



Do you spend time during the early part of each year reflecting and planning ahead? For several years, in mid-January, I have had a “day away” to dream, discern and prepare. How quickly everything I had planned for 2020 fell into disarray! Now as I look into the unfolding expanse of another year, I am more aware that surprises may hide beyond my intentions. How does this affect my preparation this year? Caught in the continuing chaos of COVID, and also finally moving down to the deep south of Tasmania, I notice that I am holding the unfolding year much more lightly. At the same time, I notice I am less able to make firm decisions about what I hope to do and feel disorientated. I am reminded of the words of the old hymn, “Change and decay in all around I see / Oh Lord who changest not, abide with me.” As ANSD moves and adapts to new ways of being a network for Spiritual Direction, some things may feel strange and challenging, others exciting and inviting.

**NEWSLETTER UPDATE:** we hope to have 3 editions available in 2021. Sadly, rising postage cost and difficulty with printing has led us to the decision to no longer post hard copies to members. The simpler online PDF will be emailed to all members, and if you prefer the hard copy you are welcome to print copies. If you do not have access to email, or the website, please let me know (details are on the last page of the newsletter) Peace to you all—Denise

### IN THIS ISSUE

Coolamon	p2
Symposium 2021	p2
Together Apart 2020	p3
Website info	p4
Poetry	p5
A Garden Reflection	p6
Spirituality and Mental Health: 3 Reflections:	
Spirituality & Wellness	p7
A Call To Gentleness	p10
My Journey as a Carer for Someone With Dementia	p11
Executive & Regional Representatives	p14

## Coolamon—inviting submissions

Have you taken the time to look at the ANSD Journal, Coolamon? Editions are available online via the ANSD website and the Coolamon team was excited to produce the first print version of the most recent edition (out in December 2020). They are now seeking contributions from anyone in the spiritual direction community for the next edition, to be published mid-year, 2021.

The Coolamon Team is now seeking contributions from anyone in the spiritual direction community. Please consider writing a reflection, poetry, topical article or academic contribution for the edition to be published mid-year, 2021.

ANSD President, Beth Robertson says, “ANSD is keen to support the Australian context and offer our unique wisdom gleaned from our own practitioners.” Your proposed topic and theme of your contribution, along with a short outline of the ideas to be presented, **to be submitted by March 15th** to [editor.ansdjournal@gmail.com](mailto:editor.ansdjournal@gmail.com)



## ANSD Symposium 2021



### The Hermitage, Mittagong, NSW September 17-19, 2021

ANSD invites you to gather with your peers to share the wisdom and insights gained from our practice, in a professional development collegium.

Explore the creative edges of your ministry, issues that have arisen for you, or new ventures - the symposium offers the opportunity for presenting, discussing and/or workshopping aspects of your ministry in a context of collegiality and openness.

We encourage you to consider presenting to your peers about what has emerged for you from your practice as a spiritual director or from your professional reading.

SHARE ENGAGE EXPLORE INTERACT

**CALL FOR PAPERS** Forward your expression of interest and outline topic to [bethr@iinet.net.au](mailto:bethr@iinet.net.au)

\* The ANSD Inc Annual General Meeting will be held during the Symposium \*

# TOGETHER APART 2020



One of the major challenges for ANSD in 2020 was to adapt our Conference format to enable the Network to connect, given the unusual restrictions resulting from the COVID-19 Pandemic. Sally Jones and the Sydney “Together Apart” Team did an amazing job of creating a shared space for engagement, reflection, shared stories and general catching up. Whilst some aspects of gathering in this way were challenging, the new format allowed many to join the gathering who may otherwise have been unable to attend. I never thought a conference would look like this. What did your Together Apart look like? This is what my set up looked

like in Devonport, Tasmania—a cool, damp, grey day outside...vibrant colour, creative ideas, reflection and virtual connection inside.



For a small group gathered at Coochiemudlo Island, Moreton Bay, Brisbane is looked very different! But in heart, mind and spirit our ANSD network was connected.



*Together Apart (Coochiemudlo Island) - by Sue Thomas*



Sue writes: “It was a beautiful delight that we felt we had taken part in a wonderful enriching and restorative retreat. We are a group who meet regularly for group supervision, and this gathering has been a 2020 highlight for us.

The morning sun photos taken each morning at 6.30am, as we met on the beach with a local who included us in communal stretching exercises. Sunday morning exercises were followed by a labyrinth walk in a park just behind the beach.



Thank you Sue Thomas for the beautiful photos.



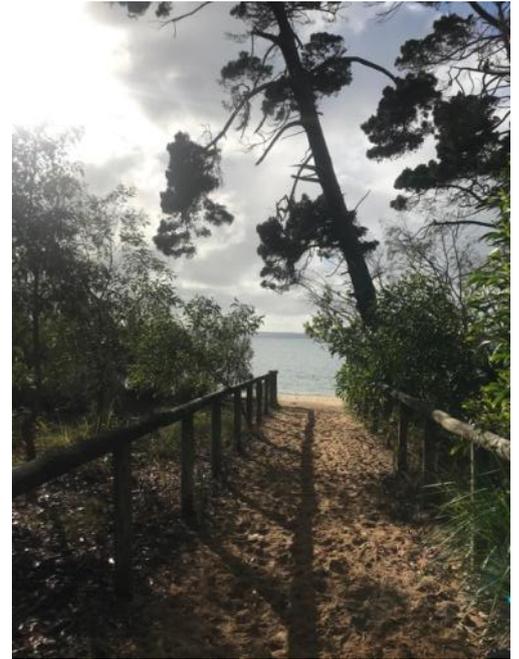
## A Blessing and Sending

### Blessing and Sending (from the Closing Liturgy for Together Apart)

May the Spirit of God, who is above all, in all and through all, fill you with the knowledge of God's presence in the Earth, in Scripture, in the Artisans, in the Wordsmiths, in the Silence, and the pulsing of Love within you.

We go in Peace, serving in love and tending in love.

**Amen.**



*Coochiemudlo Island  
Together Apart—photo Sue Thomas*



## What's On the Website?

When did you last check out the ANSD website? You will find latest edition of Coolamon as well as past editions. The newsletter is available, along with back copies to 2017. But there is so much more to explore: read profiles of our Executive, discover our life members and read about the 30+ year history of our Network. For a stimulating perspective on *The Role of Spiritual Direction* go to our website [https://ansd.org.au/?page\\_id=1753](https://ansd.org.au/?page_id=1753) to read a beautifully illustrated talk by Canon John W Stewart, the National President on the occasion of the tenth anniversary of the Network, in May 1999.

Information about Regional programs, ANSD membership, and upcoming National events can be found on the website. If you would like to revisit some of the Zoom meditations that were held during 2020, recordings of these sessions will be available online for a limited time.

If you've never gone to the website, why not have a look today. This is our doorway, open to the wider world—take a moment to take a glimpse for yourself [www.ansd.org.au](http://www.ansd.org.au)

## 4 Lenten Meditations on Zoom

Robyn Fitzgerald and Kerrie Hide will be presenting 4 Lenten meditations on Zoom, beginning Friday 12th March, 2021. Details on the zoom link will be emailed to members, and details will also be available on the website. Throughout 2020, our communal meditation has been a source of peace and encouragement to many. Please join us as this Lenten season.



*Coochiemudlo Island  
Together Apart—photo Sue Thomas*

### **Petit Coin (small corner)**

I wanted a corner just for myself,  
a grammar of sanctuary  
giving rise to a language of  
resistance to the noise  
that has become the world  
building a rough nest  
in the habitation  
where my soul once played  
out epiphanies of great joy,  
just a small corner of repose  
that I might re-member myself.

©Paul Vincent Cannon

## **The 'Our Father' Revisited (Anon)**

Our Abba/Our Amma  
To whom we owe our very existence  
Who brought us and all of life  
Into being, and  
Who awaits us  
In the eternal now

May your name be honoured  
By our being in right relationship  
With you, with one another  
And with all of life

May your kingdom come  
Your indwelling and  
Your outpouring  
Here and now as well as later

May your will  
And your ways  
Be done  
In us, through us and around us

Grant us this day  
Today's needed portion of  
Earthly bread and  
Heavenly leaven

Soften us  
That we might receive  
Your grace  
And pass it on

For we remember our frailties  
And we need  
Your safeguarding and securing  
Against evil

That we might grow  
In all ways  
By all means  
In You

Teach us the way of  
Watching, waiting and walking  
With You  
Seeing as we are seen  
Loving as we are loved.

Amen

During this time of isolation many of us are taking the opportunity to go on a daily walk or spend time in our gardens. This time can be a lovely time to use for prayer and reflection. Below is a reflection that you might like to use that invites us to listen for God in a scripture passage and pray as we walk or wander around your garden.

As you begin your walk start to take in the surroundings.....the smells, the sights and the sounds. Listen for the birds, stop and smell a flower, enjoy the sights around you. Allow God's creation to speak to you. Settle into a gentle pace.

Don't rush.

As you walk you are invited to read the following verses.

### **Ephesians 3:16-17a**

*16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith.*

As you walk let God dwell in your heart.

Listen for the Holy Spirit in your inner being.

Reflect on the past week. We are living in very different times. We are adjusting to a new way of being.

When have you noticed God's love? What has made you thankful? Stay with these moments. Let those moments dwell deep within.



*Dragonfly (photo: Denise Stephenson)*

When you are ready, read these verses slowly.

### **Ephesians 3: 17a - 19**

*And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.*

Stay with the words or verse that stands out for you. As you walk, listen and pray that you might hear God's Word afresh.

Continue to read from Ephesians.

### **Ephesians 3: 20**

*20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,*

Take time to pray for others. Offer each person's name to God.

Imagine God holding them. Imagine the love God has for this person. Imagine all that God can do for them. Take your time as you pray for others.

As you read the final part of this passage pray for your day and your week.

### **Ephesians 3: 21**

*21 to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen*

Know that in the midst of all the change, in all the uncertainty and in the fear and anxiety, God is ever present and will sustain us. Praise be to God!

*Adapted from Quiet Spaces, March 2015. Barb Edgar and Andrea Long*

## Mental Health and Spirituality: a series of reflections

The following summaries are presentations and reflections by three spiritual directors, Matthew Evans, Jane Sindel and Ellen Yule, given as part of a one day workshop on Mental Health and Spirituality hosted by Elizabeth Lee for the Sydney ANSD in October 2019 at Baulkham Hills. Workshopping mental health has an even greater significance today as the pandemic has impacted broadly on the individual and collective well-being of our society. The pandemic has raised the importance of 'tending to' mental health and spiritual wellness for our community. Spiritual Direction was highlighted as having an important contribution in this 'tending' to issues of mental health.

### Spirituality and Wellness: The Journey Beyond Therapy

By Matthew Evans



I find the metaphor of the journey helpful when talking about spirituality in therapy, as it doesn't limit itself to looking only at therapy or healing but can potentially encompass all of life. The 'journey' is less concerned with pathology and more with moving through life with purpose, meaning and direction. It affirms our necessary times of healing and growth in wholeness but invites us to a bigger adventure; the possibility of transformation of our consciousness.

The spiritual journey invites us to move from places and spaces of constraint and being boxed in, to places of expansiveness, spaciousness and graciousness. Individually and sometimes communally we journey from small, dark, limited, constricted tight places to wide open expanses that allow us to breathe more freely. We move from slavery to our various compulsions and addictions, of being 'tied in knots' over various issues, to states of greater interior and exterior freedom. This liberation is possible on many levels including: mental, emotional, physical, relational, community, political and spiritual.

#### **Therapeutic stance**

A stance that I like to take as therapist is to explore with my clients reflective questions like: what's growthful and expansive, what's meaningful and purposeful, what brings aliveness to them? What's

evolutionary, generative and regenerative for them? What is leading them or moving them in their most valued direction? What helps them come home to their deepest, most authentic and truest selves? As a therapist I am a fellow companion on the journey of coming home to our true selves. This journey asks for genuine honesty, humility, humour and a degree of playfulness. We begin to see in a more participative and appreciative way, with softer eyes, a gaze of beholding and being held by life. We are invited to live with hope, to see from a more panoramic and spacious perspective. To see beyond our 'stuckness' into an enlarging of mind and heart. We don't avoid the difficult or messy aspects of the journey, knowing that the way forward is through the difficulties. Often the age old pattern of life, death and new life is involved. The path takes us from order to disorder to reorder. We are accompanied on this journey by our innate wisdom, sometimes called, 'the still small voice' which guides, leads, pinches, intimates, whispers, nudges and reminds us to journey on through what at times can be bewildering and confusing pathways of life.

### **Trail Markers for the Journey**

I'd like to introduce a few trail markers, 'tips for the road', if you like, that can be helpful in walking this path. I acknowledge spiritual writers Ken Wilbur and Richard Rohr as inspiration for illuminating some of these trail markers. Future blogs will expand on each of these Trail Markers.

#### Trail Marker 1: *Waking Up*

By temperament most of us tend to be 'doers' and problem solvers. The more neglected and more needed aspect of the journey is contemplation rather than endless activity, being rather than doing, and even more so, the integration of action with contemplation. Otherwise the doing can become compulsive rather than reflective: activity for its own sake.

We don't 'wake up' by mere agreement, or ascent to a spiritual philosophy or set of beliefs. While knowledge is helpful as it provides a map or framework, we generally need a regular spiritual practice to bring about deep change whereby we open ourselves to the possibility of growth and transformation. First, we need to change our own selves, not others, and not even the world. In a future blog I will talk about some of the contemplative practices that may suit you.

#### Trail Marker 2: *Connecting Up*

A community of fellow travellers is helpful to support and facilitate us as we change so we can be faithful to following our chosen path and more effective in our engagement in the world. A supportive community companions us in our and their ordinariness, fellow pilgrims seeking the way forward.

Community is not here to solve our problems so much as to reveal our problems to us. This can produce a humility and patience with ourselves and others as well as times of stretching and growing. We shouldn't search for the perfect community, I guarantee that you'll never find it. Sometimes it's the job of the community to pierce or wound us to bring out our goodness. Community can provide support, connection and affirmation as well as a testing ground or even a refining fire.

#### Trail Marker 3: *Freeing Up*

Many of our unfinished inner and outer patterns will be played out in community. We need to learn to compassionately observe these patterns and to recognise our habitual, conditioned responses which are often deeply ingrained unconscious habits. Until we unveil and take ownership of our own inner thoughts and reactions, outer behavioural changes will not last long.

Freeing up often involves slowly recognising the voice of our harsh inner critic with its self shaming and

unrelenting standards of perfection. As we release it's tight grip on us we can begin to relate differently to ourselves, others and the world at large.

Trail Marker 4:           Cleaning Up

When we begin a regular contemplative practice we will often feel an unnerving sense of emptiness, powerlessness and poverty that we don't know what to do with. It's not what we expected from the spiritual life! Anxiety, restlessness, loneliness, boredom, negativity, irritation and reactivity are normal. Know that our usual coping devices, such as constant busyness, are being stripped away from us by our practice. In time we become less defensive and more vulnerable which is scary and unfamiliar to the ego. Harsh inner and outer judgements are often a way of 'being in control' in the face of powerlessness and humiliation.

In order to really change or transform our consciousness we need significant contact with our unconscious, including our shadow. Contemplative practice is capable of opening and touching our unconscious where much of our hurts and motives lie hidden.

Trail Marker 5:           Growing Up

A spirituality of imperfection invites us to be patient and non-violent with ourselves and others. Our community of imperfect, and sometimes irritating fellow travellers, is the perfect place to learn to be patient with our own imperfection. We need to trust in the work of transformation knowing that growth is generally slow and organic and often barely perceptible.

We gradually learn to be with ourselves and others in a more easy and natural way. We become more comfortable in our own skin, and more at ease connecting with others. We begin to show up more authentically and honestly with ourselves and others. Our interaction with others becomes less about performance and more about presence.

Trail Marker 6:           Showing Up

As we practice these principles we slowly become a new and different person living more from our deepest, truest self instead of our immature ego-self. Our new awareness begins to transform us from within. We find we can enter into action with greater inner freedom and purer motivation which can lead to greater fruitfulness and contentment.

As we are transformed, we learn how to help others to transform. We learn to become men and women of compassion entering the market place not to draw attention to ourselves but to quietly 'give our gold away': freely infusing our love into the atmosphere.

**Questions for reflection:**

What supports me in my desire for transformation?

What hinders my openness to transformation

Matthew Evans

Elias Cliahacour, Palestinian author, peace-worker and story teller, encourages us to 'be gentle with ourselves and to be gentle with others'. This mantra carries fundamental wisdom for loving, and living with, another who has different abilities and/or struggles with mental illness.

God comes to us as our life and is deeply present in our closest interactions. When these interactions are with the persistent anxiety, and the addictive and compulsive behaviours associated with the autistic spectrum, God presence is both reassuring and disruptive. God's invitation within these sometimes unexpected, and oftentimes repetitive interactions, ripples deep into my personal, relational and family life. It's where the reality of faith hits the road, with tiny steps forward in response to God's gentle ongoing beckoning towards transformation.

Reflecting on three significant faith questions reveals some of what stirs in the stories of those who live with mental illness.

*How does living with an adult child on the spectrum inform my relationship/image of God?*

*How is living with someone on the spectrum transformative?*

*How does living with someone on the spectrum 'gift' relationship, including the spiritual direction space?*

Through the different stages of parenting, living with mental illness and different abilities have been a central, and sometimes consuming, focus in my communication with God ... the struggles, the changing perspectives of life and how living with someone on the spectrum impacts relationships. The world isn't easily accepting, kind or compassionate to someone who is different, looks different, sounds different or behaves differently. When a child is rejected or used as light entertainment, parents hurt and grieve. Acceptance, compassion and kindness move me deeply and contribute significantly to my relationship with, and image of, a kind, compassionate and accepting God.

Over the years I carry deep questions relating to God's goodness and care, and sharing life with someone on the spectrum raises other questions, including

How do I befriend autism?

How can I see others as God sees them?

How do I let go and not try to control?

How can we all be relationally free?

How can I be a non-anxious presence in the midst of another's distress?

Questions like these may weave their way through the stories of those we listen to who live with mental illness and/or who have different abilities.

Living with someone on the spectrum breathes ongoing invitations for transformation. As a young parent I was told that God only gives special children to special parents. Over the years I have wrestled with this innocent, supposedly encouraging, statement, in order to unpack a different and meaningful theology and understanding of a suffering God who knows intimately how grief and love are inter-woven. God knows, from deep experience, the life struggles for those who are 'different' and for those who 'do life' with those who are different. God simply asks us to be kind, compassionate and accepting of our own brokenness and the brokenness of others. Disabled car stickers are reminders of the brokenness within each of us as some dis-abilities are more visible and noticeable than others.

Regular conversations with God about how living with someone on the spectrum unravels my life from left field are part of my normal. Walking through a local park provides an ideal place to reflect with God about the frustration, the tiredness, a desire to fix things, the longing for change in myself and in community, lost dreams, the future, feeling sad and how not to become enmeshed or stuck. God's gentle reminder is often to stop, breathe, rethink and reimagine, to walk lightly and know who walks with me. I'm drawn to pay attention to what I can easily fail to see ... her spirit of generosity, love of animals and nature, sense of fun, honesty, freedom from expectations and sometimes surprising wisdom. I'm also aware that living with someone on the spectrum can shrink my world. When this happens, life becomes serious and heavy. Play and fun can easily become the casualties. Friends who initiate fun and play are greatly valued gifts from God.

The 'gift' of living of life-long questions about, and the experience of living with, mental illness, in the hands of God's spirit, soak into the way we listen: hearing the whispers of hidden questions in another's story, the ache that sits deep within and the joy of finding God in life's broken pieces.

Elias Chacour's invitation to 'be gentle with yourself and be gentle with others' is simple and transformative and simply transformative.

Jane Sindel

## **My Journey as a Carer for Someone with Dementia** Ellen Yule

I have been married for nearly 47 years to Derek, who has been a great example to me of what unconditional love is. Despite what was happening for him, he has always had time for me, our family or others. Many people have been on the receiving end of his gentle, wise, caring concern in his roles as pastor, spiritual director, and counsellor or as a friend.

Derek is still that same loving, wise, and caring person but 5 years ago a disease called dementia joined us on our life's journey. This means that many of the things that came naturally to him are now difficult to access.

Communication and public speaking which were something he practiced in a work setting and which he lectured in for many, many years in different settings are now a struggle. For 35 years we taught communication skills in our Marriage Education seminars and now he struggles to share what is going on for him. The preaching and lecturing which he loved are now no longer possible.

So, on this new journey there are inevitable challenges that we are facing.

Frustration is probably one of the main ones for both of us. For Derek, the struggle to express himself is huge as are many other aspects of this journey but for the purpose of this article, I am sharing from my perspective as a carer.

Living with dementia is not a way of life we would have chosen and even though both Derek's parents had dementia and we felt we understood it well, it is a very different thing to live with it 24/7.

The challenge now is to accept that this is the reality of life, so how can we work around it for good?

The frustration I experience is with this disease called dementia that has changed our lives completely, rather than with Derek himself.

As a Christian, I know Christ understands. Just as He loves the sinner but not the sin that can destroy lives, I love Derek but not what this disease is doing to him and how it is impacting our relationship. At times this distinction can get blurred.

One of the most helpful things I have learnt in dealing with the frustration is that I need to adjust my 'what is normal clock?'

This of course involves grief because what is normal now is very different to what was normal 6 months ago or perhaps even a week ago and that clock will continue to be changed.

For example, I need to acknowledge and where necessary to make allowances for:

- the time it takes for Derek to do things e.g. allowing more time for getting ready to go out
- my needing to help him now with daily tasks that were once easy for him to do
- Derek's desire to care and to help me when the reality is it is much quicker to do things myself which can lead to him feeling I don't need him anymore
- the difficulty he has at times in communicating resulting in needing to be more intentional in my listening and my seeking clarification
- his dependence on me which means I have lost a lot of my independence e.g. I cannot leave him restricting my movements
- new normals e.g. by nature I am an organised, structured person who works from lists and plans ahead and now things will not always go as I had planned
- remembering Derek is not another project to be managed.

Life can now seem like a constant set of goodbyes. Goodbye to how things were. This is particularly the case for Derek but also for me.

Not being able to drive, and having to give up a lot of the things he loved to do have been hard for Derek. He is now very dependent on me and others and this is in the back of my mind a lot. What if anything happens to me? I am very conscious that if I were to fall ill or have an accident, Derek would need to go into care. With that in mind we are moving into retirement living in the months ahead, so there has been the grief of saying goodbye and selling our home of 47 years.

The loss of emotional intimacy that comes with deep communication is another grief. Often now our conversations are just trying to understand what each other is saying.

Some of the dreams we had we realise will now not eventuate, but there is still a lot of living to do. When one goodbye is acknowledged, it is good to look at what new is opening up.

Lack of Patience is another key issue for me which goes hand in hand with frustration.

I want to be a patient, loving, caring partner for Derek but often my frustration and lack of patience shows, especially at the end of the day when we are both tired or when I am in the midst of a busy day. This is one of my biggest challenges and something for which I need to seek God's help and forgiveness.

I can make excuses, justify my actions and other people can tell me that it's OK. 'Don't be hard on yourself'; but I don't want to get into a 'poor me' mindset. I know it is OK to have a bad day sometimes but

I need to seek wisdom and to take time for myself so that I have more resources for the caring role that I now have.

If my emotional tank is dry it is very difficult to keep on giving to Derek or to others. I therefore need people to remind me to keep my emotional tank filled.

In amongst the challenges, I can see there have been, and will continue to be transforming moments.

I am learning (slowly) to have 'open days'. Days where I accept that the plans I have made need to be changed and I need to accommodate this with grace and not resistance.

As I am learning to face the frustration, anger, tiredness and helplessness that occur from time to time and I turn to God for strength to keep going, I realise anew that I have inner resources and strength that I was not aware of. By nature I am a shy introverted person who lacked a lot of confidence but with God's help I am dealing with things I never expected I would have had to. This means I am learning to rely on God more and to trust in His sufficiency.

The Psalms have become very important. They remind me of God's strength and protection. He is my hope for the future, my shield, and refuge.

Care giving has also revealed to me my shortcomings which may seem a negative but it is in acknowledging these things that I can be transformed to be more like Christ which is my desire.

God's love for me is unending and He desires a close relationship with me so as I talk with Him all day long about my struggles, about what I need, whether that is wisdom, forgiveness, strength, patience or the like ( 'Come Lord Jesus with your.....' ), I know He listens and cares.

To quote from a devotional book on caring I was given, 'Jesus knows how we feel. He recognises the depth of our grief and understands the loss and suffering we feel when caring for others. Yet our grief is not without hope; it has an eternal perspective. We grieve with the glorious knowledge that God has written an end to our stories - one that promises redemption and a future beyond what we can see now' (*He Walks With Me - Devotions for Your Caregiving Journey with God* Our Daily Bread Ministries.)

Ellen Yule



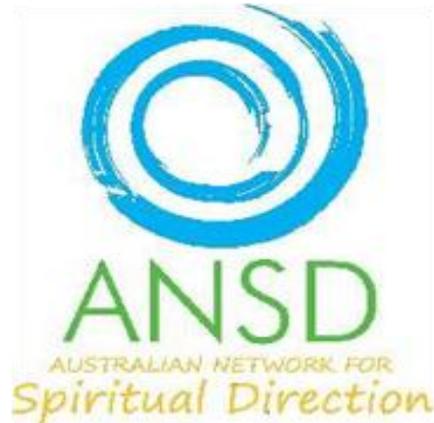
*Coochiemudlo Island  
Together Apart—photo Sue Thomas*

## ANSD Executive

**President: Beth Roberton**  
bethr@iinet.net.au

**Treasurer: Liz Palmer**  
sdmail194@gmail.com

**Secretary: Rosa Covino**  
ansdinfo@gmail.com



## Regional Representatives

**Queensland: Jo-Anne Brown**  
ansdqld@hotmail.com

**Canberra & Region:  
Annie Patterson**  
apduke@icloud.com

**Sydney: Sally Jones**  
ansdns@gmail.com

**Victoria: Pamela Richardson**  
0404370161  
pecricho@hotmail.com

**W.A. Beth Roberton**  
bethr@iinet.net.au

**Tasmania:  
Denise Stephenson**  
0400 098 472  
svpilgrim2@gmail.com

## Newsletter Editor

**South Australia / N.T.  
Rachael Litchfield**  
litchfields333@gmail.com

Denise Stephenson  
190 Nichols Road  
Lymington TAS 7109

E: [svpilgrim2@gmail.com](mailto:svpilgrim2@gmail.com)

**Bank details** for the Australian Network for Spiritual Direction Inc.

**BSB 484-799 Account no 054 307 690.**

The name of the account : Australian Network for Spiritual Direction or ANSD for short.