

catching our breath

A MINI RETREAT FOR YOU
AND COACHING TO ACCOMPANY
OTHERS IN PRAYER

AUGUST 21 - SEPTEMBER 18
(FIVE MONDAYS: 4PM - 5.30PM ONLINE)



CSNSW invites you to be refreshed with an experience of Ignatian prayer - a taste for you and a practical way to share what you have received with others

Over five weeks, Jesuit and Ignatian Spirituality Australia (JISA) will accompany and coach a core group online.

**For more information, email us at mfejisa.org.au
or visit www.jisa.org.au/catching-our-breath**



You are invited to register at the link below:

<https://learn.csnsw.cloud/p/#/app/course-view/37152485/overview>

catching our breath

A MINI RETREAT FOR YOU
AND COACHING TO ACCOMPANY
OTHERS IN PRAYER



AUGUST 21 - SEPTEMBER 18
(FIVE MONDAYS: 4PM - 5.30PM ONLINE)

MEET OUR FACILITATORS

ANNE TAYLOR RSC

Anne Taylor is a Sister of Charity in Sydney and has a long involvement in primary education. She is presently College Companion at St Vincent's College, Potts Point. Anne also works in Formation for Mission for the Sisters of Charity. Belonging to an Ignatian congregation, Anne's interest in Ignatian Spirituality has led her to work with school staff and students. She has been a giver of the First Spiritual Exercises (FSE) in many settings since 2013 and is currently on the Sydney Metro and the FSE National Training teams.



MURRAY ADAMS

Murray lives in New Zealand, has been a pharmacist for 40 years, and is an Ignatian spiritual director and giver of spiritual exercises and retreats for the last 10 years. Murray is a member of the FSE National Training Team, giving online training in Australia. Recently, Murray has been working with the Catholic Diocese of Palmerston North Education Team, giving prayer and retreat experiences to school staff, Principals, and Directors of Religious Studies.



KAREN WONG

Karen Wong is Mission Formation Assistant at JISA. She has a certificate in Mission Leadership with the Arete Centre (Missionaries of God's Love) and is a trained giver of the First Spiritual Exercises. Karen is an organisational change leader and an experienced life coach. She enjoys helping others find friendship in God and appreciates the joy of spiritual conversation.



We invite you to register at the link below:

<https://learn.csnsw.cloud/p/#/app/course-view/37152485/overview>