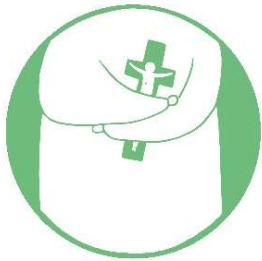


JUL - SEP 2019 PROGRAMMES

Retreat: Authenticity and Care



“To Care” is a common human expression of our love and fidelity to each other.

What do we really mean when we say we care? Has it been duty, manipulation, possession or love? Are we aware of the care that we dispense?

To grow in awareness of what is authentic care is the key. It has everything to do with one’s experience of God’s loving and authentic care in one’s life. Have you received it?

Facilitator:

Lance Ng & SD Team

Dates & Times:

Fri, 5 Jul (7.30pm) to
Sun, 7 Jul (4pm) 2019

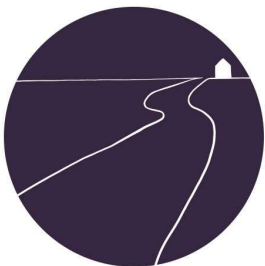
Contribution:

\$260 (non-AC),
\$300 (AC)

Register by 1 Jul:

tinyurl.com/raac19

There and Back Again: A Retreat on *The Hobbit*, Conversion and the Spiritual Life



The Hobbit by J.R.R. Tolkien is more than just a great adventure story, but also a masterful account of a journey of growth and maturity that gives insight into our own spiritual life and journey of conversion.

By accompanying Bilbo on his journey of growth and conversion, and illuminated by Scripture and the dynamics of the Spiritual Exercises of St. Ignatius, it is hoped that this retreat helps to deepen the participants’ awareness of their own growth and life of faith.

Facilitator:

Deacon Stanley Goh, SJ

Dates & Times:

Fri, 2 Aug (7.30pm) to
Sun, 4 Aug (4pm) 2019

Contribution:

\$260 (non-AC),
\$300 (AC)

Register by 26 Jul:

tinyurl.com/tab19

Introduction to Authentic Conversations



*A day to just simply listen...
to life, each other, and God.*

This programme explores the art of listening which is at the heart of an authentic conversation.

Are we aware of what we are really listening to, and how it shapes the way we live our lives – by reacting, or acting?

Facilitator:

Lance Ng

Date:

Wed, 21 Aug 2019

Time:

9.30am – 5.30pm

Contribution:

\$60 (includes lunch & refreshments)

Register by 10 Aug:

tinyurl.com/itac2019

Retreat: Praying with Miracles



Jesus performed many miracles as part of his teaching ministry. Through his miracles, Jesus used this power to show us the nature of God's generous love and compassion.

Come and spend the weekend reflecting and praying on the meaning of Jesus' miracles in our lives today. Sit with Jesus' miracles to let them speak to your own lives and let them transform you.

Facilitator:

Fr. Gregory Tan, SJ

Dates & Times:

Fri, 6 Sep (7.30pm) to
Sun, 8 Sep (4pm) 2019

Contribution:

\$260 (non-AC),
\$300 (AC)

Register by 30 Aug:

tinyurl.com/rpwm19

Parenting Workshop: Raising Resilient Children



Why do some children cope better with change than others?

The key to address this is *resilience*. This key allows young people to experience life's ups and downs and have the emotional capacity to stay healthy. What can parents do to raise resilient children?

This workshop will cover effective parenting skills, preventive and protective measures to encourage your children to maintain motivation and emotional wellness as they grow in resilience through the stages of their development.

Facilitator:

Lissy Ann Puno,
Counselling Psychologist

Date:

Sat, 21 Sept 2019

Time:

9:30am – noon

Contribution: \$30

Register by 16 Sep:

tinyurl.com/19pwrrc