



Course Leader

In a world where frantic busyness and constant achievement are the hallmarks of success,

Mandy Harvey

teaches us that it is

really within the simple things of life that our deepest happiness is found. Through the life-changing spirituality of monasticism (the spirituality of monks) Mandy introduces us to a refreshing way to discover spirituality for ourselves and to find meaning and fulfilment within the ordinary activities of life.

“What I love about monasticism is that not only does it help us see every moment of life as spiritual and meaningful whatever we might be doing, but also, instead of teaching us what to believe, it gives us tools and practices to help us discover belief for ourselves”.

Mandy is a professed Sister of the Community of the Transfiguration, a monastic community based in Victoria. She is also a member of the Companions of St Benedict, a local community committed to incorporating ancient spiritual practices into their ordinary lives. She lives with her husband and son and works two days a week as a pharmacy assistant.



*Sharing Ancient Spirituality
with a Modern World*

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Uniting Church. **Uniting People.**



Living Inside-Out

A six-week evening course exploring monasticism (the ancient spirituality of monks) for modern every-day life



Mondays 7.30pm – 9.30pm
19th Oct – 23rd November
Eden Hills Kindergarten
4 Willunga Street
Eden Hills
Cost \$100 (\$90 concession)

“Joy does not simply happen to us. We have to choose joy and keep choosing it every day.”

Henri J Nouwen

Living Inside-Out takes us on a spiritual journey back to the ancient past to a Christianity which pre-dates institutional religion and our modern understandings of God and church.

In a cultural landscape where church congregations are diminishing it might surprise us to learn that the ancient spirituality of the monk is becoming popular as more and more ordinary people are discovering how the richness of this ancient tradition can bring balance and meaning into our every-day lives.

Living Inside-Out draws on the practices of contemplative spirituality and by exploring the wisdom of St Benedict, considered by many as the Father of Western Monasticism, helps us shape our daily lives to discover and experience the divine for ourselves, find meaning and fulfilment within ordinary everyday life and to become a means for making a positive and lasting difference in the world around us.



Living Inside-Out introduces us to a number of practices and spiritual concepts including:-

- *Lectio Divina the (meditative reading of Scripture and other spiritual materials)*
- *The need for quiet in a busy world.*
- *Contemplative Prayer (the prayer of Silence)*
- *Spiritual Direction and Radical Self-honesty (journeying and sharing with a more experienced spiritual companion)*
- *Sacred Pauses – structuring our lives to experience the divine*
- *Growing Community*

Living Inside-Out Testimonials

“I hope it is in Stillpoint’s curriculum. It was fantastic!”

“Mandy has an amazingly personal and lived approach to the material and it was quite a gift to learn from her and be part of the group”. Terry

“Loved [Mandy’s] honesty and openness in sharing her journey so far”

“Thank you Mandy for your open and warm leadership and grace as we shared faltering steps”

“Thank you. This has been very helpful. My theme this year was Life Taking Shape.

This has added to my tools”. Alison

For further course information and bookings, contact the Stillpoint Spirituality Centre on 8178 0048, or email stillpoint@internode.on.net