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BENEDICTINE OBLATES OF THE WCCM

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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@energy.com.au

SCHOOL FOR CHRISTIAN MEDITATION

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WCCM FRIENDS PROGRAM

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Contact: Judi and Paul Taylor - Ph: 02 9954 1037
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LIBRARY

Barbara Rossall-Wynne
Ph 03 9439 0290 or Mobile 0409 235 670,
email b_rossal@bigpond.net.au.

* to receive the Newsletter or to notify change of
address: email: acmcnewsletter@gmail.com

or

*for general inquiries and correspondence

* to send a donation to ACMC

PO Box 246

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To inquire about meditation groups, seminars or
retreats in your region

ACT	Canberra	Rod and Susan Page	02 6281 2378
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	Nth Coast	Dympna Sheehy	02 6686 6738
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QLD	Brisbane	Johanna Lawrence	07 3314 1404
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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.



National Committee and Group at National Conference in Brisbane