

Kilbride Centre

For Spirituality & Personal Development

Kilbride Newsletter November 2011

Our October Word from the Director:

One of our aims at Kilbride is to raise our awareness of what it means to live compassionately and inclusively in our human community. In Australia we are certainly a lucky country! We are told that ours is one of the most desirable nations in which to live. Yet, the extremities of affluence and poverty in which people find themselves in Australia may cause us to question how familiar we are with our Lucky Country. Perhaps, we might ask ourselves just how familiar we want to be with key issues that many Australians are dealing with at present, issues that are addressed in polarizing and divisive ways through the media and in the political arenas. One of the questions we might ask ourselves just in our own local community might be, "What are the things happening around me that I have become so used to that I no longer see them?" There is more homelessness and loneliness, especially among the young than we might realize. Today, depression and mental health are key issues for every age group. There is much suffering in our midst. At the same time there are some extraordinary initiatives taking place that are inspiring to see and to be part of.

The number of opportunities to reach out beyond our personal concerns on behalf of others and their well-being is on the increase all around us. Here at Kilbride, through the initiatives of the Brigidine community and their many supporters housing and hospitality is provided for asylum seekers and refugees. Those who work to defeat the trafficking of humans are not only raising our consciousness about this issue locally and globally, but they offer opportunities for other concerned people to be involved. Opportunities to be actively involved in raising our own consciousness abound, as are the opportunities to work to raise the consciousness of others. How we do this, informally in our own social or family groups is up to each of us to decide. But the importance of becoming aware of what is happening around us, and of our ability to respond, to contribute to Australia being and becoming a truly lucky country for more people is vital.

We have a number of programs that are directed towards raising our awareness and living more effectively. Meditation groups, yoga for all ages and opportunities for sharing and learning crafts are offered regularly. Our concern to enable those interested in both expanding and deepening their understanding of what it means to live ever more compassionately and with openness to others is real. We hope that you can enjoy some of our resources - our programs and our hospitality and that together we are bringing about the changes in society that we ache to see taking place.

Maryanne Confoy RSC

November Spotlight

This Month's Highlight

*Pre-Loved
Clothing Sale*

Saturday December 10

**Brigidine Asylum
Seekers Project
Fundraiser**

Enneagram Level 2

Tuesdays starts February 2012

Duration: 9 Week

Time: 7.30 - 9.45 pm

Cost: \$150 (\$20 per week)

Thursday Morning Meditation

Open your heart to love

Learn to Open your Heart

When: Thursday Mornings

Time: 9.30am

Cost: By donation

The Great Pudding Stir

All ingredients provided, just bring a bowl and wooden spoon.

RSVP: Be early! Call 9690 1076

Dates: November 05

Time: 2 - 4pm

Cost: \$40 (payment required 1 week prior)

****The latest Kilbride**

**Connections Booklet is now
available on our website**

**www.kilbridecentre.com.au. If
you would like to have a copy
emailed to you please contact us
on 96901076 or email us at
contact@kilbridecentre.com.au**

What's On



PRE-LOVED CLOTHING SALE



PROCEEDS FROM THIS EVENT GO TO BRIGIDINE ASYLUM SEEKERS PROJECT



GOOD LABELS

MANY DESIGNER LABELS

GOOD PRICES

When: Saturday December 10

Time: 2.00—4.00pm

Where: Kilbride Centre, 52 Beaconsfield Pde, Albert Park



Lectio Divina 1st Monday of each month *A time of Sacred Reading and Reflection with Margaret Carroll*

Join a small group to ponder and savour the word of God in Scripture, other readings and life.

Date: November 7 **Time:** 11am—12pm **Cost:** Donation **RSVP:** 9690 1076

Enneagram

The Enneagram System of Personality is a fundamental and powerful way to understand yourself and others. It heightens awareness and acceptance of yourself and others through an understanding of what motivates us to act the way we do in the world. **Enquiries:** 9690 1076

Level 2 Tuesdays starts early 2012

Duration: 9 Week Course **When:** Tuesdays **Time:** 7.30 - 9.45 pm **Cost:** \$150 (\$20 per week)

Enneagram Discussion Group

Enquiries: 9690 1076 **Presenter:** Mary Kingsbury

A discussion group for those familiar with the Enneagram. On the 4th Thursday of the Month 7.30-9.30pm

The Great Pudding Stir

with Sally Diserio

Christmas Pudding Days are here again! All ingredients provided, just bring a bowl and wooden spoon.

Pudding is approx. 12 serves. **RSVP:** Be early! Call 9690 1076

Dates: November 05 **Time:** 2 - 4pm **Cost:** \$40 (payment required 1 week prior)



Art, Craft & Reading

Craft Morning The group meets every Thursday during the school term

Meet new people and enjoy the company of others while learning a new craft or continue with some work of your own. Crafts Include: Card Making, Embroidery, Quilting, Knitting, Quilling, Scrapbooking, Calligraphy & Jewelry making

Time: 10.00-12.30 Dates: Term 3 October 13–December 15 Cost: Gold Coin Donation Enquiries: 9690 1076

Reading Group Meet once a month in the Kilbride Library to engage with aspects of different cultures and spiritualities through reading, listening and discussion. Date: 3rd Wednesday of the month Time: 7.00 -9pm

November 16 Book Ransom by David Malouf

Men's Dinner Next Dinner: Wednesday November 23

Join us for an evening of good conversation, good food and an interesting guest speaker. Held on the 4th Wednesday of the month.

November Guest Speaker: Robert (Bob) Adler MBBS, PhD, MCrim(Forensic Psychology), FRACP, FRANZCP

Bob Adler is a consultant psychiatrist at the Adolescent Forensic Health Service and has a private practice with a particular interest in forensic aspects of child and adolescent psychiatry, particularly family law.

Time: 6.45 – 9.30 pm Cost: \$30 RSVP: 9690 1076

Open Heart Meditation Led by the Reiki Tummo Group

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

Yoga

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 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

Feldenkrais: Awareness through movement Every Tuesday from Octol

The Feldenkrais Method is a sophisticated form of body-centred learning. It uses gentle movements performed with awareness to simulate 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



Laughter Yoga with Merv Neal

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

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

Breath and Movement with Fiona Wiseman

In this breathwork, called Breathexperience, we experience ourselves being moved by the allowed breath which comes and goes on its own. With our presence in this breath movement we are offered the possibility to reconnect with our own inner resources and wellbeing.

For all ages and wear loose comfortable clothing.

Ongoing weekly classes

Dates: Thursday October 13 - December 15

Time: 7.00pm - 8.15pm

Cost: \$15 or \$12 (conc.) per class, term discounts available.

RSVP: Fiona on 0447 267 803 (limited numbers)

Services

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.

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

Pastoral Counselling with Mary Kingsbury Enquiries 9690 1076

Conference Centre for Hire

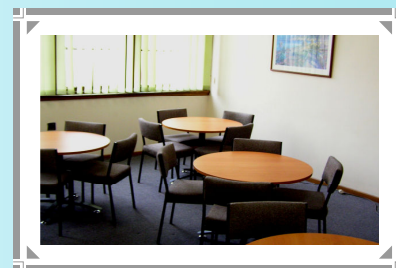
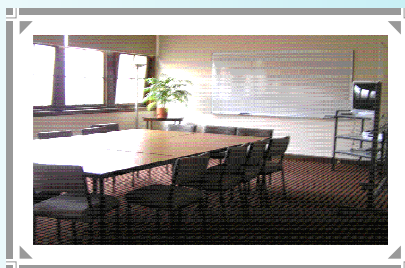
The Kilbride Centre offers facilities for workshops, meetings, seminars, retreats and conferences at reasonable rates in pleasant, peaceful surroundings.

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

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

Includes: TV, DVD & CD players;

Overhead Projector; Whiteboard
& markers; Tea/coffee provided

Kilbride Centre

52 Beaconsfield Parade

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