Mary's Towers Douglas Park. Terry has spent the last 30 years of his ministry at Douglas Park in the various roles of Novice Director and Spiritual Director. He worked at Daramalan from foundation in '62 till '79; and studied at Berkeley (USA) Guelph (Canada) Siloam (Melb.)

The Labyrinth: Is a profound spiritual tool that has been used for reflection by thousands of pilgrims throughout the centuries. The labyrinth can be symbolic of the Journey of Life. The labyrinth can be a helpful tool to focus our attention, to assist us in making decisions; a place of peace and calm; a metaphor for life, and a healing tool.

Lectio Divina: literally meaning "divine reading," is an ancient practice of praying the Scriptures. During Lectio Divina, the practitioner listens to the text of the Bible with the "ear of the heart," as if he or she is in conversation with God, and God is suggesting the topics for discussion. The method of Lectio Divina includes moments of reading, reflecting on, responding to and resting in the Word of God with the aim of nourishing and deepening one's relationship with the Divine.

Theological reflection of everyday life: This method of prayer explores where God is in the ordinary and broken situations of our lives and calls us into living our lives fully. In the search for understanding and meaning of our life experiences this method uses the Scriptures and other Christian traditions as a reflection tool.

Liz Anne Smith

Liz Anne Smith is currently co-director of a spiritual direction training program in Canberra. Formerly she was Campus Minister at ACU, Canberra Campus, in Canberra for almost 20 years. She facilitates retreats and reflection days for staff, students and others. Among her favourites is the Labyrinth.

Helen Druett

Helen is semi-retired after having spent 35 years in Catholic Education. She has qualifications in Religious Education, Theology, Spirituality and a Certificate in Spiritual Direction. She has been Religious Education Coordinator, served on Parish Councils and Liturgy Teams, trained Catechists/Special Religious Education Teachers, facilitated Sacramental Evenings and Retreat Days, and presented talks on Prayer.

Marian England

Marian has worked in the parish for over 17 years. She has a Bachelor of Theology degree and is qualified as a Spiritual Director. She has a passion for discovering God in the ordinary and everyday events of life and how we are called to respond.

REGISTRATION FORM

Name: _____

Address: _____

_____ Phone No: _____

Email: _____

Cost: A suggested donation of \$10.00

The spaces in the workshops are limited. If the workshops are oversubscribed you may not be placed in a workshop of your preference. In the event that the workshops are fully subscribed people are welcome to attend the keynote address by Michael Fallon msc

**Registrations close -
Friday 14 February 2014**

Spaces permitting you can attend 2 of the workshops. Please number your preferences from 1 to 6.

1 Body movement as prayer

2 Heart Prayer

3 Labyrinth

4 Lectio Divina

5 Meditation

6 Theological reflection

In April 2013 a hundred parishioners gathered on two Sunday afternoons to initiate and develop a Parish Pastoral Plan.

This mini expo on prayer is a response to the Pastoral Plan priority on Prayer and Worship.

We trust that parishioners will find the day beneficial.

2. Prayer and Worship



Priority
2.1

Promote, support and resource existing prayer groups and foster the establishment of new groups.

Strategy: 2.1a

Further extend awareness and involvement in a variety of prayer experiences.

“The function of prayer is not to influence God, but rather to change the nature of the one who prays”

Soren Kierkegaard

PROGRAM

10:00 am

Church
Opening prayer
Welcome

10:15 am

Keynote Address
Michael Fallon msc - Prayer

11:00 am

Parish Centre
Morning tea

11:15 am

Various locations in the
parish precinct
1st round of workshops

12:15 pm

Parish Centre
lunch

1:00 pm

Various locations in the
parish precinct
2nd round of workshops

2:00 pm

Parish Centre
Bringing it all together and
closure.

BYO Lunch: Tea, coffee & morning tea provided