

***“If anyone wishes to be a follower of mine, he must leave self behind” Luke 9:23***

***“Meditating is the way of learning just to be; to be who you are now in the presence of God in simplicity” John Main OSB***

***“In contemplative prayer we seek to become the person we are called to be, not by thinking of God but by being with God. Simply to be with God is to be drawn into being the person God calls us to be.” John Main OSB***

***“The wonderful beauty of prayer is that the opening of our heart is as natural as the opening of a flower. To let a flower open and bloom it is only necessary to let it be; so if we simply are, if we become and remain still and silent, our heart cannot be but open, the Spirit cannot but pour through into our whole being. It is for this that we have been created. John Main OSB***

***“The first word of Benedict’s Rule is “Listen”. As you know, this capacity is one of the great fruits of meditation through which we learn that the condition of true listening is silence. We can only listen to the Word spoken to us by another if we ourselves are silent of all words.... He understands silence as the fundamental condition of the heart, attentiveness to a reality larger than our immediate activities and concerns. A heart wrapped in silence is wholly attentive to the word of the Master.”***

*John Main OSB (Monastery without Walls)*

# **“Slow food for the Soul” KEREVER PARK**

**23 24 25 July 2010**



## **WINTER WEEKEND SILENT RETREAT**

Australian Christian Meditation Community  
(NSW)

ABN 16 047 506 915

An invitation to spend time together in the Christian contemplative tradition of John Main.- a time of silence and enrichment. The focus will be on the practice of silent Christian meditation combined with attention to the role of the body in prayer and the practice of lectio divina as a spiritual tool.

There will be some breath and body awareness exercises to relieve tension and stress in the body. These enhance our capacity for stillness and a focused mind in meditation as well as enhancing awareness in our daily lives

There will also be the opportunity to discover walking and the labyrinth as a meditative practice, weather permitting, outdoors. Indoors there will be time to discover the Stations of Contemplation created by our Community for WYD08

The retreat will be conducted in silence with specific times for sharing and community.

We look forward to seeing you. Please contact me for more information if required

Penny Sturrock 0409 309 344

**VENUE: Kerever Park Spirituality Centre**, 4 Ranelagh Rd, Burradoo. Turn into Riversdale Ave off Moss Vale Road opposite Chevalier College gates and park at rear of Kerever Park in Hurlingham Ave

**TIME:** Arrival from **4.00pm** Friday 23 July Retreat finishes after lunch Sunday 25 July 2010. The silence commences after night prayer and meditation on Friday night. Please note that some retreatants may choose to enter into the silence earlier.

**COST:** **\$250** covers full residential accommodation and meals. A total of 20 participants can be accommodated in single accommodation. All bathrooms are shared. Please complete registration early. Bookings are processed in order of receipt.

**PLEASE BRING** Comfortable, warm clothes and a coat/scarf/hat for outdoors.

Please detach and send the registration form together with a cheque or money order for \$250 payable to ACMC (NSW) **by Monday 12 July** to:  
Penny Sturrock  
26 Murdoch St  
CREMORNE NSW 2090

## **REGISTRATION**

**NAME(S)**.....

.....

**ADDRESS:**

.....

.....P/C.....

**PHONE:**

(Day).....

(Evening).....

(Mobile).....

**EMAIL:**

.....

**DIET:**

Vegetarian  Non Vegetarian

**PAYMENT ENCLOSED**

**\$250**Cheque  Money Order

Payable to ACMC (NSW)

The information you provide may be used to maintain contact and keep up-to-date information about the ACMC (NSW), its services and events. If you do not wish to receive this information, please contact - Penny Sturrock Tel: 0409 309 344 Email:torlonia@bigpond.net.au