

## **ANSD Sydney and beyond Regional Report 2022/23**

2022 saw our new regional coordination team finding its feet. We have been keenly aware that the ground beneath us is still shifting as we emerge from the uncertainty and isolation of Covid. We do indeed have a new normal.

It felt significant to return to St Joseph's Baulkham Hills at the end of 2022 - the place where many years ago our first Regional meeting took place. Mary Hagan and a small group of others gathered to begin creating a community that could connect and equip the spiritual direction community in NSW. On this occasion we gathered for a day of quiet reflection and contemplative conversation. Mary Hagan provided the history, vision and continuity for us and together with Matthew Evans, Peter Ellem, launched us into a day exploring the territory of inner wisdom: Through poetry, Lectio Divina, art, conversation, solitude, movement, and reflection, we made space for listening receptively to our own 'wisdom ways of knowing'.

We began 2023 by encouraging local informal gatherings of members. As our region covers most of NSW, we understand that many members cannot always attend our Sydney-based events, even getting around Sydney can be challenging! People in the Hunter region and Western Sydney managed to catch up with old friends and make some new connections. We will continue to facilitate these events to ensure all members have an opportunity to get together.

In March we offered a PD opportunity looking at personality types and pathways to prayer. Dominique Galea guided us on an exploration of ways of coming to presence, employing panels in the Narrative Enneagram Tradition.

An online event in May led by Dr Marlene Marburg looked at the topic of burnout and how we might accompany a person suffering these symptoms, and when our directees might be served better to consult a counselor.

As we continue to experiment with different ways of connecting, we gathered online in June for a Winter Book Club, discussing the books that are engaging, entertaining and inspiring us at the moment.

In October we will be expanding our horizons to partner with the ACT Region in a PD workshop led by Sue Dunbar in Mittagong.