

## **ANSD SA regional report August 2023 – Rachael Litchfield**

ANSD has 22 members in South Australia. Locally we meet as part of the broader Ecumenical Spiritual Directors Association (ESDA) which is a state-based community for spiritual directors, and those in formation, who also may or may not be members of other national and international SD networks. ESDA currently has 69 members. This year there has been between 15 and 30 in attendance at the in-person gatherings. There has been regular email communication to the membership to share information regarding various events and offerings in the area of contemplative spirituality or for ongoing formation.

The purpose of the ESDA community is:

- To encourage members in their practice of spiritual direction
- To provide opportunities for ongoing formation and peer supervision
- To offer mutual care and nurture of each other as we gather together
- To support national, regional and local SD training programs.

The ESDA committee members for 2023 are: Rachael Litchfield (chair); David McAvena (treasurer); Angela Hazebroek; Mark Finlay and Dawn Colsey.

Five peer supervision groups are meeting regularly.

Since our last ESDA AGM on November 12<sup>th</sup> 2022, we have had the following gatherings for SD vocational development:

- March 4<sup>th</sup>, 2023: Sue Dunbar led a day of professional development on The Process of Supervision – Exploring the Fostering Reflectivity at the Sophia Centre
- May 26<sup>th</sup>, 2023: Robyn Duckworth guided us in an afternoon on trauma informed approaches to spiritual direction at Tabor college.

Upcoming gatherings planned for this year are:

- **Saturday August 26<sup>th</sup>, 2023**, 9:30am to 12noon. Rev. Gary Stuckey will be leading us in reflections and discussion on Benedictine Spirituality and insights for Spiritual Direction at Christ Church Uniting, Wayville, also known as the Effective Living Centre at 26 King William Road, Wayville.
- **Saturday November 12<sup>th</sup>, 2023**, 9:30am to 12:30pm. This will be our succinct AGM followed by a special time of contemplation in the gardens of the Sophia Centre, 225 Cross Road, Cumberland Park. We will be led by Susie Herzberg of the Quiet Garden Movement, a network of linked spaces for quiet contemplation throughout the world.

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