



2012

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Contact details:

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Phone: **03 5441 1814**

Email: daybreak@bendigo.net.au

Website: www.daybreak.net.au

Address: 22 Lawson Street, Spring Gully, Vic.

DAYBREAK 2012

Welcome to Daybreak!

This handbook outlines the vision, ministry and spirit of *Daybreak*. We hope you may find there is a place for you amongst the *Daybreak* offerings. We encourage you to join us in a journey together into a richer life in relationship with your own inner Spirit.

22 Lawson Street, Spring Gully, is the property of the Family Care Sisters. Thanks to their generous support, *Daybreak* continues to provide a quiet space for reflection, meditation and programs for spiritual nurture.

Daybreak has its foundation in Christian spirituality, overseen by a Board whose members feel they have a call to this ministry and share the vision of *Daybreak*. As our foundation is in Christian spirituality, we choose to name the inner Spirit “God” and use this name throughout the program. We are respectful, however, of each individual’s way of defining and naming “God” for themselves.

The retreats, spiritual direction and programs outlined in this handbook are open to anyone who would like to share the experience.

Throughout the year regular newsletters will be emailed with details of programs and any new information. If you are not on the mailing list and would like to receive them, please contact us immediately on 03 5441 1814 or email: Daybreak@bendigo.net.au **If you are not on email, please contact us if you would like snail mail updates from time to time.**

The Vision of Daybreak

The vision of *Daybreak* is to provide spiritual refreshment and renewal in a quiet and safe environment offering:

- welcome and spiritual nurture
- stillness and a reflective space
- spiritual companionship
- opportunities to deepen the spiritual life, encounter our Spirit God / explore mind-body-spirit connections
- a sense of belonging within community

Spirituality – The Heart of Daybreak

The heart of *Daybreak* is spirituality; being in touch with the inner person and growing in awareness of the Spirit God who comes to persons in the depth of their being. *Daybreak* is offered as a place for stillness, resting from the pressures of life and finding peace, self-awareness and refreshment.

We live in a noisy, multi-focused world. It is not easy to stop and be quiet in the midst of frenetic activity, yet most would agree that there is a need to step back and be restored inwardly.

What do we offer you?

Retreats – Time-out

Daybreak offers retreats in various formats:

A. Directed silent retreats

You are invited to use this extended time of silence to refresh your spirit – to give yourself a life-giving opportunity to nurture your relationship with God. You can come for the full time of the retreat or for as many days as you able. Daily spiritual direction is included. **If the advertised retreat dates do not suit you, please contact the office for another time and we will seek to accommodate you.**

B. Guided home retreats

As it is sometimes impossible to arrange personal responsibilities to attend a “live-in” retreat, a Guided Home retreat provides an opportunity to pray and reflect in your own home, just where you are, in the context of daily life. A mutually suitable time for a daily interview with the retreat leader will be negotiated. This time would assist you to become more deeply aware of your prayer and life experience. These may be arranged in addition to those scheduled.

C. Quiet Times

Daybreak is available for individual and group reflection by arrangement. You may like to book a room for a day or a half-day, either as a one-off or as a regular weekly / monthly time-slot. Please ring and enquire.

Meditation

Christian meditation group meets each Tuesday evening at 7pm.

Library

An extensive range of books is available for borrowing by members

For Children: Godly Play

The *Godly Play* program leads children into the world of Sacred Story. They are encouraged to wonder, explore and respond through a variety of art media in the context of prayer and worship. It is an internationally recognised program which draws on the teaching of Maria Montessori.

Godly Play programs with trained facilitators are offered to meet the needs of pre-school children through to middle years secondary. Times and structures are negotiated according to the needs of those enrolling.

Enquiries: Bernie 5439 3013.

Enquiries about training as a facilitator are also welcome.

Spiritual Direction/Spiritual Companionship

Spiritual Direction is available on a regular basis at *Daybreak*. This happens when one person invites another person to accompany him/her on their faith journey. The companion listens carefully to the person reflecting on his/her life. They both seek to pay attention to the presence of God in the person being companionshiped. They focus on nurturing the life of God in that person and giving expression to this life in ordinary and practical living. The ministry provides a safe and welcoming place to deepen a person's relationship with God.

The Spiritual Directors who work at *Daybreak* have each studied and obtained qualifications in this ministry. Contact them to explore your needs and interests.

Nettie Doolan Ph: **0417 303 765**

(Nettie is also available for **Ministry Supervision**.)

Nettie trained at *Heart of Life Spirituality Centre*, Melbourne.

Anne Hubbard Ph: **5441 1814**. Anne trained as a Spiritual Director at *The Wellspring Centre*, Ashburton.

Jo Russell Ph/Fax: **5491 1528**. Jo trained in spiritual direction at *Campion Retreat Centre*, Kew.

Agnes Connellan trained at *Heart of Life Spirituality Centre*, Melbourne and *Loyola Hall Spirituality Centre*, England. **Ph: 0419 472 115**

Daybreak Open House Hours – connect with our community

From February to November *Daybreak* is open regularly on Mondays from 11am until 1pm, except for public holidays and during school holidays.

During this time people are invited to:

- visit the House / get information about *Daybreak*
- drop in for a chat and a cuppa and a catch up with others
- use one of the rooms for quiet/reflection/reading time (remember that you can have access to the House for this at any other time by arrangement)
- make bookings and payments for programs or membership
- members can borrow from the library and return books

If you are a member of *Daybreak* and would like to join the Open House Welcome Team at this time on a regular or occasional basis please let us know. Michelle Lane-Jenner is the team co-ordinator for 2012.

Various Programs

An important part of *Daybreak* is to give people the opportunity to explore and enhance their own spirituality through a variety of specific interest programs.

Throughout each year, various self-development and spiritual enrichment programs are offered including:

- The Enneagram
- Ecological Awareness
- Life Journeys Conversations
- Reflection days

Details of proposed sessions are outlined in this booklet.

**** We encourage your early expression of interest as it gives us an indication of the appeal of each program.****

Please list below programs or sessions you may be interested in attending in 2012. **You will be contacted closer to the date to confirm your attendance.**

*(This is not a booking, but will help us gauge the level of interest in a program; if not enough interest is shown, a program may be cancelled, **so if you want it to run, tell us!!**)*

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Please also complete and return the form over the page

if you wish to

- become a member
- renew your membership

or

- make a donation to *Daybreak*

Memberships are for individual persons
and apply for the calendar year.



Please complete and return this form if you wish to become a member of *Daybreak* or make a donation to the *Daybreak* Ministry.

Membership & Donations 2012

I wish to become a **NEW MEMBER** of *Daybreak* \$35.00

or

I wish to **RENEW MEMBERSHIP** of *Daybreak* \$35.00

I enclose a **DONATION** to the *Daybreak* ministry. \$

I wish to pay by **DIRECT DEPOSIT** (Internet Banking)
(*Daybreak* will contact you with our specific banking details)

Name: _____

Address: _____ P/Code _____

Email: _____

Phone: _____ Date: _____

Signed: _____

Please find enclosed a payment of \$ _____ in the form of a cheque, money order or cash

Please make cheques payable to *Daybreak*

Post this page to: **Daybreak PO Box 204 Strathdale Vic 3550**

Did you make a list on P5 of programs you'd be interested in?

How can you support Daybreak?

Membership of Daybreak

Daybreak members form the core of the ministry. They provide prayerful, financial and practical support in many ways.

Membership of *Daybreak* is open to any interested person who ...

- shares the vision of *Daybreak*
- contributes an annual membership fee of \$35

Each member is entitled to ...

- receive discounts on many programs.
- receive the regular newsletter and information regarding programs and events
- vote at the Annual General Meeting
- borrow from the *Daybreak* library

Each member is encouraged to ...

- Pray for the ministry of *Daybreak*
- Bring friends along
- Take an active role (as a member of the Board, or as a volunteer)
- offer practical and financial support where possible

We invite you to become a member (*sign up or renew with the form on P6*)

Friends of Daybreak

Friends of Daybreak is a group of *Daybreak* members who volunteer their services in a particular role, or as part of a team for a role. They agree to commit to following through with the role for a specified time period and are invited to meet with other *Friends of Daybreak* for shared support and fellowship regularly during the year as arranged.

The intention underlying the formation of this group is to establish a genuine caring and sharing community and provide practical support to the Board in maintaining the *Daybreak* environment and program. We hope that this will enhance people's sense of belonging to *Daybreak*.

Roles (descriptions available on request) include:

- Membership secretary / pastoral care co-ordinator
- Banking
- Handbook compiler
- Housekeeping
- Social organisation
- Open House co-ordination
- Yard maintenance / gardening
- Public relations
- Hospitality supplies
- (Others you might offer??)

Costs

Daybreak is dependent on membership fees, donations and contributions from participants to be able to function.

Regular direct debits can be arranged.

Each retreat, workshop or program has a suggested cost listed. Please note that we know that many people have limited resources. We will endeavour to include everyone who wishes to participate in our programs and we request that you pay what you are able to afford.

Group bookings

The *Daybreak* House is available to groups who wish to conduct their own program. Availability will depend on bookings at the time.

Suggested contributions for the use of the house are:

Full day (group) \$100 plus residential fee for anyone staying

Half day or evening (group) \$50

Half day/evening (individual) \$5

Full day (individual) \$10

Further details on request.

DAYBREAK CALENDAR 2012

Registration for programs: Please register at least two weeks before the event so presenters can decide if the program has sufficient numbers to proceed. **With your registration, include your name, full address, phone and email address.**

Early in the year, go through the calendar and register an **expression of interest** in your favourite programs. **We will check with you two weeks before the date to determine whether you are still able to come.**

When you phone *Daybreak*, please be prepared to wait and leave a message with your name and return phone number and we will contact you as soon as possible.

Other programs, such as **Therese Quinn's** reflection day dealing with an aspect of **Art and Prayer**, may be scheduled during the year; the dates and times of these programs will be emailed to you as they become available, and will be updated on our website.

FEBRUARY

YOGA

Wednesdays February 1, 8, 15, 22 & 29 9.30am – 11.00am

Fiona Munari

(series of 10)

Classes encompass teaching and practicing Yoga postures, breathing techniques and relaxation for general health and wellbeing. All postures will be modified to suit beginners as well as the more experienced.

Please bring a cushion and mat if you have one.

(If there is enough interest, Fiona may continue the group in subsequent terms as part of her own practice.)

Cost: **Series Fee \$120** payable when booking. Members: **\$100**

QUAKER WORSHIP & SPIRITUALITY

Wednesday February 8 7.30pm

The Quaker group will usually meet the **first** Wednesday of each month.

Cost: Gold coin donation

Daybreak Board Meeting Sunday Feb 5

CHRISTIAN MEDITATION GROUP

Each Tuesday at 7.00pm - First Session Tuesday February 7

Kathy and Ron Ratcliff

This is an ongoing group to nurture and encourage participants in the practice of regular meditation.

Suitable for new and experienced meditators.

Cost: Gold coin donation

INTRODUCTION TO MEDITATION IN THE CHRISTIAN TRADITION

Saturday, February 11. 10.00am – 3.30pm

Kathy and Ron Ratcliff

This will be an opportunity to take time out to experience meditation and silence – to deepen our experience and awareness of God within us. We will be exploring the writings of Fr. John Main OSB, who revived the ancient tradition of the form of meditation practised by the Desert Fathers and Mothers. We will also be exploring the writings and teachings of Father Laurence Freeman OSB, the current Director of the ecumenical World Community for Christian Meditation.

Suitable for new and experienced meditators.

Cost: **\$10.00** Bring your own lunch.

“ALL SHALL BE WELL...”

Sunday, February 19 9.30am – 4.00pm

Madeline Duckett

Join us for a reflection day focused on the life and writings of **Julian of Norwich** – a woman of faith, prayer and growing awareness that she is truly “knit to God” and therefore “all shall be well...”. The day will be an invitation to silently enter into the mind and heart of Julian so as to discover wisdom and inspiration for our own journey into God. There will be time for input, silence, sharing and creativity for those who find this helpful.

Cost: **\$50** Members: **\$40** Bring your own lunch.

ENVIRONMENTAL CONSCIOUSNESS: The Environmental Revolution (series of 10 monthly sessions)

Tuesday February 21 7.30pm – 9.00pm

Margaret Watts

This introductory evening focuses on the rise of environmental consciousness. All around the world people are rethinking their relationship with the natural world.

Together we can explore a universal awakening to the Earth and the needs of the Earth to continue to sustain life. Earth spirituality and ecotheology can provide heart to the head and hands of environmental sustainability. We have never lived in the kind of world we are creating for ourselves but a new era is dawning and we are awakening to the cry of the Earth.

Cost: \$12 Members: \$7

EVENING BOOK CLUB

Held on the 4th Thursday of each month at 7.30pm

First Session Thursday February 23

Ron Ratcliff

A different book is discussed each month. These books are made available by the Otira Theological Book Club in Melbourne. If you enjoy reading and discussing a wide range of issues in a relaxed and open forum then this could be for you.

Cost: \$5 per session

RETREAT AT HOME DURING LENT

Sunday February 26 7pm – last week of March (Before school holidays).

Anne Hubbard

Commence with a short group prayer and then organise 5 individual weekly meeting times (approx 45-60 min) with Anne.

Participants will be invited to pray with Scripture passages, and share their reflections at their weekly meeting.

Cost: \$110 Members: \$100

ENNEAGRAM CONVERSATIONS

Monday February 27 7.30pm – 9.30pm

This year the different aspects of the Enneagram will be discussed each month with a variety of facilitators. All people interested in developing their Enneagram insights are welcome to attend.

Cost: \$12 Members: \$7

MARCH

YOGA See Feb 1 for details

Wednesdays March 7, 14, 21 & 28 9.30am – 11.00am

Fiona Munari

LIFE'S JOURNEYS: Conversation Hour

Thursday March 8 6.30pm – 7.30pm

(Second Thursday every second month) Held at *The Good Loaf*

(corner of Hargreaves St and Edward St). We are trialling a CBD venue.

Cheryl Martin will host conversations with a variety of well-known Bendigo people who have an interesting life story - incorporating their spiritual journey.

Over some light refreshments come and enjoy, listen and converse.

Cost: \$10

Daybreak Board Meeting Monday March 12 7.30pm

DEEPENING OUR EXPERIENCE OF THE PRESENCE OF GOD

Monday March 19 7.30pm - 9.30pm (Evening Session)

Nivedita Chaitanya

We shall learn two traditional techniques for those who sincerely wish to deepen their *experience of the Presence of God*.

They are Praying the Scriptures and Beholding and Waiting on the Lord.

They were given by a French Christian mystic Jeanne Guyon in a little book called *A Short and Very Easy Method of Prayer* written in 1685.

Cost: \$12 Members: \$7

RIGHT RELATIONSHIP WITH THE TOTAL EARTH COMMUNITY

Tuesday March 20 7.30pm – 9.00pm

Margaret Watts

Norman Habel, professor of ecology and ecotheology says that we should no longer refer to ourselves as human beings but rather as Earth beings, that is, one with all creation on which our lives depend. We are called to rethink our relationship with the other-than-human natural world and view ourselves as integrally part of the total community of beings. Together we can focus on 'learning to love Earth, our home planet, for we care for that which we love'.

Cost: \$15 Members: \$10

LIVING WITH UNCERTAINTY

Sunday March 25 9.30am – 12.30pm (If you would like, stay on for lunch and informal conversation on the topic)

Kaye Twining

To be alive means to experience the common uncertainties of life; and for some people the not-so-common uncertainties. How do we live well during the uncertain times of our lives? Drawing from the teachings of Buddhist nun, Pema Chödrön, this session will take participants on a gentle stroll through principles and practices which lead towards growing in wisdom and compassion through times of uncertainty.

Bring: Pen and paper (helpful to record your reflections during the session) Lunch (if you are intending to stay)

Cost: \$40 Members: \$30

ENNEAGRAM CONVERSATIONS

Monday March 26 7.30pm – 9.30pm

See February 27

Cost: \$12 Members: \$7

MEN: WHAT'S IMPORTANT IN MY LIFE?

Wednesday March 28 Registration / BBQ from 6pm Presentation 7.30

Guest Presenter: Charlie Knight

Charlie, a senior health worker with Bendigo and District Aboriginal Cooperative, will share his rich life and spiritual journey. There will be opportunities to ask questions and gain an understanding of his experiences and what took him to where he is now.

Cost: \$15 (includes BBQ tea & liquid refreshments)

APRIL

Daybreak Board Meeting Monday April 9 7.30pm

YOGA See Feb 1 for details

Wednesdays 9.30am – 11.00am April 4

Fiona Munari

THE MYTH OF PROGRESS

Tuesday April 17 7.30pm – 9.00pm

Margaret Watts

An extracting economy is a terminal economy. Earth has freely given of her gifts and what we deem to be 'progress to prosperity' comes at a huge cost to the Earth. Economic progress equals environmental bankruptcy. Together we can explore our longing for comfort and control that compels purchasing without conscience as the problem of affluent societies. With the health of Earth in mind 'less becomes more'.

Cost: \$15 Members: \$10

ENNEAGRAM CONVERSATIONS

Monday April 30 7.30pm – 9.30pm

See February 27

MAY

LIVING WITH ILLNESS & GOD – AT THE SAME TIME

Saturday May 5 1.00pm – 4.00pm

Angela Allen

The gap between the well and the sick is often bigger than the gap between rich and poor, and it seems that there is little offered that helps the person with illness to explore this journey at the level of faith. This workshop is designed to help those living with chronic illness to name, claim and explore the issues that surround chronic illness. Issues such as personhood, looking at what the future may look like, relationships with God, the self and others will be explored.

Cost: \$10

LIFE'S JOURNEYS: Conversation Hour

Thursday May 10 6.30pm – 7.30pm

See March 10

Cheryl Martin

Venue: The Good Loaf (cnr Hargreaves St and Edward St)

Cost: \$10

DEEPENING OUR EXPERIENCE OF THE PRESENCE OF GOD

Saturday May 12 2.00pm - 4.00pm (Afternoon – repeat of March 19)

Nivedita Chaitanya

We shall learn two traditional techniques for those who sincerely wish to deepen their experience of the Presence of God.

They are *Praying the Scriptures* and *Beholding and Waiting on the Lord*.

They were given by a French Christian mystic Jeanne Guyon in a little book called *A Short and Very Easy Method of Prayer* written in 1685.

Cost: \$12 Members: \$7

HEALTH OF THE OCEANS

Tuesday May 15 7.30pm – 9.00pm

Margaret Watts

We have heard a great deal about the health of air, water and soil but now it is time to focus on the health of the oceans. We now know that there is an accumulation of issues that threaten the resilience of the oceans. Together we can explore what the world experts in science, socioeconomics and governance of marine ecosystems are identifying as issues regarding humankind's capacity to change the Global Ocean that supports life and human societies on Earth. (IPSO)

Cost: \$15 Members: \$10

Daybreak Board Meeting Monday May 14 7.30pm

ENNEAGRAM CONVERSATIONS

See February 27

Monday May 28 7.30pm – 9.30pm

Cost: \$12 Members: \$7

JUNE

Daybreak Board Meeting Monday June 11 7.30pm

FOCUSING

Wednesdays June 13 & 20 7.30pm – 9.30pm

Mette Hotker

Introduction to Focusing skills that are easy to learn, presented in sound steps in a safe setting. The program is designed to give participants enough support and experiential practice to be able to acquire a body-feel for the process of Focusing. Learn how your body provides answers and

directions which cannot be arrived at solely by thinking. The Focusing process helps you grow close to your inner experience and connect spiritually, so that you can be present to yourself and to others in an empathic and non-manipulative way.

Cost for two sessions: **\$25** Members: **\$15**

NATURE DEFICIT DISORDER: GROWING OUR ECOLOGICAL SELF

Tuesday June 19 7.30pm – 9.00pm

Margaret Watts

“The future will belong to the nature-smart—those individuals, families, businesses, and political leaders who develop a deeper understanding of the transformative power of the natural world. The more high-tech we become, the more nature we need. If we can tap into the restorative powers of nature, we can boost mental acuity and creativity; promote health and wellness; build smarter and more sustainable businesses, communities, and economies; and ultimately strengthen human bonds. Together we can explore this most creative period in history, that is, the twenty-first century will be the era of human restoration in the natural world.” (RICHARD LOUV).

Cost: **\$15** Members: **\$10**

SILENT RETREAT (Residential)

Sunday June 24 7.30pm – Wednesday June 27 at 4.30pm

Anne Hubbard

You are invited to use this extended time of silence to refresh your spirit – to give yourself this life-giving opportunity to nurture your relationship with God. You can come for the full time of the retreat or for as many days as you are able. Daily spiritual direction is included.

Cost: **\$175** Members: **\$150** Meals provided

ENNEAGRAM CONVERSATIONS

See February 27

Monday June 25 7.30pm – 9.30pm

Cost: **\$12** Members: **\$7**

JULY

Daybreak Board Meeting Monday July 9 7.30pm

LIFE'S JOURNEYS: Conversation Hour

Thursday July 12 6.30pm – 7.30pm

Cheryl Martin

Venue: The Good Loaf (cnr Hargreaves St and Edward St)

Cost: \$10

PEACEFUL HEART

Sunday July 15 9.30am - 3.30pm

Marilyn Copeland

A gentle & healing day to deepen awareness of the peace held in your own heart, through prayer, meditation, music, movement and art.

We will also focus on sending out peaceful intentions into our circle of family, friends, community, and out into the world.

This will include praying the 12 Peace Seed Prayers of the World's Religions, and the creation of a Peace Mandala.

Cost: \$40 Members: \$30

BLUE GOLD: THE GIFT OF WATER

Tuesday July 17 7.30pm - 9.00pm

Margaret Watts

Water, the gift of life is precious and sacred. We can renew our spiritual appreciation of water, to value it as we would a treasure. Not one drop of water is added to the Earth and not one drop of water is lost to the Earth it is all recycled through nature's system. Together we will explore the health of the Earth's water as one of a number of environmental issues confronting us today and why water is called 'blue gold'?

Cost: \$15 Members: \$10

KNOW WHO YOU ARE - THE ENNEAGRAM AWAKENING

Saturday July 21 & Sunday July 22 9.30am – 5.00pm

Mary Amohanga

Our hearts yearn to know who we are and why we are here. The Enneagram enables us to have more insights into ourselves and others. It points out effective ways of dealing with our psychological strengths and weaknesses and directs us toward the depth of our soul.

Cost: \$130 Members: \$110

BYO lunch both days

ENNEAGRAM CONVERSATIONS

See February 27

Monday July 30 7.30pm – 9.30pm

Cost: \$12 Members: \$7

AUGUST

CREATIVE SPIRIT

Sunday August 12 9.30am – 3.30pm

Marilyn Copeland

This will be a day to connect to the playful child within and set your spirit free! Through art, movement, nature & poetry we will dust off the imagination, explore with curiosity, and experience the freedom, energy & joy that comes through creative play.

No art experience is necessary at all - just a willingness to have fun!

Cost: \$40 Members: \$30

Daybreak Board Meeting Monday August 13 7.30pm

PSYCHOLOGY OF CLIMATE CHANGE

Tuesday August 21 7.30pm – 9.00pm

Margaret Watts

Many people struggle with the complexity and reality of climate change and global warming. Some scholars describe this as a 'psychological state of denial' regarding the gravity and enormity of the global environmental crisis because of the incredible human contribution which is beyond general comprehension. Media reports of environmental disasters that are headlined in the daily news, give a moment of shock, but are devoid of action or commitment to change. Together we can explore healthy ways of responding to the ecological crisis.

Cost: \$15 Members: \$10

ENNEAGRAM CONVERSATIONS

See February 27

Monday August 27 7.30pm – 9.30pm

Cost: \$12 Members: \$7

SEPTEMBER

Daybreak Board Meeting Monday September 10 7.30pm

LIFE'S JOURNEYS: Conversation Hour

See March 10

Thursday September 13 6.30pm – 7.30pm
with **Cheryl Martin**

Venue: *The Good Loaf* (cnr Hargreaves St and Edward St)

Cost: \$10

THE ROLE OF PERSONAL NARRATIVE IN SPIRITUALITY

Sunday September 16 9.30am – 12.30pm

(If you would like, stay on for lunch and informal conversation on the topic)

Kaye Twining

When a person tells their story, they engage in the act of “re-membering” which is a “human capacity giving us depth, history, roots, continuity and a unified spirit moving us towards Soul and wholeness.” (Brennan and Brewi *Passion for Life: Lifelong Psychological and Spiritual Growth*) Therefore, personal story is integral to our spirituality, that is, who we know ourselves to be and how we experience belonging in our world. However, Eckhart Tolle invites each of us to “put your story away. It is not who you are.” Is our story helpful or not to our spiritual journey? During this session, participants will be able to engage with and reflect upon the ways that our story can be both invaluable and constricting to our spirituality.

Bring: Pen and paper (helpful to record your reflections during the session) Lunch (if you are intending to stay)

Cost: \$40 Members: \$30

SILENT RETREAT (Residential)

Sunday September 16 7.30pm – Wednesday September 19 4.30pm

Anne Hubbard

You are invited to use this extended time of silence to refresh your spirit – to give yourself this life-giving opportunity to nurture your relationship with God. You can come for the full time of the retreat or for as many days as you are able. Daily spiritual direction.

Cost: \$175 Members: \$150 All meals provided.

CONSUMERISM VS CONSERVATIONISM

Tuesday September 18 7.30pm – 9.00pm

Margaret Watts

The evolution of ecological consciousness has challenged people to be reconnected to the natural world and to feel comfortable being 'one with' rather than dominating the natural world. The alternative to domination is to cultivate the virtues of 'simplicity, moderation, frugality, and gratitude' that are characteristics of ecological consciousness. Together we can explore how we move from consumer to conservationist.

Cost: \$15 Members: \$10

ENNEAGRAM CONVERSATIONS

See February 27

Monday September 24 7.30pm – 9.30pm

Cost: \$12 Members: \$7

OCTOBER

Daybreak Board Meeting Monday October 8 7.30pm

DAYBREAK ANNUAL GENERAL MEETING

Wednesday October 10 7.30pm – 9.00pm

All members requested to attend in order to make any constitutional changes and to stay informed about *Daybreak* directions.

ECOLOGICAL CONSERVATION: COMMITMENT TO ACTION

Tuesday October 16 7.30pm – 9.00pm

Margaret Watts

It is said that once we undergo an ecological conversion there is no turning back. We view the Earth through a very different lens. "We must pass through a real conversion process to come to an existential consciousness of our relationship to the world. It is only when we pass through this process that we realize that spirituality and ecology are not mutually exclusive but actually belong together" (Collins, 1995). Together we can explore what this might mean in our lives and how we can embrace an ecological conversion.

Cost: \$15 Members: \$10

Monday October 22 7.30pm – 9.30pm

Cost: \$12 Members: \$7

NOVEMBER

Daybreak Board Meeting Monday November 12 7.30pm

LIFE'S JOURNEYS: Conversation Hour

Thursday November 8 6.30pm – 7.30pm

Cheryl Martin

Venue: *The Good Loaf* (cnr Hargreaves St and Edward St)

Cost: \$10

TELLING OUR ECOLOGICAL STORIES

Tuesday November 20 7.30pm – 9.00pm

Margaret Watts

This final evening will be devoted to telling our own experiential stories of relationship with the natural world and celebrating our ecological journey together. Also, we can explore what it means to join the millions of people around the world who are committed to an environmental revolution for the health of Earth – our home!

Cost: \$15 Members: \$10

DO IT NOW!

Wednesday November 14 7.30pm – 9.30pm

Anne Hubbard

Why do we put things off till later? We don't do things promptly when we know we "should". What makes a big difference to our success is our ability to recognise procrastination in its different forms, and to take it under control promptly, before this bad habit steals our opportunities, damages our career, or destroys our relationships. In this workshop we will look at why we procrastinate and identify helpful strategies.

Cost: \$12 Members: \$7

ENNEAGRAM GROUP

Monday November 26 End of Year group celebration

DECEMBER

ADVENT HOME RETREAT

Sunday December 2 3.00pm – Thursday December 6

Agnes Connellan

The retreat begins at *Daybreak* at 3.00pm Sunday December 2 and involves participants' committing themselves to a daily interview with the retreat leader. It finishes at *Daybreak* at 3.00pm Thursday December 6.

Cost: \$60 Members: \$50

Daybreak Board Meeting Monday December 10 7.30pm

PRESENTERS

Angela Allen Currently Angela is relatively well although she still has days when she struggles with her illnesses. She is married with two grown daughters and a grandchild. Angela's interests include studying, writing, reading, doing cross stitch and tapestry, listening to Mozart and Bach. Angela has had two intellectually disabled siblings, both of whom have died in recent years. She therefore also has experience with the business of watching, waiting with and caring for people with chronic illness.

Mary Amohanga has over thirty years of experience in Catholic Education as a teacher, school principal, educational consultant and leadership adviser. In the past eight years Mary has trained and worked as a Professional Workplace Coach. Her work has led her to a strong appreciation of the spiritual connectedness which forms the basis of self-awareness in everyday life.

Nivedita Chaitanya is a Hindu Nun with Chinmaya Mission. In 1996-8 she completed her studies of Advaita Vedanta at Sandeepany Sadhanalaya in Mumbai, India. She returned to Australia and took up the post of resident acharya (teacher) in the Melbourne Ashram in Templestowe. Here she led a monastic life of meditation and teaching of the Hindu Scriptures such as Bhagavad Gita, Upanishads and other Advaitic texts, Vedic Chanting and basic Sanskrit. She taught children, teenagers, youth and adults. Nivedita is committed to the interfaith movement and was Secretary of the Manningham Interfaith Network and spoke at the recent World Parliament of Religions in Melbourne. She has recently moved to Bendigo and is now teaching in country Victoria.

Agnes Connellan has broad experience in education, pastoral care and industrial chaplaincy. She is a Mercy Sister and has trained in Spiritual Direction at Loyola Hall, England and Heart of Life Spirituality Centre in Melbourne.

Marilyn Copeland has had a love of Dance all her life along with a deep interest in prayer and spirituality. She is passionate about bringing the body, the senses, nature and creativity into spiritual practices which help to integrate the whole self and bring deeper awareness of the innate beauty, light, and wisdom of the Spiritual Self. Her background is in Tai Chi, Dance Movement Therapy, Initiatic Art Therapy, Massage and Energetic Healing. She is a mother of 4 children and grandmother of 3.

Madeline Duckett, a Sister of Mercy living in Kyneton has a background in education, theology and spirituality. She has worked as a teacher, and trained as a spiritual director at the *Institute for Spiritual Leadership*, Chicago. She has recently had experience in working in women's spirituality. She believes in the power of imagination and use of creative processes to facilitate the inner journey of personal transformation and encounter with the Divine.

Mette Hotker is a certified Focusing trainer. She has worked with Focusing for nearly a decade and has taught Focusing to groups, individuals and adults as well as children. She has recently moved to Bendigo with her family and is working with St Luke's as a therapeutic counselor also providing professional development and secondary consultation.

Anne Hubbard After careers in teaching, motherhood and small business, Anne trained in spiritual direction at the *Wellspring Centre* in Ashburton. She is also a qualified Life Coach. Anne, one of the founders of the *Daybreak* ministry is a current Board member and lives at *Daybreak* as Resident Associate.

Cheryl Martin is on the Board of *Daybreak*. With formative years spent immersed in a traditional evangelical church, she has cherished the deeper experience of discovering much more of 'the God within' and the richness that this journey brings. Her life sees her juggling many roles, some significant ones being a Mum, a professional in the Health and Human Services sector, co-owner of *The Good Loaf Sourdough Bakery & Cafe* and being active with her family and community.

Fiona Munari trained as a Yoga Teacher with the Australian Yoga Teachers' Network in Melbourne 1999/2000. Her personal practice started in 1995 and she continued to learn the many aspects of Yoga under various teachers for many years. She presently teaches Yoga to children, teenagers and adults.

Therese Quinn, a Sister of St Joseph, has made a special study of the women in John's gospel. Artworks of the women are used to draw meaning for modern women and men in their lives today.

Kathy and Ron Ratcliff have been involved in a meditation group for well over ten years. Their group is associated with the Australian Meditation Community (Victoria) Inc., part of the *World Community for Christian Meditation*. They live in the Bendigo area and are an ecumenical couple. Kathy is a Catholic and Ron is a member of the Uniting Church.

Kaye Twining BTheol. Grad.Dip.(Spiritual Direction), MA
Kaye lives in Melbourne with her husband, children and grandchildren. She established and coordinates the *Tree of Life Centre for Spirituality* (interfaith). Kaye is naturally curious about the world in which she lives. She is also intentional about living authentically within such a world in the light God's love as revealed within the one deep wisdom within the religious traditions and beyond. See also www.treeoflife.org.au

Dr Margaret Watts

Margaret Watts has over twenty-five years in education in both Catholic and State schools. In 2009 she graduated as Doctor of Education. Her thesis title is *Spiritual Ecological Consciousness: Towards Ecological Conversion*. Margaret currently works as a facilitator and presenter for Healthy Earth Education for students, staffs, and community groups. She brings a theological and spiritual perspective to the best of what science and the broader community have to offer regarding the global environmental crisis.