



Barnabas Ministries Inc
*Soul Care
for the Journey*

FOCUSING—A WAY TO GROWTH

PROFESSIONAL DEVELOPMENT WORKSHOP

When: Saturday August 18, 2018
Time: 10am-4pm
Where: The Hermitage, 843 Old South Road, Mittagong NSW 2575
Ph: (02) 4872 1911
Cost: \$110 (includes morning tea and lunch)

Workshop Description:

"Focusing is a simple, practical process that re-awakens your ability to allow the gift of your body's wisdom to guide you into greater wholeness. It is more than just "thinking" or "feeling." It is "felt-sensing" unique personal meanings and directions that come from deep inside you."

Barnabas Ministries would like to invite you to be part of this one day workshop with Lucy Abbott Tucker on Focusing. Lucy will guide us through the process of Focusing and offer ways that we might use this for our own prayer as well as our ministry practice as spiritual directors or pastoral carers. Focusing is a contemplative attention to the embodied wisdom and the beauty of each one of us, a way of discovering in our bodies the presence of the God within.

Application:

Accompanying this flyer is an registration form. Download, fill in details and return to Barnabas Ministries with your payment either by email or post by **Friday June 29, 2018**.

Spaces are limited. Late applications will be accepted only if there are still spaces available. The application form has the bank details for direct deposit or cheque payment.

The Presenter

Lucy Abbott Tucker has over 30 years experience in the field of spiritual direction and supervision. Lucy is well known and respected for her expertise, not least as the former Director of the Institute for Spiritual Leadership in Chicago. She is a frequent presenter at Spiritual Directors International conferences. In addition, she has offered retreats and workshops throughout the USA, Canada & Europe. Lucy has particular expertise in Focusing and is regarded as a leader in this field of ministry practise.



More Information contact:

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