

Tending the Holy

Art of Contemplative Practice 1

A contemplative approach in life opens the door to transformative experiences, creates space to encounter the sacred, supports increased awareness and the honouring of the presence of the sacred in everyday life.



When we approach with reverence, great things decide to approach us. Our real life comes to the surface and its light awakens the concealed beauty in things. The rushed heart and arrogant mind lack the gentleness and patience to enter that embrace”.

John O'Donohue

This course explores the foundational principles of contemplation and their relevance to life, work and spiritual practice.

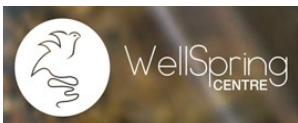
It is a formative process and draws on the contemplative elements of inner silence, solitude, spiritual practices, listening, discernment and the human experience of Transcendent.

Participants will explore experientially how increased awareness of these spiritual practices leads to growth.

The course enriches participants growth and development. It may also be taken as a unit of study that leads into other formation programs and awards. (EG: Completion of this course is strongly recommended for those wishing to enrol in the Tending the Holy Spiritual Direction Formation Program).

The Unit is recognised by the University of Divinity and may earn credit towards Graduate or Masters programs. FEEHELP may be available for course fees, for those who enrol through the University of Divinity.

This program is conducted in partnership with:



HOUSE OF PRAYER
and *Spirituality*

A mission of the
Catholic Diocese of Townsville

Course Structure

This unit commences with an orientation evening and will be taught over 3 weekends at the House of Prayer & Spirituality Townsville. There is a good balance between teaching, practicums and peer group learning. Focused on the Christian Tradition, Teachers and students may come from diverse faith traditions, adding to the depth and richness of the program.

Semester 2 2023 dates:

Orientation Evening
Friday 11th of August
6pm-9pm

and Sat/Sun
12th & 13th of August
9th & 10th of September
14th & 15th of October

Semester 1 2024:

Dates to be confirmed.
Express your interest
today.

OR

Times: Saturdays from 10am-5pm, Sundays from 10am-3pm

Cost: As per the University of Divinity fees schedule for 2023.

Participation only (Audit): \$1,441

Academic Study (Credit) \$2,882

Learning Outcomes of the course

Upon successful completion of this unit, students will be able to:

- Demonstrate an informed and critical appreciation of contemplation.
- Articulate an understanding of various experiences of contemplation.
- Assess models of spiritual practice, listening and action that relate to everyday life experience.
- Compare and contrast various approaches to contemplation practices as they relate to vocational engagement and systematically evaluate the traditional approaches to contemplative practice.
- Creatively apply the principles of contemplative practices to discernment processes in life decisions.

For further information and expressions of interest please contact;

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