

JULY – SEP 2017 PROGRAMMES

Psycho-Spiritual Wellness for Heart & Home

(a series of monthly talks by our Counselling Team)

Spirituality for Busy Parents



We all know that parenting is not easy, what more in this day and age when parents are busy with various commitments.

However, we also know that all things are possible with God.

In this talk for parents and grandparents, hear how spirituality for

busy parents is essential to enable and enrich their lives as they go about in their co-parenting efforts together. This is rooted in Ignatian spirituality and the collective wisdom found in Pope Francis' book *Amoris Laetitia*.

Date: 6 July 2017 (Thursday)

Time: 7.30pm – 9.30pm

Facilitator: Fr (Dr) Charles Sim, SJ

Contribution: \$30

Register: <http://tinyurl.com/busyparents>

Caregiving with Purpose and Love

Caregiving is the art of providing unpaid assistance and support to family members, relatives, friends or acquaintances who have physical, psychological or developmental needs.

It remains a daily activity of many, and most of us will have to be involved in caregiving at some point in our lives before we become the recipient of care.

In this talk for caregivers, learn about how we can care without feeling burdened.



Date: 3 August 2017
(Thursday)

Time: 7.30pm – 9.30pm

Facilitator: Dr Seng Boon Kheng

Contribution: \$30

Register: <http://tinyurl.com/caregive17>

Raising Happier and Healthier Kids: The Early Years



Comprehensive research has revealed that mental health promotion in early childhood builds protective factors by improving parent-child interactions, as well as enhancing life skills that are appropriate to the age and ethnicity of infants, toddlers and pre-schoolers.

Children who receive consistent parental support and learn to cope well

with daily challenges will be happier and more well-adjusted.

Come and learn about the different stages of your child's development, skills to identify and manage their behaviour, and how to raise happy and healthy kids.

Date: 7 September 2017 (Thursday)

Time: 7.30pm – 9.30pm

Facilitator: Benedict Lim

Contribution: \$30

Register: <http://tinyurl.com/earlyyearskids>

Amoris Laetitia Series

(a series of 3 talks on Pope Francis' apostolic exhortation)

In this series, learn about the following 3 practical and pastoral approaches to Family Ministry, as reflected in Pope Francis' *Amoris Laetitia* (Joy of Love):

1. Systematic & Developmental Perspective,
2. Marital & Family Spirituality, and
3. Training & Therapeutic Approach.

With these in tow, be renewed in your

perspectives on family ministry, not just in a formal setting like in a parish group, but also in your daily life.

Dates: 7, 21 August & 4 September 2017
(3 fortnightly Mondays)

Time: 7.30pm – 9.30pm

Facilitator: Fr (Dr) Charles Sim, SJ

Contribution: \$90

Register: <http://tinyurl.com/amoris17>

Programmes by Our Spiritual Direction Team

Introduction to Authentic Conversations

How to engage in & facilitate one?

The dire lack of authentic conversation spaces has reduced many conversations into gossip, slander and the vulgar. How does one facilitate and nurture safe spaces for authentic conversation that is so critically needed in the church and the world today?

Listen to your call through the needs of the many who thirst for real conversation.

Date: 20 August 2017 (Sunday)

Time: 9.30am – 5.30pm

Contribution: \$60 (includes lunch & refreshments)

Facilitator: Lance Ng

Register: <http://tinyurl.com/iacaug17>

Silent 8-day Ignatian Retreat

This live-in retreat will allow participants to experience and discover how God is inviting each person to deepen their sacred relationship through silence, personal prayer, quiet reflections, and daily spiritual direction.

Dates & Times:

1 September 2017 (Friday), 10am –

9 September 2017 (Saturday), 11am

Contribution: \$750 (non-AC); \$910 (AC), inclusive of Spiritual Direction stipends

Register: <http://tinyurl.com/8dayretreat>

A Religious-Charism Retreat

A weekend retreat for women desiring to know more about religious life

Have you wondered about the many religious orders for women in Singapore? Who are they, what do they do, how do they pray, and how do they live in community? What makes each charism so special and unique in answering God's call to vocation?

Come, listen and explore with others as we hear from each of them their call and response to God's love.

Dates & Times:

23 September 2017 (Saturday), 10am –

24 September 2017 (Sunday), 3pm

Contribution: \$100 (non-AC); \$120 (AC)

Facilitators: Celina Lin & Team

Register: <http://tinyurl.com/rcr17>

Programmes by Fr. Pham Hung, S.J., Ph.D.

Fr Pham Hung, SJ, was born in Vietnam and immigrated to the United States at the beginning of his high school years. He entered the Society of Jesus there in the early 1990s.

He holds a Doctorate in Sacred Theology specialising in Ignatian Spirituality from the Comillas Pontifical University. Presently, he teaches Ignatian Spirituality at the Jesuit School of Theology, Santa Clara University, USA.



Fr Pham was last in Singapore in 2016.

Note:

- Register for any of the following programmes by 14 Aug 2017 at: <http://tinyurl.com/PhamHung>



Creating Space for Personal & Communal Discernment

Personal

Discernment

23 Aug 2017 (Wed)

Communal

Discernment

24 Aug 2017 (Thurs)

Time:

7.30pm – 9.30pm

Contribution:

\$50 for 1 talk, \$80 for 2

Grounded in the Rules of Discernment [313 – 327] of the Spiritual Exercises of Saint Ignatius of Loyola, these talks will first explore the dynamic from experience [*sentir*] to knowledge [*conocer*] then action as well as the importance of 'stretching' [*alargar*] oneself to create space for discernment.

These talks will also include various ways for participants to accordingly perform the prescribed exercises in their process of making choices.

Creating Space for Greater Intimacy in Marriage (Retreat)

Dates & Times:

25 Aug (Fri), 7.30pm –

27 Aug (Sun), 5pm

Contribution per couple:

\$540 (non-aircon),

\$660 (aircon),

\$500 (stay-out)

This retreat offers married couples the time and space to renew and celebrate their marriage commitment. Participants will be invited to reflect and examine the deep graces in marriage. Equally important, couples will be invited to look deeper into various places where they continue to grow and empower each other, moving ahead towards a life of joy and love. The retreat consists of various points given and actual spiritual exercises.