

Kilbride Newsletter December 2011

Our December Word from the Director:

As we come to the closing of another year we might want to look forward rather than back, and simply enjoy the experience of preparing for Christmas and the New Year. December brings a time of special feasts – for Christians it begins the season of Advent – a time when Christians celebrate the coming of Christ, for Jews it is a time to celebrate Hanukkah, and Muslims celebrate Al-Hijra (New Year's Day). Then of course it is also the beginning of that other “religious” season of the year – CRICKET!

As I was reflecting on the commencement of the cricket season, I thought of the familiar use of the term, “to let things go through to the keeper.” We use this term in a variety of ways. We may use it to say that we will ignore a hurtful comment that may have been carelessly, or even cruelly made. We use it as a metaphor to defuse anger, to get on with living, or to avoid an unpleasant task. The more I thought about the ways we use the term, the more I found myself thinking of the keeper - as a “Keeper” not of wickets, but of trust, of our concerns, of our weaknesses, of our hopes and our fears. Perhaps there could be more in the term than our easy use of it might carry, if we choose to think about it more.

Whatever our belief and value system may be, or however we may feel supported by God, by Love, by a “Keeper of Trust,” this seasonal time of Christmas and other religious celebrations (or even of our communal sporting gatherings), invites us to reflect on and to appreciate what it means to have the gift of life, and the ability to enjoy it both personally and communally with friends and family in the relative peace of Australia. We may think of those who do not enjoy the “good life” as so many of us have it here in Australia. Hopefully, we can be a little more aware of ways in which we can offer support or care for those who are suffering, for whatever reason.

As the new year draws nearer we may find ourselves asking what hopes we have for new and deeper levels of living and loving in our own family and social network and in the human community at large. This is a time for awakening hope, for attending to the genuine desires of our heart, and for looking forward to the new and the possible in life. At the same time it is important to live in the present moment and not to be caught in worrying about what might be, or what has been.

Here at Kilbride we might describe ourselves as “keepers of a hospitality community” - of faithfulness, of hope, and of practical care. I want to thank those who are very special “keepers” of Kilbride, particularly our Administrator, Mary Kingsbury. My gratitude also goes out to Mary Myers for her attention to day-by-day concerns and to Margaret Carroll who have been the backbone of the spiritual activities, and Therese McCormack for her quiet care of the Centre. There are others who also contribute in their own ways. The warmth of our welcome and of our programs and activities is generated by these people who are the backbone of Kilbride.

Keep your eyes open for the new and the continuities of programs and workshops that we will offer in 2012. In the meantime – enjoy Christmas and the New Year!

Maryanne Confoy rsc
Director

What's On

PRE-LOVED CLOTHING SALE

PROCEEDS FROM THIS EVENT GO TO BRIGIDINE ASYLUM SEEKERS PROJECT



MANY DESIGNER LABELS

GOOD PRICES

When: **Saturday 10th December**

Time: 2.00—4.00pm

Where: Kilbride Centre, 52 Beaconsfield Pde, Albert Park

Contact: 9690 1076

Last Garden Bee for 2011

NEW PEOPLE VERY WELCOME!

When: **Saturday 10th December**

Time: 9.30—12.30

Where: 60 Beaconsfield Pde, Albert Park

Contact: Rani 0405405757

FOR BRIGIDINE ASYLUM SEEKERS PROJECT

Yoga

Last classes for 2011— Friday 23 December. Classes resume January 27 2012

Mums, Dads & Bubs Yoga Every Friday **MOTHERS' GROUPS AND KINDERGARTEN GROUPS WELCOME**

At this class you are encouraged to bring along your young ones with you while participating in a class designed to recondition your body, gently relieve stress, promote deep relaxation within a supportive environment. Each class finishes with a 15 minute relaxation and all props and mats are supplied. Enjoy morning tea after the class and meet other Mums and Dads.

Time: 10.15 — 11.30 am **Cost:** \$5 **Enquiries:** 9690 1076 (Please book ahead)

Gentle Yoga Every Friday **ALL WELCOME**

Gentle Yoga class is led by an experienced teacher who has been practicing and teaching for over 10 years. This is a gentle form of yoga that is open to people of all ages and all degrees of ability and flexibility. Each class finishes with a 10 minute relaxation and all props and mats are supplied

Time: 1 — 2.15 pm **Cost:** \$5 **Enquiries:** 9690 1076 (book ahead - numbers limited)

Feldenkrais *Last class for 2011— Tuesday 13 December. Classes resume January 24 2012*

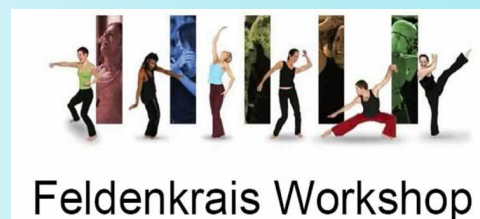
Feldenkrais: Awareness through movement Every Tuesday

The Feldenkrais Method is a sophisticated form of body-centred learning. It uses gentle movements performed with awareness to stimulate the brain to reorganize and improve the functioning of the whole human system resulting in a more efficient and pleasurable use of the body.

Benefits include: *Improved posture, and balance, mental and physical relaxation, reduction of chronic pain, enhanced mental functioning*

Cost: \$10 (concession \$5) **When:** Tuesdays from October 11

Time: 1pm to 2.15pm **Enquiries:** 9690 1076



Learning to move with ease and grace

Laughter Yoga with Merv Neal *Last class for 2011— Monday 19 December. Classes resume January 23 2012*

Laughter is the Best Medicine. Laughter boosts your immune system, stimulates blood circulation, and increases oxygen to all of the cells in the body. **Who can go...** anyone who wants more laughter in their life **What age...** from 9 to 90 **Cost:** \$5 **When:** Mondays

Time: 6pm to 6.45pm **Enquiries:** 9690 1076 or Merv on 9696 5884

Open Heart Meditation *Last sessions for 2011— Monday 19 December. Meditation will resume January 9*

Led by the Reiki Tummo Group

- **Monday Evening Meditation** **Time:** 8pm **Cost:** \$5 **All welcome**
- **Thursday Morning Meditation** **Learn to Open your Heart**
When: Thursday Mornings **Time:** 9.30am **Cost:** By donation

Services

COUNSELLING

There are times in a person's life when it can be helpful to talk issues through with professional counsellor

Pastoral Counselling with Monica Walsh **Enquiries** 0419 523560

Counselling & Private Enneagram Sessions
with Mary Kingsbury **Enquiries** 9690 1076

Carers' Program with Judy Treacy **Enquiries** 9690 1076

A Kilbride program co-sponsored by the Carer Respite Centre, Southern Region.

If you care for a person who is suffering from mental illness, we offer free-of-charge, a variety of courses conducted at Kilbride, e.g. Massage, Counseling, Enneagram workshops, Gentle Yoga, Card Making and Hand painted silk scarves.

Kinesiology

SFEF Kinesiology goes to the cause of the problem, using your own energy to swiftly remove the build-up of trauma from body and soul that generally blocks our healing. **By Appointment Only** Call Tracy on 0429 938 337

Facial Blyss Healing Face and Neck Massage

Facial Blyss firms, moistens and tones your skin - a mini facelift. **By Appointment Only** Call Tracy on 0429 938 337

Shiatsu Remedial Therapy With Tracy Watt

Shiatsu Acupressure massage for removal of pain and tension. Shiatsu helps with hip and knee pain, shoulders and lower back pain, frozen shoulders. **By Appointment only.** Call Tracy on 0429 938 337

Conference Centre for Hire

The Kilbride Centre offers facilities for workshops, meetings, seminars, retreats and conferences at reasonable rates in pleasant, peaceful surroundings.

Conference Centre

- 2 conference rooms
- Kitchen facilities & dining room
- Catering upon request

Full day	\$300
Hourly rate	\$50

Workshop Room

- Large workshop area
- Kitchen facilities with dining area
- Catering upon request

Full day	\$300
Hourly rate	\$50

**Includes: TV, DVD & CD players;
Overhead Projector; Whiteboard
& markers; Tea/coffee provided**



Meeting Rooms

Kilbride has a number of rooms available for smaller groups.

Full day	\$80
Half day	\$50
Hourly rate	\$20

Therapy Room

Full day	\$80
Half day	\$50
Hourly rate	\$20

Kilbride Centre

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