

ASSOCIATION OF CHRISTIAN SPIRITUAL DIRECTORS  
TRAINING EVENT 2021 OPEN DAY

2 SEPTEMBER 2021

Choose **ONE** of the following four workshops:

# GROUNDED



## *Through Film*

### **Meeting God at the Movies - An Ignatian Approach to Prayer**

Father Brian Cummings SM will help us understand how movies can not only entertain but also assist us to live healthier lives. There will be a film screening as part of this workshop.

*At Pā Maria Marist Spirituality Centre in Thorndon, Wellington*



## *Through Intergration with our body*

### **The Incarnation of Spirituality: The unification of Mind/ Body/ Spirit**

**Ferrell Irvine** will provide experiential exercises to enhance focus on our body selves. She will also be teaching the tools of the 12 steps of AA. The aim of the day will be to offer further integration of mind, body and spirit.

*At St Christopher's and Our Lady of Fatima Church in Tawa, Wellington*



## *Through Interactive Drawing*

### **IDT and Spirituality**

**Mary Brownlow** will lead this IDT workshop exploring the potential of spiritual qualities such as presence, trust, connectedness and stillness in relation to using IDT. We will explore how mindfulness fits in with IDT and how we can cultivate a state of presence within ourselves to best create a safe space for our clients.

*At St Christopher's and Our Lady of Fatima Church in Tawa, Wellington*



## *Through Music*

### **Spirituality, music and music therapy: Exploring sound, self and life's big questions.**

Join **Rachel Austin** in a range of experiences exploring and reflecting on the intersection of spirituality and music. No music experiences are required.

*At St Christopher's and Our Lady of Fatima Church in Tawa, Wellington*

For more information and registration:  
[www.acsd.org.nz/acsd-open-day-2-sept-2021/](http://www.acsd.org.nz/acsd-open-day-2-sept-2021/)