Tree of Life

Centre for Christian Belief,
Spirituality and Australian Culture

2026 Brochure

Weekends Programme in Christian Spirituality,
Spiritual Formation and Spiritual Direction

Saturday Practicums

Ignatian Retreat

Tree of Life Programme in Christian Spirituality Spiritual Formation and Spiritual Direction

A Residential Programme for lay people and clergy using the St John of God Retreat House, Gloucester Crescent, Shoalwater

Recognised by the Australian Ecumenical Council for Spiritual Direction as a programme meeting its Guidelines for the formation of Spiritual Directors

The four components of this programme provide an opportunity for participants to explore the Christian Spiritual tradition, to engage in a process of spiritual formation and to receive formation in the Ministry of Spiritual Direction.

1. Christian Spirituality and Spiritual Formation

Participants will be introduced to the practices of prayer, in its many forms, meditation, contemplation, the Spiritual Disciplines, as much for enhancing personal practice as for providing guidance for others.

2. The Christian Spiritual Tradition

Participants will be invited to explore and engage with the Christian Spiritual Tradition from Scripture, the writings of early church, the desert and monastic traditions, the various great movements of the medieval period through to the present.

3. Process and Psycho-dynamics

This component will provide skills and resources for understanding, personal growth and working with people, including deep structure listening skills, the Enneagram, the Myers-Briggs Type Indicator, values and their alignment and other insights into "how people tick".

4. Spiritual Discernment and Spiritual Direction

Participants will be introduced to the theory and practice of Spiritual discernment and the several models of Spiritual Direction through lectures, practicum and case studies.

The Programme consists of four weekends per year for four years, the first weekend in February, May, August and November, at the St John of God Retreat Centre.

Each weekend consists of presentations, reflection, discussion, case studies, sharing groups, practicum as well prayer and regular worship in the Anglican tradition.

Topics and Themes

The Presentations on Saturday and Sunday mornings will, in addition to the topics and themes already mentioned, include:

- Contemplation and Contemplative Living
- Ignatian Spirituality
- Benedictine Spirituality
- Franciscan Spirituality
- Divine Feminine
- The Spirituality of Teresa of Avila and John of the Cross
- The Enneagram in Spiritual Direction
- The Myers-Briggs Type Indicator and Spirituality
- Holmes' Phenomenology of Prayer
- Working with Dreams
- A Contemporary Spirituality
- The Desert Fathers and Mothers
- Theology and Spirituality
- The Arts and Spirituality
- Deep Structure Listening
- Spiritual Direction

Programme Ethos:

The focus of the programme is on experiential and participatory learning. Spiritual formation and Spiritual Direction necessitate the formation and transformation of the person, and on learning through practical experience. So, whilst the programme offers presentations and theoretical understandings, there is also the requirement for personal engagement, reflection upon and integration of that which is presented. The Programme consists of a community of adult learners who support and contribute to each other's formation.

A contemplative stance underpins the structure of the weekends. Each day begins in prayer before moving into the activity of presentations, practicums and group work. It invites a prayerful attentiveness to every dimension of our program, including our interior selves, our relationships, the community we share, the world around us and the one whom we name God.

Requirements

Those wishing to apply for participation in the Programme are required to:

- Submit a short Spiritual Autobiography which indicates something of what is leading them to participate in this Programme.
- Meet with the Programme Director, usually via Zoom.
- Provide a reference as to their suitability for the Programme.

During the course of the Programme Participants are expected to:

- Present two case studies each year
- Read four prescribed texts each year and provide Reaction Reports on each
- Submit a Reflection Response after each weekend
- Work with a Spiritual Director

Participation:

The Programme operates under the auspices of the Anglican Church, but lay or clergy persons from any Christian tradition may apply to participate in the Programme. Further enquiries may be directed to the Programme Director:

The Revd Judy Van Rossum
E-mail: judithaclay1@bigpond.com

Programme Staff:

Director:	Judy Van Rossum	judithaclay1@bigpond.com
Chaplains:	Lynne Eastoe	
	Dean Griffiths	
	Steve Runciman	
	Karen White	

Dates and Presentation Topics for 2026

13-15 February	"Medicine Wheel Spirituality", with Kathie Riddle
22-24 May	"Meister Eckhart—Transformative Attitude and Action", with Ross Jones
28-30 August	"The Artist's Way—A Spiritual Path to Higher Creativity", with Judy Van Rossum
20-22 November	"Benedictine Spirituality", with Bishop Hans Christensen

Fees:

$2280 (for the year)
$570 (per weekend)

May be subject to change. Accommodation and meals with Tuition.
Contact The Revd Judy Van Rossum, Director, for further information.

Payment by EFT to:

The Perth Diocesan Trustees
BSB 706-001
A/C 3000 3481
Ref: "ToL Weekends"

Email judithaclay1@bigpond.com to advise the Director when payment has been made.

Tree Of Life Saturday Practicums

Tree of Life
Centre for Christian Belief, Spirituality and Australian Culture
Wollaston College

Saturday mornings, 8.30am to noon, at Wollaston College enabling contemplative community practice, available to any interested person by participation in-person or via Zoom.

Dates and Topics 2026

21 March	Sally Kester	Working with Relational Part-Selves—Jungian Insights
20 June	Steve Runciman	Jesus' Aramaic Lord's Prayer—Chants, Meditation and Body Movements
31 October	Sally Kester	Working with Aspects of Spirituality—Jungian Insights
5 December	Ross Jones	Michael Mayne—This Surprise of Wonder

Silent Retreat - Saturday 19 September 2026

Silent Retreat with the options of scriptural reflection stations, Labyrinth, Bold Park walks, and Poetry in the conference room.

Cost: $35 (per session)

A Letter of Participation and knowledge base is provided for Professional Development.

Payment by EFT to:

The Perth Diocesan Trustees
BSB 706-001
A/C 3000 3481
Ref: "ToL Saturdays"
Email judithaclay1@bigpond.com to advise the Director when payment has been made.

Ignatian Retreat

A 6-day Ignatian Retreat
28 September to 4 October 2026
St John of God Retreat Centre, 47 Gloucester Crescent, Shoalwater
Limit of 12 participants.

This is a directed silent retreat in which you will have the opportunity to pursue a time of prayerful discernment and grow closer to God.

The directors, one of whom will meet with you daily, are trained in the many forms of prayer suggested by St. Ignatius in The Spiritual Exercises, designed to strengthen the individual in the Christian life of 'action in contemplation', and to help you 'find God in all things'.

Cost: $1620
($420 paid on registration, balance of $1200 paid by 15 August)

Payment by EFT to:

The Perth Diocesan Trustees
BSB 706-001
A/C 3000 3481
Ref: "ToL Ign Ret"

Email judithaclay1@bigpond.com to advise the Director when payment has been made.

For all inquiries or to register for any of the programs, contact
The Revd Judy Van Rossum, Director of the Tree of Life
0409 116 622 | judithaclay1@bigpond.com