

# NSW CHRISTIAN MEDITATION BROADSHEET

Issue 28

December, 2009

## EDITORIAL

Dear Community Members,

“Into (**and out of**) Great Silence” Several things stood out for me (and others who shared their thoughts in much appreciated evaluations) –from the National Silent Retreat held at Riverview in October.

- The generous welcome and attentiveness to each person as they arrived and settled into their accommodation and familiarised themselves with the beautiful grounds
- The depth of the silence with such large numbers (approx 230)
- The tangible sense of Community that developed in many intangible ways during the week
- The trust of newcomers to this way of prayer in taking a leap of faith in coming in the first instance and being open and available for the work of the Spirit “in ways we know not how”.
- Without doubt, the outstanding highlight for all retreatants was Fr Laurence’s attentive presence and teaching both in the daily talks and in the homily at the daily Eucharist. He challenged our obsession with “perfection” and encouraged an understanding that we can and must meditate without demands or expectations and without evaluating our progress. A “life-changing message” was how one person put it. Our heartfelt gratitude to Fr Laurence for sharing insights and wisdom about the “learning to unlearn” life path we tread and the fruits of persevering in the simplicity, stillness and silence of Christian meditation.

This Broadsheet provides me with a vehicle to thank everyone who made this possible. Each member of the Retreat Team - Dianne Burn, Hazel Cottee, Trish Panton, Terry O’Donnell, Janet O’Sullivan, Catherine Lumley, Judi Taylor and Jan Wylie gathered other wonderful helpers along the way and I hope all those people know how grateful we were for everything they did. The Retreat Team also worked closely with Johanna Lawrence, APMC National Co-ordinator, and her National Committee, Pauline Peters of the Guiding Board and Fr Laurence himself, which meant there was a real sense of National (and International) effort and satisfaction. Perhaps the Sydney Olympics did this for Australia, but we are not surprised when we hear that **this was the biggest silent retreat the World Community for Christian Meditation has ever held anywhere in the world!**

Looking ahead to 2010, following so much positive feedback about the 2009 Community Gathering Day, another is planned for **Saturday 27 March**, again at Kerever Park at Burradoo in the Southern Highlands. More information will be on the Website and sent to group leaders in the New Year. Please put this date in your diary now.

The work that is happening in Schools in NSW (and elsewhere) (see articles by Ruth Fowler and Dianne Burn) has meant that many parents are enquiring about Christian Meditation so we are offering a “Family Picnic Day”, again in the beautiful grounds of Kerever Park, on **Saturday 22 May**, where families and their children (all ages from tiny ones to teenagers) will have an opportunity to discover, together and separately, the gift of the gentle and ancient prayer that is Christian meditation. Again keep your eye on the Website and watch this space for more information.

This brings my wish to you all, group leaders, meditators and friends of the NSW Community for every grace of Christmas, as we contemplate this season of mystery in our hearts.

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**Penny**

### Wanted:

### **BOOKKEEPER/ACCOUNTANT**

The APMC (NSW) Committee is looking for a bookkeeper or accountant (practising or retired) who could assist the Community by sharing his/her skills in consultation with the Committee. There are 6 Committee meetings a year and the systems are in place for a smooth transition of work. An honorarium would be considered. Please contact the Treasurer, Paul Taylor 0412 949 862

### MEDITATION INTRODUCTION and RENEWAL DAYS

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

**Sundays 21 February, 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 APMC Bookshop.

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

### **An Invitation to all NSW Meditators**

Northern and Western NSW, Southern Highlands, South Coast, Canberra, Central Coast, Hunter Region and Sydney Groups

to attend a

### **COMBINED COMMUNITY DAY**

**Kerever Park Spirituality Centre  
Riversdale Road, Burradoo (near Bowral)**

**Saturday, 27<sup>th</sup> March 2010 10am- 4pm**

Enquiries: Penny Sturrock: 0409 309 344  
[torlonia@bigpond.com.au](mailto:torlonia@bigpond.com.au)

*We welcome the new groups in  
Port Macquarie, Wingham and Wollongong. Details on:  
[www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)*