



2026

Notes of our Soul Song

The *Abbey Inspiration Morning* is held on the second Wednesday of each month (except July, December and January) at 9.30 am and provides an opportunity to discuss spiritual concepts, share insights and support each other on the inner spiritual journey.

This year our theme is *Notes of our Soul Song*. We will use the sounds of nature and music as inspirations to guide our discussions and spiritual practices. Our monthly program topics are:

Wed 11 February

Morning Chorus

This month we start our journey of rediscovering, rewriting, or creating our soul song. Like the birds in the early morning, we will greet the dawning of a new day with joy in our hearts celebrating what is to come and dedicating each moment to an awakening understanding of our purpose and goal.

Wed 11 March

Bird Song Inspirations

Science tells us that birds sing primarily as a vital tool for survival and reproduction. Birds sing to mark territory, to attract a mate, to set up a warning/alarm and location detection. This month we will explore the many ways we communicate and interact with other and how to use our words consciously creating a sweet melody that heals and uplifts.

Wed 8 April

Living Harmoniously

The beauty of harmony in a song lies in its ability to create depth, emotion, and unity, blending multiple notes or voices to form rich textures that a single melody cannot achieve. This month we will seek to understand the nature of harmony in our own lives and what creates discordance in our soul song.

Wed 13 May

My Authentic Note

This month we will explore the nature of our authentic 'note', the 'who' and 'what' of our 'I Am'. We will seek to know ourselves more fully and through self-empowerment learn how to stay true to ourselves in the midst of the confusion of life.

Wed 10 June

Feelings

It is well known that composers and musicians use specific technical elements in creating music to trigger emotions. This month we will discuss how to use music as a tool to help us recognise our feelings and provide an avenue for healing.

Wed 12 August

My Song

Our life journey writes our soul song... it has sad notes and happy notes, at times it is discordant, but when the notes are 'off' we have the choice to rewrite them. This month we will explore the choices we have made that has become our soul song and how we can rewrite parts that do not fill our hearts with love, joy and peace.

Wed 9 September

Sounds of Silence

Silence is a source of wisdom, strength, and inner peace, allowing deeper listening, thought, and connection. This month we will discuss the importance of silence in the composition of our sacred soul song.



Wed 14 October

Music for the Heart

Music offers profound healing by expressing the inexpressible, soothing the soul, alleviating pain, and connecting us to something universal. This month we will explore how we can use music to centre ourselves, calm our mind and connect to our inner selves.

Wed 11 November

Song of the Angels

This month when we come together to share inspirational poems, songs and writings, our focus is on the joyous celebration of life and the soul song we have written this year. We sing in gratitude for the love and friendship we have experienced. Today we celebrate!!

Join us each month as we explore the path of spiritual growth. Please bring something to share for a Morning Tea that follows.

If you would like to know more, please contact Edith on 0412281846.

Our morning together is held in the:

Abbey Church,1 - 63 The Abbey Place Caboolture

