

# FORMATION IN CONTEMPLATIVE ACTION



'Anyone who attempts to act and do things for others or for the world without deepening their own self-understanding, freedom, integrity and capacity to love, will not have anything to give others'. No matter how sincere, they will tend to communicate only the 'contagion' of their own obsessions, ambitions and anxieties.

With this insight, Thomas Merton speaks to the necessary integration of contemplation and action for a healthy humanity and a healthy world. But in the busyness of daily life and the pressures of contemporary work and family, how is such integration to be realised?

In 2025, Benedictus is offering a year-long program for Formation in Contemplative Action. This program is open to anyone and will particularly speak to those who are seeking wisdom, practice and a community that will support them to participate in work, leadership and the active life with expanded self-awareness, freedom and love.

The program involves two weekend retreats in January and July, a regular monthly gathering on Sunday afternoons, and one-one mentoring. There are limited places available.

# FACILITATORS

## Sarah Bachelard

Sarah is the co-founder and leader of Benedictus Contemplative Church. She is a teacher with the World Community for Christian Meditation and an accredited facilitator with the Centre for Courage & Renewal.

## Deb May

Deb has worked as a gender equity, diversity and inclusion consultant, building awareness, insight and agency for change at personal and organisational levels. She is an accredited mindfulness meditation teacher and is currently completing a Masters of Counselling.

## Neil Millar

Neil is a Professional Supervisor with experience in reflective practice and contemplative inquiry. He is a member of the Australasian Association of Supervision, facilitates practitioner learning groups and is an accredited Circle of Trust® facilitator.



## COST

\$1200.00 (payable as \$600 per semester). Bursaries and financial support available.

For more information or to apply for the program  
contact Sarah at [info@benedictus.com.au](mailto:info@benedictus.com.au)