

## June - August 2011



“God’s beauty, goodness and watchful care  
... pursues me everywhere”

“I see God in the flowers, in the insects, in  
the birds as they fly”

- J T Woods, Jan. 1870

DATES	TITLE	TIMES	INFORMATION – Term 2 2011	COST	RSVP
June 8	<b>Reflection Day- Pentecost</b>	10am - 3pm Wed.	An opportunity to explore the coming of the Holy Spirit at Pentecost, to consider the gifts the Spirit has given us and reflect on the Spirit active today. <b>Presenter: Jenny Scally rsj</b> BYO lunch	Donation	June 1
June 19	<b>Winter Solstice</b>	7pm Sun.	<b>Prayer and Ritual.</b> You are invited to join us for a special community gathering in the depth of winter for a liturgy, conversation and the company of good friends. (Please bring a plate to share)		June 10
June 30	<b>Soup, Sandwiches and Fun!</b>	12 noon - 2pm Thurs.	You are invited to relax and have some fun as you enjoy soup and sandwiches --- a good way to spend a winter’s day with friends!	\$8	June 23
July 5	<b>Reflection Day - Unless a Grain of Wheat Falls</b>	10am - 3pm Tues.	<b>We know the Scripture story . . .</b> This day is an opportunity to ponder the Scripture in this winter season and listen to what God may be asking us to let-go-of, to let-fall, so that there may be new life in God. <b>Presenter: Jenny Scally rsj</b> BYO lunch	Donation	June 28
July 11	<b>Creating Mandalas</b>	10am - 3pm Mon.	Enhance your spiritual journey, at this introductory session, by creating your own colourful mandala: a reflection of the self. The mandala pattern - the circle - is an ancient art form that enables insight, self-expression and healing. No artistic talent is required. <b>Presenter: Kate Cliff</b> BYO lunch	\$25 Includes materials	July 4
July 15 - 17	<b>Transformation After Loss</b>	7.30pm - 3pm Fri. - Sun.	How do you work your way through the pain, fear, sadness and sometimes rage that accompany the different kinds of loss that assault us in life? How do you regain your trust in God when some overwhelming and unfair loss invades your life? <b>Presenters: Carmel Drew rsj and Team.</b>	\$140	July 8
July 20	<b>Reflection Day- Nature</b>	10am - 3pm Wed.	<b>Nature’s True Gentleman/Gentlewoman.</b> <i>“In all things, even in the most obscure mysteries of the soul, nature is the first and finest of teachers”</i> (Thomas Moore). A time to ponder on some of nature’s extraordinary gifts. <b>Presenters: Kathy Cuthbertson &amp; Tina Ritchie</b> BYO lunch	Donation	July 13
July 26 Aug. 2, 9,16, 23&30	<b>Tai Chi</b>	11am - 12 noon Tues.	A gentle and reflective form of exercise, with health benefits, in a friendly atmosphere. Sessions will be of interest to those beginning the practice of Tai Chi as well as those who are experienced in previous Tai Chi forms. <b>Presenter: Jim Burgess</b>	\$50	July 19
July 27 & Aug. 3	<b>A Balanced Life</b>	9:30- 11.30am or 7:00 - 9.00pm	Exploring ways and possibilities of enhancing balance in our lives. <i>“Happiness is not a matter of intensity, but of balance and order and rhythm and harmony”</i> (Thomas Merton) (Session repeated in the evening). <b>Presenter: Jenny Scally rsj</b>	Donation	July 20
August 16	<b>Spirituality at the Table</b>	6 - 9pm Tues.	A year ago we celebrated the canonisation of Mary MacKillop as Australia’s first saint. Join with <b>Mary Ryan rsj</b> , from Melbourne, to ponder what this has meant for us and for our nation, and to ask: Where to now?	\$22	Aug 9
August 22nd	<b>Caring for Carers</b>	10am- 3pm Mon.	<b>Circle of Trust.</b> Caring for, or supporting, loved ones who suffer mental or physical illness can be difficult, discouraging and draining. This day offers some support you deserve to keep balance in your life AND some personal pampering for you to enjoy. <b>Presenter: Kerryal Willis.</b>	Donation	Aug 15
Aug. 24&31	<b>The Story of Ruth</b>	9.30- 11am Wed.	<b>The story of Ruth</b> tells of moments in every woman’s life. It invites us to ponder what it means to be fully alive as we live life today. <b>Presenter: Carmel Drew rsj</b>	Donation	Aug 17

## **EMMANUEL ... God is with us!**

The Centre, close to Launceston's CBD, is operated under the auspices of the Sisters of St. Joseph. It welcomes enquiries from people from the various Christian traditions and other faiths.

The Emmanuel Centre is dependent upon the financial contributions of those who attend the Centre. Where a set cost has been made, we make every effort to keep it as low as possible. It is our policy that no one be excluded from any of our activities due to cost. We are happy to accept an affordable donation.

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## **Retreats**

*“Come aside and rest awhile”*

### **Weekend Retreat**

**August 19-21: DPM Retreat**  
Diploma of Pastoral Ministry graduands are warmly invited to gather for this Retreat  
**Director: Jenny Scally rsj**

### **Six Day Retreats**

**September 4-11: Six-day Retreat**  
An opportunity for days of silence, evening Liturgy, and daily individual Spiritual Direction

Cost: \$450

**2012, January 18-25: Six-day Retreat**  
This time of Retreat offers an opportunity for days of silence, evening Liturgy, and daily individual Spiritual Direction

Cost: \$450

## **OPPORTUNITIES OFFERED FROM THE RICHNESS OF THE CHRISTIAN TRADITION INCLUDE:**

- \*Retreats—group & private*
- \*Spiritual Direction— individual & group*
- \*Pastoral Supervision*
- \*Prayer & Reflection Days*
- \*Special Celebrations*
- \*Spiritual & Pastoral Formation*

## **REGULAR FEATURES AT EMMANUEL INCLUDE:**

### **Christian Meditation:**

*Tues. 5:30pm; Thurs. 11:30am*

**Prayer of the Church:** *Wed. 8:30am*

**Men's Group:** *Last Thurs. of the month - 7:30pm*

**Labyrinth Walk:** *Last Sun. of the month—3:00pm*

## **WITH THE SISTERS OF ST. JOSEPH WE OFFER:**

- \*Conference facilities*
- \*Prayer rooms*
- \*Peaceful leafy gardens*
- \*Labyrinth set in a native garden*
- \*Homely accommodation  
single, double or twin*
- \*Resource Library*