



2021 Pathways for

Seniors

Pathways for Seniors Catholic Diocese of Sandhurst 2021

Welcome

The Sandhurst Diocese 'Pathways for Seniors' resource contains a wide variety of live links to information, networks and resources to enrich, interest and support seniors in their continuing journeys in Faith, Prayer, Spirituality, connections to families and wider community, and much more.

We hope you may enjoy exploring – via computer, smart 'phone or tablet!

Contents

1	The Gift of Years and Spirituality of Ageing	4
	Articles, Reflections and Information	4
	Pope Francis: Mission of Older People in the World	4
	Books	4
2	Living Faith, Spirituality and Prayer	5
	Quick Access	5
	Mass Online	5
	Online When You Have More Time	5
	Reflections Life, Faith and Spirituality – Weekly or Fortnightly	6
	Retreats Online	6
	Retreat Centres to Visit	7
3	Grandparents and Other Senior Family Members	8
	Grandparents, Senior Family Members	8
	Supporting Families	8
	Family Life	8
	Family Faith	8
	Resources, Activities, Videos	8
	Children Receiving First Sacraments	9



4	Social Media, Apps., Podcasts, Books, eNews	9
	Facebook	9
	Twitter	9
	Church News	9
	Scripture, Prayer, Liturgy	10
	Prayer Apps.	10
	Podcasts	10
	Borrow or Buy a Good Book, Gift or Resources for Prayer	10
	eNews	11
5	Community Connections	11
	Catholic Community	11
	Social Justice and Outreach	12
6	Learn More About Faith	13
	Easy Access	13
	Online	13
	Book	14
	Vatican II Council (and why it is still relevant today)	14
	Videos	14
	Book	15
	When You Have Time	15
	Bible Study Free Online – Short Courses	15
	Further Study Online – Short to Medium Length Courses	15
	Further Study at University Level	16
	Interesting Sites	16
7	Information, Help and Support	16
9	The Sacrament of Anointing the Sick	18
10	Journey Home to God	18



1 The Gift of Years and Spirituality of Ageing

Articles, Reflections and Information

- **Last Vocation: To Grow Old Gracefully**, Rita Joseph
- **Spirituality of Ageing**, Patty Fawkner
- **Embracing Life's Second Act**, Joan Chittister
- **Faith in Older People**
- **Growing Older Gracefully**
- **Catholic Seniors** (US)
- **Seniors Ministry**, Broken Bay Diocese, including 'How to set up a Seniors Ministry in your parish'
- **Catholic Teaching and Thought Related to Ageing**, Sydney Archdiocese Justice and Peace Office
- **The Blessings of Ageing (Spirituality and Practice)**, Joan Chittister OSB (online course)
- **Navigating the Ageing Process: Senior Information and Directory – 'Spirituality and Ageing'**

Pope Francis: Mission of Older People in the World

- **The Family 6. The elderly**, General Audience, Pope Francis (2015)
- **The Family 7. The grandparents**, Pope Francis (2015)
- **'Meeting of the Pope with the Elderly'**, Pope Francis (2014)

Books

- **A Place at the Table: Social Justice in an Aging Society**, Australian Catholic Bishops (Search for 'Social Justice Statement 2016) Free download
- **The Gift of Years: Growing Older Gracefully**, Joan Chittister OSB
Pauline Books & Media OR Garratt Publishing



2 Living Faith, Spirituality and Prayer

Quick Access

- **Bread4Today** Prayer App. and Online

Everyday language prayers: Courage, A Just World, Relationships, Hope, Peace, Hard Times, God, Faith, Forgiveness, Special Intentions. Useful Links.

- **3-Minute Retreat**

Prayer App. and online. Search for the App. by name.

Daily 3-minute retreat with a short reading, prayer and reflection from Loyola Press.

- **Sacred Space**

'Sacred Space' with Scripture, reflection and prayer for computer, tablet, smartphone. From the Irish Jesuits.

- **Daily Prayer**

Enter immediately into moments of quiet prayer for today. In the style of 'Sacred Space' (above).

- **Universalis**

Main web page is useful but not easy to read. Click on link for excellent Apps. (small cost) for: Daily Mass readings and prayers, Prayer of the Church, feast days, etc.

- **Pray as You Go** daily prayer podcast
- **Pray as You Go Lectio Divina Guide Parts 1 and 2**
- **Pray as You Go Preparing for Prayer** breathing exercises
- **End of Day Reflection and Prayer: Re-imagining the Examen** (App.)
- **Faith Sing**

Mass Online

- **'Mass for You'**

Daily 'Mass on Demand' from St Mary's, North Sydney. View video any time or Mass live-streamed from Our Lady of the Rosary Cathedral, Waitara, NSW at 9.30 am daily.

- **'Mass for You at Home'**

Sunday Mass. Watch when Mass is celebrated at 6 am on Sunday or at any time.

Online When You Have More Time

- **Shalom World TV (US with some Australian content)**

Short Videos, Conferences, Devotionals, Talks/Interviews, Children's programs, Events Video Live Streaming.

- **'Just 1 Word' Catholic Bible Lite**

App. for Bibles in different translations. Open any book of the Bible. Free English translations OR buy the 'New Revised Standard Version Catholic Edition' (NRSVCE) OR New American Bible Revised Edn (NABRE). Low cost. Change font for easy reading.

- **Ignatian Spirituality**

Online Retreats, Prayers and Resources.

- **Monasteries of the Heart**

Free weekly practices to help develop spirituality — prayer, lectio (reflective reading), good works, study and community. Worldwide Benedictine community.

- **Contemplative Outreach Community**

Resources for different styles of prayer, including 'Lectio Divina' and 'Centring Prayer'.



- **Taize**

Prayer based on 'Taize' chants, shared by people of different Christian traditions.

- **Australian Christian Meditation Community**

World Community for Christian Meditation. Guidance, information and resource links. Drawn from Benedictine prayer traditions.

- **'Discerning Hearts' Catholic podcasts**

Spiritual Formation, Prayers, Devotions, Sacred Scripture, Church History, Apologetics, Catholic Social Teaching, Mary, the Saints.

- **Word on Fire, Bishop Robert Barron (US)**

Free resources, including videos, plus a variety of paid options.

- **Along the Track**

One-page reflections on faith and life, from Jim Quillinan of the Sale Diocese, published fortnightly.

- **Praying in Colour**

Handouts Resources for all ages for a visual, concrete way to pray.

- **Sisters of St Joseph**

Resources for Spirituality and Prayer.

- **Parousia**

- **Cradio**

Australian Catholic media service, free programs, talks and music.

Reflections Life, Faith and Spirituality – Weekly or Fortnightly

- **Along the Track**

One-page reflections on faith and life, by Jim Quillinan, Sale Diocese, published fortnightly.

- **Joan Chittister**

- **Richard Rohr OFM, The Centre for Action and Contemplation**

- **Ronald Rolheiser OMI**

Retreats Online

- **Sandhurst Diocese Spiritual Directors**

For qualified and experienced Spiritual Directors in your area.

Email: adultfaith@sandhurst.catholic.org.au

- **An Ignatian Prayer Adventure**

- **Jesuit and Ignatian Spirituality Australia (JISA)**

- **Ignatian Spirituality Centre Glasgow**

Online retreats, Men's Group and Friday Prayer.

- **St Beuno's Spirituality Centre**

Wales, UK online retreats and resources.

- **Manresa Centre of Spirituality**

Dublin Ireland, Retreat at Home.

- **Sisters of St Joseph Retreat Centres**

Retreats, resources and prayers online.

- **An Ignatian Prayer Adventure**

- **Monasteries of the Heart**

Includes online retreats (and see above)



- **Chester Retreat House UK**

Online resources to use any time that suits you.

- **Los Olivos**

Anglican community Resources to use for a 'Quiet Day at Home' at any time that works for you.

- **The Cloisters on the Platte (US)**

Online Retreat.

Retreat Centres to Visit

(When COVID19 restrictions are ended)

- **Sisters of St Joseph Retreat Centres** when restrictions are over or prayers online
- **Jesuit and Ignatian Spirituality Australia**
- **St Mary's Towers Retreat Centre, Douglas Park. NSW**

Ph: 02 4630 0233 (answering machine after hours)

Email: towersretreat@bigpond.com

Address: PO Box 19A, Douglas Park. NSW 2569. Programs include: Life's Healing Journey, The Gift of Ageing.

- **Jamberoo Abbey, Jamberoo. NSW** when reopened

Ph: 02 42360628

Email: benedictineabbey@bigpond.com

[Jamberoo Abbey Facebook](#)

Address: 695 Jamberoo Mountain Rd, Jamberoo. NSW 2533 Australia.

A place where people can find peace through silence, nature, open spaces and prayer.



3 Grandparents and Other Senior Family Members

Grandparents, Senior Family Members

- **'Grandparents Kits'**

Australian Catholic Marriage and Family Council. Past editions have continued relevance.

- **Catholic Grandparents Association (Ireland)**
- **Catholic Grandparents Association (Ireland) Facebook**

Resources for grandparents and other older family members. Irish resources may need adaptation for Australian contexts.

- **Faith-ful Grandparenting**

Good ideas from The Lutheran Church of Australia community.

Supporting Families

Family Life

- **CatholicCare Sandhurst**

Bendigo Head Office: 176 - 178 McCrae Street, Bendigo. Vic 3550

Ph: 03 5438 1300 or 1300 273 528

Email: email@ccds.org.au

Echuca Office: 13 Percy Street, Echuca. Vic 3564

Ph: 03 5820 0444

Shepparton Office: 68 Wyndham Street Shepparton. Vic 3630

Ph: 03 5820 0444 or 1800 461 444

Email: shep@ccds.org.au

Newsletter for families and those who support them.

- **Mf Majellan Family App.**

Articles and other resources regularly updated for families.

Family Faith

Resources, Activities, Videos

- **Catholic Australia**

The Bible, Who is Jesus? What Catholics Believe, Aussie Bible Readings and Meditation, 'Lectio Divina', Church in Australia, Sacraments, Liturgy, Spirituality, Prayer, Living the Faith, News and Current Issues, Mission, Youth and Young Adults.

- **Loyola Press (Loyola Jesuits, Chicago Detroit)**

Sunday Connection, Gospel resources for children of different ages. Lessons for children 1-8. Free resources plus items to buy (Watch overseas post costs if buying anything!)

- **Sermons 4 Kids (US — Ecumenical)**

Scripture stories, forums, activities such as colouring-in sheets, suited to children of various ages

- **JClub for Kids — Daughters of St Paul (US)**

Free resources for kids plus bookshop (Watch overseas post costs if buying anything!)



- **We Believe — Sadlier Resources for Children.**

Sadlier Publishing free resources (+ items for purchase). 'This Week's Liturgy' to help explain Sunday readings. Good for older children. (Watch overseas post costs if buying anything!)

- **'Jesus Film Collection' Videos from Jesus Film Media. Free App. and online.** Jesus' story in a full-length movie and movie clips, including stories for children.
- **'The Chosen' App. in [Google Play](#) OR [Apple App. store](#) OR [YouTube](#)**
- **Max7 'Gospel Ministry Resources Collection' Videos**

Free short animated Gospel story videos.

Children Receiving First Sacraments

- **Flame of Faith**

Short Videos on Sacraments: Baptism, Confirmation, Eucharist ('Holy Communion'), Penance ('Reconciliation' or 'Confession') from the Archdiocese of Brisbane.

- **'Becoming Catholic' Book**

A Parent's Guide to Baptism, Confirmation, Eucharist and Reconciliation, by Kathy Horan, 2014. Garratt Publishing.

Ph: 1300 650 878

Email: sales@garrattpublishing.com.au OR [Pauline Books](#)

4 Social Media, Apps., Podcasts, Books, eNews

Facebook Pages to 'Like'

- **Catholic Diocese of Sandhurst**
- **Adult Faith Education Sandhurst**
- **Australian Catholic Bishops Conference**
- **Australian Catholics**
- **CathNews**
- **menALIVE**
- **Catholic Women's League of Victoria and Wagga Wagga**
- **Catholic Grandparents Association**

Twitter

Church News

- **Pope Francis @pontifex**
- **Vatican News @VaticanNews**
- **Australian Catholic Bishops Conference @ACBC1**
- **CN CathNews @CathNews**
- **Thinking Faith @ThinkingFaith**
- **Eureka Street @EurekaStreet**
- **The Tablet @The_Tablet**
- **Truth, Justice and Healing @TJHCouncil**



Scripture, Prayer, Liturgy

- **Universalis @CatholicFeasts**
- **Bread 4 Today @bread4today**
- **Daily Bible Verse @Daily_Bible**
- **Loyola Press @loyolapress**
- **Faith Education Sandhurst @FaithEdSandhurs**
- **Caritas Australia @CaritasAust**
- **Vinnies Victoria @VinniesVictoria**
- **Jesuit Social Services @JesuitSocialSer**
- **Catholic Social Services Victoria @CathSocSerVic**
- **Catholic Women's League Victoria and Wagga @CWL_VIC_Wagga**
- **Australia @CWL Australia**

Prayer Apps.

- **Click to Pray**
- **Sacred Space**
- **Daily Prayer**

A few moments of quiet prayer. Daily reflections on Gospel readings to help you connect with God in your life. Blog is updated weekly.

- **Laudate**

A variety of resources.

- **Reimaging the Examen**
- **Discerning Hearts**

Podcasts

- **Catholic Influencers**

FRG Ministry conversations with Catholic influencers.

- **Busted Halo**
- **Word on Fire**

Weekly podcasts from Bishop Robert Barron on faith, life and culture.

- **Abiding Together**

A place of connection, rest and encouragement for women on the journey as followers of Jesus Christ.

Borrow or Buy a Good Book, Gift or Resources for Prayer

- **Sandhurst Diocese Library Learning Centre (Catholic Education Office)**

Scroll down for 'Catalogue' link.

Ph: 03 5442 6108

Email: library@ ceosand.catholic.edu.au

Address: Borrow books, DVDs and music CDs. Register as borrower online or by mail.

Open 8.30 am - 5.00 pm Monday to Friday (closed 12.00-1.00 pm).

Some days last week of school holidays.

- **Pauline Books & Media**

Ph: (03) 9882 3424

Email: orders.melbourne@paulinebooks.com.au

Address: 7 Denmark Hill Road, East Hawthorn. Vic 3123.

- **Central Catholic Bookshop**

Ph: (03) 9639 0844. Address: 322 Lonsdale Street, Melbourne, Vic 3000. Open 7 days.



- **Garratt Publishing**

Ph: 03 8545 2911

Email: sales@garrattpublishing.com.au

Address: 32 Glenvale Crescent, Mulgrave. Vic 3170

- **ACBC (Australian Catholic Bishops' Conference)**
- **Evangelisation Brisbane**
- **Liturgy Brisbane Shop**
- **Catholic Enquiry Centre**

eNews

- **CathNews Australia**
- **America Magazine** (US and international Jesuit Magazine)
- **Eureka Street** (Australian Jesuits)
- **Sandhurst Diocese News**

5 Community Connections

Catholic Community

- **A Parish Community in the Sandhurst Diocese**

Choose 'Parishes'.

Ph: 03 5441 2544

Email: chancery@sandhurst.catholic.org.au

Find Parish contact details and Mass times on the website or call to ask.

- **Catholic Diocese of Sandhurst**

Ph: 03 5441 2544

Email: chancery@sandhurst.catholic.org.au

Address: PO Box 201, Bendigo. 3552 /174 McCrae Street, Bendigo. 3550

Homepage for the Diocese of Sandhurst, providing news and information about the diocese, its parishes, organisations, contacts, news, events, resources.

- **Australian Catholic Bishops Conference**

Australian Church information, news and resources.

- **CathNews Australia**

Daily Catholic service reporting Australian and international news. Links to resources for prayer. Positions available within Catholic Church communities and organisations.

- **Catholic Australia**

The Bible, Who is Jesus? What Catholics Believe, Aussie Bible Readings and Meditation, 'Lectio Divina', Church in Australia, Sacraments, Liturgy, Spirituality, Prayer, Living the Faith, News and Current Issues, Mission, Youth and Young Adults.

- **Catholic Enquiry Centre (CEC)**

Ph: 1300 4FAITH (1300 432 484)

Address: GPO Box 368, Canberra. ACT 2601, Australia.

Australia Australian Catholic Bishops' Conference outreach for better knowledge of Christ, Catholic faith, the Catholic Church in Australia and promotion of inter-religious understanding. Resources, links.



- **Faith and Light (International)**
- **Aboriginal Catholic Ministry for Victoria**

Ph: 03 9480 3849

Email: sherry.balcombe@cam.org.au

Address: PO Box 1088, Thornbury. 3071.

Support for Aboriginal and Torres Strait Islander people and work for reconciliation.

- **Catholic Women's League of Victoria and Wagga Wagga**

CWL members endeavour to change world affairs through prayer, action, submissions to governments and assistance for women and children in times of need.

Contact: Mary Glowrey House, 132-134 Nicholson Street, Fitzroy. Victoria 3065, Australia.

Ph: (03) 9417 3379 or contact local parish for your area.

Email: president@cwlvicww.org.au; secretary@cwlvicww.org.au

- **menALIVE and menALIVE Facebook**

A ministry that wants to bring men together to become fully alive in their relationship with God, their wives, family members and in their Church and local community. menALIVE does not have a membership but encourages, helps develop and nurtures the formation of men's groups in parishes across Australia and, as a result, there are men's groups meeting regularly in several parishes throughout the Sandhurst Diocese such as in Bendigo, Shepparton, Kerang/Pyramid Hill and Echuca.

Local contact: Please contact Doug Black for more information.

Email: doug.black@menalive.org.au

Ph: 0408 571 100

Ph: 07 3367 1402

National Contact:

Email: mail@menalive.org.au

Address: PO Box 569, Paddington. NSW 4064.

- **Catholics Come Home**

ALSO: Check if a local parish has a 'Catholics Returning Home' program or ask a parish for support.

- **Plenary Council 2021**

In 2021 and 2022 a gathering of representatives of a national Church to prayerfully consider its future. Check Plenary Council news and events via webpages, parish bulletins and social media.

Social Justice and Outreach

- **St Vincent de Paul Society (Australia)**
(Victoria)

Gospel-inspired Catholic organisation serving with love, respect, justice, hope and joy, and working to shape a more just and compassionate society.

Ph: 03 9895 5800

Email: info@svdp-vic.org.au

Address: Locked Bag 4800, Box Hill. Vic 3128.

Welfare Enquiries for this region: Bendigo Ph: 03 5443 0240

Email: compeer.bendigo@svdp-vic.org.au

- **Caritas Australia**

Helps people to help themselves — regardless of ethnicity, religion or political beliefs. Emergency assistance and long-term development projects in Africa, Asia, Latin America, Indigenous Australia and the Pacific. Helps disadvantaged people rediscover their dignity



by taking greater control over their lives and overcoming poverty. Site also has education resources, news and how to help.

Ph: Toll Free 1800 024 413

- **Global Catholic Climate Movement**

GCCM is a worldwide movement, with Pope Francis' support, to care for our common home, by prayer, living simply and taking action.

- **Earthlinking Facebook page**

Earth Link is a community focused on a world where there is respect, reverence and care for the whole Earth community, endorsed by the Sisters of Mercy, and open to all. Mercy network Newsletter: Respect and Reverence for Earth and human wellbeing.

- **Australian Catholic Social Justice Council (ACSJC)**

Ph: 02 8306 3499

Address: Caritas Australia House, PO Box 7246, Alexandria. NSW 2015, Australia.

National justice and peace agency of the Catholic Church in Australia. Promotes research, education, advocacy and action on social justice, peace and human rights.

- **Australian Catholic Migrants and Refugees Office**

Ph: (02) 6201 9848

Email: info@acmro.catholic.org.au

Address: GPO Box 2720, Canberra. ACT 2601.

Established by the Australian Bishops to inform policy and action and to act as an official voice on national and international migrant and refugee issues.

- **Eureka Street**

Australian Jesuits publication: Articles on issues of current interest.

6 Learn More About Faith

Easy Access

Online

- **Evangelisation Brisbane**

See 'Broader Church', 'Resources' links for free online resources, information and teaching videos including 'Living Biblically in a Secular World' talks series by Archbishop Mark Coleridge.

Ph: 07 3324 3440

Email: eb@bne.catholic.net.au

Address: (Brisbane) GPO Box 282, Brisbane. Qld 4001.

- **Busted Halo**

Resources to explore the Catholic tradition.

- **Adult Faith Education Sandhurst**

(Follow 'Directory' and 'Adult Faith Education' links).

Introduction to: Catholic Faith, Scripture, Prayer and Spirituality, Catholic Social Teaching and more. Free resources. Faith Education courses, seminars and diocesan events information.

Address: PO Box 201, Bendigo. Vic 3552.

Ph: 03 5441 2544

Email: adultfaith@sandhurst.catholic.org.au



- **Catholic Enquiry Centre CEC, Sydney**

Ph: 1300 4 FAITH (1300 432 484).

18-part series of leaflets focused on the Catholic faith free to download. Baptism and Wedding brochures explain Sacraments and what happens during the ceremonies.

- **Thinking Faith**

Online journal of the Jesuits in Britain exploring theology, scripture, news, contemporary life.

- **“The Journey” Catholic Radio Podcast**

Weekly program from the Catholic Diocese of Wollongong aired on Christian radio stations around Australia. Subscribe for shows to be emailed to play on your computer or mobile devices.

- **Fr John McKinnon**

Fr John, priest of the Ballarat Diocese, offers resources for your faith journey, including Gospel reflections and homilies.

- **Fr Michael Fallon MSC**

This site brings together audio recordings (and some text files) of Fr Michael’s lectures on the Scriptures of the Newer and the Older Testaments and many topics linked to faith and life.

- **Sr Veronica Lawson RSM**

Search for ‘Reflections on the Sunday Gospels’

Sr Veronica regularly offers biblical workshops and lectures. This site offers Sunday Gospel reflections through the year.

- **Fr Richard Leonard**

A video series of talks on Faith and Life by Australian Jesuit priest, Fr Richard Leonard SJ.

Book

- **‘At Home with God’s People’ book for individual or group use**

Ph: 07 3324 3440

Email: eb@bne.catholic.net.au

Address: GPO Box 282, Brisbane. Qld 4001.

Go to ‘Resources’ (Look for ‘At Home with God’s People’ in online shop). The ‘Participant’s Book’ offers an excellent, easy-to-read, low-cost, concise overview of teachings of the Catholic Church. Low-cost ‘Participant’s Book’ for individual reading or small group discussion.

Vatican II Council (and why it is still relevant today)

Videos

- **Comments on The Meaning of Vatican II, Bishop Robert Baron** Video (10 mins)
- **Foundations in Vatican II with Fr Max Vodola** (1½ hours)
- **How the Vatican II Council Came to Be** (from Pope John XXIII’s secretary) (4 + mins)



Book

- **“A Friendly Guide to Vatican II”** book by Fr Max Vodola
Book from Garratt Publishing.
Free Call: 1300 650 878
Ph: 03 8545 2911
Email: sales@garrattpublishing.com.au
Address: 32 Glenvale Crescent, Mulgrave. VIC 3170, Australia.
Mail: Private Bag 400, Mulgrave. VIC 3170.

When You Have Time

Bible Study Free Online – Short Courses

- **Beginning Catholic**
Information, resources, including Bible study, for new and continuing Catholics, free or purchase.
- **Agape Catholic Bible Study**
- **St Paul Centre (US) — Free online courses — Free audio and video Scripture courses**
- **Catholic Bible School of Michigan (US)**

Further Study Online – Short to Medium Length Courses

- **Catholic Theological College (CTC)**
‘Engaging your Catholic Faith’ short courses online.
- **‘Encore’ Boston College (USA) School of Theology and Ministry**
Free videos of talks by well-regarded presenters on many topics: Scripture, Catholic Tradition, Sacraments, Liturgy, Moral Life, Spirituality and Prayer Ministries.
- **‘Crossroads’ online courses. Boston College School of Theology and Ministry (US Jesuit college)**
2-5 weeks, low-cost courses include: Spirituality and Prayer, Sacred Scripture, Sacraments and Liturgy, Moral Life, Themes from Christian Tradition, Ministries. Optional certificate programs. Certificates for participation via reading and short posts in group ‘conversations’. No assignments.
- **STEP ‘Satellite Theological Education Program’ (STEP) University of Notre Dame (US)**
Online theology units (4-7 weeks) from the University of Notre Dame US, for adults in the US and beyond. Separate units or certificate courses. Moderate-cost single units or combinations for a ‘Certificate of Catholic Theology’ in Doctrine, History, Liturgy or Scripture.
- **Dayton University’s ‘Virtual Learning Community for Faith Formation’ (VLCFF) Dayton Catholic Marianist University (US)**
Low-cost courses include: Scripture, Theology, Church History, Morality, Social Justice, Liturgy, Spirituality, Youth Ministry and more.
- **FranciscanAtHome Catechetical Institute**
Low-cost ministry tracks, with video workshops.



Further Study at University Level

Face to Face Part-time, Full-time or Intensive (e.g. Weekend)

- **Catholic Theological College (CTC) Melbourne**

University level studies in theology and related areas or units to audit (no assessment) for personal or professional enrichment. Some units taught in intensive mode for those who work part-time or who live some distance from CTC. Commonwealth FEE-HELP is available.

- **Yarra Theological Union (YTU) – University of Divinity**

Theological and personal formation for many kinds of service. Undergraduate and post-graduate study available. FEE HELP is available.

- **Jesuit College of Spirituality (JCS) based in Parkville.**

Post-graduate degrees and Ignatian spirituality. Opportunities for Educators, Social Workers, Spiritual Guides, Companions, Ministers, Chaplains, Pastoral Care Workers and Business Leaders.

- **Australian Catholic University (ACU)**

Theology and Philosophy courses in Ballarat or Melbourne, engaging in the Catholic intellectual tradition where faith and reason teaches students to make a positive impact on their communities. FEE-HELP is available.

Online Part-time, Full-time or Intensive

- **The Broken Bay Institute – The Australian Institute of Theological Education (BBI-Tate)**

Online studies in Theology, Pastoral Ministry, Spirituality and Philosophy in partnership with the Sydney College of Divinity. FEE-HELP is available.

Interesting Sites

- **The Holy Land (Israel)**

Photographic tour of the Holy Land with the Israel Nature and Parks Authority

- **The Vatican Museum Virtual Tours**

Follow links to the Vatican Museum and Virtual Tours.

7 Information, Help and Support

- **CatholicCare Sandhurst**

A professional social service to empower individuals, couples and families and to build healthy communities through relationships, partnerships and collaboration.

Bendigo Head Office: 176 - 178 McCrae Street, Bendigo. Vic 3550

Ph: 03 5438 1300 or 1300 273 528

Email: email@ccds.org.au

Echuca Office: 13 Percy Street, Echuca. Vic 3564

Ph: 03 5820 0444

Shepparton Office: 68 Wyndham Street Shepparton. Vic 3630

Ph: 03 5820 0444 or 1800 461 444

Email: shep@ccds.org.au



- **Mercy Health Homecare Services - Southern Cross Care Victoria**

Ph: 1300 478 776.

A not-for-profit aged-care provider formed by the joining of Southern Cross Care (Vic) and Mercy Health in 2017 offering compassionate care for older persons and their families.

- **St Vincent de Paul Society Victoria**

General Enquiries Victoria Phone: 03 9895 5800.

Check website or your local telephone directory for local 'Op Shops' or assistance, housing, vouchers.

- **Villa Maria**

Ph: 1800 036 377.

Villa Maria Catholic Homes (VMCH) work in partnership with people of all ages and abilities to help them achieve their goals and dreams, remain connected communities and enjoy independence.

At Home Aged Care Shepparton: <https://vmch.com.au/services/at-home-aged-care/at-home-aged-care-shepparton/>

Ph: 1300 650 615

- **Catholic Health Australia**

Select 'Aged Care Update' (right of page)

Address: PO Box 245, Civic Square. ACT 2608

Ph: 02 6203 2777

Represents health, community and aged-care services in the Catholic sector across Australia.

- **Catholic Healthcare (Australia) Residential Aged Care, Retirement**

- **Grow — Mental Wellness Programs**

Ph: 1800 558268

Mutual support self-help network for those experiencing anxiety, depression, etc. Open to all, irrespective of belief, race, colour or class. Groups meet in some local towns.

- **Healing and Support**

Reflection on Sacraments of Reconciliation and Anointing, importance of pastoral care, needs of those whose marriages have collapsed, bereavement, ministry to the sick, suffering, ageing.

- **Meaningful Ageing Australia**



9 The Sacrament of Anointing the Sick

- **The Anointing of the Sick — What the Catechism Says**
- **Anointing of the Sick — Questions and Answers**

10 Journey Home to God

- **The Art of Dying Well**

An easy-to-access resource from the Catholic Church of England and Wales. It offers articles, podcasts and videos for those facing the end of life journey, for themselves or for others.

- **Spiritual care at the end of life 'The Conversation'**
- **Advanced Care Planning — Victoria**

Advanced Care Planning guidance and forms.



Compiled by

Adult Faith Education Sandhurst

Catholic Diocese of Sandhurst

Phone: 03 5441 2544

Mobile: 0400 679 874

Email: adultfaith@sandhurst.catholic.org.au

Web: <http://www.sandhurst.catholic.org.au>

and follow 'Directory' to Adult Faith Education

OCTOBER 2020



Diocese of Sandhurst

