WOMEN OF SPIRIT PROGRAM 2026
Our bodies and our souls - exploring Spirituality together.

In 2026 we make our spiritual journey with a focus on the relationship between our bodies and our souls. Our bodies have a spiritual and healing wisdom which we will explore through a range of practices: meditative, somatic, emotional, artistic and spiritual to explore our potential and possibilities.

8TH FEBRUARY

LOVE, HOPE AND FAITH IN THE YEAR AHEAD

Walking the labyrinth with other women as an expression of love, hope and faith for the present, and for our year to come. We will be accompanied with live music by Ella Gray. There will also be an indoor labyrinth for those who prefer. A time of reflection and conversation as we start the new year.

Led by: Judy Scott in the Labyrinth at St. Margaret's Church

8TH MARCH

EMBODYING THE MURUJUGA CULTURAL LANDSCAPE

We will meet at the Yarning Circle to learn together insights from indigenous embodied practices through art, dance and care of creation. We will enact a prayer ritual for protecting Murujuga.

Led by: Mitzi Tuke

12TH APRIL

JOURNEYING WITH THE BODY AND ITS SENSES

How do we connect with ourselves and the sacred through the delights of our senses? We will look, listen, smell, taste and touch a variety of elements to contemplate the experience of our senses and our relationship to the Divine.

Led by: Mandy Stevens

3RD MAY

BEING HERE : IMMERSION IN A SOUND BATH

Join us to lie or sit down in the sanctuary and be "bathed" in the therapeutic vibrations and tones of instruments such as singing bowls, gongs and chimes.

Led by: Mandy Stevens

14TH JUNE

MIDWINTER FESTIVAL WITH CHRISTINA GREEN

Save the date to invite your friends for our Midwinter Festival led by musician Christina Green. Join us by the firepit for the experience of musical chanting. Mulled wine and/or hot chai will be offered.

12TH JULY

HOLISTIC BODIES, HOLY LIVES

We shall explore how to maintain balance of the physical, mental, emotional and spiritual aspects of our lives and the importance of self-care and self-love.

Led by: Lyn Beattie

9TH AUGUST

WHEN THE BLEEDING STOPS PERIMENOPAUSE AND MENOPAUSE

A time where we explore, embrace and honour our womanhood regardless of the season we are in. Please bring a photo of your younger and older self. Women of all ages welcome.

Led by: Revd. Yvette Daniel

13TH SEPTEMER

TARRA WARRA ABBEY

Travel together to a Cistercian Monastery in the heart of the Yarra Valley. We will join the monks in prayers, walk in the lovely gardens and share in a range of meditative practices.

Led by: Mandy Stevens

11TH OCTOBER

EMBODYING THE FRUITS OF THE SPIRIT

What are the fruits of the Spirit? Meditate or contemplate on the fruits. How do we embody them in our daily lives? Opportunities to reflect through sharing, meditation, art, writing or silent contemplation.

Led by: Judy Scott

8TH NOVEMBER

WOMAN WISDOM

What, or who, is wisdom? Using sacred writings and poetry, we shall consider helpful ways to find wisdom and discover how it is different or similar to knowledge.

Led by: Lyn Beattie

13TH DECEMBER

LESSONS AND CAROLS AT THE CATHEDRAL

Join us as we travel to the annual Christmas Carols service led by the full choir of St. Paul's Cathedral. Details to be advised.

INFORMATION

For further information about the Women of Spirit Program contact:

Mandy Stevens
mandyjeff@smartchat.net.au
Annette Street
afstreet@me.com

Worship St. Margaret's Anglican Church

79-81 Pitt Street, Eltham

Phone: 03 9439 9238

parishoffice@stmargaretseltham.org.au

www.stmargaretseltham.org.au

Holy Communion
Sunday 8am and 10am
Wednesday 10.30am

Taize
Service of prayer and contemplation.
Service at 6.30pm last Sunday of month

St Margaret's Anglican Church Eltham

WOMEN OF SPIRIT PROGRAM 2026

Women of Spirit is open to women of all faiths or none who are interested in exploring issues of life and faith in a safe and supportive environment.

The 2026 program offers an opportunity to take time out from our busy lives to experience a variety of spiritual practices that engage our bodies, minds, and emotions.

The program is based at St. Margaret's Anglican Church in Eltham and uses its wonderful facilities and spaces for activities, including the Yarning Circle and full- size Labyrinth.