

***We shall never rest until we become that which in God we have always been.***

***The hearing of God's Word requires complete self surrender***

*Meister Eckhart*

***Music is the language of the heart, it commences where speech ends.***

*Alphonse de Lamartine*

***We can only listen to the Word spoken to us by another if we ourselves are silent of all words...we stray off course by drowning out the Word with our own egocentric noisiness and the complexities of our imagination.***

*John Main*

***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 (Monastery without Walls)*

**“Silence in the Word,  
Heart and Music”**

**Springtime 2010**

**KINCUMBER**

**17-19th September**



**WEEKEND SILENT  
RETREAT**

Australian Christian Meditation Community

ABN 16 047 506 915.

An offer to spend time together in the Christian contemplative tradition.- a time of silence and enrichment. The focus will be on the practice of silent Christian meditation combined with sacred reading of Scripture, attention to the role of the body in prayer and how music and attentiveness contribute to the journey.

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

In addition to the exploration of the spiritual nature of music, there will be the opportunity for experiencing the Stations of Contemplation prepared by the young meditators for World Youth Day.

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

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

John Sheehan (02) 4381 1002

Janet O'Sullivan (02) 9314 6386

**VENUE:** St Joseph's Spirituality and Education Centre, 8 Humphrey's Rd., KINCUMBER Tel: 02 4368 4807

**TIME:** Arrival from **4.00pm** Friday 17 September. Retreat finishes after lunch Sunday 19 September 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 35 participants can be accommodated in single accommodation with en suite. Please complete registration early. Bookings are processed in order of receipt.

**PLEASE BRING** Comfortable loose fitting clothes and a sitting cushion if desired.

Please detach and send the registration form together with a cheque or money order for \$250 payable to APMC (NSW) **by Friday Sept 3rd** to

Janet O'Sullivan  
239DarleyRd.Randwick2031  
janet\_osullivan@aapt.net .au

## **REGISTRATION**

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

.....

**ADDRESS:**

.....

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

**PHONE:**

(Day).....

(Evening).....

(Mobile).....

**EMAIL:**

.....

**DIET:**

Vegetarian  Non Vegetarian

**PAYMENT ENCLOSED**

**\$250** Cheque  Money Order   
Payable to APMC (NSW)

*Some scholarship assistance is available. Please contact John Sheehan*