



Santa Teresa Spirituality Centre e-News

Kindness a simple yet practical way to express Love



Kindness is my only guiding star. In its light I sail a straight route.

St. Pope John Paul II called St. Therese the 'Doctor of Love' because her 'little way' of holiness makes the Gospel call to love real for all people.

Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love.

Doing small things with great love was her axiom. Kind deeds done without being beckoned spreads a perfume of love over relationships and situations. Kindness surprises and delights those to whom it is given. Writing a card of thanks, visiting someone who is lonely, a kind word or a thousand other kindnesses all bring joy into people's lives.



St. Therese inspire us to be kind in our thoughts, words and actions, bringing the joy of Christ to others.

Exploring our STSC Vision – 8 core values at the heart of our Centre



Recently, as a team, the supervisors, caretakers, caterers, cleaners and grounds staff spent some time talking about the 8 principles identified in our STSC Vision Statement, which underpin the operations of the Centre.

These 8 core values guide us in our policy and decision-making as well as cultivating a tangible spirit among staff and visitors. Our purpose for existence is to provide a welcoming, safe, beautiful, quiet and enjoyable place for spiritual formation and an encounter with God.

Whether it be the greeting at the door, the attention to cleanliness in the bedrooms, the upkeep of the grounds, the care taken to meet dietary needs or the security of the Centre, our staff are committed to making your visit to STSC a sacred time to meet God.



Spiritual Direction— a source of wisdom for the journey

Spiritual Direction is a facilitation of and reflection on your prayer life in order to deepen your relationship with God.

The spiritual director assists you to talk about what happens when you pray. Because our life and prayer are bound together, life issues would be discussed, but always in the context of prayer that has taken, or will take place. The spiritual director helps you notice how God communicates with you and how God's personal Presence is shown in your life. You are guided to consider how you would like to respond to that personal Presence. Santa Teresa can help you make contact with a spiritual director.



Ongoing Relationship with Santa Teresa Community in Alice Springs



The relationship forged between STSC and the Santa Teresa community outside Alice Springs by Archbishop Bathurst has continued to grow through the sale of indigenous crosses and scarves over the past 9 years. This provides an income for the aboriginal women who express their Christian faith through their art. Pictured right is the young couple from Alice Springs who attended the opening in 2009.



Plenary Council: Have Your Say – Make a Submission online at: <http://plenarycouncil.catholic.org.au/>

All people are invited to engage in Listening and Dialogue Encounters – which are an open and inclusive experience of listening, dialogue and discernment about the future of the Catholic Church in Australia. This an opportunity to get together a group of friends, family or colleagues and spend some time thinking and talking about your experiences of faith, life and the Church. Everyone is invited to respond to the question:

What do you think God is asking of us in Australia at this time?

Plenary Council 2020
Listen to what the Spirit is saying...



Here are some different ways to pray when staying at Santa Teresa?



Here are a few ways that visitors can pray at STSC

- ◆ Spending time in contemplation in the chapels
- ◆ Engaging with the Cana story from John's Gospel
- ◆ Celebrating a liturgy / prayer in a group circle
- ◆ Writing prayers to add to the Prayer Wall
- ◆ Walking the labyrinth
- ◆ Reading a spiritual reading book from the library
- ◆ Journalling thoughts and reflections
- ◆ Praying the Stations of the Cross or the Rosary
- ◆ Attending morning mass at the Carmelite chapel



Parish Reflection Day – Saturday 1st December

Theme: 'Encountering Jesus'
Exploring the Gospels through Imagery

-Saturday 1st December (9am – 4pm)

Cost is \$30 per person (includes morning tea and boxed lunch)

Please register at: <https://ebab.weebly.com>

(booking and payment essential 7 days prior)

Over 27,000 visitors since October 2009

Each year there are over 3,000 visitors (including a few furry ones) coming to Santa Teresa. On average, there are half this number who stay overnight and half who are day guests. Finding a space in your busy life to come and spend some time in quietness and reflection renewing your relationship with God will bring you peace and purpose.



Contact us soon to organise your 2018 /2019 stay with us.

Whether it is a day, an overnight, a weekend or an extended stay, come and experience the beauty and peace of this special place.

Blessings,
Mike Humphrys (Coordinator)