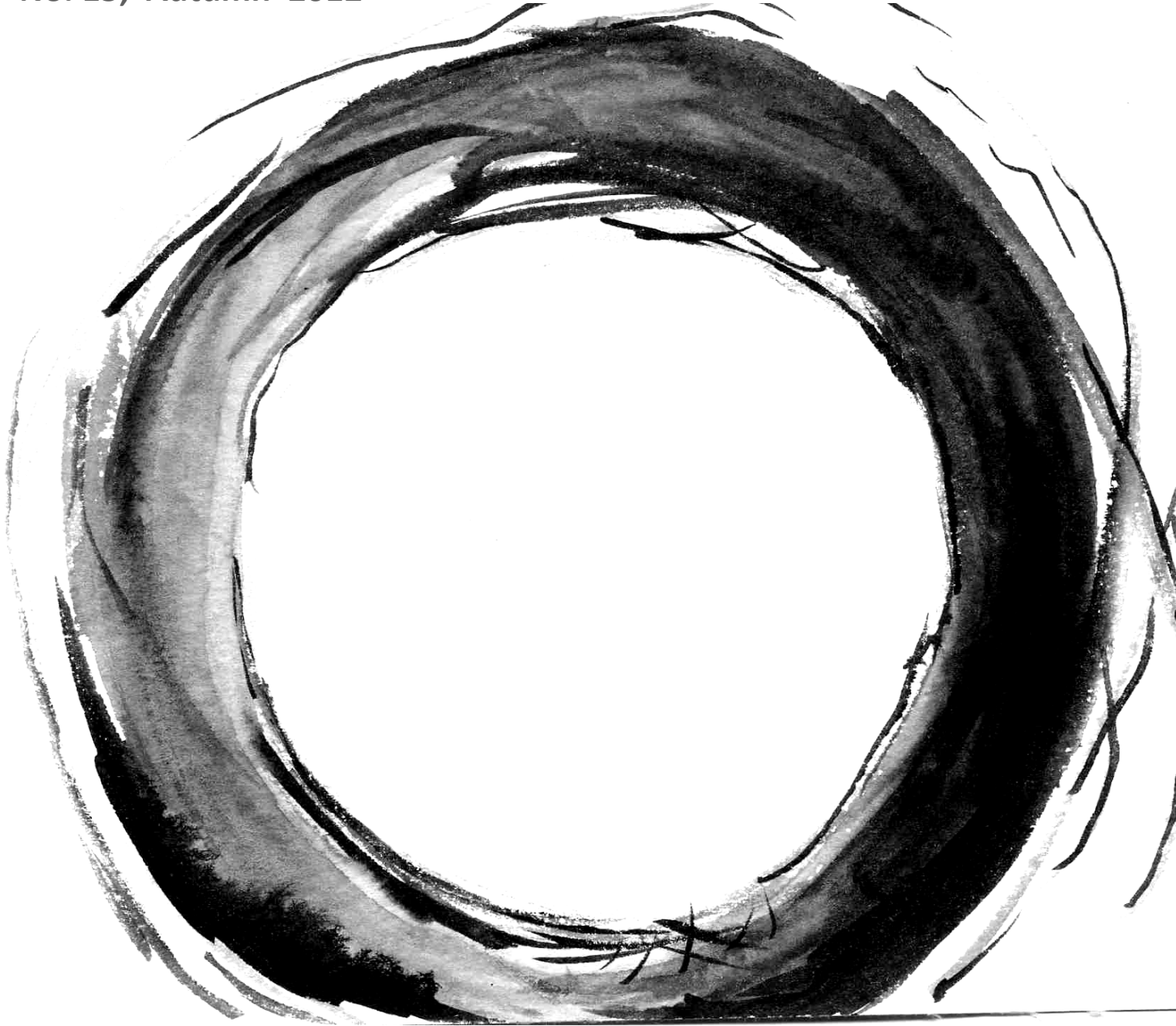


Kilbride Connections

No. 15, Autumn 2012



Kilbride Centre for Spirituality & Personal Development

52 Beaconsfield Parade, Albert Park, VIC 3206

Phone: 9690 1076

contact@kilbridecentre.com.au

www.kilbridecentre.com.au

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Please let us know if you would like to receive our monthly emailed newsletter, including updated course dates, events and news from Kilbride Centre.

This information is also available on our website at kilbridecentre.com.au

Call 9690 1076 or email contact@kilbridecentre.com.au

Welcome to Kilbride Centre in 2012!

Once again, our lively Kilbride community centre begins another year of diverse and enriching opportunities for expanding our understanding of our relating selves and our embodied selves. The wide range of reflection, communication and meditation activities combine with a variety of physical activities, so our programs range from the spiritual deepening of the Enneagram to the healing of Shiatsu Massage. Integration of the inner and outer self is a fundamental aspect of health and well-being in Kilbride Centre.

All activities and initiatives at Kilbride are respectful of the personal and communal aspects of people's search for meaning and purpose in their lives and relationships. We all bring a unique dimension to the human journey as we open ourselves to what is of Ultimate importance in Life. Whatever one's religious beliefs or values may be, or whether we are agnostics (searching to know) or atheists, all are welcome to join in our activities as we move together towards a deeper and more committed concern to work for the Common Good of all people and of our planet.

So, as your New year opens up once again, we hope you will find a program, workshop, personal or communal craft activity or conversation that will enable you to live an enriched and meaningful life, for yourself and for our Common Good!

Maryanne Confoy RSC, Director

The Kilbride community also has opportunities to help with the Brigidine Asylum Seekers Project. Currently we help in ways such as supporting the women who live in the Brigidine house nearby, by maintaining the (old) house and by developing and maintaining the front and back gardens. We rely greatly on volunteers and very much value their contributions, whether tutoring in English, organising fundraising events, participating in gardening bees, handyman jobs, or generally volunteering some time with the women.

For more information on how you can help or donate to the Project, details are on Page 13

Mary Kingsbury, Coordinator

Spirituality

Spiritual Direction

With Margaret Carroll, Kilbride Spiritual Director

When you find your true self, you find God: when you find God, you find your true self
-Thomas Merton

Spiritual direction is for people who choose to explore and deepen their relationship with God in the company of a Spiritual Director.

Contact Margaret at Kilbride Centre on 9690 1076 or call 0400 840 108

Centering Prayer

With Margaret Carroll

The practice of surrendering thoughts and emotions to encounter the deeper regions of your being where life is constantly flowing out of and back into the divine life.

cf. Cynthia Bourgeault

Centering Prayer Course

Dates: Mondays, 13th, 20th, 27th February, 5, 19th, 26th March

Time: 9:30-10:45 am

Cost: \$60

RSVP: By phone or email before 11th February

Ongoing Practice, following from course

Time: Mondays 9:30-10:45

Cost: Donation

Lectio Divina

With Margaret Carroll

A time of Sacred Reading and Reflection

Join a small group to ponder and savour the word of God in Scripture, other readings and life.

Dates: 1st Tuesday of each month
6th March, 3rd April, 8th May, 5th June, 3rd July

Time: 11 am – 12 pm

Cost: Gold coin donation

RSVP: Friday before each session, by phone or email

Spirituality

Silent Retreat at Balnarring

Live-in Retreat

This silent retreat involves an opening guided meditation, a daily sharing with a retreat director and an optional evening meditation.

The venue offers comfortable living arrangements. The natural environment of the grounds is conducive to creating a quiet reflective space.

Date: 10th—16th November, 2012
Retreat Director: Kristen Hobby
Cost: \$500

We require a \$150 non refundable deposit with booking, and full payment by the 6th of October.

Book early as numbers are limited

For more information please call or email

Guided Prayer for Faith Communities

The Week, Fortnight or Weekend of Guided Prayer

This world-wide ecumenical program is designed to offer faith communities in a local area the opportunity to reflect and respond to God's presence in life.

Reflective Prayer Session

(Morning, afternoon, twilight or evening)

Each one-off experiential session centres on one or more of the following themes: Scripture, Images, Music, Review of the Day, Silence, Imaginative Prayer, Poetry or Centering Prayer

The above opportunities are offered by Kilbride Prayer Guides at the request of parishes or groups of parishes.

To take up this invitation, please contact Kristen Hobby
prayerguides@kilbridecentre.com.au or call 0419 147 435

Meditation

Open Heart Meditation

Run by the Reiki Tummo group

The Open Heart Meditation Evenings are a gentle introduction to our spiritual heart. Opening our heart is the key to health, happiness & spiritual growth

When: Mondays, beginning 6th February
Time: 8 pm
Cost: \$5



Morning Meditation

With Rani

Open your heart; Quiet meditative techniques for calm and loving
Based on Open Heart Meditation Techniques

When: Thursday Mornings
Time: 9:30 am
Cost: Donation

Laughter Yoga

With Merv Neal



Laughter is the Best Medicine. Laughter boosts your immune system, stimulates blood circulation, and increases oxygen to all of the cells in the body. Who can come? Anyone who wants more laughter in their life
All ages welcome; Come and join in the fun on the way home from work

Dates: Mondays
Time: 6:00 – 6:45 pm
Cost: \$5
For details: Kilbride Centre, by phone or email
Or Merv on 9696 5884

Yoga and Movement

Feldenkrais - Awareness through Movement Classes

Learning to move with ease and grace

The Feldenkrais Method is a sophisticated form of body-centered learning. It uses gentle, movements performed with awareness to stimulate the brain to reorganize and improve the functioning of the whole human system resulting in a more efficient and pleasurable use of the body.

Benefits include improved posture and balance, mental and physical relaxation, with reduction of chronic pain and enhanced mental functioning

When: Tuesdays, beginning 24th January
Time: 12.30 - 1:30 pm
Cost: \$10, Concessions and Seniors \$5

Classes are suitable for all ages from 16 years upwards.

Gentle Yoga

Gentle Yoga class is led by an experienced teacher who has been practicing and teaching for over 10 years. This is a gentle form of yoga that is open to people of all ages and all degrees of ability and flexibility. Each class finishes with a 10 minute relaxation.

All props and mats are supplied.

When: Tuesdays 1:30-3:00 pm
Fridays 1.00 - 2.30 pm
Cost: \$10, Concessions and Seniors \$5

Mums, Dads & Bubs Yoga

At this class Mums & Dads with babies and young children are encouraged to bring their young ones with them while participating in a class that is designed to help connect with other parents, recondition their bodies, gently relieve stress, promote deep relaxation within a supportive environment. Each class finishes with a 15 minute relaxation.

All props and mats are supplied.

Enjoy morning tea after the class and meet with other Mums and Dads.

When: Fridays 10.15 - 11.30 am
Cost: \$10, Concessions and Seniors \$5

Art & Craft

Thursday Craft Morning

With Jude Caldwell

This activity is an opportunity for people to meet and enjoy the company of others as they learn a new craft, or to simply continue with some work of their own in a relaxed atmosphere. Morning tea is provided.

Crafts offered include: Card Making, Embroidery, Scrapbooking, Knitting, and Quilting

Time: Thursdays 10:00 am – 12:30 pm
Dates: Term 1 2nd February—29th March
Term 2 19th April—28th June
Cost: Gold Coin Donation

Monday Art & Craft

With Artist Patricia Daniels

Silk Painting

Create personalized hand painted silk scarves for yourself or for a gift. All materials supplied.

Dates: Mondays 5th, 19th, 26th March, 7th May

Card Making

Learn to make cards for special occasions using water colours.

Dates: Mondays 14th, 21st, 28th May, 4th June

Time: 10.00 am - 3.30 pm

Cost: \$30.00 per session (Concession \$25)

RSVP: Monday before each session by phone or email

Art for Sale

Art work by local artists

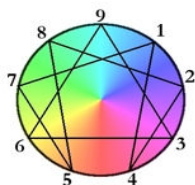
Open for viewing Monday to Friday 9.30 am—4.30 pm

All proceeds go to the Brigidine Asylum Seekers Project

For further information please call on 9690 1076

Enneagram Workshops

With Mary Kingsbury



The Enneagram System of Personality is a fundamental and powerful way to understand yourself and others. It heightens awareness and acceptance of yourself and others through an understanding of what motivates us to act the way we do in the world. The Enneagram fosters healthy development in yourself, your relationships and your work.

Mary will facilitate groups in developing awareness of the characteristics of each Enneagram type (Level 1) and continuing your insights into self and others (Level 2). There will also be an ongoing opportunity for the Enneagram community to meet monthly for further discussion and development.

Enquiries: Mary 0413 716 983
or email contact@kilbridecentre.com.au

Term 1:

Level 1 Tuesday Daytime 5 weeks from 14th February
10.00 am – 3.15 pm \$200 (inc. book)

Level 2 Tuesday Evening 9 weeks from 7th February
7.15 pm – 9.30 pm \$200

Term 2:

Level 1 Wednesday Evening 9 weeks from 2nd May
7.15 pm – 9.30 pm \$200 (inc. book)

Level 2 Tuesday Daytime 5 weeks from 24th April
10.00 am – 3.15 pm \$200

Level 3 Term 3; Dates TBA

Enneagram Discussion Group

On the 4th Thursday of the Month, 7:30 – 9:30 pm, February to November

Enneagram Reading Group

On the 1st & 3rd Thursdays of the Month, 2:00 -3:30 pm, February to November

Wednesday Afternoon Conversations

With Maryanne Confoy

“MINDFULNESS & THE SPIRITUAL JOURNEY”

These two afternoon conversations will be directed towards understanding ways in which we can enhance our own consciousness and thus our spiritual development. Our understanding of the neuroplasticity of the brain is an important aspect of spiritual growth and of the realization of ways of living life fully. The focus will be on understanding mindfulness and the distinction between our mind and our brain in our effort to grow in our relationship within ourselves, and with others.

Dates: Wednesdays 14th & 21st March

Time: 2:00 - 3.30 pm

Cost: Donation

RSVP: by phone or email

Ageing Gracefully

With Maryanne Confoy and Dina LoGiudice

For many people later life is a season in search of meaning. Is this an issue for you?

Dina LoGiudice M.B.B.S. Ph.D, specialist geriatrician, and Dr. Maryanne Confoy from Kilbride Centre will conduct a workshop on ageing with grace and meaning.

Dates: Spring 2012, Dates To Be Announced in June Newsletter

Cost: Donation

RSVP: by phone or email

Depression Workshop

With Maryanne Confoy and Dina LoGiudice

Dr Dina LoGuidice from the National Ageing Research Institute & Dr Maryanne Confoy from Kilbride Centre will conduct a workshop on issues related to clinical and spiritual aspects of depression.

Dates: Spring 2012, Dates To Be Announced in June Newsletter

Cost: Donation

RSVP: 9690 1076

Community



Men's Dinner

Stories that Shape Men's Lives

On the 4th Wednesday of the month we host a Dinner for Men at Kilbride. This is an opportunity to gather together and share stories in a relaxed and welcoming atmosphere over a delicious meal. Each month there will be an interesting guest speaker who will share his story, experience and journey.

Dates: 22nd February, 28th March
Time: 6.45 pm — 9.30 pm
Cost: \$30
RSVP: Call or email, at least 1 week prior

The Great Pudding Stir

With Sally Diserio

Christmas Pudding Days are here again! All ingredients provided, just bring a bowl and wooden spoon. Pudding is approx. 12 serves.

Dates: Saturdays 20th October, 10th November
Time: 2:00 pm – 4:00 pm
Cost: \$40 (payment required 1 week prior)
RSVP: By phone or email. Places are very limited.



Reading Club

A chance to meet, once a month, in the Kilbride library, to discuss a chosen book or article.

15th February: **Unbowed: A Memoir** by Wangari Maathai (2006)

Time: 7.00 – 9:00 pm, on the **third Wednesday of each month**

RSVP: by phone or email; New members welcome

Counselling and Therapies

Pastoral Counselling

There are times in a person's life when it can be helpful to talk issues through with a professional counsellor.

Monica Walsh BSW, MA (Pastoral Ministry) M.Soc.Sci., a Good Shepherd sister.

To make an appointment with Monica phone 0419 523 560

Mary Kingsbury M.Soc.Sci. (Counselling)

To make an appointment with Mary phone 9690 1076

A Program for Carers

A Kilbride program co-sponsored by the Carer Respite Centre, Southern Region.

If you care for a person who is suffering from mental illness, we offer free-of-charge, a variety of courses conducted at Kilbride, e.g. massage, counselling, Enneagram, card making and hand painted silk scarves.

For more information, phone Judy Treacy on 9690 1076



Shiatsu Remedial Therapy

With Tracy Watt

Shiatsu -Acupressure massage for removal of pain and tension.

Facial Bliss - A gentle face and neck massage to bring about total body relaxation and inner peace.

SFEF Kinesiology - A unique and non-invasive way to discover your body needs.

To arrange, call Tracy on 0429 938 337

Brigidine Asylum Seekers Project

The Kilbride Centre is currently working with the Brigidine Asylum Seekers Project (BASP) to help raise money and create awareness in the community about asylum seekers. We ask for your support.

Ethiopian Fundraiser Dinner

Join us on a journey to discover the culture and flavours of Ethiopia.

On Saturday, 3rd March at 7:00
Bookings essential, limited places

All proceeds go to the Brigidine Asylum Seekers Project
For further information please call on 9690 1076

Garden Bees

Interested in helping in our community garden?

Regular garden bees and good community atmosphere

Please call Rani on 0405 405 757 for details, or email Kilbride.

Call for Donated Goods

The Brigidine Asylum Seekers Project is often looking for donations of items to help the comfort and integration of Asylum Seekers and Refugees. Please contact BASP if you are no longer in need of your good quality (recent and working condition) laptop computers or bicycles.

Jobs Wanted

If you or anyone you know is able to help find jobs for men and women, Brigid would be very happy to hear from you. Many are highly skilled, but are happy to work at any job.

Call Brigid Arthur on (03) 9696 2107

If you are interested in the Brigidine Asylum Seekers Project, please consider subscribing to the BASP Newsletter by emailing bssc@cyberspace.net.au.

Donations to the Brigidine Asylum Seekers Project are tax deductible

Re-Enchantment

An Art Exhibition

by Patricia Daniels

My paintings look into the heart of Planet Earth and find it shimmering with divinity. The pictures invite others to share in this enchantment—the magic of the world around us, its mystery, its ineffable quality

March/April date to be announced

Conference Centre for Hire

The Kilbride Centre offers facilities for meetings, seminars, retreats and conferences at reasonable rates in pleasant, peaceful surroundings.

Conference Centre

2 conference rooms
Kitchen facilities & dining room
Catering upon request

Full day \$300
Hourly rate \$50



Workshop Room

Large workshop area
Kitchen facilities with dining area
Catering upon request

Full day \$300
Hourly rate \$50

Includes: TV, DVD & CD players;
Whiteboard, Tea/coffee provided

**For all bookings or enquiries, please call
(03) 9690 1076, or email to**

contact@kilbridecentre.com.au

Visit kilbridecentre.com.au for more details

Meeting Rooms

Kilbride has a number of rooms available
for smaller groups (fewer than 10).

Full day \$80
Half day \$50
Hourly rate \$20

Therapy Room

Available for counsellors, massage therapists, and
healing practitioners

Full day \$80
Half day \$50
Hourly rate \$20

Parking & Transport Information

Kilbride Centre is situated near the corner of Beaconsfield Parade and Foote Street.

Melways Map References: Large scale: 2J ref H9; & Map 57 ref D5

Metered Parking available on the beachside of Beaconsfield Parade & all day parking is available in Pickle Street.

Trams: No.1 To South Melbourne Beach (3 min walk along Beaconsfield Pde)
 No.109 To Port Melbourne (15 minute walk along Beaconsfield Pde)

The Kilbride Crest



Our "Hearth" Symbol

The Kilbride Website

We are grateful to Kathryn Windsor from Boston, Massachusetts, whose generous donations have enabled us to set up & maintain our website

www.KilbrideCentre.com.au