

Emotions: Guardians and Supporters of the Soul

*Presenter : **Dr Peter Bentley***

This workshop explores the role emotions play in our spiritual engagement with life. We will explore the way emotions alert us to situations that threaten us or affirm our wellbeing. Painful emotions like anger, shame and guilt will be examined to look at their unique contributions to our spiritual awareness.



B.Y.O. Lunch

Tea and coffee provided

Date: Saturday October 12th

Venue: Josephite Mission and History Centre

67 Clare Street, New Town 7008

Time: 9.30 a.m. — 3.30 p.m.

Cost: \$30.00

RSVP: Monday, September 30th

Email: josephite.mission@sosj.org.au or

Frances: frjacksn@skymesh.com.au



Peter Bentley coordinates a team of trainers who run Post Graduate courses as part of a Master of Arts course in the Spiritual Direction, Contemplative Practice and Personality, Spirituality and the Enneagram. He has completed a Masters of Arts Degree looking at the relationship between Art and Spirituality and a PhD examining spiritual formation. Peter also lectures at the Heart of Life Centre, Melbourne, in Personal Awareness and Development and Professional Standards for spiritual directors.