



THE IGNATIAN

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Message from KC Spirituality Team

Evening talks by Fr Monty Williams, S.J.

We were delighted to welcome Canadian Jesuit - Fr Monty Williams, S.J., back to Singapore in June 2023 for a series of spirituality programs and retreats, spanning over four weeks at Kingsmead Centre.

Fr Monty gave his first evening talk on 16 June entitled "**Discerning our Spiritual Path**" to a full house in the Hall of Pilgrim. The richness of Fr Monty's knowledge, retreat experience and sense of humour provided deep spiritual nourishment, much laughter and a safe space to raise and explore several searching questions in our hearts.

Sixty-eight people attended "**Stories We Live**", the second evening talk by Fr Monty at Kingsmead Centre on 21 June. We all have a certain story to tell. Conversion happens in our stories, in the way we see ourselves, in the way we see others and in the way we see God. Participants walked away with lots of reflection and were much enlightened to realise God is in their life stories.

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CONTACT US

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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

Fr Charles Sim, S.J., PhD

**MENTAL HEALTH & SPIRITUALITY
SYMPOSIUM: A REFLECTION**



There is an ancient Chinese saying, "A journey of a hundred miles begins with the first step." For our Kingsmead Centre-Counselling, the first step began with the **Mental Health & Spirituality (MHS) Symposium** where we advocated the integration of mental health and spirituality among the 160 participants. Thus recognising this Christian reality that we are "**spiritual beings having a physical experience**" – echoing the words of Fr Teilhard de Chardin S.J., a famous paleontologist and spiritual writer. The importance of interconnectedness and interrelatedness among members of the family and community was also emphasised in this symposium. As highlighted in the African proverb, "It takes a village to raise a child", I would like to add, "**It takes a community to raise a family!**"

The MHS Symposium was the first such event organised by the St Ignatius Church community. It was encouraging to note that many of the participants came from other parishes. The eight presenters for the symposium consisted mainly of clinicians and academia from local hospitals and universities, including two from private practice. Together, they brought with them a wealth of theoretical and research knowledge, as well as interesting case examples, rooted in their clinical practice. It was a very lively and animated symposium, ignited by two excellent keynote speakers, **A/Prof. John Wong**, a child psychiatrist, and **Ms Lissy Ann Puno**, a counselling psychologist. All the presenters skilfully weaved in their understanding of mental health and spirituality, including their lived experiences.

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Group photo with keynote speakers, A/Prof. John Wong and Ms Lissy Ann Puno.

Dr Lennard Thean and A/Prof Philip Yap were speakers at the Wise Plenary Session.



Participants engaging with speakers during the Q & A session.



Speakers at the Youth Plenary Session. (From left) A/Prof Victor Loh, Dr Nicholas Lee and Ms Maria Plengsangtip.



Youth Plenary Session at Hall of Pilgrim.

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Taking both a developmental and family life cycle approach, the presentation topics ranged from **"Youth's Emotional Challenges and Resilience: For Whose Gain?"**, **"A New Way of Parenting: Connected Parents, Thriving Kids"** to **"Spirituality for Young People"** and **"Transcending Physical and Mental Decline with Christian Spirituality"**.

Many participants appreciated the helpful tips, within the context of the Catholic faith, on marital relationship, parenting, and growing old gracefully. We also had a lively Q & A session. At the end of the day, there was something for everyone to take away!

As the profile of the participants were mainly parents in the sandwich generation – having to care for their adolescent children and ageing parents – the symposium offered them ways to draw spiritual strength from their Catholic faith and to view spirituality as a resource to better face and manage the challenges of married and family life.

To better support the married couples, parents, young people, as well as the elderly in our Catholic community, Kingsmead Centre will be organising a series of follow-up talks and workshops. **(See page 9 for more information.)** Our hope is that the MHS Series will give them the opportunity to delve deeper into their topic(s) of interest, and learn how to integrate mental well-being and spirituality in their daily lives.

A well known spiritual director and writer, Fr Matthew Linn S.J., once highlighted that to be happy, all of us need only two things in this life. That is **"to learn how to forgive, and be grateful for all that we have received in this life!"** On this closing note, let's continue our "journey of a hundred miles," made possible by our humble first step in this MHS Symposium.

God bless!

Fr Charles Sim, S.J., PhD

*Director of Counselling, Kingsmead Centre
Feast of St Ignatius of Loyola, 31 July 2023*

Message from KC Spirituality Team

Retreats by Fr Monty Williams, S.J.

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WEEKEND RETREAT

It was full house at Kingsmead Centre over the 23-25 June weekend. All 22 participants and five spiritual directors in attendance were breathing in and breathing out God's LOVE as a Body of Christ in that shared space - one of several topics covered during the weekend.

Fr Monty's inputs, four in total, were lapped up by the retreatants. There were lively engagements with Fr Monty during the Q & A session. From the participants' feedback, the availability of one-on-one spiritual direction sessions were very helpful.

EIGHT-DAY RETREAT

Seven participants embarked on the **8-day Ignatian Retreat** at Kingsmead Centre from 28 June - 7 July, using the four weeks Spiritual Exercises of St Ignatius of Loyola. Fr Monty incorporated prayer points in the daily Mass and invited participants to ponder and 'ask God', an invitation to personally encounter the Divine each day.

Individual daily Spiritual Direction sessions helped participants to become more aware of the various invitations from God. Although it was challenging for some who struggled initially, God met all persons where they were and the graces flowed in His good time.



MASTERCLASS

Held on 10 and 11 July, the Masterclass was specially curated for spiritual directors by Fr Monty and gave us some useful insights for spiritual direction. The overall theme "**Unlocking the Magis**" encouraged us to keep striving, growing, working on our spiritual life rather than to be complacent at where we are.

Some of the sub-themes included "Attentiveness," "Discernment", "Magis in the Sp Ex" and "Emptiness." With these, we are to grow deeper in our attentiveness of God, of ourselves and others, to keep discerning God's will in our dynamic world, and to empty ourselves of whatever that would be an obstacle or hindrance to our union with God.

The two-day gathering of 22 spiritual directors comprised of Religious SDs (Canossian, Carmelites, Cenacle, Good Shepherd), Christian Pastors and Lay Spiritual Directors. Listening to Fr Monty's presentations, engaging in personal reflections and spiritual conversations, the retreatants found the Masterclass to be thought provoking, deeply formative, encouraging and refreshing. There is no end in spiritual growth.

See next page for photos of these events.

**KINGSMEAD
CENTRE**
Spirituality
.....
16 JUN - 7 JUL
.....
TALKS & RETREATS
AT KC WITH FR MONTY





Volunteers welcoming participants at the registration desks.



A NEWBIE VOLUNTEER SPEAKS...

Being part of the volunteer team at the Mental Health & Spirituality Symposium 2023, Deirdre HERNON-LOY shares her experience.

On Saturday 22 July 2023, Kingsmead Centre for Ignatian Spirituality & Counselling organised the Mental Health & Spirituality Symposium 2023 themed *"It's a Family Affair"*. Fr Charles Sim, S.J. had invited a distinguished panel of speakers and there were plenary sessions for both adults (the Wise) and youths! It was terribly exciting to be part of the volunteer team behind this event.

The team was briefed during an early breakfast at 8am before setting up the registration desks. All the hard work of setting up the rooms had been completed the previous evening. Our veteran leader had planned and prepared the logistics expertly.

There were traffic wardens, greeters at all possible entrances leading to the registration desks as well as ushers showing participants the way to the main hall. We were a professional lot, proudly clad in our newly minted Kingsmead lanyards.

We figured we had thought of everything until it started to pour half an hour before lunch. Worried that the rain would inconvenience the participants who would have had to walk to another building after lunch, we prayed for good weather. Fervent prayer never fails! The rain stopped just before lunch.

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Lunch at St Ignatius Hall.



"No contribution is too small"

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The F&B crew must be especially commended for serving the buffet line speedily and efficiently even though we had overlooked the setting up of two food stations. Let's blame Covid-19 for this as we were out of practice in organising large events. Nevertheless, everyone enjoyed the cosy lunch set up at St Ignatius Hall.

At the end of the day, an exhausted Fr Charles kindly celebrated Mass at St Francis Xavier Chapel. The Gospel and Fr Charles' homily of the parable of the mustard seed was a timely reminder that no contribution is too small. Like the tiny mustard seed, even the smallest service has the potential to 'grow' hugely, i.e. the Kingdom of Heaven growing from small beginnings.



Thanksgiving Mass for the organising committee of the symposium at the chapel.

The long day ended with great fellowship where new friends were made and old friendships renewed over a yummy dinner at Penang Kitchen. I look forward to the next event organised by Kingsmead Centre and the camaraderie of the volunteers.

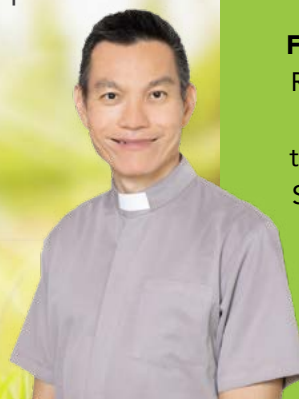
3-DAY RETREAT WITH FR FRANCIS LIM, S.J.

SEASON OF CREATION: LOVE OF GOD IN CREATION

Praying with the Contemplation to Attain the Love of God (Sp Exercises # 230-237) and Scripture.

1 SEP - 3 SEP

REGISTRATION: <https://bit.ly/seasoncreation>



CHECK IN: 8.30AM, FRIDAY
CHECK OUT: 12.30PM, SUNDAY
CONTRIBUTION:
\$240 (non AC room) or \$280 (AC room)
(accommodation & meals included)

Fr Francis Lim, S.J. is currently the Regional Superior of the Malaysia-Singapore Jesuit Region. He was the Principal of St Joseph's Private Secondary School in Kuching from 2012 to 2021 before he was appointed as the Socius to the Regional Superior in 2022.

UPCOMING TALKS AND RETREATS AT KINGSMEAD CENTRE BY FR MICHAEL ROSSMANN, S.J.

Fr Rossmann is an American Jesuit and currently a doctoral student at the Gregorian University in Rome. He is the originator of the "One Minute Homily/Jesuit" video series and was the editor-in-chief of the Jesuit Post, He has also recently published the award-winning book "The Freedom of Missing Out".



TALK

14 AUG

MONDAY
8PM TO 10PM
COST: \$30

FREEDOM OF MISSING OUT

How can we let go of fear and find freedom in our commitments?

REGISTRATION:
bit.ly/rossmannfomo

TALK

5 SEP

TUESDAY
8PM TO 10PM
COST: \$30

THE SPIRITUAL EXERCISES IN CONTEMPORARY TIMES WITH YOUNG PEOPLE

A talk rooted in the Spiritual Exercises of St Ignatius of Loyola to better accompany young people today.

REGISTRATION:
bit.ly/rossmannyouth

TALK

6 SEP

WEDNESDAY
8PM TO 10PM
COST: \$30

MODERN DAY DISCERNMENT

A talk on how we can make good and holy decisions in our contemporary world.

REGISTRATION:
bit.ly/rossmannmodern

WEEKEND RETREAT

19 AUG - 20 AUG

CHECK IN: 10AM CHECK OUT: 1PM
COST: \$200 PERSON
(meals included)

IGNATIAN SPIRITUALITY & MEDIA IN TODAY'S WORLD

Drawing upon the Spiritual Exercises of St Ignatius of Loyola and the best practices in contemporary media to share the joy of the Gospel in our digital age.

REGISTRATION: <https://bit.ly/rossmannmedia>



WEEKEND RETREAT

8 SEP - 10 SEP

CHECK IN: 8PM CHECK OUT: 5PM
COST: \$300 PERSON
(meals & SD included)

FREEDOM OF MISSING OUT

A retreat exploring how we can say no to many things so that we can really commit to what matters in our spiritual life.

REGISTRATION: <https://bit.ly/rossmannretreat>





MENTAL HEALTH & SPIRITUALITY SERIES



SCAN TO REGISTER

UPCOMING TALKS

Cost: FREE
Love offering welcome



Peek into the Minds of the Elderly
Mr John Ooi

WEDNESDAY 7.30pm to 9.30pm



Building Bridges: Parenting with a Heart
REACH West Team, NUHS

TUESDAY 7.00pm to 9.00pm



Parenting the Impossible
Mr Bernard Yu & Mrs Deseree Yu

THURSDAY 7.30pm to 9.30pm



Promoting Wellbeing Through Positive Youth Development
Ms Lisa Choo

THURSDAY 7.30pm to 9.30pm



Managing Conflict in Good and Bad Times (Practical)
Dr Lennard Thean

FRIDAY 7.30pm to 9.30pm



Connected Couples, Stay Strong and Committed
Ms Lissy Ann Puno

FRIDAY 7.30pm to 9.30pm