

Kilbride August Newsletter

August 1, 2010

A word from the Director -

One of the delights of working in an international context and meeting people from quite diverse experiences and walks of life is to hear their different approaches and perspectives on their experiences of living and loving and making sense of their world. The same experience shared by a group of people usually results in a multiplicity of responses, according to the lens each brings to life. This resonates with the story of the "glass half full" and the "glass half empty" perception of two people to the same glass of water. The courage and the hope that some bring to extraordinarily difficult situations is inspiring, while the frustration of others when their comfort zone is disturbed can be more of a surprise than a disappointment. Who knows why we react so differently to the same situations life brings? Who knows why, in a situation of extreme suffering, some people reach out and help others at the expense of their own needs. We may not know why, but it can be helpful to look at some of our own responses and see how inward or outward-looking we may have become. Here at Kilbride, our vision is outward-looking on behalf of the common good of the various communities we serve and reach out to. We would not be able to do this without the help and support of so many people who enjoy what we have to offer and who bring their own gifts to share with others, sometimes at significant personal cost. We are grateful to all who enable Kilbride to continue to offer a different perspective on community service and on the enjoyment of the ordinary things we share. We hope that in our August offerings of courses and gatherings you are able to find something that gives you both enjoyment and a deeper appreciation of your own hope and purpose for living.

Maryanne Confoy

Newsletter Spotlight

*Silent Day Retreat

Date: August 16
Time: 10am—3pm
Cost: \$30 (or Donation)
Enquiries: 9690 1076

*An Evening with Peter Thomas

Reflections of a Television Producer

Wednesday 18th August
 "Newman, A Man for Our Time"

Wednesday 25th August
 "The Sacred Stones"

Wednesday 1 September
 "Parliament of World Religions"

Wednesday 8th September
 "Picking Up the Pieces"

When: Wednesdays
 August 18 & 25
 September 1 & 8

Time: 7.30-9.30pm

Cost: Donation

Enquiries: 9690 1076

*Mums, Dads & Bubs Yoga

Every Friday at 9.30am \$5 per class. All mats & props provided.

What's On

An Evening with Peter Thomas

What TV Production Has Taught Me About God Reflections of a Television Producer

In each session Television Producer, Peter Thomas, shows his documentary and talks about the experience of his involvement in each production and the effect this experience has had on his life.

Wednesday 18th August 'Newman, A Man For Our Time'

Wednesday 25th August 'The Sacred Stone'

Wednesday 1st September 'Parliament Of World Religions'

Wednesday 8th September 'Picking Up The Pieces'

Time: 7.30-9.30

Cost: Donation

RSVP: 9690 1076



Spirituality

Silent Day Retreats at Kilbride

Led by Margaret Carroll pbvm and Phil Tiernan rscj

Date: Monday August 16 **Time:** 10am—3pm **Cost:** \$30 or by Donation **RSVP:** 1 week in advance on 9690 1076

Spiritual Direction

Email Margaret spirituality@kilbridecentre.com.au or call 0400 840 108

Guided Prayer

Are you looking to join a supportive faith and spirituality community? Perhaps you are trained as a pastoral carer, counsellor, spiritual director or a just a good listener who enjoys journeying with others. The Kilbride (Ecumenical) Prayer team runs the Week and Fortnight of Daily Prayer or Retreat in Daily Life Program in churches of varied denominations throughout Melbourne. As a Prayer Guide, you would meet with individual people on a one-to-one basis on a few occasions during the program, providing a supportive and nurturing space for each participant. Participants put aside 30 minutes a day for prayer and then meet with their prayer guide to explore their prayer life.

For your Faith/Church community to take up this invitation contact Kristen Hobby at prayerguides@kilbridecentre.com.au

or call 9690 1203 / 9690 1076 (Tuesdays)

Thursday Afternoon Conversations

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Living Responsibly With Dr Kathleen Williams rsm

2 Sessions on living responsibly and preserving the richness of our world. This 2 sessions will introduce participants to the writings of Bernard Lonergan SJ.

Date: Thursday 2 & 9 September **Time:** 1.45pm—3.30pm **Cost:** Donation **RSVP:** 9690 1076

Reflection Morning

Listening to Indigenous Voices and Healing Spirits Led by Robyn Reynolds olsh

Date: Friday September 17 **Time:** 10am—12pm **Cost:** \$10 or by Donation **RSVP:** Monday 13 September on 9690 1076

Self Awareness

Enneagram Discussion Group With Mary Kingsbury

Using Helen Palmer's Study Course, this class will look at the nine types over the coming 10 weeks. The first session will be an introduction to the Enneagram. This is suitable for those already familiar with the Enneagram and their type and for those new to this fascinating system. The Enneagram helps you to become more consciously aware of your own personality; of what motivates you to do what you do. If you have any questions or would like to know more, please call Mary on 9690 1076 or 0416 152 748.

When: Mondays **Time:** 1.30 - 3.30pm **Cost:** \$10 **Enquiries:** 9690 1076

OR

When: Tuesdays **Time:** 9.30 - 11.30am **Cost:** \$10 **Enquiries:** 9690 1076

Art, Craft & Reading

Card Making with Artist Patricia Daniels All materials supplied.

Learn to create cards with a personal touch for any occasion using pen & water colour. You will learn how to use water colours effectively to create work inspired by nature and most importantly, you will have beautiful creative cards made by you.

When: Monday August 9, 16, 23 & 30 **Time:** 10am - 3.30pm **Cost:** \$30 each session **RSVP:** 96901076

Craft Morning The group meets every Thursday during the school term

Meet new people and enjoy the company of others while learning a new craft or continue with some work of your own. Crafts Include: Card Making, Embroidery, Quilting, Knitting, Quilling, Scrapbooking, Calligraphy & Jewellery making

Time: 10.00-12.30 **Dates:** Term 3, 15 July —16 September **Cost:** Gold Coin Donation **Enquiries:** 9690 1076

Reading Group Led by Julie Ellerton

Meet once a month in the Kilbride Library to engage with aspects of different cultures and spiritualities through reading, listening and discussion.

August Book *The God of Small Things* by Arundhati Roy

Date: 2nd Wednesday of the month **Time:** 7.00 -9pm

YOGA

Mums, Dads & Bubs YOGA Every Friday

At this class you are encouraged to bring along your young ones with you while participating in a class designed to recondition your body, gently relieve stress, promote deep relaxation within a supportive environment. Each class finishes with a 15 minute relaxation and all props and mats are supplied.

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

MOTHERS GROUPS AND KINDERGARTEN GROUPS WELCOME

Time: 9.30 — 10.45 am **Cost:** \$5 **Enquiries:** 9690 1076 (Please book ahead)

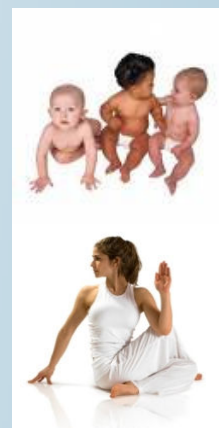
YOGA Every Friday

Gentle Yoga class is led 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 and all props and mats are supplied. **ALL WELCOME**

Time: 1 — 2.15 pm **Cost:** Gold Coin Donation **Enquiries:** 9690 1076 (book ahead - numbers limited)



Wellbeing

SFEF Kinesiology

Sfef Kinesiology goes to the cause of the problem, using your own energy to swiftly remove the build-up of trauma from body and soul that generally blocks our healing. **By Appointment Only** Call Tracy on 0429 938 337

Facial Blyss Healing Face and Neck Massage

Facial Blyss firms, moistens and tones your skin - a mini facelift. **By Appointment Only** Call Tracy on 0429 938 337

Shiatsu Remedial Therapy With Tracy Watt

Shiatsu Acupressure massage for removal of pain and tension. Shiatsu helps with hip and knee pain, shoulders and lower back pain, frozen shoulders. **By Appointment only.** Call Tracy on 0429 938 337

Meditation

Meditation

Open Heart Meditation

Monday Evening 8pm Led by the Reiki Tummo Group Cost: \$5 All welcome

Music

Middle Eastern Drumming With Ruth Massas

In this compelling Middle Eastern Drumming Workshop, we will uncover the dynamic and magical world of drumming and rhythm from the Middle East. All drums are provided or you can bring your own Middle Eastern Tabla Drum (Doubek). Come and join us to begin this exciting journey.

When: Daytime First & Third Wednesday of the Month
Time: 10am-12pm **Cost:** \$15 (Concession \$10)
OR
When: Evening Second & Forth Wednesday of the Month
Time: 7-9pm **Cost:** \$15 (Concession \$10) **Enquiries:** (Booking Essential) 9690 1076

Miscellaneous

Men's Dinner

Join us for an evening of good conversation, good food and an interesting guest speaker. Held on the 4th Wednesday of the month

Next Dinner: August 25

Time: 6.45 — 9.00pm **Cost:** \$25 **RSVP:** 9690 1076 (1 week prior)

Counselling Services:

Carers' Program with Tracy Watt	Enquiries	9690 1076
Pastoral Counselling with Monica Walsh	Enquiries	0419 523560
Counselling with Mary Kingsbury	Enquiries	9690 1076

Other Practitioners, Classes, Workshops & Meetings

- **Reiki Tummo.** Weekend Workshops held regularly. Call Steve on 0419 005 386 or <http://www.padmacahaya.com/>
- **Hawaiian Lomi Lomi Massage & Spirituality.** Workshop Enquiries call Tracey Lakainapali 0411 239 081 or Email: tracey@tranceformations.com.au
- **Australian College of Contemporary Somatic Psychotherapy.** The College offers professional Somatic (body-orientated) psychotherapy and counselling training, academic courses and personal development. All program enquiries call 03 5962 6152
- **AA. Meetings.** Monday evening at 7.00PM. A special emphasis on young members. Further details call Paul 0439 392 973 or Jim 0421 243 948
- **Essential Oils.** Workshops for health and wellbeing. Enquiries call Ruth on 0404 072 203
- **Kadampa Buddhist Meditation.** At 7.30 pm Tuesday Evening's. Enquiries call 9756 7203
- **Play Therapy.** Enquiries (08) 9433 2288, 0415 138 857 or www.playtherapyaustralia.com
- **Calligraphy Workshop.** All levels welcome. Enquiries call Sally Diserio on 9699 6463
- **Quantum Creations.** Psych-K Workshops & Path of Dzar. Enquiries 03 9515 0102 or go to <http://www.quantumcreations.com.au/>
- **SFEF Kinesiology Workshops.** Call Tracy on 0429 938 337 or <http://www.sfefqi.com/home>
- **Phoenix Institute of Victoria.** Enquiries 9510 4264 or www.phoenixintstitute.com.au
- **Vibrance Natural Medicine,** Member ANPA, AMIA Naturopathy. Enquiries Rosemary Dunne 0439 850 950
- **Bodywork Practitioner,** Deep Tissue Massage, Relaxation Massage, Ear Candling
Call Kristy Newman 0408 008 202. By appointment only
- **Empowering Men** Coaching, Personal Development, Counselling for men. Call Bernie on 0407 359 069.
- **The Journey to your Soul** - where body meets the mind. Reflexology, Theta Healing, Sports & Remedial Massage, Aromatherapy, Reiki. Enquiries call Ruth on 0404 072 203.

Remember Conference Centre for Hire

The Kilbride Centre offers facilities for workshops, 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	\$250
Half day	\$150
Evening hourly rate	\$35

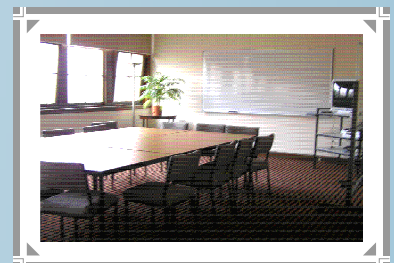
Meeting Rooms

Kilbride has a number of rooms available for smaller groups.

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

Therapy Room

Full day	\$80
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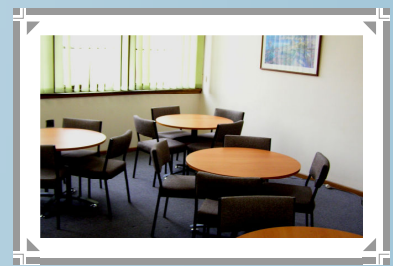
Evening hourly rate \$35

Therapy Room

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

Workshop Room

- Large workshop area
- Kitchen facilities with dining area
- Catering upon request



Full day \$250
Half day \$150
Evening hourly rate \$35

Price includes: **TV, DVD & CD players;**
Overhead Projector; Whiteboard & markers;
Tea/coffee provided

Kilbride Centre
52 Beaconsfield Parade
Albert Park 3206
96901076
96901203
contact@kilbride.com.au

Questions or comments?

Please email us at contact@kilbride.com.au or call 9690 1076 or go to www.kilbridecentre.com.au