

Companions

In the Ministry of the Ignatian Spiritual Exercises

Conversar News: March 2022

Our Journey Through Lent



"Lent invites us to conversion, to a change in mindset, so that life's truth and beauty may be found not so much in possessing as in giving, not so much in accumulating as in sowing and sharing goodness." *Pope Francis*

Some thoughts to ponder during Lent

- *What are the frozen patches within us that need to be thawed?*
- *Are we aware of divine pokes, nudges or prods, the times when the Divine Spirit touches our lives?*
- *Are we open each day for a 'Wondrous Encounter' with the Other?*
- *Where would you like to wander during this Lenten season?*
- *What do you hope to encounter along the way?*

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News from the Chair



We are now well immersed into the season of Lent, a time for reflection and action on our journey with Jesus.

As we embrace this journey we are confronted with the human tragedies of floods in Australia, the war in Ukraine and the Covid 19 Pandemic and we hold all who are affected in our hearts and prayers. We live in a time of great uncertainty and challenges and often feel so helpless, however we can become a force for love and peace... 'Lord, make me a candle of comfort in this world, let me burn with love and peace'.

As we make our way towards Easter, let us be reminded that we have a living Saviour who can heal our brokenness and despair and replace it with hope.

AGM 2022

We are currently looking at options dates / time for our AGM. At the moment the most preferred and likely will be early Sunday afternoon, 28 August, following the online Annual Conference. Details will be provided later.

Mentoring Arrupe Students

Michael Loughnan, Arrupe Coordinator (The Loyola Institute) is reviewing a range of options to continue providing support for students in the Arrupe Program. Many of you are graduates of this Program and will know how important support can be during formation. Michael is keen to introduce mentoring support for students and has approached Companions to see whether there might be suitable members who could fulfil this role. The role of a mentor would be a source of support for the student, a friend where the student could make contact if they required some advice, offer a second opinion or be a 'listening ear'. The relationship would be 'somewhat loose' without the structure and professional role of a supervisor, but would be complimentary. A few members have already indicated interest and the Committee are meeting with Michael on 21 March to discuss this further. Following this meeting we will provide you with an update on how this might progress the proposal.

Apostolic Plan

Just an update on the preparation of our next three year 'Apostolic Plan', which as I said previously, is a series of 'guideposts' that we follow to 'map' the activities for Companions consistent with our stated vision, values and core priorities. A sub committee has met to establish an initial draft for consideration. Following confirmation of our Plan, we will issue this to members and commence implementation.

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A Prayer For Peace



For Peace – John O'Donohue

As the fever of day calms toward twilight
May all that is strained in us come to ease.
We pray for all who suffered violence today,
May an unexpected serenity surprise them.
For those who risk their lives each day for peace,
May their hearts glimpse providence in the heart of history.
That those who make riches from violence and war
Might hear in their dreams the cries of the lost.
That we may see through our fear of each other
A new vision to heal our fatal attraction to aggression.
That those who enjoy the privilege of peace
Might not forget their tormented brothers and sisters.
That the wolf might lie down with the lamb,
That our swords be beaten into ploughshares.
And no hurt or harm be done
Anywhere along the holy mountain.

New Committee Member Profiles

Annette Heinemann



Annette has Scottish and Austrian heritage, was born in England, grew up in South Africa and immigrated to Australia in 1980. Annette spent some time on Bougainville Island, PNG, working in the mission stations, then joined the Marist Sisters in Sydney, was Professed in 1986, and left at the end of 1989. Annette, began her Registered Nurse training while with the Sisters, at the Catholic College of Education. Upon completing her training Annette returned to Adelaide, working at the Women's and Children's Hospital for 14 years and married in 1997. She began the Ministry Formation Program with the Catholic Archdiocese of Adelaide in 2006-2010. During this time Annette worked as a Chaplain with Calvary

Healthcare, and then until 2019 worked as a Pastoral Associate with the Adelaide Cathedral Parish. Following this she returned to Chaplaincy in the public hospital system. Towards the end of 2020 Annette took on the role as Director of the Ministry Formation Program and Chaplaincy for the Catholic Archdiocese of Adelaide. During the years above Annette completed a Bachelor of Nursing, Diploma in Ministry and Grad Dip in Theological Studies.

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Annette's introduction to Ignatian Spirituality began while in formation with the Marist Sisters, and further developed during the Ministry Formation Program. In 2012 she undertook the Spiritual Exercises and in 2013 began the Arrupe Program. She graduated with a MASD in 2016. She is currently completing a Masters of Professional Studies in Theology, as well as commencing a Grad Dip in Supervision.

Annette applies the many gifts of the Spiritual Exercises in her formation work, as well as with the patients she visits, particularly the gifts of noticing, discerning and naming. She is a member of the Ignatian Heart Spirituality ministry in Adelaide.

Sr Anne Taylor RSC



Anne was born and raised in Brisbane. After schooling she undertook teacher training and taught for ten years in Queensland. In 1982 Anne joined the Sisters of Charity of Australia, an Ignatian congregation ...and so began her Ignatian journey where her formation, prayer life and general way of living were informed by the Spiritual Exercises of St Ignatius. She continued her work as an educator and one exciting venture was beginning a new school in the Ignatian Tradition. Anne has also been involved with World Youth Days and the Ignatian MAGiS program.

Anne now works as the College Companion at a boarding and day school in Sydney- walking with people on their daily journey. In addition, Anne also works for the Sisters of Charity in the area of Formation for Mission.

Anne began her training and work with the First Spiritual Exercises (FSE) in 2013. There are opportunities to give the FSE and the Field Hospital Exercises in parishes, with senior school students, school staff, parents and people seeking 'more' for their lives. She belongs to the SydMetro group and the National Training Team.

Anne's love of these Exercises revolves around the fact that they are available to all. It is the person's lived experience that is so central to the exercises. The ministry is organic and it is simply amazing to see how God works in the Receiver. It is wonderful to be part of a community of Givers and Receivers.

A Thought from Thich Nhat Hanh

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

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Have You Tried Hat Waving?



The Covid pandemic has stifled many plans but has also opened up new opportunities. Meeting with directees or retreatants face to face was the norm, now 'zoom' has dominance with dissolved geographical boundaries.

I'm reminded of Ignatius and his companions waiting in Venice in 1537 for a ship to take them to the Holy Land. Because of war, ships were not sailing, so the companions changed tact and dispersed around the region to wait out the year. Ignatius, Favre, Laniez and Codure went to Vinceza.

I'm captured with how these our companions attracted attention. 'On the same day, and at the same time they began to cry out in a clear voice, in four different squares, calling people to gather by waving their caps around', and inviting people to listen to them¹. They were not put off because of communication difficulties and that they couldn't speak fluent Italian. It was reported that their speech lacked polish but was effective.

My recent 'hat waving' saw me invited to speak to seventeen new Principals of Catholic schools in the Palmerston North Diocese. We met via zoom, and rather than speak about Ignatian spirituality I gave an exercise from the FSE Field Hospital – 'Enhancing Delight'. Where is delight present in my life, where is delight absent in my life, what is the contrary to my delight? These simple questions deeply moved many Principals during their prayer. A further invitation has been extended to give a series of exercises for the coming year.

Murray Adams
New Zealand

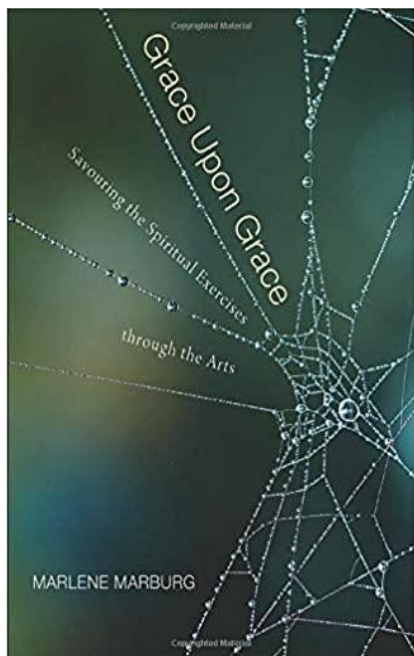
¹ Pedro de Ribadeneira S.J., The life of Ignatius of Loyola page 92

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Book Review



Grace upon Grace: Savouring the Spiritual Exercises through the Arts (Dr Marlene Marburg)

This book is a contemporary, gender-inclusive retreat of the full Spiritual Exercises of Saint Ignatius. The 30-week retreat in daily life has been developed for both retreatant and retreat-giver (spiritual director) as a fresh and creative adaptation of the original Spiritual Exercises, and for those who recognise that poetry, art, movement and music gently hold the sacred Mystery in a way that cannot otherwise be expressed. ***Grace upon Grace*** also offers an eight-day Ignatian retreat. The book uniquely focuses on the arts especially poetry which is included in all sections of the book. The spiritual directors and their retreatants who have used this text in its developmental stages, have found themselves writing their own poetry as prayer.

Review Comments

Marlene is the first to take seriously the use of poetry as a way of making the Spiritual Exercises. - ***Rev William Barry SJ, author of 'Letting God Come Close'.***

I am very familiar with the Spiritual Exercises of St. Ignatius, but the invitation offered by this book opened doors that I did not even know were there in the walls of my understanding and perception. Dr. Marburg has drawn together an astonishingly original landscape of prayer through which she invites us to encounter more deeply the Mystery in whom we live and move and have our being. This landscape comprises words, movement, poetry, image, music, ideas and responses while remaining faithful to the spirit and structure of the Ignatian Exercises. A remarkable achievement that will become a powerful personal guide to many who long to take their inner journey to a deeper level. - ***Margaret Silf, speaker and retreat director and author of 'Born to Fly: a Handbook for Butterflies in Waiting'.***

I feel privileged to experience the expansiveness, depth and power of 'felt knowledge' and creative poetic talent. It is a great contribution to the fields of spirituality, psychological and spiritual healing, and spiritual direction. - ***Maureen Conroy RSM, PhD, co-director of Upper Room Spirituality Center, USA, and author of 'Looking into the Well: Supervision of Spiritual Directors'.***

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Professional Development/Companions Connecting/Conference

As we advised in our December edition of 'Conversar News', a sub committee was meeting to discuss and plan for a professional development/Companions connecting program for 2022. **The results of their planning are outlined in the summary of the program attached with this newsletter. Please 'Save the Dates' in your diary, further details will be sent to you prior each offering.**

We are excited by the theme and the way they are 'linked'. Given the dictum that, "There is nothing as practical as a good theory," these professional development gatherings will integrate theory, personal experience, and faith-sharing. The over-arching theme for the professional development gatherings and the conference is images of God and self. The first two professional development gatherings are designed to prepare participants for the conference.

Prayer Reflections for 2022



Our 2022 monthly prayer reflections that recommenced in February are a wonderful opportunity for us to 'have some space' to share quiet reflective prayer time. A permanent invitation has been extended to members of the CLC community to join us for these prayer reflections.

Please note your calendars with the following 2nd Friday dates of the month for this year: **8 April, 13 May, 10 June, 8 July, 12 August, 9 September, 14 October, 11 November, 9 December.** The time will always be 9.30am Eastern Australia Time. If any of you would like to offer to facilitate, with support, one of these prayer reflections, Terry Fanning would love to hear from you. (fanning.terry@gmail.com).

Spiritual Direction Network in Australia: Discernment Circles

Having received the information last month about the 'Discernment Circles' related to a proposal for a Register of Spiritual Directors that are commencing this month through to April, you will be aware of what is proposed. No doubt a number of you have registered to be a part of one of the 'Circles'. We all come from different backgrounds and this is a great opportunity to discern the things that unite us and how can we value and respect our individual richness and grow in communion.

Conversar News – June 2022 Edition

This is an invitation to you to submit any articles, prayers, items of interest, personal reflections or stories for inclusion in our next edition of Conversar News, due out in June 2022. We would particularly like to hear what other Companions are up to. As one of our members has said, 'I'm often inspired by others when they talk/write of 'their ordinary'. Sharing something of our journey/ministry can be a wonderful gift for others. Please can you send any suggestions or offerings to: wayne.brabin@internode.on.net.

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Website Request

As we review our website, we are wanting to make additions that will provide members with further resources, podcast suggestions, information of interest, links to other relevant websites etc. that can stimulate further our love for the Ignatian Spiritual Exercises. We have received a few suggestions already, and are inviting you to continue to offer suggestions for the committee to review and implement. Please send these to: wayne.brabin@internode.on.net

'Mailbox'



Thank you to those of you who have responded to our 'Mailbox' request. This new initiative has been introduced to provide you with an opportunity to write to the committee with suggestions, comments, proposals for professional development, requests, additional members benefits, possibilities for 'outreach' etc. Please continue to send these to: secretary@companions.org.au

"Looking behind, I am
filled with gratitude,
looking forward, I am
filled with vision,
looking upwards, I am
filled with strength,
looking within, I
discover peace."

Quero Apache Prayer