

Deacons Conference

3 - 6 October 2019, Notre Dame University, Fremantle WA



Last month to register at Early Bird Prices

The 2019 Deacons Conference is about 4 months away.

Early bird registrations are still open at <https://www.trybooking.com/BBVRV> until 30 June 2019.

Don't forget to book for the dinner when you register for the conference. The dinner will be held at The Esplanade Hotel on the Saturday night. \$80 each.

Breaking News!

A pre-conference gathering is now available, included in the price of the conference.

See page 2 for details

Pre conference free event

See page 2

Speakers

See page 3

First 2 days of the programme

See page 4



Western Australian Maritime Museum

See what [trip advisor](#) says about



The Cathedral of the Immaculate Conception of the Blessed Virgin Mary



South Perth from Kings Park

More programme details next month.

Accommodation

Special rates apply if you tell them you are attending the conference. Click on the links for contact information.

- [Esplanade Hotel](#) (\$190/night)
- [Hougoumont Hotel](#) (\$205/night)
- [Fremantle Bed & Breakfast](#) (\$180/night)
- [Quest Apartments](#) (from \$160/night). Booking code NAD19. The link will take you direct to booking with that code and rate.

Have you booked your flights to Perth?

See page 4 for the first 2 days of the programme.

More information in the next newsletter.

Free Pre-Conference gathering : A Conversation with Bishop Vincent Long

Session 1: Bishop Long *My Refugee Story*

Thursday 3 October at 10.00 am to 11.00 am at
Notre Dame University, Fremantle. Followed by morning tea.

In an informal setting, Bishop Long will tell his story of how he fled Vietnam by making the treacherous journey to Australia by boat.

His moving story will provide an opportunity for the listener to encounter the human experience of what it is like to be a vulnerable person seeking asylum.

Session 2: Q&A with Bishop Long

Thursday 3 October at 11.20 am to 12 noon at
Notre Dame University, Fremantle.

In a question and answer format, Bishop Long will share his thoughts on selected questions from the audience

For catering purposes, Conference attendees must register for the Pre-Conference gathering by email to greg.Lowe@Perthcatholic.org.au



Dr Michael Newton PhD AEP

Dr Michael Newton

Mike is a lifestyle medicine consultant and clinical exercise physiologist who works with organisations and teams to optimise health and well-being, and has worked extensively within Catholic Education WA in both the

Experienced Principals and the Aspiring Principals programs. He also performs clinical consultations with individuals presenting with a range of disease states that are amenable to lifestyle medicine interventions.

In addition to his consulting and clinical practice, Mike has over twenty years of university lecturing and research experience with his last academic appointment being Associate Professor at an Australian university. Mike is also an author on over 50 peer-reviewed scientific publications and has provided media expertise on numerous health and well-being topics.

Mike holds a Bachelor of Applied Science with Honours, a Master of Science and a Doctor of Philosophy. He holds memberships of the American College of Lifestyle Medicine, the American College of Sports Medicine, the Australasian Society of Lifestyle Medicine, the Clinical Exercise Physiology Association, and the United Nations Association of Australia.



Dr Steven Kiely PhD MAPS

Dr Steve Kiely

Steve is a performance psychologist and coach with a diverse range of experience consulting with public and private sector organisations, professional sport, the military and education. He has consulted with the West Coast Eagles, West Coast Fever, Western Australian Institute of Sport, Western Australian Football Commission, and the Special Air Services Regiment. His current work focuses on Principal and Educational leader well-being where he has worked extensively in both the Experienced Principals Program and the Aspiring Principals program in Catholic Education WA.

Steve holds a Bachelor of Psychology, Master of Psychology, Diploma of Clinical Hypnosis, a Doctor of Philosophy, and is a full member of the Australian Psychological Society.

Speakers for the Clergy well being workshop



Deacon Gerald DuPont

The IDC has its first president from the United States, Deacon Gerald DuPont, of the Galveston-Houston archdiocese, Texas. Gerald has been involved in the formation of deacons most of the time he's been ordained. He has taught at the University of St Thomas, Houston, at the seminary and taught theology at the Oblate School of Theology at San Antonio. He and his wife Peggy moved out to the country so he was within travelling distance of both seminaries. By then he had retired from engineering.

He was director of the pastoral year for seminarians from Galveston-Houston between their second and third year of theology.

On the US national level, Gerald has been chief consultant on the permanent diaconate to the USCCB (United States Conference of Catholic Bishops) for the last 10 years. He has been on the board of the National Association of Deacon Directors (NADD) for 12 years. He was a regional representative for six years and chair for four years.

Programme

Thursday 3 Oct 2019	
10:00 am	Pre Conference Event Session 1: Bishop Long <i>My Refugee Story</i>
11:20 am	Pre Conference Event Session 2: Q&A with Bishop Long
3:30 pm	Registration Opens
5:30 pm	Opening Reception
6:15 pm	Keynote Speaker: Most Rev Christopher Saunders
Friday 4 Oct 2019	
8:30 am	Registration; tea & coffee
8:45 am	Morning Prayer
9:00 am	Session 1: Keynote speaker: Most Rev Vincent Long
10:00 am	Morning tea
10:30 am	Session 2: Keynote speaker: Rev Deacon Tony Hoban
11:35 am	Session 3: Q&A
12:00 pm	Lunch
1:00 pm	Session 4: Drs Steven Kiely & Michael Newton: Clergy wellbeing
2:00 pm	Afternoon tea
2:15 pm	Session 5: Concurrent Session A (1 hour)
3:30 pm	Session 6: Concurrent Session B (1 hour)
4:30 pm	Evening free to enjoy Fremantle (Tour of the campus available)

What will be included in our conference programme?

Session 4: Clergy well being and concurrent session workshop.

*A session on **Clergy well being** will be run by Drs Michael Newton and Steve Kiely. This will be followed by a workshop on this topic as one of the concurrent sessions to choose from.*

The research on Clergy work-related psychological health has uncovered a multitude of work-related stressors including, but not limited to: complex pastoral demands, managing difficult parishioners, conflict management, and intense public scrutiny on the Catholic Church. If not adequately addressed, the

impact of these stressors on Clergy well-being could increase the risk of burnout, mental health presentations (i.e., depression, anxiety) and stress-related physical health complaints (cardiovascular disease, lifestyle related diseases i.e., diabetes, and psychosomatic complaints).

Empirical support suggests that Clergy who are truly flourishing and thriving in their role have a greater likelihood of bringing to life the challenging undertaking of *revitalising parishes* through being a living example to their parishioners. However, given the complexity of the role, Clergy need extensive and on-going support to ensure that personal well-being is consistently maintained now and into the future. Well-being is more than simply a state of physical health or the absence of disease or infirmity, it also encompasses emotional, mental and spiritual health. Well-being can be considered an active process of becoming aware of, and making choices toward, a more successful professional and personal life. It is indeed a lifelong endeavour that requires continual consideration, examination and application. This presentation will explore further the context of Clergy wellbeing and why this field deserves critical attention within professional development training programs at all career stages (early, mid, late).