

# 2022 Pathways for Seniors



Spiritual



Enrichment



Resources



# Pathways for Seniors 2022

## Catholic Diocese of Sandhurst

### 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 might enjoy exploring – via computer, smartphone or tablet!

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# 1 The Wisdom of Years

## Articles, Reflections and Information

- Last Vocation: To Grow Old Gracefully, Rita Joseph
  - The Wisdom of Ageing Madonna Magazine Winter 2021 (Search 'Ageing')
  - 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 Thoughts related to Ageing, Sydney Archdiocese Justice and Peace Office
  - Falling Upwards – 'The Second Half of Life' YouTube talks from Richard Rohr
  - Spiritual Practices – extracts from 'Falling Upwards' by Richard Rohr
- Topics to explore include: The second half of life; the seven tasks we need to complete before we die; developing a passion for life as we age; moving from ageing to "sageing".

## 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 Ageing 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: Reimagining 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 a.m. daily.
- **'Mass for You at Home'**  
Sunday Mass on TV. Watch when Mass is celebrated at 6 a.m. on Sunday or 10Play at any time.

## Prayer and Prayers

- **Prayers (Archdiocese of Brisbane)**  
A selection of well-known traditional and other prayers.
- **Prayers for Healing**
- **Prayers for the Sick**
- **Prayers and Liturgies for Healing**
- **Prayers for Healing**
- **Prayers for ageing**
- **'Creative prayer journeys'** – including prayer videos, Music, artwork, prayers for children.

## 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'.
- **Taizé**  
Prayer based on 'Taizé' 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. From Jim Quillinan of the Sale Diocese, published fortnightly.**  
One-page reflections on faith and life.
- **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.
- **Catholic Charismatic Renewal**



## Reflections Life, Faith and Spirituality – Weekly or Fortnightly

- **Along the Track.** From Jim Quillinan of the Sale Diocese, published fortnightly. One-page reflections on faith and life.
- **Joan Chittister**
- **Richard Rohr OFM**, The Centre for Action and Contemplation.
- **Ronald Rolheiser OMI**
- **Fr David Ranson YouTube Channel**
- **Rowan Williams 'Silence and Honey Cakes: The Wisdom of the Desert'**  
YouTube talks exploring the inspiration and insight of the 4th century desert fathers and mothers and ways in which their spirituality resonates strongly with aspects of the modern spiritual search.

## Retreats Online

- **Monasteries of the Heart**  
Includes online retreats (and see above).
- **An Ignatian Prayer Adventure**
- **Jesuit and Ignatian Spirituality Australia (JISA)**
- **St Mary's Towers Retreat Centre**  
NSW Live online retreats, tariffs negotiable.
- **Jamberoo Abbey**
- **Jamberoo Abbey Facebook**
- **Ignatian Spirituality Centre Glasgow Online Retreats**
- **St Beuno's Spirituality Centre Wales, UK**
- **Manresa Centre of Spirituality, Dublin, Ireland**
- **Los Olivos Anglican Community** – a 'Quiet Day at Home' any time that works for you.
- **Chester Retreat House UK**  
Online resources to use any time that suits you.
- **Sandhurst Diocese Spiritual Directors**  
For qualified and experienced Spiritual Directors in your area.  
Email: [adultfaith@sandhurst.catholic.org.au](mailto:adultfaith@sandhurst.catholic.org.au)

## Retreat Centres to Visit (when COVID-19 restrictions are ended)

- **Sisters of St Joseph, Retreat Centres and online prayer resources**
- **Jesuit and Ignatian Spirituality Australia (JISA) and JISA Campion (Kew)**
- **Full Spiritual Exercises in Daily Life**
- **Individual Spiritual Direction**
- **Pastoral Supervision**
- **Silent Directed Retreats**
- **The First Spiritual Exercises**
- **Themed Retreats**
- **Prayer/Reflection Days**

- **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.**  
A place where people can find peace through silence, nature, open spaces and prayer.  
Ph: 02 42360628.  
Email: benedictineabbey@bigpond.com  
Address: 695 Jamberoo Mountain Rd, Jamberoo. NSW 2533.

## Music and Hymns for Faith and Inspiration

- **Sunday 7pm Choir**  
A Catholic Choir that strives to sing beautiful, Christian sacred choral music of all types (from Chant, Hymns, Taize and SATB anthems, to Contemporary, Gospel and Spiritual). A wonderful resource with contemplative videos readily available on [YouTube](#) with weekly seasonal hymn additions. Follow them on [Facebook](#) or access their [website](#) to subscribe to their newsletter.
- **Chris Brunelle Music Ministry**  
Selections of liturgical music, offered by a lifelong choir director and music minister in the Catholic church. The songs are presented not as a performance, but as if one were leading the congregation to fully participate. Chris brings an obvious gentle nature to his music and generously supports musicians and singers to join in with his instructional, easy to join in style.
- **John Burland Music**  
John Burland is a worship artist, teacher, speaker, and composer from Sydney who has been writing and recording religious music for children and adults for over twenty years. John regularly works with children, parents and educators in school/parish communities and educational institutions promoting catechesis and celebration through song, movement, prayer and story.
- **Emmaus Productions**  
An independent, non-profit organisation under the direction of Monica Brown. Emmaus provides creative experiential programs, workshops, retreats and events, as well as music and other audiovisual resources, by way of supporting children and adults in their spiritual journey. [Membership](#) is available for individuals and groups providing access to adult and/or child video libraries for a single up-front fee for 3-, 6- or 12-month durations.
- **Marist Music – Michael Herry**  
The scripture-based chants of Br Michael Herry, a Marist pastoral musician in the Melbourne Archdiocese, will be familiar to many. All CDs and sheet music is now generously available free on the [website](#). Click on the 'free to download' links for each of the albums to listen to the album or individual tracks. Br Michael also provides instruction on [downloading](#) files if you wish to do so.





- **Peter Kearney Song Posts**  
A well known and loved Australian songwriter and singer, Peter's early folk-hymns 'Fill My House' & 'The Beatitudes' are internationally known. He has written many songs of justice and peace, songs for children, and a musical narrative on St. Francis of Assisi. Peter provides regular 'song posts' where you can listen to an audio recording and often read the story behind the composition. There is an option to purchase the audio as downloadable files or CDs if you wish. You may like to join Peter's [mailing list](#) to receive notification of new song posts and occasional information on his Concerts and Publications.
- **OCP Music**  
Interviews and performances by top Catholic artists and composers, traditional and contemporary.

## 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.
- **Australian Catholic Marriage and Family Council**  
'Grandparents Kits' (2012, 2014, 2015). Past editions are still relevant.
- **Grandparenting**  
A Gentle Vocation.
- **Faith-ful Grandparenting**  
Good ideas from The Lutheran Church of Australia community.



## Supporting Families

### Family Life and Faith

- **CatholicCare Victoria**  
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.

### 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!).
- **Wanderlight**  
'A Pilgrim's Adventure' App. video game to buy for iPad from Loyola Press, to help children learn about the Catholic faith. Cost \$52 approx. [Wanderlight App](#).
- **Sermons 4 Kids (US — Ecumenical)**  
Scripture stories, forums, activities such as colouring-in sheets, suited to children of various ages.
- **Together at One Altar**  
A resource for children from Prep to Year 12 to assist them to grow in their understanding of Eucharist (the Mass) and help them to take an active part.
- **Becoming Catholic book**  
A Parent's Guide to Baptism, Confirmation, Eucharist and Reconciliation by Kathy Horan.  
Garratt Publishing Ph: Toll free 1300 650 878.  
Email: sales@garrattpublishing.com.au  
OR Pauline Books.
- **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.
- **Together at One Altar**  
A resource for children from Prep to Year 12 to assist them to grow in their understanding of Eucharist (the Mass) and help them to take an active part.
- **'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

## eSafety

- **eSafety (eSafety Commissioner)**
- **Stay Smart Online**  
Australian Government site with advice on how to protect yourself online, as well as up-to-date information on the latest online threats and how to respond.
- **Family Zone**  
Keep kids safe online.

# 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 @news\_va\_en
- Australian Catholic Bishops' Conference @ACBC1
- CN CathNews @CathNews
- Thinking Faith @ThinkingFaith
- Eureka Street @EurekaStreet
- The Tablet @The\_Tablet

### Scripture, Prayer, Liturgy

- Universalis @CatholicFeasts
- Bread4Today @bread4today
- Daily Bible Verse @Daily\_Bible
- Loyola Press @loyolapress
- Faith Education Sandhurst @FaithEdSandhurst Reaching Out
- 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 with daily scripture.
- Laudate — A variety of resources.
- Reimagining 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 for women.

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

- **Sandhurst Diocese Library Learning Centre (Catholic Education Sandhurst)**  
Scroll down for 'Catalogue' link.  
Ph: 03 5445 9942  
Email: library@ ceosand.catholic.edu.au  
Address: 181 McCrae Street, Bendigo VIC 3550  
Borrow books, DVDs and music CDs. Register as borrower online or by mail.  
Open 8.30 a.m. - 5.00 p.m. Monday to Friday (closed 12.00-1.00 p.m.) during school terms.  
The Library Learning Centre is also open during the last week of school holidays on select days.
- **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**
- **Magabala Books Indigenous publishing house based in Broome WA.**  
Aboriginal owned and led. Celebrating and nurturing Aboriginal and Torres Strait Islander voices.

## 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](mailto: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](mailto:chancery@sandhurst.catholic.org.au)  
Address: PO Box 201, Bendigo. VIC 3552. 174 McCrae Street, Bendigo VIC 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.  
Australian Catholic Bishops' Conference outreach for better knowledge of Christ, Catholic faith, the Catholic Church in Australia and promotion of interreligious understanding. Resources, links.
- **Faith and Light (International)**
- **Aboriginal Catholic Ministry for Victoria**  
Ph: 03 9480 3849.  
Email: [sherry.balcombe@cam.org.au](mailto:sherry.balcombe@cam.org.au)  
Address: PO Box 1088, Thornbury. VIC 3071.  
Support for Aboriginal and Torres Strait Islander peoples 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. VIC 3065.  
Ph: (03) 9417 3379 or contact local parish for your area.  
Email: [president@cwlvicww.org.au](mailto:president@cwlvicww.org.au); [secretary@cwlvicww.org.au](mailto:secretary@cwlvicww.org.au)
- **menALIVE and menALIVE Facebook**  
Men of all ages come together to explore everyday faith and life.  
Contact: Doug Black  
Ph: 0408571100.  
Email: [doug.black@menalive.org.au](mailto:doug.black@menalive.org.au)

- **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.
- **Catholic Charismatic Renewal (Melbourne)**
- **CCR Sandhurst Facebook**
- **The Bay Connect (Broken Bay Diocese) Opportunities for online connection.**
- **The Archdiocese of Sydney's Centre for Evangelisation (SCE)**
- **SCE-lockdown-activities – Catholic Archdiocese of Sydney (sydneycatholic.org)**
- **Cardijn Community Australia**  
A Movement 'engaged with the world' based on principles of "See, Judge and Act" and the application and methodology of "formation through action" coupled with Christian reflection and analysis.
- **Australian Cardijn Institute Facebook Page**
- **Joseph Cardijn Digital Library**
- **Cardijn Community Australia brochure**  
Sandhurst Diocese Contact: Mons. Frank Marriott Email: francis.marriott@outlook.com OR francis.marriott@sandhurst.catholic.org.au

## Social Justice and Outreach

- **St Vincent de Paul Society (Australia)**  
St Vincent de Paul Society members serve with love, respect, justice, hope and joy, and work 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.
- **Laudato Si' 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.  
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: 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.  
Ph: 03 5441 2544.  
Email: adultfaith@sandhurst.catholic.org.au  
Address: PO Box 201, Bendigo. VIC 3552.
- **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.
- **Faith and Life**  
Video series of talks by Australian Jesuit priest, Fr Richard Leonard.
- **Alpha Australia**  
Try Alpha – a series of interactive sessions that create a safe and honest space to explore life, faith and meaning, online or in person, if a local parish offers Alpha.
- **Schools of Evangelisation**
- **Catholic School of Evangelisation (Melbourne)**
- **Faith Circles**  
For individuals or a group of friends – prayer and discussion. Register for monthly emails.

## 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 Barron 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.  
Mail: Private Bag 400, Mulgrave. VIC 3170.

## When You have Time

### Free Online – Short Courses and Conversations

- **Beginning Catholic**  
Information, resources, including Bible study, for new and continuing Catholics, free or purchase.
- **Alpha Australia**  
Interactive sessions to explore life, faith and meaning online or face-to-face (if your parish offers an Alpha program).
- **Agape Catholic Bible Study**
- **St Paul Centre (US)** — Free online courses — Free audio and video Scripture courses
- **Catholic Bible School of Michigan (US)**
- **Conversations about Catholics**  
A book to help with conversations to connect with Catholic faith and answer questions.
- **'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.
- **Catholic Theological Union Chicago**  
Free Lectures.

### Further Study Online – Short to Medium Length Courses

- **Engaging Your Faith – Catholic Theological College (CTC, Melbourne)**  
Short online sessions in: spirituality, scripture, prayer, bioethics, theology and interfaith relations. Search 'Engaging Your Faith' and scroll down.
- **'Crossroads' online courses. Boston College School of Theology and Ministry (US Jesuit College)**  
2-5 weeks, low-cost courses in: Spirituality and Prayer, Sacred Scripture, Sacraments and Liturgy, Moral Life, Themes from Christian Tradition, Ministries. Optional certificate programs. Participation Certificates via reading and short group 'conversation' posts. No assignments.
- **Boston College**  
4-week interactive online courses from US\$30 in fields such as Scripture, Jesus, Moral Compass, Church History, Liturgy and Spirituality.
- **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. 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 Victoria**  
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.
- **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 to communities and enjoy independence.
- **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.
- **Meaningful Ageing Australia**
- **10 Spiritual Activities for People Living with Alzheimer's Disease**

## 8 The Sacrament of Anointing the Sick

- [Anointing of the Sick — Questions and Answers](#)
- [Anointing of the Sick](#)

## 9 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'](#)
- [HOPE – The 'Care First' approach to End-of-Life Care webinar \(Oct 2020\)](#).  
Catholic specialist doctors, advocates, Brisbane Archbishop Mark Coleridge and Fr Frank Brennan SJ, Professor of Law at Australian Catholic University present the official Catholic view on end-of-life care, with a clear definition and understanding of what palliative care is. The full webinar (100 minutes) can be viewed on the [Archdiocese of Brisbane YouTube channel](#).
- [Advanced Care Planning — Victoria](#)  
Advanced Care Planning guidance and forms.
- [Christian Funerals](#)  
A Template to help with ideas for a funeral.



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