

# NSW CHRISTIAN MEDITATION BROADSHEET

Issue 29

March 2010

## EDITORIAL

Dear Community Members,

The NSW committee has been blessed with meditators willing to share their gifts and time to work for the community, enabling it to expand into many new areas – in schools, parishes, clinical settings, homeless groups, families, parents...to name a few. In many of these initiatives, Penny our retiring State Coordinator, with boundless energy and dedication, has played a significant role for which we give her our grateful thanks and appreciation. We are very happy that she will now take on the role of NSW School Coordinator, as I take on her former role for 2010. We also at this time welcome Jan Payne onto the committee. As you see in the Broadsheet a range of events are being offered in regional areas, including the Community Gathering Day in late March.

Easter Blessings,

Janet O'Sullivan

## NEWCASTLE

A Five week Introductory course in Meditation begins on Monday night 12<sup>th</sup> April at 6.30pm.

On Saturday 22<sup>nd</sup> May, a retreat Day entitled Chanting the Psalms, led by meditators and musicians, Bernadette Lannen and Philip Matthias, in conjunction with Sister Carmel, held at the Toohey Room, Diocesan Centre, 841 Hunter Street, Newcastle West. 9.30am to 3.00pm. Bring your own lunch; cost \$10.00

A weekend silent retreat will be held at St Joseph's Convent, Lochinvar, beginning 6.00pm 8<sup>th</sup> October to after lunch on 10<sup>th</sup> October 2010. Enjoy the peace of this beautiful rural setting.

Enquiries: Sr Carmel Moore RSJ Phone 0412 122 297  
[carmel.moore@ssjl.org.au](mailto:carmel.moore@ssjl.org.au)

Bob and Bev O'Toole: Ph 49301508  
[abc.14900@bigpond.com](mailto:abc.14900@bigpond.com)

### Keep up to Date on NSW Events

If you would like to be informed of news or events and other items from the NSW Committee in between broadsheets, please send your email address to the communications person, Leon Milory, at [leon@christianmeditationaustralia.org](mailto:leon@christianmeditationaustralia.org)

### Taree, Old Bar and Wingham Reflection Day

A Day of Reflection and Meditation is planned for all those practising or interested in Christian Meditation from the Taree, Old Bar and Wingham communities on

**Saturday 10<sup>th</sup> April, 2010 – 10am to 3pm**  
**The Resource Centre, Our Lady of the Rosary Church, Taree**

Sr Carmel Moore rsj. of the Living Waters Meditation Centre in Newcastle has kindly agreed to lead us on this day of reflection – a quiet day to renew our dedication to prayer of the heart. Participants are asked to bring something to share for lunch.

If you are interested in joining us please contact:  
**John O'Donnell: Old Bar 6553-6975** or  
**Anne McCormack, Wingham 6557-0009**

**St. Bernadette's Church**  
**367 Old Northern Road,**  
**CASTLE HILL**

### INTRODUCTION TO CHRISTIAN MEDITATION

#### **A Six Week Course**

Thursday Evenings  
7.30—8.30 pm  
15th April—20th May

In the  
Lourdes centre  
31b Brisbane Road, Castle Hill  
(Follow the lighted pathway)

**RSVP:** Marilou Sandejas - 9680 4531  
email: [sandejas@ozemail.com.au](mailto:sandejas@ozemail.com.au)  
Lesley Maker—9873 1321  
email: [jandlmaker@optusnet.com.au](mailto:jandlmaker@optusnet.com.au)

### MEDITATION AT ST JAMES

There are four meditation groups which meet at St James' Church, King Street in the city: Tuesdays and Fridays at 1.10pm, Wednesdays at 7.45am and Sundays at 3pm. The Wednesday and Friday groups have been meeting for over 20 years.

The church is centrally located, corner of Phillip and King Streets. The groups meet either in a lovely chapel in the church (Tuesdays and Fridays) or in the crypt (Wednesdays and Sundays).

The Tuesday, Wednesday and Friday groups obviously cater for city workers. The Sunday group is a general group too but meets at a time which coincides with a ministry (called the 'Sister Freda Mission' after its founder) at St James of feeding the hungry. This ministry has been going on for many decades. Some guests from Sister Freda join the group occasionally or regularly. The leadership of this group is shared amongst parishioners and members of the APMC.

If you would like to join this leadership team please contact [richardcogswell@hotmail.com](mailto:richardcogswell@hotmail.com) 9810 2448.

## News from Scenic Leura

Our group which meets at Leura each Monday morning, and which we call 'Silence of the Mountains', will have been meeting for one year on 20<sup>th</sup> April. We are happy that the group is still going strong, with a membership of around 17. On 19<sup>th</sup> April we will be having the usual meditation session, followed by a blessing liturgy and a birthday morning tea. All are welcome to join us.

We pray that this ancient and gentle form of prayer will continue to be a blessing for the people of the upper Blue Mountains.

Barbara Smith 4787 6032 [barmarflo1@aapt.net.au](mailto:barmarflo1@aapt.net.au)

## Growing Stillness and Silence in our Schools

In March the NSW Community offered school principals, religious education co-ordinators and other members of school staff a time to immerse themselves in the gentle and ancient prayer that is Christian Meditation. The spacious and lovingly cared for grounds of Kerever Park with tender new flowers appearing overnight next to trees which seemed to be there forever, mirrored well our day of space, teachings and silence. The day, and for some the evening and following morning, was a time to meditate, reflect on the nature of prayer and examine the why and how of bringing meditation to school students.

Paying attention with love was the thread which wove its way through the sessions. Leaning heavily on the wisdom of Father Laurence and Simone Weil we looked at attention as prayer and prayer as attention and that by bringing the gift of meditation to students we are increasing their capacity for attention in the classroom, at prayer and everywhere.

We finished our time holding the thought of Father Laurence that meditation is the prayer for the world which we have created.

### **PRAYER WEEKEND AND 6 DAY GUIDED RETREAT ON CHRISTIAN MEDITATION**

Presented by Doug Smith msc.

**Prayer Weekend: 9<sup>th</sup> - 11<sup>th</sup> July: commencing at 7.30pm after 6pm evening meal and finishing Sunday after 2pm mass**

**Retreat 9<sup>th</sup> - 15<sup>th</sup> July: commencing at 7.30pm after 6pm evening meal and finishing Thursday after 2pm mass**

There will be 4 periods of meditation and a short presentation each day:

**Enquiries and bookings:** Phone 02 4630-0233  
Email [towersretreat@bigpond.com](mailto:towersretreat@bigpond.com)  
Online: [towersretreat.abundance.org.au](http://towersretreat.abundance.org.au)

Cost: \$85 per day

*(Doug Smith msc was previously in Fiji where he was active in the Christian Meditation community and is now the Director of the St Mary's Tower Retreat Centre)*

## **Welcome to the following new groups:**

### Sydney/Metropolitan

Edgecliff Contact: Lenka Tyagmani 0425 379 333  
Glebe Contact: Allison Forrest 0425 231 412  
Paddington Contact: Lenka Tyagmani 0425 379 333

### Regional

Adamstown Contact: Gloria Carter 4944-7016  
Bolwarra Hts Contact: Beverley O'Toole 4930-1508  
Dungog Contact: Bette Diver 4992-1753  
Hamilton Contact: Jeanette Murray 4957-8357  
Marmong Pt Contact: Gail Doolan 4958-1177  
Merewether Contact: Don Filmer 4963-5563  
Tanilba Bay Contact: Jennifer Gorrige 4984-5195  
Murrurundi Contact: Annette Leehy 6546-6193  
Springwood Contact: Colin Hyndes 4754-3464

### **Saturday 22 May 2010 "Family Day" a Family experience of Christian Meditation.**

Children are natural contemplatives so if we encourage them to be still and open their hearts to the Divine love within, they will have a gift to last them for the rest of their lives.

The aim of this day is to share information, meditate and discuss how best to promote this natural ability in our children. Open to parents, grandparents, teachers and catechists and children of any age.

This day is especially aimed at families with young children and those whose children may already have had an introduction to Christian Meditation in their classroom.

The Australian Christian Meditation Community (NSW) will welcome everyone who would like to come together for a picnic (BYO) in the beautiful grounds of Kerever Park, Burradoo in the Southern Highlands and find out about Christian Meditation as a way of prayer that is accessible and possible for children and adults.

A donation of \$10 per family for the day is suggested.

### **Dates from NSW 2010 Calendar of Events**

April	24	Benedictine Oblate Cell Day
May	07	NSW Committee Meeting, Sydney 1pm . (Meditation 12.15pm). All welcome
	16	Meditation Introduction and Renewal Day, St. Benedict's Monastery, Arcadia
	22	Gathering Family Day at Kerever Park,
	29	Benedictine Oblate Cell Day
June	5-12	Monte Oliveto retreat, Italy. Details <a href="http://www.wccm.org">www.wccm.org</a>

### **MEDITATION INTRODUCTION and RENEWAL DAYS**

**Benedictine Monastery, 121 Arcadia Road, Arcadia**

**Sundays 16 May, 15 August, 21 November 2010**

*These days commence with Mass at 10.30am and conclude at 3.30pm*

Self-catering accommodation is now available in the new Monastery Guest House. Please contact the Guest Master, Br. Terry on 0438 282 318 for bookings.

For transport enquiries contact Ann Bergman 9498 2625 [anniebergman@hotmail.com](mailto:anniebergman@hotmail.com) or Ann Lomas 9456 4775 [atlomas@bigpond.com](mailto:atlomas@bigpond.com)

Books and other material available on the day from the ACMC Bookshop.

**BYO Picnic Lunch – Morning & Afternoon Tea provided**