

Australian Christian Meditation Community (ACT)



ADVANCE NOTICE

WEEKEND SILENT RETREAT

19-21 November 2010 (Friday afternoon to Sunday after lunch)

THE ABBEY, JAMBEROO, NSW

The Abbey is a Benedictine community of nuns – and a beautiful venue for the ACMC (ACT) community to have time together in the Christian contemplative tradition – a time of silence and enrichment. The primary focus will be on the practice of silent Christian meditation in the tradition of John Main OSB. There will also be opportunities to participate in the Liturgy of the Hours that the nuns practise 7 times daily.

Jamberoo is located near Robertson, in the southern highlands of NSW, about 2.5 hrs drive north from Canberra – see <http://www.jamberooabbey.org.au/html/home.htm>.

The retreat will be conducted in silence, with some teaching from Sr Magdalen OSB, and specific times for sharing and community.

Cost: By donation (suggested donation is \$60 per night). This covers single residential accommodation and two lunches. We prepare our other meals in the kitchens in the cottages from food that's supplied, or that we bring. BYO linen and towel. Given that numbers are limited, bookings will be processed in order of receipt. Deposit of \$40, EFT to: ACMC (ACT) BSB 082-980 account no. 16288 3870. Please give your name when depositing the money, so that we know from whom it has come. Please also send an email (details below) when you have sent your deposit.

“The important aim in Christian Meditation is to allow God’s mysterious and silent presence within us to become more and more not only a reality but the reality which gives meaning, shape and purpose to everything we do, everything we are.” John Main

Contact: Preferred contact method is by email to canberrameditation@gmail.com
If you do not have access to email, then please ring Chris Cheah on 02 6236 3444 after hours. Note that Chris travels frequently with work, so it may be a few days before you get a reply.