



Stretching OUR SOULS

EXPLORING FAITH. SHARING EXPERIENCE. GROWING TOGETHER.

“

THE IMPORTANT THING IS NOT TO THINK MUCH,
BUT TO LOVE MUCH.”

— ST TERESA OF AVILA

Our spiritual lives are not static. Along the way we encounter questions, experiences and challenges that invite us to look more deeply at our faith, ourselves and the way we live in the world.

Stretching Our Souls, with Clare McArdle, is a welcoming monthly discussion group where participants come together to explore some of the important questions and issues we encounter on the spiritual journey.

Through conversation, listening and reflection, we bring our own experiences, insights and questions to the group — learning from one another and discovering new perspectives that may open pathways for our own spiritual growth.

At the heart of the program is a desire to deepen our spiritual lives and increasingly learn to see ourselves, one another and the world **through the eyes of Christ** — allowing faith not simply to be something we believe, but something that shapes the way we live.

There are no predetermined answers and you don't need any particular theological knowledge. Come with your questions, your experiences and an openness to listen, reflect and share with others.

THIRD TUESDAY | 11.00AM
IN PERSON | 1.5 HOURS

Carmelite Centre
214 Richardson Street, Middle Park
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