



Australian Christian Meditation Community

WCCM Anniversary Celebration in Sydney

On the 28th of October about 150 or so Christian Meditators gathered at St. Patrick's on the Hill in the Sydney CBD to celebrate the 20th anniversary of the forming of the World Community for Christian Meditation. The evening was an occasion to share the story of the forming of both the WCCM and the flowering of the NSW Australian Christian Meditation Community.

Before the stories, we all shared a period of meditation. It was wonderful and humbling to be meditating as part of a group with so much meditating experience. This was a real and practical expression, in 2011, of John Main's re-discovery for us of meditation within the Christian story. Who would have thought that we would be meditating together in Australia just 29 years after the death and rising in Christ of John Main? Who indeed would have foreseen the formation of the WCCM just 9 years after his passing? The Spirit of Christ has surely been moving in the lives of many around the globe, reforming what it means to be a Christian living contemplatively. This reforming continues with us today.



Richard Cogswell, Pauline Peters, Janet O'Sullivan.

Pauline Peters told the story of the early years, of John Main's life and influence, and the first steps towards a global community. Pauline had a few pictures which she shared with us via a slide show. Her presentation was personal and first hand. It was such a joy to be soaking in the foundations of that which many a heart holds dear. Janet O'Sullivan and Richard Cogswell told the story of the forming of the ACMC. During the mid-1980's it was the prophetic vision the Benedictine Sisters (then living in community in Sydney's fast developing North-West), which saw the opportunity that Christian meditation could be.

They sent one of their number to be with the fledgling global community for experience and training. Soon after Laurence Freeman arrived on our shores to teach. Firm foundations had been laid, not only for NSW, but for the whole nation. And in 2001 the hosting of the John Main Seminar saw the ACMC come of age.

As Pauline, Janet and Richard shared the story of the WCCM and ACMC, it came home to me that the WCCM does have walls. These walls are the relationships we share with each other. Bricks and mortar have given way to a coming together of hearts and minds. Or rather, the absence of brick and mortar makes it all the more obvious that hearts and minds committed in love to Christ and each other are the walls of Christian community. What was once cloistered is now more obviously global.

During this evening of celebration the WCCM was shown to us, its members, as ready to simply be and act simply in a world of consciousness so caught up in complexity. We are 20 years young and just getting started.

Andrew McAlister

Peace, Justice and Sustainability on the WCCM Website

In this 20th Anniversary year for the WCCM, the peace and justice pages of the WCCM web site will be undergoing a new phase and we invite your participation/contribution. Meditation is bringing a new stage of outreach to the community and we would like to highlight some the fruits of meditation which meditators are bringing to the work of peace and justice in the world through practical works of compassion and prophecy.

When we actually experience our interconnectedness, first with the divine within, and then with all creation, we can come to a new understanding of our potential, as channels of God's love, to take part in the self healing of the world. As John Main said "We find Christ in our hearts and then we find ourselves in Him, and in Him, in all creation"

More and more we see the failures of politics and global powers to deal with the issues of creating a more peaceful, just and sustainable world. More and more we understand that transformation needs to begin within and that the spiritual dimension is often lacking in debates as to what can bring about transformation.

As Fr. Laurence said "the contribution of spiritual communities is the simple wisdom that social balance and growth cannot be separated from the personal dimension of our search for integrity and health of soul"(NL July 2011)

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NATIONAL COORDINATOR'S REPORT

Dear Friends - At the beginning of this new year, I hope that your Christmas Season was "restive" as well as festive and that you are looking forward with renewed energy to the coming year. Our State Coordinators and their Committees will have advanced plans for their 2012 programs and these will be published on the national website for your convenience under the State tabs. Group leaders too will be getting underway with their groups and planning some promotional materials for their localities. Meanwhile, work is always continuing with those holding National roles, including the Newsletter, School for Christian Meditation, the National Database, website, Teaching Christian Meditation to Students, Oblates, Bookshop, Friends, Young Christian Meditators, Library, East Timor Outreach and of course those in Australia holding global roles within the WCCM. I would like to thank and congratulate all of these and others for their valuable work in promoting Christian Meditation during 2011 and into this year.

In this Newsletter you will find the brochure and booking form for the National Retreat in Melbourne in July. I hope the National Retreat, that the ACMC hosts every 2-3 years in Australia, will form part of a periodic personal retreat program for as many people as possible. The program of talks by Fr Laurence Freeman promises to help us understand and recognise stages along the spiritual path. Newman College is a beautiful venue with excellent facilities. It will provide an ideal setting for our personal journey of silence and stillness amongst a community of friends and co-pilgrims.

On behalf of the National Council and National Executive I wish you every blessing for the coming year.

Stephen Holgate - ACMC National Coordinator

A.C.T Report

On December 10th was a community day and end-of-year gathering for ACT meditators. Among other things, we planned to recall the life and contributions of Thomas Merton (whose death was this day 43 years ago).

In mid November, we held ACT's annual retreat at The Abbey, Jamberoo. There were 17 Canberrans and one Sydney participant. Once again, we are very grateful to the Benedictine Abbey Community who hosted us for the weekend, and we are grateful for the gifts we each gave to each other in the stillness and silence. Thank you.....**Rod and Susan Page**

Some reflections on the Jamberoo retreat follow:

From Vikki.....This time last Friday I was driving with my two companions, Anthony and Mary, north out of Canberra, past Lake George and down to the rain forested escarpment of Jamberoo. Our destination was The Abbey, an established Benedictine community of around 30 women. And the event - the annual retreat organised by ACT's Canberra Christian Meditation Community. So... a week has now gone by, time to reflect on what I have brought back home with me and what I have held onto in the intervening days. What has stayed with me is primarily a sense of quiet rhythm, of our gathering together in a circle of familiar faces, settling, becoming still, attending to the

silence within myself and those around me and then, dispersing - out into the garden, back to my little room or sitting on the verandah with a book and a cup of tea. Looking back over the course of the weekend, I loved the way our silence together seemed to grow deeper and easier, how we became more rested and comfortable with it. And anything else?

A special treat for me on this visit was waking up around 6am on both Saturday and Sunday mornings and thinking about the nuns. Knowing that not very far away these women had quietly got themselves up out of bed an hour and a half ago, got dressed, and processed into their still and darkened chapel to sing the Vigils divine office. I didn't feel guilty for not being there myself. Instead, laying in my bed early in the morning I felt strangely reassured by the generosity of their prayer and somehow caught up in it, even prayed for perhaps. It was also interesting to imagine while laying in bed, what it would be like for me if, when I got home, I started to get up at 4.30am to pray/meditate - Oh the grumpiness that would follow, the painful martyrdom I would demand my family be drawn into!! And that reminds me of something else I noticed over the course of the weekend. Although I didn't have much direct contact with the nuns, those that I did encounter seemed at ease, animated and welcoming - no sign of a grumpy martyr anywhere. Which in turn brings me to the final and perhaps most essential insight of the weekend - the teachings given by both Sr Magdalen and Sr Hilda each in their own way reminded me that my prayer/meditation is always, at its heart, about my becoming aware of how God is constantly moving towards me - and that my concerns about the enormity of my efforts to move towards God - well they're a little bit delusional. And that in itself is greatly reassuring.....Vikki.

Another reflection.....I ask myself what are my objectives in coming to another Abbey weekend? The foremost objective for me is to pray the hours (all of them right up until the Sunday midday). This means allowing for a gentle walk up and back to the church between activities (time management). To walk to the church and back in a meditative manner, to be aware, to notice the dark green old leaves and the lime green new leaves, to notice the slight breeze rippling through the leaves on the trees up on the hill while the trees along the road are completely still.....to ponder in awe..... to try and retain that mindfulness state for the weekend. The noise of cars on the road sometimes breaks that silence and mindfulness, but then being in that state is like returning to your mantra, and you do return and soon become oblivious to these externals.

W.A. Report

Meditation is a way of coming to your own centre, Coming to the foundation of your own being and remaining there - still, silent, attentive.' John Main OSB

The last of our CMCWA community days was held on December 10th at a vineyard-property on the outskirts of Perth in what is called the Swan Valley. Wineries and silence abound. We were welcomed by the Christian meditators who live in this pristine environment.

Reverend Brian Stitt offered us the wonderful opportunity to explore the relationship between John Cassian (Desert Father, 4-5th century) and St Benedict (sixth century).

Brian is a stalwart in the WA community. He and his wife, Pat, have been part of the early foundations of the community. Brian's wisdom, knowledge and experience, once again came to the fore as he opened for us the treasure box of this part of our Christian heritage.

Such a day enabled the many who came to enter into the Advent season by Advent's inbuilt invitation – 'to come', 'to prepare'. In such an environment; the silence was as deafening as the sound of the cicadas. Brian led the group to a deeper appreciation of the wisdom of John Cassian. He then built upon the giftedness of St Benedict in his opening words of 'the Rule'- Listen!

The retired Anglican Bishop, David Murray, invited committee members of CMCWA to offer three talks, in early February 2012, as part of the series called 'Wasting Time with God' being offered by the Anglican Centre of Spirituality (Perth, WA). Bishop Murray's enthusiasm for what is being offered to seekers in Perth is infectious! Community members shared the gift of John Main's story and Christian Meditation.

An exciting new adventure begins. Perhaps this may lead to Christian Meditation sessions being offered in the Perth CBD during weekday work hours. The working of the Spirit is mysterious!

The new committee embarked on a major Survey of the groups operating within WA. The feedback gave the committee vital information that enabled strategic and intentional planning for 2012.

WA Country News: Robina Wright and Sr. Therese Denny (Geraldton CMCWA) were instrumental in facilitating a reflection afternoon in late November. About 15 people attended; which is wonderful for a smaller city in country WA. . The group viewed sections of a newly released DVD: Pilgrimage, as well as sharing some excerpts from Fr. Laurence Freeman's new book, 'First Sight'. 'The response to the afternoon was very good,' stated Therese.

Groups continue to be established in the beautiful South West corner of our state. Groups in centres such as Dunsborough, Busselton, Bridgetown and Bunbury nestle either on the coastline or a little inland. For years, Clive Shearer has been a faithful meditator in the isolated but extremely beautiful area of Esperance – some 7-8 hours drive from Perth. While it may be challenging for Clive to join community events he has nevertheless been a faith meditator for many years now.

We thank you for your continued thoughts and prayers for this far-flung outpost in Western Australia.

John Coleman - WA Coordinator

VIC Report

Dear Friends - As our calendar year draws to a close, our liturgical year has already begun to cycle again around its eternal track beginning with Advent and leading of course to Christmas. In Victoria we were fortunate to have Deborah Guess (former

ACMC Vic. Coordinator who is completing post-grad research in ecological theology and the Incarnation) led us in our Meditation and Mindfulness Day on 2 December. Her two short talks beautifully set the tone for a day embracing silence and the spirit of Advent. Amongst many helpful observations, she reminded us that, for Christ to come into our hearts, space needs to be found; that there must be room for him in the inn of our heart; that meditation extends an invitation to Christ; and that prayer is a path towards generosity. Our Silent Retreat, on 11-13 November at Pallotti College, featured the Carmelite Provincial, Fr. Aloysius Rego. Over a fine weekend and amidst beautiful surroundings, he spoke on friendship with God, giving a clear exposition of elements of Carmelite spirituality from the sixteenth century Spanish mystics Teresa of Avila and John of the Cross. To those unfamiliar with this classical teaching or who welcomed a "refresher", it was helpful to be reminded about voluntary and involuntary distractions in prayer; about the causes of aridity in prayer; about the "nights" of sense and spirit; and that asceticism means depriving our senses of everything detrimental to our relationship with God - for example, "disordered" desires (those we choose above God).

We are currently finalising our 2012 program, which of course includes the National Retreat and also another book-club reading program, an introduction to meditation day, an Essential Teaching Weekend and our regular Community Days and Meditation and Mindfulness Days. I thank all those who have made 2011 a successful year in Victoria, particularly our Group Leaders and the Victorian Committee.

Help needed: Again, if you would like explore what is involved with being on the Vic. Committee; or maybe offer yourself for some administrative tasks that we can't always get to; or be involved in the booking team for the 2012 National Retreat in Melbourne; I would very much look forward to chatting with you on 03.54295907 or chrmedvic@gmail.com.

Mailing list! Some people who receive this Newsletter may not be on our Victorian mailing list or email list. Those who do not receive periodic email updates or mailout flyers from Victoria please forward you details to the email above.

Stephen Holgate - Coordinator: ACMC (Vic)

TAS Report

The highlight of this last period has been the visit to Tasmania by Sarah Bachelard, who spoke at St David's Cathedral in Hobart on the theme "Free to be – the way of contemplation" Sarah also led retreat days on the theme of "Seeing deeply – meditation, attention and reality" in both Hobart and in Launceston at the beginning of this month. We were inspired by her thoughts and felt a sense of deepening spiritual friendship within our community.

We thank Vivienne Luke who has been attending to the role of Tasmanian Co-ordinator while Danielle Pacaud was away for 6 months in England with family, as well as joining events of the Christian Meditation Community including the Meditatio Seminar on Mental Health, the John Main Seminar in Cork together with the pilgrimage to Skellig Michael and finally the School Retreat in Fara Sabina, all very enriching experiences to

be shared back in Tasmania. Many thanks also to all who have made this year's community days and talks so fruitful especially Vivienne, Marie Shepherd, Dwight Assenheimer, Toosie Bannerman and Fr Aidan Kay. A glad welcome too to Vivienne's new grandchild who will be taking up her loving attention now. Next Saturday we will gather for lunch with meditation and a home mass to celebrate Advent and the past year of our Christian Meditation community in Tasmania.

Next we will be planning a retreat in the wilderness of Mount Field National Park. This will be held in simple bushwalkers huts, very accessible but basic so will appeal to those who would enjoy to meditate in the stillness and beauty of the wild environment; it will involve preparing our meals communally. Please contact Danielle soon as if you are interested as there will be only 15 places.

New people continue to join our groups in all parts of the state, often invited by our loyal core of longstanding group members, sometimes after coming to one of the community days.

In the peace and love of Christ - **Danielle Pacaud**

Events planned

Wilderness Retreat, Mount Field National Park: February 17th-20th/ Tasmanian Annual Retreat, Mary Knoll Blackmans Bay: March 2nd – 4th For details contact Danielle
danipacaud@iprimus.com.au

CONTACTS

State Coordinator (South): Danielle Pacaud 0458 326 828

North: Marie Shepherd (03) 6344 4793

NorthWest: Sr Carmel Jones (03) 6428 309

SA Report

Our Advent Twilight Retreat on the 29th November completed the APMC-SA programme of events for 2011. We took as our theme the challenging "Keep Watch". Whether it was because of this, the forecast of wet weather or something else, but our numbers were slightly down on last year. As it turned out the rain held off until later in the evening and we could do the walking meditation as planned in the adjacent parkland. We were most grateful for this blessing.

I thank the committee and others for a year of commitment and willingness to share the numerous small tasks involved in putting on our events. It is a tribute to them that all have run so smoothly.

Since the last newsletter we had an Essential Teaching Weekend for the newer committee members. This was partly a practise run for me as I'd never run an ETW before. With God's help it was a success and I'm now game enough to have another go. Next time, of-course, it will be open to all who are eligible.

I hope this Christmas will be a time of Joy, Love, Peace and rich Blessings for you.

Bev Armstrong - State Coordinator

SA - **25th FEBRUARY 2012** – 11am-3pm Community Day at St Francis Xavier Cathedral Parish Hall, Wakefield Street, Adelaide. Guest Speaker will be Rev Jenny Wilson with the topic "Meditating with the Chooks". Donation \$10. BYO lunch to share.

NT Report

"The life and death of each one of us has its impact on others." (Romans 7: 14). How true this is. I have been accompanying a friend as she faced her final months in this life. Her life and death has had such an impact on so many people. She was only 60 and was confined to her bed and on oxygen in the last months of her life. We would spend time sharing about life and death, God and Jesus, spirituality and the meaning of life and our human journey, desiring always to grow in wisdom and love.

How blessed was I to be her friend and to pray and meditate with her on numerous occasions. Her passing has left me sad but rejoicing that she is now not suffering in body and is at peace. "The souls of the virtuous are in the hands of God... they did appear to die . . . but they are in peace. (Wisdom 3: 1-9) Where do we go when our earthly life is over? Mystery. I give thanks for the gift of Meditation that unites us in the Silence. My friend was a Swami. -- There were prayers for 16 days after her death at her request. This is the intention she asked us all to pray for: "May all our offerings of love, in thought, word and deed, and our mantras and sadhanas, be of benefit to all: to all of us here now, and to our families and friends near and far - to this beloved country of Central Australia, her Indigenous people and sacred energies, and to all who live here and all who visit here and to our world and all her inhabitants. - May our offerings bring peace, comfort, healing, positivity, auspiciousness and spiritual upliftment to all."

Our Meditation Day in October was very well attended and was a blessed time for all. There were a number of young people who participated and were greatly nourished by the times of meditation and silence. We hope to hold three Meditation Days next year.

Jesus humbled himself to come among us as a child and take on our human nature. To enter into our lives and share with us the way to the Father. May we grow in Faith and Courage as we journey through to a New Year and be open to all the blessings God desires to send us.

Love and Peace to all, **Sue Woods**

QLD Report

Dear friends

Here in Queensland, our final activities for the year were a Community day and an Oblate cell day.

The theme for our Community day was a reflection on Advent with a focus on the Gospel of Mark. Fr Bill O'Shea, who is a scripture scholar, gave us a lot to think about as he spoke about the history of Advent as a church season, and about what it meant to the early church, as well as what it can mean for us today. What I enjoyed was the way he shared some of his own reflection like his comment that the day of the second coming of Jesus will not be terrifying, as some imagine, but a day of salvation; a day to be waited for eagerly; especially if one keeps in mind the love, compassion and forgiveness shown in Jesus, and in stories like that of the prodigal son. Certainly, Fr Bill's passion for the Scriptures and for Mark's Gospel was infectious. I think we all came away with an eagerness to hear the Gospel of Mark again as it is read each Sunday during this coming year,

and quite possibly some of us decided to read all of Mark for ourselves; in order to see the broader story behind the short individual passages we hear.

As we come to the end of this year, I am reminded that through all the pain, suffering and losses of this year; and in all the gatherings of our community; our one constant is knowing that God is with us always and that nothing can separate us from the love of Christ. I pray that each of you will experience the peace that surpasses all understanding in this Christmas season.

Johanna

NSW Report

The NSW community finished a busy year with a gathering at St. Patrick's in the city for a wonderful evening to celebrate the WCCM 20th anniversary.

Our Contemplative Book Club concluded and we are all looking forward to re grouping early in the New Year.

Two one day introductory courses offered at Baulkham Hills and Lavender Bay were very well attended.

The Saturday morning group at Lavender Bay celebrated Advent with Lectio Divina after their meditation, the series finishing beautifully on Christmas Eve.

A calendar of our community events for 2012 will be available in mid January. Do mark dates in your diary and plan to join us as you can.

With love and very best wishes for a wonderful year ahead.

Jan Wylie

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We are facing challenging times, and as a spiritual community we are called to a new consciousness as we encounter the problems of the world:

- to offer hope in a new creation based on love and our common unity
- to be prophetic witnesses to gospel truths
- to ask the radical questions of quality and meaning of life, sharing of resources, inequality, our common good, our oneness with all of creation
- to face our need to address sustainability on a finite planet as a social justice issue as well as an environmental one adds a further dimension to issues of peace and justice.

The John Main Seminar in August 2012 in Brazil, "Spirituality and the Environment", will be significant in focusing on these issues. It will be led by Leonardo Boff, and theologian, philosopher and political activist, Frei Betto. Leonardo Boff is one of the leading voices in the fields of ethics, ecology and spirituality in Brazil, and well known author of many books. Some of his many challenging writings can be found on his website - Leonardoboff.com.

"Peace and Justice" on the WCCM website will give us an opportunity - a collective way of sharing insights and actions about how to awaken to our oneness. The realization that no one and no part of the world is "other" than us is the foundation of every kind of change.

We invite your contributions. Please send them to Claudia Morgan..... claudiamorgan@comcast.net Janet O'Sullivan...janet_osullivan@aapt.net.au

EDITORIAL

As you will read, our States continue to offer a diversity events and in the 20th Anniversary year of the WCCM this will continue with new initiatives and a major National retreat in Melbourne with Fr. Laurence and we invite your participation.

As indicated in the recent newsletters, to avoid waste and returns due to incorrect mailing details, we will be cutting back on the publication of hard copies of the newsletter. IF you have not contributed in recent yours or contacted us during 2011 as requested, your name will be deleted from the mailing list in 2012. The NL will be available on our website, usually several weeks before the mailed copy arrives. It is important to remember that we rely on your contributions to our annual appeal to maintain the work and outreach of the community, whether you receive the NL by mail or read it online.

Peace and blessings for 2012. **Janet**

Subscription details please attach Name and Address before sending to

ACMC. PO Box 246, Uralla, NSW. 2358.

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*** for Direct Deposit (please put your full name for reference so we can record it) then email Leon at leon.milroy@gmail.com to inform us of your payment**

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BOOKS & CDS

To order from the bookshop, contact co-ordinator
Joe Panetta - ACMC Bookshop
10 Rotherwood Ave., Asquith NSW 2077
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email: jpanetta@ausgrid.com.au

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WCCM FRIENDS PROGRAM

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or

*for general inquiries and correspondence
* to send a donation to ACMC

PO Box 246
URALLA NSW 2358

To inquire about meditation groups, seminars or retreats in your region			
ACT	Canberra	Rod and Susan Page	02 6281 2378
NT	Alice Springs	Sue Woods	08 8952 6607
NSW	Sydney	Jan Wylie	02 9810 9160
	Avoca Beach	John Sheehan	02 4381 1002
	Sth Highlands	Isobel Marchment	02 4871 1563
	Newcastle	Carmel Moore RSJ	02 4961 4394
	Hunter Region	Bev & Bob O'Toole	02 4930 1508
	Sth Coast	Les Ambrus	02 4421 0988
QLD	Nth Coast	Dympna Sheehy	02 6686 6738
	Bathurst	Fr Hugh Delaney VG	02 6331 3611(w) 02 6331 4018 (h)
	Brisbane	Johanna Lawrence	07 3314 1404
	Gold Coast	Paul Gilroy	07 5593 3794
SA	Townsville	Ernie Christie	07 4728 8691
	Adelaide	Bev Armstrong	08 8339 2809
	VIC	Melbourne	Stephen Holgate
VIC	Bendigo	Ron Ratcliff	03 5439 6301
	North East	Kathy Bailey	03 57281415
	WA	Perth	John Coleman
TAS	Hobart	Danielle Pacaud	03 6224 8496

HOW TO MEDITATE

Sit down. Sit still and upright. Close your eyes lightly. Sit relaxed but alert. Breathe calmly and regularly. Silently, interiorly begin to say a single word. We recommend the prayer-phrase "MA-RA-NA-THA". Recite it as syllables of equal length. Listen to it as you say it, gently but continuously. Do not think or imagine anything - spiritual or otherwise. If thoughts and images come these are distractions at the time of meditation, so keep returning to simply saying the word. Meditate each morning and evening for between 20 and 30 minutes.

If you have 2012 printed on your envelope then you are up to date for the financial year up to 30/06/2012 thank you very much.

The newsletter is now available on line at our Australian website - www.christianmeditationaustralia.org
Unless we hear from you that you would still like to receive a paper copy and subscribe we will no longer be sending you a paper copy in 2012.

If you are not current as indicated on the Newsletter address envelope by 1/07/2012 after your name -

Please fill in SUBSCRIPTION FORM P 17 with your payment details and post to the address on the form.

Suggested contributions* are \$35 (hard copy), \$20 (unwaged), \$25 (online) see below. **

**If you would like to be notified when the newsletter goes online please email "SUBSCRIBE" to acmcnewsletter@gmail.com



The Australian Christian Meditation
Community

RETREAT PROGRAM

The Retreat is a fully residential silent retreat for new & experienced meditators. The daily program includes periods of silent meditation, communal prayer, personal reflection & reading as well as Eucharist & key presentations by Fr. Laurence.

- Registration: 1pm to 4pm on Tuesday 3 July
- Conclusion: after lunch on Sunday 8 July.
- Participants commit to be present from July 3-8 inclusive.

ACCOMODATION

Newman College is an established residential college accommodating up to 200 at the University of Melbourne, in the heart of the city. The iconic buildings, ideal for a retreat, were designed by Walter Burley Griffin and are set in spacious and leafy gardens. See www.newman.unimelb.edu.au

- Single room accommodation with shared facilities. Men & women are accommodated separately.
- Linen and towels are provided.
- Warm clothing is recommended.
- Registration covers all meals and accommodation.
- Car parking is NOT available at Newman College.

REGISTRATION CONFIRMATION:

Upon registration, you will receive a confirmation email including directions, map, and transport options, check-in details, daily program outline & reading to help prepare for your Retreat.



PAYMENT DETAILS

GENERAL:

- Retreat payment must be made by either cheque/ money order OR by EFT.
- Early-bird fee: \$675 due in full by **16 March**
- Normal fee: \$750 due in full by **31 May**
- A deposit of \$150 will secure your registration.
- Cancellation: Before 10 June, payments will be refunded less administrative costs. After this date, payments are non-refundable.

EFT PAYMENT STEPS:

- Pay by EFT to *ACMC Conference* account:
BSB 085 458 Account 867884064
- Reference: use your own name. e.g J Smith
- Confirm your payment by email (to pac1888@gmail.com) advising your name, address, amount and date deposited, to enable us to track your payment/s.
- Complete your registration form and either: mail to the address below OR scan and email to: chrmedevent@gmail.com

CHEQUE/ MONEY ORDER: Send your Registration form with cheque or money order (payable to ACMC) to the address below.

SCHOLARSHIPS: Some partial scholarships may be available. Please consider helping others to come to this Retreat by making a donation according to your means. We welcome any amount given.

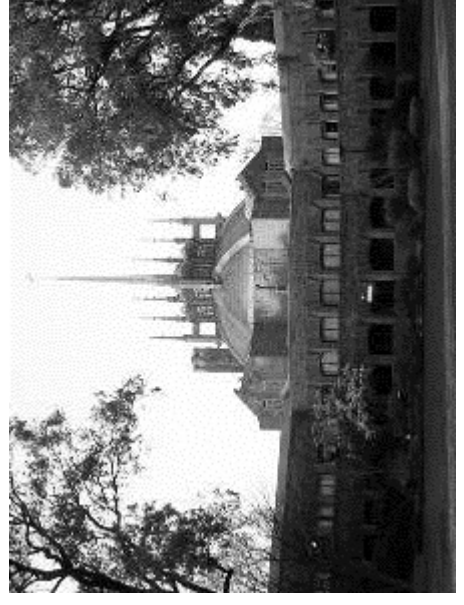
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- Email: chrmedevent@gmail.com
- Ph. 0437 514 148
- Further brochures/ booking forms are available on the website: www.christianmeditationaustralia.org
- **Mailing address:** ACMC, 18 The Boulevard, Hawthorn, Vic. 3122



As meditators, we set aside regular times each day to enter the freedom of silence, stillness and solitude; to enter an experience of refreshment in turning away from words and thoughts; to enter into a commitment to a practice of Christ. theory, of being in the presence of Christ. Simplicity! We may further commit to a weekly group meeting and to periodic short retreats, which offer solitude within a community setting. Participation in longer retreats every so often is valuable as a way of extending this practice further - helping to keep us Christ centred rather than ego centred, as we again re-engage with family and work. In this context, I highly recommend participation in this National Retreat and particularly look forward to Fr. Laurence's map for the journey regarding "a common wisdom about the stages of contemplation".

Stephen Holgate
National Coordinator (ACMC)



REGISTRATION

BLOCK letters please

NAME

ADDRESS

PHONE

PHONE MOB

EMAIL

PAYMENT DETAILS

See overleaf for EFT and cheque payment details.

Payment method: EFT cheque/ money order

I enclose or have transferred:

- \$150 deposit to secure reservation.
- \$675 early-bird full payment (by 16 March)
- \$750 normal full payment (by 31 May)
- \$ donation towards the Scholarship Fund.
- \$ total enclosed payment

Outstanding balances *must be paid by the due date.*

Personal details: Please complete the following details, to help us plan for individual needs.

Have you been on a silent retreat before? Yes No

Emergency contact:

Dietary Requirements:

Other special needs:

Please complete this Registration form and follow the Payment Details instructions overleaf.



Laurence Freeman OSB

Fr. Laurence Freeman OSB is a Benedictine monk of the Congregation of Monte Oliveto who teaches meditation in the Christian tradition around the world. He is the spiritual guide and Director of The World Community for Christian Meditation, a contemporary contemplative community, whose outreach programme MEDITATIO brings the fruits of meditation to the wider world. His spiritual teacher was John Main OSB with whom he studied and whom he helped in the establishment of the first Christian Meditation Centre in London.

After John Main's death in 1982 Fr. Laurence continued the work of teaching meditation that had begun to develop as a global community. In 1991 he established the International Centre of the newly formed World Community for Christian Meditation that is now present in about a hundred countries. There are over 2000 meditation groups around the world, with 450 groups throughout Australia.

Fr. Laurence is the author of many books and articles including *Light Within, The Selfless Self, Web of Silence, Common Ground, A Short Span of Days, Your Daily Practice, Jesus: The Teacher Within and his latest book First Sight: The Experience of Faith.*

Active in inter-religious dialogue and international peace initiatives he has worked with the Dalai Lama and leaders of other faiths. Fr Laurence encourages the teaching of Christian meditation to children and students around the world and the recovery of the contemplative wisdom in the Church and society at large.

For further information:

International website: www.wccm.org

Australian website:

www.christianmeditationaustralia.org



The Australian Christian
Meditation Community

Silent Meditation Retreat
led by

Laurence Freeman OSB

at

Newman College

University of Melbourne

Tuesday 3 to Sunday 8 July 2012



"Stages - the Way up is the Way Down"

From ancient philosophy to St John of the Cross (who used this expression) and throughout our tradition we find a common wisdom about the stages of contemplation. Fr. Laurence will describe them in ways that illuminate and encourage our personal journeys and help to avoid unnecessary delays on the path. Expanding on John Main's route map of the mantra he will also show how the inner practice is always reflected in the way we live.