

## APRIL - JUNE 2018 PROGRAMMES

### Easter Day of Quiet



Spend time this Easter season to reflect on the Lord's Resurrection. We are opening our doors on these days to individuals who would like to have some personal space and quiet in their lives. For beginner or seasoned seekers who would like to experience a day in silent prayer and reflection.

*Prayer and handicraft resources as well as the labyrinth walk will be available.*

**Dates:**

Choose *either*  
20 Apr 2018 (Fri) *or*  
21 Apr 2018 (Sat)

**Time:**

10am - 5pm

**Contribution:** \$60  
(lunch & refreshments included)

**Register by 15 Apr:**  
[tinyurl.com/EDOQ18](http://tinyurl.com/EDOQ18)

### Connected Parents, Thriving Kids



Learn how to connect with your children to express understanding, validation and affirmation for who they are becoming and flourishing. Build their confidence, and maintain motivation by safeguarding a healthy self esteem.

**Facilitator:**

Lissy Ann Puno

**Date:** 17 May 2018 (Thu)

**Time:** 7.30pm - 9.30pm

**Contribution:** \$30

**Register by 7 May:**  
[tinyurl.com/parentsxkid](http://tinyurl.com/parentsxkid)

### Finding God through Writing



Come and spend a day to connect with God through writing and journaling.

Explore and express your innermost thoughts and feelings through activities and writing exercises, and gain a deeper understanding of self and your relationship with God and others.

*(No prior writing experience is required.)*

**Facilitator:**

Roselie Chia

**Date:** 19 May 2018 (Sat)

**Time:** 10am - 4.30pm

**Contribution:** \$80  
(lunch & refreshments included)

**Register by 9 May:**  
[tinyurl.com/Godwriting](http://tinyurl.com/Godwriting)

# Programmes by Fr Matthew Linn, SJ

Fr Matthew Linn, SJ gives retreats and seminars on processes for healing and reconciliation that integrate spirituality with psychology, medicine and science. Since 1970 he has given courses and retreats in over 60 countries.

Ordained in 1973, he currently lives in Minneapolis where he trains spiritual directors.



## Points to Note:

- Register at: <http://tinyurl.com/MattLinn18>
- Contribution for talks: \$50 for 1 talk, and \$80 for 2
- Places are secured after payment has been received

## How To Make Stress Your Friend

<b>Date:</b> 30 May 2018 (Wed) <b>Time:</b> 7.30pm - 9.30pm	Based on research by Dr Kelly McGonigle, learn how our handling of stress can either shorten or extend our healthy life span. We will explore how stress becomes our friend as we answer two questions: How does stress drain life from me? How does stress become a gift for me to love more deeply God, others and myself?
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## What Is The Key To Happiness?

<b>Date:</b> 31 May 2018 (Thu) <b>Time:</b> 7.30pm - 9.30pm	Happiness does not depend on everything outside us going well but rather on what is happening inside us. Where are the happiest people in the world, and what are their secrets to yielding true happiness? We will answer this with the research from the award winning documentary "Happy." The second part will feature simple processes to daily find happiness wherever it eludes us.
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## Peace Be With You: Transforming Fear Into Gift (Retreat)

<b>Dates &amp; Times:</b> Friday, 1 June (7.30pm) - Sunday, 3 June 2018 (5pm) <b>Contribution:</b> \$270 (non-AC), \$330 (AC)	Each year, the pace of life increases, violence creeps closer to our homes, and peace becomes more a wish than a reality. This healing retreat will focus on how Jesus sent the Holy Spirit (John 20:19-23) to transform the disciples "behind locked doors out of fear" into bold, risk-taking apostles rooted in a deep peace. This transformation will happen to us too when we - as the apostles - discover a deeper image of God, a peace that heals our hurts, and the empowering Spirit that sends us forth on our unique mission.
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