



View, Chew, and Chat began in **April 2016**, with a simple but meaningful format. The name reflects the rhythm of those first gatherings:

- **View** – we watched an episode of something faith-related (in our first year, the Catholicism mini-series).
- **Chew** – we shared a light dinner around the table.
- **Chat** – we discussed what we had seen, learned, or wondered about.

From the beginning, the group has been about growing in faith together, enjoying good company, and creating space for honest conversation.

### **Adapting through the years**

When COVID-19 arrived, we quickly adapted. Meetings moved online via Zoom, and while we missed sharing meals, the spirit of community remained strong. After restrictions lifted, the group made a conscious choice to stay online. This way, people from near and far can join without needing to travel, and members can connect from the comfort of their own homes.

### **Adding Lectio Divina**

In **2023**, we decided to deepen our gatherings by introducing **Lectio Divina**—an ancient Christian practice of “divine reading.” In Lectio Divina, Scripture is not studied academically but prayed with: read slowly, listened to with the heart, and allowed to speak personally to each of us. Together, we reflect on the Gospel for the coming Sunday, listening for how God may be guiding us in daily life.

### **How we meet**

We typically gather **three Wednesdays each month**:

- **One session** is focused on reading a chapter of a chosen book or viewing a short online resource, followed by discussion.
- **Two sessions** are dedicated to Lectio Divina with the upcoming Sunday Gospel.

This rhythm of learning and praying together helps us grow in both knowledge and relationship with God.

**Everyone is welcome**

Whether you are a long-time parishioner, new to faith, or simply curious, you are warmly invited to join us. New members are always welcome, and no prior experience is needed—just an open heart and a willingness to share the journey. Email [anne.millard@mn.catholic.org.au](mailto:anne.millard@mn.catholic.org.au) to indicate your interest.