

LifeStreams:

A place of refuge from the stress and busyness of life.

- Spiritual Direction
- Worship & Prayer
- Meditation
- Massage
- Myotherapy
- Aromatherapy
- Creative Arts
- Life Skills Workshops
- Relaxation & Contemplation



LifeStreams Directory

Contacting LifeStreams is easy!

General information:

David Brooker: ph 9584 8499

Spiritual Direction:

Suzanne Ashton: 0409 217 304

Steve Jackson: 0407 992 551

Marilyn Hinton: 0406 718 122

Jenni Georgiadis: 0412 999 749

Linda Young: 0412 137 783

Joan Wright: 0421 844 946

Relaxation Massage:

Sharon Von Staden: 0413 238 414

Myotherapy:

Cindy Hughes: ph 0414 313 471

Contemplative Worship:

David Brooker: ph 9584 8499



LifeStreams

A Centre for Spirituality

Southern Community Church of Christ
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Finding Life!



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Reflection ...
Relaxation ...
ReCreation ...

LifeStreams

A Centre for Spirituality

LifeStreams is a place of refuge from the stress and 'busyness' of life. A place to gently reflect on life and the meaning that arises from our everyday experiences.

LifeStreams is a centre for wholeness, seeking to care for the whole person – body, mind and soul. From massage to spiritual direction, creative arts to meditation, and finding ways to prayer, LifeStreams offers an invitation to find a place of healing, nurture and centeredness.

LifeStreams believes that well-being flows from proper balance in the physical, social, emotional and spiritual dimensions of life.

LifeStreams seeks to be a place of hospitality and care for all people, regardless of age, religion, background or race.



Spiritual Direction

Spiritual Direction is a prayerful process in which two people share a journey of discovery about God and life. At LifeStreams, trained and accredited Spiritual Directors are available to facilitate your personal spiritual journey. In a safe and welcoming environment, the spiritual director will help you pay attention to your experiences of God, and help you reflect on and learn from your everyday life experiences. For many people, spiritual direction becomes a source of healing, nurture and fulfillment.



Worship

LifeStreams offers a wide range of worship experiences – healing, meditation, contemplation, and reflection – to anchor your personal journey within the faith community. The **LifeStreams Chapel** offers a quiet and rich environment for corporate and personal worship.

Prayer

The **LifeStreams Chapel**, incorporating a quiet and private Prayer Room, is available most days for personal prayer and reflection.

Massage & Myotherapy

The combination of massage and aromatherapy can induce a state of relaxation that is conducive to healing and well-being. Myotherapy treats specific muscular problems by releasing trigger points and facilitating proper muscle function.

LifeStreams offers access to accredited therapists by appointment.

Creative Arts

LifeStreams offers programs and space to encourage people to explore their spirituality through expression of creativity.

Workshops

LifeStreams offers workshops such as Celtic Spirituality, Art, Prayer, Lent and Advent. For more information please visit www.lifestreams.org.au

