



NSW CHRISTIAN MEDITATION BROADSHEET

Issue 30

June 2010

EDITORIAL

Dear Community Members,

A long held hope that we might one day have a 'centre' for APMC NSW is coming to fruition, through the generosity of the St. Francis Xavier Parish in Lavender Bay in making available a room for our use in the Parish House, where meditation groups have been held for more than 12 years. We propose to operate initially for 3 mornings a week -*possibly Monday, Wednesday and Saturday* -and are inviting meditators who are willing to volunteer for a morning a month (approximately 9.30-12.30) to join us to help in the myriad of ways that will be needed. Please contact myself or Penny or Judi if you are able to assist. Meditation would be offered on each of these mornings.

Our regular committee meetings are now also held at Lavender Bay and we welcome any interested meditators to attend. The next meetings will be on June 25 and August 27 at 12.15 pm

We welcome Lorelle de Cosmo, who has been actively assisting with Friends, and the young meditators, to our NSW committee.

Pax

Janet O'Sullivan

see NSW Tab on our website www.christianmeditationaustralia.org for any changes

Introduction to Christian meditation

A Six Week Course

St. Matthews Uniting Church, Edgar St, Baulkham Hills

Thurs mornings 10am-11am.
2nd September - 7th October

Enquiries: Lee Anderson 9639 09432,
Katherine Pedersen 9634 6886,
Betty Carmody 96393622

Silence, Stillness and Simplicity

A retreat with Carmel Moore rsj

St Joseph's Convent, Lochinvar

From 4.00pm **Friday 8th October** to lunch **Sunday 10th October, 2010**

A silent weekend of meditation and reflection in a beautiful setting

Cost \$160.00

Single rooms with shared facilities, linen provided.
Only 14 places available

RSVP to Sr Carmel on 0412 122 297

Or

carmel.moore@ssjl.org.au

WINTER WEEKEND SILENT RETREAT

Fri 23 July (evening) to Sunday 25th July (after lunch)

In the Southern Highlands of NSW
Kerever Park Spirituality Centre, Burradoo

A warming time together in the Christian contemplative tradition. A time of silence and enrichment. The focus will be on the practice of silent Christian meditation in the tradition of John Main OSB, combined with attention to the role of the body in prayer and the use of the labyrinth as a spiritual tool.

The Retreat Will Be Conducted In Silence with specific times for sharing.

Cost: \$250 covers full residential accommodation and all meals. Numbers are limited and bookings are processed in order of receipt.

Contact: Penny Sturrock 0409 309 344

torlonia@bigpond.net.au

Newcastle Event

An Invitation to new Meditators

(Or those who need a "top-up")

"Seeking Deeper Silence"

Saturday 24th July.

Catholic Centre, 25 Farquhar St, The Junction

Time: 9.30am to 1.00pm. Cost: Gold coin

Welcome to the following new groups:

Sydney/Metropolitan

Marrickville: Contact: Michelle Reynold, 8577 5672

Holy Family School, Menai Ph: 9543 2614.

Regional

Tilba Tilba, contact Rev Linda Chapman 0422 273 021

Paul John McKeown

AM BA DipEd FACE FRSA

1.11.1923 - 14.05.2010

Paul McKeown was the son of an Anglican clergyman and grew up in rural NSW before completing his schooling at Canberra Boys Grammar. He served in the Medical Corps in Papua New Guinea in the 2nd World War after which he studied at Sydney University and then Oxford. Paul married Wilma, whom he had met in Australia, shortly after he arrived at Oxford and they subsequently began a family there. They returned to Australia when Paul was offered a teaching place at Timbertop (Geelong Grammar). Always very clear about his vocation as an Educator, Paul went from Timbertop to become Headmaster of Canberra Grammar until he retired to Lilli Pilli on the south coast. He was also a great supporter of the Arts and the walls of the McKeown home are lined with his many books and paintings.

In the early 1990's Wilma and Paul opened their home to a small group of people beginning the journey of Christian Meditation. That group has been meeting continuously from that time to the present. Paul was a man of quiet but great presence, gentle humour and real integrity. He will be greatly missed by the Lilli Pilli Meditators and of course much more so by Wilma and his family. Nevertheless he leaves with us that sense of presence and the memory of that warm, twinkling of the eyes as he looked upon the world with true affection.

May he rest in peace.

Jean Vanier - Encouraged by Fr Laurence in his Lenten reflections to use the time to go deeper and to appreciate the richness of our tradition, we held an extra session before the Sunday afternoon meditation group for the 6 weeks of Lent where we were privileged to view some DVDs on Jean Vanier speaking on the Gospel of John.

Kate who joined us from a nearby meditation group comments..."Jean spoke with great passion and description which enabled us to relate to the teachings. The session that lingers with me and serves as a reminder to continue toward remaining open in mind and heart, is that of the Betrayal of Jesus by Judas. John 13: 17-30.

The scripture indicates that Jesus knew as with his death, that the betrayal was inevitable. He knew who would do the betraying and indicated also that it had to happen in order to fulfil the prophecies. What left an indelible impression on me was a drawing, a picture of Jesus holding what seemed to be the corpse of Judas. Jesus had an anguished look on his face; his face and eyes were raised to the heavens as if pleading to his father on behalf of his friend Judas because he loved him so much.

Love that is beyond understanding

It bough to mind those who have caused me pain and hardship - can I love those people? Wow. It was revealing and confronting as Lent should be."

A session was held at our parish retirement village, where we showed the DVD of the Compass program from 2002 where Geraldine Doogue interviewed Father Laurence and some of the story of the Christian meditation Community is woven throughout. It was warmly received and we meditated together afterwards. Several have begun coming to the weekly groups.

We are reminded of the wonderful resources available to us as a simple way to share our meditation with others and have been touched by their gratitude and delight. Judi Taylor

Community Day Jamberoo

Seventeen people attended the community day - from West Wollongong, Corrimal, Gerringong, Kiama and Sussex Inlet - on Saturday 23rd May at the Benedictine Abbey at Jamberoo. We were blessed with glorious weather - the surrounds were idyllic and magnificent with the Autumn colours.

We gathered in the Yurt the nuns have provided for groups. The day was one of quiet; conversation confined to the cottage dining room at tea and lunch times. Those present shared a profound sense of silence, peace and friendship. It was a chance to network and spread information re: Christian Meditation. There were two periods of meditation and meditative walking; reflection times; opportunity to enjoy the rainforest walk.

Sr Magdalen gave a talk on 'one-ness' that the journey of meditation leads us to in love and shared responsibility. Sister's talk resonated with the group and led to much comment and sharing afterwards and at the end of the day. We were very appreciative to have the Stations of Contemplation with us for the day. These produced unexpected experiences within the group.

West Wollongong Christian Meditation will again host another Community Day at Jamberoo on Sat, 9th October. Enquiries: Monica Dowdell - monica@learth.net

Far South Coast Community Day

Tathra Uniting Church

October 16th, 10am - 3pm.

Guest Speaker Ursula de Morsier will talk about the teachings of Bede Griffiths and life in the Ashram of the Holy Trinity in India.

Bring your own lunch.

Contact Peter Harvey (6494-0088) for more information

Dates from NSW 2010 Calendar of Events

July 23-25	Silent Retreat, Kerever Park, Burradoo
Aug 15	Meditation Introduction and Renewal Day, St Benedict's Monastery Arcadia
Aug 21	Benedictine Oblate Cell Day - Contact Trish Panton 9489-1780 or 0409 941 605
Aug 27	NSW Committee Meeting Lavender Bay 1pm - meditation 12.15pm. All welcome
Sep 3-5	Essential Teaching Workshop, Burradoo Penny Sturrock torlonia@bigpond.com.au
Sep 17-19	"Silence in the Word, Heart and Music" Silent Retreat, Kincumber Contact Janet O'Sullivan 9314-6386 janet_osullivan@aapt.net.au
Oct 8.	Community gathering with Sheelah Hidden, St Francis Xavier Parish Hall Lavender Bay 6pm "Seeking God in and with our neighbours: Through violence to mysticism". Meditation 6pm
Oct 15-17	Benedictine Oblate Weekend Retreat Trish Panton 9489-1780 0409 941605
Oct 30	Community Day, Hurstville - More details to follow

17-19th September "Silence in the Word, Heart and Music" Springtime 2010 Weekend Silent Retreat

KINCUMBER

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.

\$250 covers full residential accommodation and meals.

A total of 35 participants can be accommodated in single rooms with en suite.

Please complete registration early.

Deadline Sept. 3. Bookings are processed in order of receipt.

For flyer, further information or registration contact John Sheehan (02) 4381 1002 or Janet O'Sullivan (02)93146386. 239 DarleyRd.Randwick 2031 janet_osullivan@aapt.net.au

8th October "Seeking God in and with our neighbours: through violence to mysticism"

Community gathering with Sheelah Hidden, St Francis Xavier Parish Hall Lavender Bay 6pm. Meditation Sheelah Treflé Hidden has a Masters' degree in Peace Studies with a special interest in religious fundamentalism. She travelled regularly to Albania with an Italian aid group during the war in Kosovo, spent time in Northern Ireland observing the mediation process there and in Israel/Palestine where she has contact with both Israeli and Palestinian peace activists. Sheelah Treflé Hidden has worked in relations with Muslims in Bradford, UK where she recently instigated and organised the 'Prayer as Meeting' conference at the University of York between the contemplative traditions of Islam and Christianity, work that she continues in Bosnia and London. She is a member of the Colloquium on Religion and Violence, a group which studies the work of the great French thinker René Girard.