



# THE IGNATIAN

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## INSIDE PAGE 2

Message from the Director of Counselling

## INSIDE PAGE 3

Talk: Ignatian contemplation on the Ascension of Jesus Christ

## INSIDE PAGE 4

Upcoming event: Mental Health and Spirituality Symposium 2023

## MESSAGE FROM THE DIRECTOR OF SPIRITUALITY

Kingsmead Centre has a ministry arm that serves the spirituality needs of all who come to our centre to find rest, spiritual refreshment and to be recharged. It is one of the primary apostolates of the Jesuits in Singapore.

We offer various programmes on Ignatian Spirituality, retreats, seminars, talks and prayer workshops. Dedicated to helping individuals and groups strengthen their faith and to deepen their relationship with God, we also provide individual and group spiritual direction.

Supported by a team of Jesuits and trained lay spiritual directors, we accompany people from all walks of life to become more aware of 'Finding God in all things'.

Our mission is to be a place of prayer, helping each person recalibrate and reconnect with God. While our spiritual programmes support each person's spiritual deepening, we also aim to make a difference by building spiritual relationships and communities.

*Celina Lin, Director of Spirituality*



“...we accompany people from all walks of life to become more aware of 'Finding God in all things'.”

## CONTACT US

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Singapore 266492

Email: [cisc2664@gmail.com](mailto:cisc2664@gmail.com)

Contact number:  
(65) 6467 6072

Website: <https://kingsmeadcentre.sg>

**Opening hours:**  
Mon - Sat: 9.30am - 5.30pm  
Closed on Sundays  
and Public Holidays

**St Francis Xavier  
Adoration Chapel**  
Kingsmead Centre Level 1  
Opening hours:  
Mon - Sat: 10am - 5pm

## MESSAGE FROM THE DIRECTOR OF COUNSELLING

Kingsmead Centre (KC) was started in 1990 by Fr Hilario Fernandez, S.J., when I was a second year novice at the Jesuit novitiate. Three decades later, I return to take up the new appointment as *Director of Counselling*. As I looked back over the years at what KC had achieved, I am truly grateful for the many generous contributions of our lay collaborators, including volunteer professional counsellors, who had given themselves tirelessly in helping individuals, couples and families. As we open a new chapter of our counselling journey at KC, I pray that we will continue to provide the best possible counselling services in the local community.

In line with our counselling mission at KC and the mental health needs in our community, we are organizing the *Mental Health & Spirituality (MHS) Symposium* on Saturday 22 July 2023 to create greater awareness and appreciation of mental health

and spirituality across individual, couples and family life stages. We have gathered a group of highly qualified speakers to present their thoughts on these subjects, both from their personal experience and professional expertise. In addition, there will be a follow-up MAGIS talks/workshops/seminars in the coming months based on this symposium.

My personal vision and hope for Counselling at KC is to be a leading centre for counselling services and training, that is rooted in the Ignatian tradition. We will be organizing professional counselling courses for those who aspire to be of greater service to God here and around the South East Asia region. For at the end of the day, KC is an urban “living oasis” for all “pilgrims” on this earthly journey, and I invite you to come, see and experience this “living oasis”!

Take care and God bless!

**Fr Charles Sim, S.J., PhD**

*Feast of the Sacred Heart*



Kingsmead Centre is a “Living Oasis” in the city where anyone can come to draw emotional and spiritual strength for daily living. Founded on the Spirituality of St Ignatius of Loyola, Kingsmead Centre offers guided retreat for individuals and groups, spiritual direction, seminars, workshops and counselling services.



## 'GOD GOES UP': AN IGNATIAN CONTEMPLATION ON THE ASCENSION OF JESUS CHRIST

10 MAY 2023  
8PM-9.30PM



A total of 72 participants attended the Ignatian contemplation session titled 'God Goes Up', which was held a week prior to the Feast of the Ascension.

Fr. Francis Lim, Regional Superior of the Malaysia-Singapore Region of the Society of Jesus led the session and introduced participants to the

Ignatian imaginative prayer method. He guided the participants through a series of steps, helping them to quieten down, to prepare themselves for prayer and getting into the contemplation proper.

Organised by Kingsmead Centre, the event was held at the Hall of Pilgrim.

## FELLOWSHIP FOR SPIRITUALITY CENTRES



On 19 April 2023, Kingsmead Centre hosted a fellowship, sharing and Mass for all who run spirituality programmes in Singapore.

Representatives from Montfort Centre, Life Direction Singapore, Franciscan Missionaries of Mary, Cenacle Sisters, Franciscan Friars and Good Shepherd Sisters attended this event.

19 APR 2023  
HALL OF PILGRIM

## REGISTER NOW! MENTAL HEALTH AND SPIRITUALITY SYMPOSIUM 2023

# “IT’S A FAMILY AFFAIR”



**Date:** 22 July 2023, Saturday  
**Time:** 10am to 4pm  
**Venue:** Kingsmead Centre  
 8 Victoria Park Road S 266492  
**Contribution:** \$50 per pax  
 (Lunch is included)

**Join us** as our speakers draw from their professional expertise and lived spirituality to share about how to better manage mental health and ways to promote well-being for the family.

### Who should attend?

- Youths
- Married couples
- Parents
- Teachers
- Those who work with children and youth.

### HURRY! REGISTER NOW!

[tinyurl.com/MHSymposium2023](https://tinyurl.com/MHSymposium2023)

**MORE INFO ON 2023 THEME, PROGRAMME, SPEAKERS BIO AND SESSION TOPICS**

[mhsymposium2023.carrd.co](https://mhsymposium2023.carrd.co)



## MARK YOUR CALENDAR!

### KEYNOTE SPEAKERS



**Associate Professor John Wong**  
 Child Psychiatrist, NUHS,  
 Director of Mind Science Centre



**Ms Lissy Ann Puno, MA**  
 Counselling Psychologist  
 Director of International Counselling  
 & Psychology Centre

### PLENARY SESSION SPEAKERS FOR YOUTH



**Dr Nicholas Lee**  
 MBBS,  
 Psychiatry Resident



**Associate Professor Victor Loh**  
 MBBS, MMed Family  
 Medicine, MHPE



**Ms Maria Plengsangtip, MA,**  
 Consultant Psychologist



**Lennard Thean**  
 Associate Spiritual  
 Director



**Associate Professor Philip Yap**  
 Geriatric and Palliative  
 Medicine



**Fr Charles Sim, SJ, PhD**  
 Lecturer, Therapist

### PLENARY SESSION SPEAKERS FOR ADULTS