
Program Director

Ms Suzanne Dunbar, B.Sc. Dip. Ed. MA Spirituality

Sue Dunbar is the Director of Barnabas Ministries Inc, an ecumenical agency offering spiritual care and nourishment for those on the journey of faith both as individuals and groups. Sue trained in spiritual formation at the Institute for Spiritual Leadership, Chicago, becoming a staff member there while completing a master's degree in Spirituality at Loyola University.

Sue has a strong commitment to training spiritual directors. This is in addition to her work as a spiritual director, supervisor and retreat/workshop leader.

Sue's commitment to spiritual formation has also led to roles as:

- National President for the Australian Network for Spiritual Direction
- Australian Ecumenical Council for Spiritual Direction council member
- Various roles and presentations for Spiritual Directors International
- Eremos Retreat Team member

Sue lives in Canberra, Australia. Her ministry takes her to many different parts of Australia and sometimes further afield.

Program Deputy Director

Sally Jones

Sally completed 5 years of training in Christian Mentoring with The John Mark Extension, and has also completed the Listen into Life Residential program. She has a Graduate Diploma in Spiritual Direction (Tabor College).

Sally works as a Mentor and Spiritual Director, which includes facilitating a 3 year Mentor Equipping course with MEQ Sydney. She has been an Adjunct Faculty member of ACOM and SMBC. She also works as a Personal Trainer and Group Fitness Instructor.

Sally is passionate about journeying with others as they discover their true selves in Christ and has a particular interest in the relationship between physicality and spirituality.

PROGRAM TEAM

Mandy Cox Dip Miss; B Ministry; MA Counselling; Spiritual Director (Wellspring); Clinical and Pastoral Supervisor (St. Mark's Theological College); Certified Bereavement Practitioner

Originally from Melbourne, Mandy & her husband James spent 11 years in the Northern Territory working within the church as well as in the broader community. In Darwin Mandy was involved with a fair-trade stall at the Mindil Beach Market which incorporated a grass roots Christian community. She also worked as the Spiritual Care Co-ordinator at Territory Palliative Care. Mandy moved to Canberra in 2010 with James and their 3 teenage children.

In Canberra Mandy worked in a range of organisations, as well as set up Canberra Grief Centre with her business partner. She and James now live in Newcastle where Mandy is continues to work as a counsellor, supervisor and spiritual director.

Philip Eldridge Dip. Pastoral Counselling

Philip completed the four-year residential program in spiritual direction in 2017. He comes to "Listen into Life" team with over 28 years of lay-ministry experience; including thirteen years in aged-care chaplaincy with UnitingCare Ageing NSW/ACT.

Six years as an area Coordinating Chaplain saw him selected as one of a nine-member team appointed to facilitate a three-year Practice Development Program, for Uniting. This research-based culture-change program was internationally recognised as being one-of-a-kind in context, size and scope.

Philip co-presented a workshop at the 2010 International Practice Development Conference, Belfast; he co-facilitated two 4-day International Practice Development Schools, Sydney, and has also led workshops at the Uniting Care Pastoral Gathering and Conference. He continues to enjoy opportunities to lead spiritual retreats.

These experiences, plus four years of formation as a spiritual director, have been foundational in framing Philip's understanding of the transformative power of contemplative practice; a passion which he brings to the "Listen into Life" team.

Rev Peter Ellem

Cert. Qual. in Social Work, B.Th (Hons), MA (Religion and Locality), Grad. Cert. in Professional Supervision (Pastoral)

Peter is a Hospital Chaplain, working for the last 10 years with Anglicare, enjoying the diversity of faith and culture in South West Sydney where he lives and works.

He spent 18 years in parish ministry in London, Leeds and Sydney. Before parish ministry he was a youth and community worker in inner London. Peter is excited by the restorative role of listening and presence in both chaplaincy and spiritual direction.

Peter is a pastoral supervisor and a member of the Australian Association of Supervision.

He has completed the four year Listen into Life Residential Program in Spiritual Direction which both refreshed and reinvigorated his own spiritual journey.

Dr Sally Longley: D.Min; BA(Hons); MA; Dip Rel. Studs.; Dip Theol; BTh; Cert in Spiritual Direction; Cert in the Art and Practice of Supervision.

Sally completed training in spiritual direction at the Mennonite Seminary, USA and has also completed the four-year Residential Program for Spiritual Direction. She has extensive cross-cultural experience in Christian ministry. Prior to her recent study in USA, Sally was a Spiritual Director and retreat leader based for 12 years at the Canisius Centre for Ignatian Spirituality in Sydney. Sally leads both silent retreats and courses on Spiritual Formation, and is a speaker at conferences for different denominations and a labyrinth facilitator. One of her central passions is the synergy between justice, peacemaking and contemplative living.

Previously National President of the Australian Network for Spiritual Direction, Sally has published a Video Series "Five Ways to Pray: Christian Meditation", and the book, "Walking the Labyrinth as the Beloved in John's Gospel". Her latest book: "Conversations with Silence: the Rosetta Stone of the Soul" was published in 2020.

Jenny McQuiggin - Soul Companions, CPE

Jenny has completed the Soul Companions three-year Spiritual Direction program in Canberra and is a practicing Spiritual Director. She is a Chaplain in an Aged Care Residence and has previously worked in ministry in the Baptist Church and following completion of the CPE course worked in pastoral care at Calvary Hospital and Clare Holland House. Jenny has a real heart for people. She

values the opportunity to journey with others, particularly as they go through the challenges that life can bring.

Elizabeth Palmer B Sc (Hons) Admin and Treasurer

Lay Liturgical Assistant in the Anglican Church.

Elizabeth has completed a Communicating and Relating Skills program through Interrelate and a four-year Residential Course in Spiritual Direction. In 2002 and 2006 she undertook the 800km pilgrimage to Santiago de Compostella. Elizabeth is an active member of the Australian Network for Spiritual Direction, and was involved in organising three annual conferences. She has been running retreat weekends since 2004 and is passionate about the process of journeying with people as they discover God at work in their lives.

Denise Perkins BA (Hons); B Soc. Sci. (Psychology) (Hons); M. Psychology (Clinical); MAPS.

Denise completed the four year 'Listen into Life' Residential Program in Spiritual Direction more than 20 years after she was first introduced to spiritual direction and began to wonder about training one day. In the intervening 20 years, she moved from the UK to Australia with her family and has lived Wollongong, Broken Hill and Orange before moving back to southern Sydney. During this time, Denise has worked as a psychologist with Lifeline, Anglicare, NSW Health and the Royal Flying Doctor Service. She now works as a Clinical Psychologist in private practice.

Denise has experienced listening people in her own life and is convinced of the healing power of listening and walking alongside another person. Her guiding metaphor when sitting with another in spiritual direction is hospitality: to offer a safe and open space where the other can encounter God's presence and work in their lives. Looking forward, she is curious to see how the ministry of spiritual direction can become better understood and more widely accessible.

Ms Liz Anne Smith T.C. MA Pastoral Studies, Grad dip Religion Studies, Grad Dip Community Counselling, Grad Cert in Pastoral Supervision

Liz Anne has experience as teacher and pastoral assistant, as well as spending many years as University and School Chaplain. She received her training in spiritual direction from the Institute for Spiritual Leadership in Chicago, and her Master of Arts in Pastoral Studies at Loyola University in Chicago.

More recently Liz Anne has directed and taught the spiritual direction training program at ACU, gaining recognition from Australian Ecumenical Council for Spiritual Direction for the program meeting AECSD's guidelines in 2009.

Liz Anne is currently a member of the Australian Ecumenical Council for Spiritual Direction. Her passion for spiritual direction has taken Liz Anne to the Solomon Islands to facilitate the training of local spiritual guides. She has over twenty five years' experience as a spiritual director, supervisor and retreat and labyrinth facilitator.

Rev Tom Stuart B Soc Sc, B Th, Grad Dip Sc (Mental Health)

Ordained as a Minister of the Word in the Uniting Church in Australia, Tom has 26 years' experience in parish ministry. He is presently in settlement with the Charlestown and Garden Suburb Congregations (Hunter Valley) with a Spiritual Director component to that ministry. For more than 10 years Tom has pursued contemplative practices in Christian spirituality including daily meditation, lectio divina, The Examen, and the Ignatian Spiritual Exercises in daily life.

He has completed the "Listen into Life" Residential Program in Spiritual Direction, and a certificate course in supervision in Spiritual Direction. He has particular interests in the Enneagram, Male Spirituality, Myers Briggs, developing spiritual practices in the local congregation, and rediscovering healing as a ministry of the church. In terms of the latter he is a service provider, and on the management team, of the "Whitebridge Wellness Centre". He regularly leads quiet days, and programs for spiritual growth.