

CATHOLIC SPIRITUALITY

Our Lady Help of Christians Parish Wendouree recently hosted a “Catholic Spirituality” adult faith forum facilitated by Audrey Brown, Director of Catholic Education in the Ballarat Diocese. Audrey has qualifications in theology as well as education and leads adult spirituality and faith formation workshops, as well as being an active participant in the life of her own parish.

The forum was attended by some fifty plus people from Ballarat parishes and schools with participants having been offered a prayerful experience of Taize; Prayer; the Ignatian Examine and opportunity to dialogue and share with others where they most find the presence of God in their own lives, including “silence”. Silence in particular through the Ignatian Examine, enabling one to become more aware of God’s presence in our lives, to be still and listen, allow our imagination to come into play and discover a new dimension of energy and peace. Through isolating oneself from the distractions of the day, one allows a sense of peace to enter our being, and allows the Holy Spirit to nurture us and bring us into a meaningful, living relationship with our God.

A DVD on Ignatian Spirituality and its principles of self examine was played, with various participants in the video sharing their thoughts and practices of this form of spirituality.

Many avenues of where we can find our own Catholic Spirituality were discussed, be it prayer, the rosary, music, poetry, the environment, or by other means. I believe that those who attended this workshop gained from this experience and look forward to other adult forums being offered by our Diocesan Pastoral Office.



Sue Searls – OLHC Parish Wendouree