

Programme: August 2019 ...



Josephite Reconciliation Circle

Monday, 5 August, 6.00pm - 9.00pm

Solidarity, Justice, Advocacy, Reconciliation

We invite you to join us in our 2019 journey of growing in cultural knowledge, advocacy and support of Aboriginal/First Nations peoples in South Australia and nationally. Prepare to be enriched, hearing... 'the cry of the earth and the cry of the poor.' Pope Francis

No cost

For more information: phone: 8130 5900 / email: infosaj@sosj.org.au

110 Years ago today!

Thursday, 8 August, 10.30am **Feast Day Mass**

Mary MacKillop died on 8 August 1909. Come and join us on this, the 110th anniversary of her death.

Let us celebrate her life and her legacy - here, on the land where she lived for so many years, and in her much loved place of prayer, St Joseph's Chapel Kensington. After Mass, we will take a short walk over to Bethany Centre to continue the celebrations over morning tea .



You're invited!

The Individuation Journey as seen through the 'Orphan Archetype'

- with Susan Pollard rsj

Tuesday, 13 August, 7.00pm - 9.00pm

We will explore how "surviving" anxiety and fear can bring individuals to another awareness of inner resources. Our goal is allowing the positive movement of these emotions for psychic development or soul's emerging. Through anecdotal and case studies we will consider how anxiety and fear are related to both destruction and to creativity and how dreams provide hints for our well-being.

"Emotion, incidentally, is not an activity of the individual but something that happens to him (her)." .

G. Jung (CW9ii, par.15)

Cost: Full \$30.00 or Concession \$20.00

Registration essential: by Tuesday 6 August

Mindfulness + Self compassion = Happiness + Peace: for you and others!

- with Mary Ryan rsj

Saturday, 24 August, 9.30pm - 4pm

Current research across the globe is revealing that these are two of the most powerful resources for enhancing our emotional well-being. And while we *all* have this capacity within us, too often we neglect to strengthen and use it when we're struggling.

Through input, discussion, reading, reflection and journaling, we will explore ways to develop and nurture mindfulness and compassion in relation to self, others and God. Resources will be provided that can help us build strength and resilience, heal wounds, deepen our inner peace and thus, enhance our lives and relationships.

Cost: Full \$40.00 or Concession \$30.00 - BYO Lunch

Registration essential: Thursday, 15 August

This day is suitable for ALL adults.

It is also approved by CESA as a System Accredited Module for teachers - requiring the submission of

Seasons for Growth

- with Patricia Peitsch

Wednesday - Thursday, 21 - 22 August, 8.45am - 4pm

Train to become a Certified *Seasons for Growth* Companion in the Children and Young People's Program.

This is a program for children and young people who have experienced grief and loss in their lives. This professional development training enables educators and other professionals to run *Seasons for Growth* groups within their school or community agency.

For more information contact Karen Muir rsj :

Phone: 0428 620 264 or

Email: karen.muir@goodgrief.org.au

◆ Unless otherwise indicated, please register by phone 08 8130 5900 or email infosaj@sosj.org.au
◆ Unless otherwise indicated, all events will be in Bethany Centre, 4 High Street, Kensington
◆ Please Note: Street parking only
◆ For the full 2019 programme, visit our website: www.marymackillopdelade.org.au