



Dear Principal and Religious Education Co-ordinator

### **Growing Silence and Stillness in Our Schools**

The Australian Christian Meditation Community (NSW) offers you and other members of your staff and community a time to immerse yourselves in the gentle and ancient prayer that is Christian Meditation.

There is a growing awareness of bringing this form of prayer to school students, teachers and parents and here in Australia we are leading the way. The gift of Christian Meditation in schools is that students know of and experience the wisdom of the psalmist 'Be *still and know that I am God*'

It is important that even the smallest children learn to be still and not just to be quiet. Being still is very different from being quiet. It is in their stillness that God can speak to their hearts and they can discover the love of God for each of them personally." (Bishop Michael Putney, Bishop of Townsville )

The day will include periods of meditation, essential teachings, bringing Christian Meditation into the classrooms and time and space for questions and discussion. For those who wish to deepen their experience there is an opportunity to stay overnight in the peaceful, tranquil setting that Kerever Park has to offer. The permanent labyrinth might also assist you on your journey. The day is for beginners and experienced meditators alike.

You are warmly invited to attend this gathering.

Where: Kerever Park Spirituality Centre  
4 Ranelagh Rd,  
Burradoo NSW 2576

When: **Friday 26 February**

Time: 10am-4pm

Cost: Friday only, including lunch \$60.00  
Friday – Saturday 1pm including full accommodation \$120.00

RSVP: a.s.a.p. to Penny Sturrock, [torlonia@bigpond.net.au](mailto:torlonia@bigpond.net.au)  
ph: 0409 309 344

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The Australian Christian Meditation Community is part of the World Community for Christian Meditation (WCCM)- an International Community that practises and teaches meditation in the Christian tradition  
"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." *Mission Statement of The World Community for Christian Meditation* .For further information see [www.wccm.org](http://www.wccm.org) or [www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)

**Friday 26 February 2010**

### **Growing Stillness and Silence in Schools**

The day will include periods of meditation, essential teachings, bringing Christian Meditation into the classroom and time and space for questions and discussion. The day is open to principals, RE co-ordinators and all teachers, beginners and experienced meditators alike. Offered by the Australian Christian Meditation Community (NSW). All enquiries to Penny Sturrock 0409 309 344. [torlonia@bigpond.net.au](mailto:torlonia@bigpond.net.au)

**Friday night 26 February through to Saturday lunch**

### **Deepening the silence**

For those who wish to deepen their experience there is an opportunity to stay overnight in the peaceful, tranquil setting that Kerever Park has to offer. The permanent labyrinth might also assist you on your journey. All enquiries to Penny Sturrock 0409 309 344. [torlonia@bigpond.net.au](mailto:torlonia@bigpond.net.au)