

ACMC (NSW) COMMUNITY CALENDAR 2017

SYDNEY METROPOLITAN and REGIONAL EVENTS

Feb	Sun	05	Interfaith Meditation and Sharing Group, 5pm (venue and contact details below)
	Sun	19	Meditation Introduction & Renewal Day, St Benedict's Monastery, Arcadia (contact details below)
Mar	Wed	01	Ash Wednesday
	Fri	03	Sydney Catholic Schools Teachers Formation Day, St Francis Xavier Church, Mackenzie Street, Lavender Bay. Contact Penny Sturrock (details below)
	Sat	04	South Coast Community Day, St John's Chapel, Sth Nowra. Contact Les Ambrus (details below)
	Sat	04	Newcastle Community Day "Hildegard of Bingen – her Music and Spirituality" 10.00am-3.00pm. St James' School Hall, 25, Kotara (contact details below)
	Sat	04	Lenten Lectio Divina begins, then March 11 th 18 th 25 th and April 1 st 8 th . Contact Penny (details below)
	Sun	05	Interfaith Meditation and Sharing Group, 5pm (venue and contact details below)
	Sat	11	Lenten Lectio Divina (2)
	S at	18	Lenten Lectio Divina (3). Contact Penny (details below)
	Sat	25	Lenten Lectio Divina (4). Contact Penny (details below)
	Sat	25	ETW Reconnection and Group Leaders day, St Francis Xavier Church Hall, Lavender Bay. Contact Penny Sturrock (details below)
Apr	Sat	01	Lenten Lectio Divina (5). Contact Penny (details below)
	Sun	02	Interfaith Meditation and Sharing Group, 5pm (venue and contact details below)
	Sat	08	Lenten Lectio Divina (6). Contact Penny (details below)
	Sat	08	NSW Young Christian Meditators Retreat Day "How Meditation Creates Community" led by Andrew McAlister. Blue Labyrinth Busy Retreat, 30 Park Road, Blue Mountains. 9.30am-3.00pm. All welcome. Contact Donna Mulhearn (see below)
	Sun	16	Easter Sunday
	Sat	22	ACMC Earth Day Community Event – "The Radiant Tapestry of Being" - Del Monte School, 59-63 The Boulevard, Strathfield. Speaker: Br Kevin McDonnell from Edmund Rice Centre. 10.00am-3.30pm. Contact Janet O'Sullivan 9314-6386
	May	Sat	06
Sat		06	Newcastle Community event "What is Christian Meditation/How to meditate" 9.30am-12.00pm. Chapel of Newcastle Parish Centre, 25 Farquhar Street, The Junction (Contact details below)
Sun		07	Interfaith Meditation and Sharing Group, 5pm (venue and contact details below)
Sat		20	Community Day, Illawara. Contact Monica Dowdell (details below)
Sun		21	Meditation Introduction & Renewal Day, St Benedict's Monastery, Arcadia (contact details below)
Jun	Sat	03	Contemplative Book Club (2) Our Lady Star of the Sea, Kirribilli. Contact Penny Sturrock (details below)
	Sun	04	Interfaith Meditation and Sharing Group, 5pm (venue and contact details below)
Jul	Sat	01	Newcastle Community event 9.30am-12.00pm "The Cloud of Unknowing" Chapel of Newcastle Parish Centre, 25 Farquar St, The Junction (Contact details below)
	Sat	01	Contemplative Book Club (3) Our Lady Star of the Sea, Kirribilli. Contact Penny Sturrock (see below)
	Sun	02	Interfaith Meditation and Sharing Group, 5pm (venue and contact details below)
	Sun-Fri	9-14	National Retreat led by Fr Laurence Freeman, "Finding Oneself" St Ignatius College, Riverview, Lane Cove
Aug	Sat	05	Contemplative Book Club (4) Our Lady Star of the Sea, Kirribilli. Contact Penny Sturrock (see below)
	Sun	06	Interfaith Meditation and Sharing Group 5pm (venue and contact details below)
	Sun	20	Meditation Introduction & Renewal Day, St Benedict's Monastery, Arcadia (contact details below)
	Mon-Tue	21-22	Teachers Retreat, Marymount Mercy Centre, Castle Hill. (anyone interested in meditating with children and young people welcome.) Contact Penny Sturrock (details below)
	Fri-Sun	25-27	Essential Teaching Weekend (ETW), Marymount Mercy Centre, Castle Hill. Contact Penny Sturrock (details below)
Sep	Fri-Sun	1-3	ACMC (NSW) Silent Retreat, Marymount Mercy Centre, Castle Hill.
	Sat	02	Contemplative Book Club (5) Our Lady Star of the Sea, Kirribilli. Contact Penny Sturrock (see below)
	Sun	03	Interfaith Meditation and Sharing Group (venue and contact details below)
	Sat	09	Newcastle Community Day – "The Place of Pilgrimage in our lives" - 10.00am-3.00pm St James' School Hall, Kotara (Contact details below)
Oct	Sun	01	Interfaith Meditation and Sharing Group 5pm (venue and contact details below)
	Sat	07	Contemplative Book Club (6) Our Lady Star of the Sea, Kirribilli. Contact Penny Sturrock (see below)
	Sat	14	Blue Mountains Community Day 9.30am-12.00pm. (Meditation at 10am) 227 Leura Mall, Leura. Contact Barbara Smith (details below)

Nov	Sat	04	Newcastle Community event – (topic tba) Chapel of Newcastle Parish Centre, 25 Farquar St, The Junction (contact details below)
	Sun	05	Interfaith Meditation and Sharing Group 5pm (venue and contact details below)
	Sun	19	Meditation Introduction & Renewal Day, St Benedict's Monastery, Arcadia (contact details below)
Dec	Sat	02	Advent Lectio Divina starts then December 9 th 16 th 23 rd at Our Lady Star of the Sea, Kirribilli. Contact Penny Sturrock (details below)
	Sun	03	Interfaith Meditation and Sharing Group 5pm (venue and contact details below)
	Sat	09	Advent Lectio Divina at Our Lady Star of the Sea, Kirribilli
	Sat	16	Advent Lectio Divina at Our Lady Star of the Sea, Kirribilli
	Sat	23	Advent Lectio Divina at Our Lady Star of the Sea, Kirribilli

NSW Committee meetings: 10 February, 31 March, 5 May, 2 June, 30 June, 28 July, 8 September, 27 October, 8 December.

Benedictine Oblate Cell Days: 4 February, 18 March, 13 May, 22 July, 9 September
Contact Terry O'Donnell 0430 209 415 tod42@bigpond.com

Sydney Metropolitan Contact Details:

Coordinator ACMC (NSW):	Jan Wylie 9904-5110 0418 655 291 janwylie@tpg.com.au
NSW Coordinator School of Meditation:	Penny Sturrock 0409 309 344 torlonia@bigpond.net.au
YCMers Coordinator:	Donna Mulhearn 0422 749 319 donnmulhearn@yahoo.com.au
NSW Coordinator Meditation with Children:	Dianne Burn 0419 226 278 dianne.burn@tpg.com.au
Interfaith Meditation and Sharing Group:	St Francis Xavier Church Hall, Mackenzie Street, Lavender Bay: Judi 0412-456-845 taylor.judi@outlook.com or Paul Taylor 0412-949-862
Meditation Introduction and Renewal Days:	Ann Lomas 9456 4775 atlomas@bigpond.com

Regional Contacts:

<u>Newcastle:</u>	Anne Cuskelly:	407 436 808 annecuskelly@hotmail.com .
<u>Hunter Region:</u>	Bob and Bev O'Toole:	4930-1508 abc.14900@bigpond.com
<u>Blue Mountains:</u>	Barbara Smith:	4787 6032 barmarflo1aapt.net.au
<u>Central Coast:</u>	John Sheehan:	4381-1002 johnsheehan@internode.on.net
<u>North Coast:</u>	Dympna Sheehy:	6686-6738 dasheehy@bigpond.com
<u>Southern Highlands & Tablelands:</u>	Isobel Marchment:	4871-1563 isobelmarchment@bigpond.com
<u>Illawarra:</u>	Monica Dowdell:	0412 056 877 dowdellmonica8@gmail.com
<u>Shoalhaven:</u>	Les Ambrus:	4421-0988 lesambrus@gmail.com
<u>Eurobadalla:</u>	Wilma McKeown:	4471-1287 wilma.mckeown@bigpond.com
<u>Far South Coast:</u>	Mary Plevy:	0437 764 422 tathra44@bigpond.com



ACMC Queensland Calendar 2017

February 4th	Oblates, 'Avila' 287 Wellington Street, Ormiston.
March 4th	Quiet Day, St James Anglican, Cnr Russell & Mort Sts, Toowoomba
March 25th	Quiet Day, Passionist Centre, 219 Fort Road, Oxley.
April 1st	Oblates
June 3rd	Oblates
June 10th	Community Day, Uniting Church Hall, 52 Merthyr Road, New Farm
August 5th	Oblates
October 7th	Oblates
October 21st	Quiet Day, Passionist Centre, 219 Fort Road, Oxley.
November 25th	Oblates

**Dates for a Reconnecting gathering and introductory courses to be arranged.
A short retreat is also being considered.**

Dates for regional gatherings to be advised.

**For enquiries about the Oblates contact Gloria Duffy:
07 4667 9187, gduffy536@gmail.com**

**For general enquiries about the Queensland Community contact Gabby Nelson:
07 3711 4227; 0488 592 770, toga@bigpond.net.au**

AUSTRALIAN CHRISTIAN MEDITATION COMMUNITY - SA
CALENDAR OF EVENTS 2017

Saturday 25th MARCH, 11.00 am – 3.30 pm

LENTEN COMMUNITY DAY—“*Stations of the Cross*”

At the Sebastian Room (behind St Paul’s Church) at The Monastery, 15 Cross Road Urrabrae
Sister Joan Mary Topor cp will lead us on our reflections of “The Sacred Garden”
Please bring lunch to share. Suggested Donation \$15.

Saturday 3rd JUNE, 11.00 am – 4.00 pm

SILENT RETREAT DAY—“*From Inner Calm to Creative Compassion*”

At St Ignatius Church Hall, Queen Street Norwood
The Very Rev’d Frank Nelson, Dean of St Peter’s Cathedral will share with us aspects of
Benedictine Spirituality. Bring your own lunch (not for sharing). Suggested Donation \$15.

Sunday 9th – Friday 14th JULY

NATIONAL SILENT RETREAT

At Riverview College in Sydney

Saturday 19th AUGUST, 12.30 – 4.00 pm

LEADERS’ AFTERNOON

At St Philip’s Church Hall, 84 Galway Avenue, Broadview. All groups are encouraged to
send a representative. Please bring cold finger food for a shared lunch.

Friday 6th – Sunday 8th OCTOBER (times to be confirmed)

SILENT RETREAT WEEKEND—“*Reflecting with the two Johns*”

At the Josephite Retreat Centre, 1 Everard Street, Largs Bay
Sister Cynthia Griffin rsm will lead reflections on John of the Cross and John Main
Registration and costings to be advised.

Tuesday 5th DECEMBER, 6.00 – 8.00 pm

ADVENT TWILIGHT RETREAT

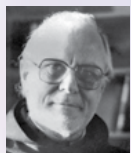
At St Columba’s Church Hall, 3 Rosevear Street, Hawthorn
Tea, coffee and book stall from 5.30 pm.



What is Meditation?

Meditation is a universal spiritual wisdom and a practice that we find at the core of all the great religious traditions, leading from the mind to the heart. It is a way of simplicity, silence and stillness. It can be practised by anyone from wherever you are on your life's journey. It is only necessary to be clear about the practice and then to begin – and keep on beginning.

In Christianity this tradition became marginalised and even forgotten or suspect. But in recent times a great recovery of the contemplative dimension of Christian faith has been happening. Central to this now is the rediscovery of a practice of meditation in the Christian tradition that comes to us from the early Christian monks – the Desert Fathers and Mothers and allows us to put into practice the teaching of Jesus on prayer in a radical and simple way.



English Benedictine monk, John Main, has a major role in this contemporary renewal of the contemplative tradition. His teaching of this ancient tradition of prayer is rooted in the Gospels and the early Christian monastic tradition of the Desert.

How to Meditate

Open to all ways of wisdom but drawing directly from the early Christian teaching John Main summarised the practice in this simple way:

Sit down. Sit still with your back straight. Close your eyes lightly. Then interiorly, silently begin to recite a single word – a prayer word or mantra. We recommend the ancient Christian prayer-word "Maranatha". Say it as four equal syllables. Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and above all – simply. The essence of meditation is simplicity. Stay with the same word during the whole meditation and from day to day. Don't visualise but listen to the word as you say it. Let go of all thoughts (even good thoughts), images and other words. Don't fight your distractions but let them go by saying your word faithfully, gently and attentively and returning to it immediately that you realise you have stopped saying it or when your attention is wandering.

Meditate twice a day every day for between 20 and 30 minutes. This daily practice may take you some time to develop. Be patient. When you give up start again. You will find that a weekly meditation group and a connection with a community may help you develop this discipline and allow the benefits and fruits of meditation to pervade your mind and every aspect of your life in ways that will teach and delight you. John Main said that 'meditation verifies the truths of your faith in your own experience'.



Australian Christian Meditation Community

The ACMC is part of the World Community for Christian Meditation (WCCM), an ecumenical community led by Fr Laurence Freeman OSB. Its Mission Statement (1991) forms part of the WCCM Constitution accepted by all national communities:

To communicate and nurture meditation as passed on through the teaching of John Main in the Christian tradition and in the spirit of serving the unity of all.

The ACMC does this through a National Council and Executive, 440 groups around Australia, annual programs of events by State and National committees, a borrowing library, online bookshop, quarterly Newsletters to some 3000 meditators, international CDs to group leaders, websites and schools initiatives. There is no membership fee to belong to the Community but an annual donation is gratefully received.

ACMC (Vic) Committee:

Coordinator: Mirella Pace – chrmedvic@gmail.com
Deputy Coordinator: Clara Rizzi
Secretary: Joan McKeegan
Treasurer: Pam Dawson

Useful Contacts

ACMC Quarterly Newsletter:
leon.milroy@gmail.com

Websites:
Australia: www.christianmeditationaustralia.org
International: www.wccm.org

Bookshop:
Joe Panetta – jopanetta@gmail.com

National Library:
b_rossal@bigpond.net.au

Meditation with Children and Young People:
Mirella Pace – mirellapace49@gmail.com
0408 470 114

About Our Programs

Community Days: are congenial gatherings for new and experienced meditators featuring meditation, presentations and opportunities for conversation. Bring a plate of lunch to share!

Meditation and Quiet Days: offer a silent retreat-style experience featuring meditation, short presentations and time for silent reflection or reading. BYO lunch.

Silent Retreats: are live-in retreats, for new or experienced meditators and include periods of meditation, prayer, personal reflection and key presentations by a Retreat Leader.



Australian Christian Meditation Community

Victoria

2017

Victorian Calendar of Events

The ACMC...

- is an ecumenical community
- promotes an ancient practice of stillness and silence
- is rooted in the teaching of Jesus on prayer
- leads to a personal encounter with the sacred
- loosens the grip of anxieties and addictions
 - assists meditators to live more fully in the presence of divine love

2017 PROGRAM

Meditation and the Environment

Date: Saturday 18 February
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: Shared lunch, tea/coffee provided.
Suggested donation \$20

Presenter: Dr Deborah Guess has been involved with the Christian Meditation Community for twenty years and is an Honorary Postdoctoral Associate with the University of Divinity specialising in ecological theology. Deborah is an Anglican lay person and is a practitioner of permaculture on her property in Warburton.

Theme: Practicing simplicity: some explorations of how the writings of John Main and Pope Francis (in Laudato Si') can be inspirational for both the practice of Christian meditation and the ecological act of nurturing the Earth.

Oblate Cell Meetings

Dates: TBA
Contact: faegravenall@netspace.net.au
Venue: Good Samaritan Convent
8-10 Mansfield St, Thornbury

Lenten Silent Retreat

No Lenten Silent Retreat this year due to National Silent Retreat, Riverview, Sydney.

National Silent Retreat

Dates: 9-14 July
Presenter: Fr Laurence Freeman.
Further details and Registrations to be advised.

Regional Victoria Community Day

Date: Saturday 18 March
Venue: St Mary's Church hall
(behind St Mary's primary school)
Duke Street between Gibney and
McMillan Streets, Maffra
Details: Shared lunch, tea/coffee provided.
Suggested donation \$20.
Presenter: Ruth Fowler
Theme: "Longing for God"

*"Listening to the Word and awakening
in the full consciousness of God
to the point of our creation is the task
and very meaning of our lives.
It is the way of our meditation."*

'Monastery Without Walls' p.116 by John Main OSB

Group Leaders Day

Date: Saturday 22 April
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: Shared lunch, tea/coffee provided.
Contact: Mirella Pace 0408 470 114
Mirellapace49@gmail.com

Quiet Day

Date: Saturday 20 May
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: BYO lunch, tea/coffee provided.
Suggested donation \$20
Presenter: TBA

Introduction to Christian Meditation

Date: Wednesdays, 22 Feb; 22 Mar; 26 Apr; 31 May
Venue: Pilgrim Uniting Church
Montague St (cnr Bayview Rd), Yarraville
Details: 11.30am - 1pm
Contact: Clara Rizzi & Ros Harris
clarariz@bigpond.com
roslynharris@optusnet.com.au

Community Day

Date: Saturday 17 June
Venue: Pilgrim Uniting Church
Montague St (cnr Bayview Rd), Yarraville
Details: 10am until 3pm
Shared lunch, tea/coffee provided.
Suggested donation \$20
Presenter: Clara Rizzi and Ros Harris
Theme: John Main

Community Day and AGM

Date: Saturday 19 August
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: Shared lunch, tea/coffee provided.
Suggested donation \$20
Presenter: Fr John Stewart
Theme: TBA

Community Day

Date: Saturday 16 September
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: 10am - 3pm
Shared lunch, tea/coffee provided.
Suggested donation \$20
Presenter: Fr Michael Mifsud and friends from
other faith Traditions
Theme: Meditation and Interfaith Dialogue

Essential Teaching Weekend (ETW)

Date: 22-24 September
Venue: Janssen Spirituality Centre
22 Woodvale Rd, Boronia
Contact: Mirella Pace 0408 470 114
mirellapace49@gmail.com

Quiet Day

Date: Saturday 21 October
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: BYO lunch, tea/coffee provided.
Suggested donation \$20
Presenter: TBA

November Silent Retreat

Date: Friday 17 (5pm reg) -
Sunday 19 November (4pm)
Venue: Pallotti College, Millgrove
Leader: Rev. Linda Chapman
Theme: TBA
Further details and registrations to be advised.

OUR STORY—OUR COMMUNITY

Meditation is a universal practice that leads beyond words, images and thoughts into the faith-filled and presence-filled emptiness we call the **Silence of God**. What is particularly Christian about our community practice is the awareness that it takes us, in faith, into the prayer of Jesus himself. When we share in the human consciousness of Jesus we can begin to be truly open to one another.

It was the Benedictine monk, John Main, who rediscovered this contemplative tradition in the Christian church. The Christian Meditation Community began in 1976 and has since become a world wide movement of men and women from every work of life who meet in this prayer of stillness, silence and simplicity.

The Community in Western Australia is made up of small groups who meet regularly to meditate. You will find details of these groups on our website.

The Community also comes together during the year to share Introduction, Community and Silent Retreat days. Visitors are always welcome at all our groups and events.

OVERVIEW OF THE COMMUNITY

Dom Laurence Freeman OSB is the spiritual leader of the World Community for Christian Meditation.

The Christian Meditation Community (WA) holds the following events each year.

Introduction days:

These sessions introduce participants to the ancient practice of Christian meditation, the history and scriptural underpinning of the practice.

If your Community or Parish group is interested in holding an Introduction day then ask a Committee Member by either phoning, email or in person.

Community Days:

'Soul Food' days with formal and informal sessions—including meditation, reflection and discussion in a friendly supportive atmosphere. All welcome.

Silent Days:

These days are based on the gentle rhythm and balance of Benedictine spirituality. Time for personal reflection, Prayer of the Hours and periods of meditation.

THE CHRISTIAN MEDITATION COMMUNITY (WA) INC.



WCCM Mission Statement

To communicate and nurture meditation as passed on through the teaching of John Main, in the Christian tradition, in the spirit of serving the unity of all

CALENDAR OF EVENTS FOR WA

2017

Contact us for further information at

P.O. Box 54 Wembley, WA. 6013

Telephone: 0429 117 242

Email: christianmeditation@inet.net.au

Websites:

www.christianmeditationaustralia.org/

www.wccm.org

Saturday 18th March 9.00am—4.00pm

SILENT RETREAT.

VENUE:

**St. Anthony of Padua,
16 Dundobar Rd, Wanneroo.**

Presenter: Gerald Searle.

Topic: 'Lord, teach us to Pray'.

Spend a day apart to nurture your prayer life, deepening your Lenten journey & preparing for Easter. There will be meditation, input from Gerald, personal & group reflection, Prayer of the hours.

Tea & Coffee provided. BYO Lunch.

Suggested Donation \$12.00

THOUGHT TO PONDER

As one begins this journey a hard, but necessary, thing to be reminded of is that it is not like any other experience we are familiar with. It is about letting go rather than grasping... At the end of his life, the Buddha was asked what he had got out of meditation. He replied 'Nothing... But I have lost a lot.' Jesus too emphasized that we cannot find without losing and that discipleship, the most fully incarnate form of the human relationship with the divine, requires that we abandon 'all our possessions'.

Lawrence Freeman

EVENTS PLANNED FOR 2017

Saturday 10 June 10.00am—3.30pm

COMMUNITY DAY.

VENUE:

**St. Cecilia's Parish Centre,
Cnr Grantham St & Kenmore Cres.
Floreat.**

Presenter: Fr. Paschal Kearney

Topic: 'Testing Spirituality'

"Spirituality can revitalize faith and in a profound way - but it is to be accountable to the biblical norms of the spiritual life. St Paul in Galatians 5 : 18-25 gives us a check list of both positive and negative tests of spirituality. Where do you / I enlist?"

There will be input from Fr. Kearney, discussion periods & periods of meditation,

Tea & Coffee provided. BYO Lunch.

Suggested Donation \$12.00

Saturday 12th August 10.00am—3.30pm

COMMUNITY DAY

VENUE:

**Saint Thomas More Church,
100 Dean Road, Bateman.**

Presenter: Pastor Brian Stitt.

Topic: 'Praying with St Paul'

A day spent exploring the prayers of St Paul in the New Testament. There will be input from Brian, group discussion interspersed with periods of meditation.

Tea & Coffee provided. BYO Lunch.

Suggested Donation \$12.00

Afternoon—AGM of CMC WA

All are welcome to stay & attend the meeting. If you are a member you are entitled to vote on any motion put forward.

Saturday 4th November 9.00—4.00pm

SILENT RETREAT.

VENUE:

**St Luke's Anglican Church,
Cnr Rowlands & George Sts, Maylands**

Presenter: Michelle Jones

Topic:

**Cultivating the Spiritual Receptivity of
the Advent Season.**

A time of preparation for the Advent season. Periods of meditation, input from Michelle, times of quiet reflection, prayer of the hours.

Tea & Coffee provided. BYO Lunch.

Suggested Donation \$12.00