



**ST Francis
Social Services**

Dr Angela Argent (PhD)

**CHOOSING -
CURIOSITY, ATTENTION,
COMPASSION AND CONNECTION**

ACKNOWLEDGEMENT OF COUNTRY



Our choice

In a time of increased loneliness, social isolation, disconnection, when the languages of exclusion and hate are normalised and amplified, one of the paths we can choose is to dial down the noise and be more attentive to those around us, to be curious, to include and connect and grow our capacity for empathy and compassion as we accompany those with whom we walk on our shared journey to thriving in difficult times.

This workshop will explore opportunities for us to create spaces for everyday curious conversations that show that we're listening, that we're present and available to the people in our lives.

Simone Weil

(1909–1943)



'attention is the rarest and purist form of generosity.'

'The love of our neighbour in all it's fullness simply means being able to say to him/her 'what are you going through?'

Who we are



**ST Francis
Social Services**



Provides people seeking asylum & refugees with crucial wrap-around support.



Centre 360
Youth and Family Service

Offers vital mental health counselling & programs for at-risk youth in Sydney's East & Southeastern Suburbs.



Creates job and training opportunities for people seeking asylum & refugees through our social enterprise.

Our Purpose

We provide the supports and advocacy that build the agency and dignity of each person by enabling them to achieve wellbeing and independence and to thrive into the future.



‘Dadirri is inner, deep listening and quiet, still awareness. Dadirri recognises the deep spring that is inside us. We call on it and it calls to us. This is the gift Australia is thirsting for. It is something like what you call ‘contemplation’.



Dr Dr Miriam Rose Ungunmerr-Baumann
Daly River- North of Darwin, NT.

WHO 2022

'Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.'

'Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes...'



Arandhati Roy



'Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a gateway between one world and the next. We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it...'

'Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing'

The Pandemic is a Portal, April 2020

'To love. To be loved. To never forget your own insignificance. To never get used to the unspeakable violence and the vulgar disparity of life around you. To seek joy in the saddest places. To pursue beauty to its lair. To never simplify what is complicated or complicate what is simple. To respect strength, never power. Above all, to watch. To try and understand. To never look away. And never, never forget.'

Arandhati Roy, 'The Algebra of Infinite Justice,' 2002, p. 24.

https://www.youtube.com/watch?v=-x3id4l6_q0

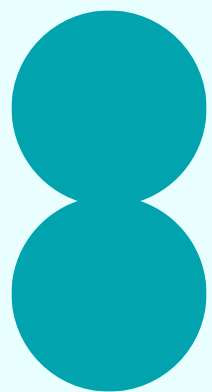


Your task here and now

Ask your neighbour

What's happening for you?

What choices are you making?



a.argent@stfrancis.org.au