

# NSW CHRISTIAN MEDITATION BROADSHEET

Issue 55

October 2016

## Editorial

Dear Community Members,

As mentioned in my NSW report in this newsletter, we have held many community events during the past few months.

At the National Coordinators Conference I attended in England recently Fr. Laurence said:

***“At the heart of all we do is the practice of meditation which is of central importance in our own lives and from where the gifts we share will emerge. It is important to ensure members of the Community access the resources that focus on their practice and will deepen their journey”.***

Coming to our events, being more involved in the community, having an opportunity to share with others, will go towards deepening your practice and encourage your gifts to emerge.

My thanks to those in our NSW community who share their gifts with us so generously by leading Essential Teaching Weekends, Retreats, Introductory Courses and Community Days.

With my love  
Jan

### MEDITATION and AGEING *Transformation - The Journey of Life*

A Meditatio Seminar hosted by the Australian Christian  
Meditation Community (ACMC)

*We are ageing from the moment we are born, it is a whole of life experience. In this seminar we will be inviting an intergenerational exchange on the passage from one phase of life to another. As Father Laurence says, meditation can help us as we may try to control and resist letting go and yet feel much more free when we do*

Saturday 19<sup>th</sup> November 2016 -  
Ron Dyer Centre, Miller & Ridge Sts, North Sydney  
Sunday 20<sup>th</sup> November 2016  
St Benedict's Monastery, 121 Arcadia Road, Arcadia

*Laurence Freeman OSB with keynote speakers, a panel, personal testimonies and small reflection groups, interwoven with meditation and contemplative practices*

Cost: Saturday \$60/concession \$50  
Sunday.....donation on the day

**Enquiries: [acmcmeditatio@gmail.com](mailto:acmcmeditatio@gmail.com)**

### Meditation Introduction And Renewal Day St Benedict's Monastery, 121 Arcadia Rd, Arcadia.

**Sunday 20 November, 2016 10.00am for 10.30am**

BYO lunch. Tea/Coffee provided.  
Books and other material available.

**Enquiries:** Ann Lomas 9456 4775 [atlomas@bigpond.com](mailto:atlomas@bigpond.com)  
Ann Bergman 9498 2625 [anniebergman@hotmail.com](mailto:anniebergman@hotmail.com)

**A special day with  
Father Laurence Freeman speaking...  
see the Meditation and Ageing Seminar notice above**

### Quotes from “Energies of the Spirit” Retreat, Mercy Centre, Castle Hill, 2<sup>nd</sup> -4<sup>th</sup> September 2016

What does it mean that the earth is so beautiful?  
and what should I do about it?  
What is the gift that I should bring to the world?  
*Mary Oliver*

I am there too.....  
*Julian of Norwich.*

We are called to realise that the primal power and energy of creation flows in our hearts and this power is the energy of love .....  
*John Main*

Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, man will have discovered fire.....  
*Teilhard de Chardin*

The first step is that of purest prayer.  
From this there comes a warmth of heart,  
and then a strange, a holy energy....  
...and friend, know always,  
experience teaches one, not words.  
..If your heart can inwardly experience it  
you will find a wealth the world cannot contain  
*Ladder of Divine Graces, Greek Philokalia*

Make your heart empty  
waiting in stillness  
Banish your busy thoughts out from your mind  
return to quietness  
take into your calmness  
the presence of God  
Overflowing with love  
stilling all fear  
Safeguard from all danger  
Rest in God's peacefulness  
*Lao Tzu 6<sup>th</sup> Century BC*

## **Reflection on our 2016 Teachers' Retreat**

Each year ACMC (NSW) holds a Teachers' Retreat and every year it is titled Silence Stillness and Simplicity to remind us where we are going during our two days together.

The venue, the Marymount Mercy Centre in Castle Hill, exudes Silence Stillness and Simplicity so we are always off to a good start. We offer this retreat to teachers, school communities, family educators, catechists, parents and grandparents and all those wishing to bring Christian meditation to children and young people. We have held these retreats for the past five years and each has been well attended and well received.

We commence our time with meditation connecting with the spirit within, with ourselves and with each other. Once we arrive at where we are meant to be our first session explores what is prayer and asks the question: How do you pray?

These two-day residential retreats offer formation in Christian meditation. It is a time of immersion in the ancient and gentle prayer of Christian meditation. In our world of so little stillness and silence and especially so for our teachers, it is the space offered in these retreats that is so needed and so cherished. By day two there is always a notable letting go for us all.

This year we had 18 participants which included teachers from primary and secondary schools, parish workers, special needs teachers and catechists. Some of the participants were already meditating with their students and others were about to start. All could see the wisdom and urgency of bringing this form of prayer to themselves, the children and young people in their care. With all the spiritual fruits and benefits meditation brings it really is: if not why not?

Part of the warmth of these retreats is the care and attention of the Marymount Mercy Community and in particular St Margaret.

These retreats are supported by The ACMC (NSW) Meditation with Children and Young People team and this year looked after by Penny Sturrock, Jan Wylie and Dianne Burn.

## **Newcastle Hunter Community Day**

There was an evident sense of joy amid many warm reunions when forty people gathered on a sunny Spring day for our Meditators' Community Day. To share silence together, to listen to the story of God's leading of a companion on the journey, to walk in contemplative awareness and to enjoy each other's company are precious to our group.

Our guest speaker for the day, Donna Mulhearn, pilgrim and story teller, lived up to her name. She held us in the palm of her hand as she talked about her radical life-change and her conviction that through what she calls 'ordinary courage' we can all live out our call to serve 'the poor' in our midst, while we preserve our well-being by choosing for ourselves times of contemplative restoration. This may be called a 'retreat' or 'daily meditation' or 'star-gazing at Coonamble' or 'feeding Paddy the peacock'. It was a talk based on her wholehearted response to the Spirit and her sense of groundedness.

Anne Cuskelly, our co-ordinator, and her band of helpers prepared the day superbly. What struck me was the great wealth of talent among us and the yet-untapped resources of the group.

**Carmel Moore rsj**

## **Advent Lectio Divina**

Will commence on Saturday 26th November after the 9.30am meditation at Our Lady Star of the Sea Catholic church, Willoughby Street, Kirribilli then continue on Saturdays 3<sup>rd</sup> 10<sup>th</sup> and 17<sup>th</sup> December.

For more information contact Penny Sturrock  
torlonia@bigpond.net.au 0409 309 344

## **The Gift of Meditation**

The Australian Christian Meditation Community presents an

### **Introduction to Meditation 6 week course**

St. Thomas Parish Centre,  
182 High St, **Willoughby East**

Each 1 hour session covers a different topic with time for practice and questions.

**Wednesday** September 28<sup>th</sup> October 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> and November 2<sup>nd</sup> starting at **7pm**

Please sms rsvp to Maximo 0431 996108

## **Introduction to Christian Meditation**

### ***Free 6 week course – Erskineville***

This course provides an opportunity for those interested in experiencing the practice of Christian Meditation in a small group, to learn about its origins and to discover its relevance as a form of prayer for the contemporary world.

**When:** Friday evenings starting October 21st until November 25<sup>th</sup> at 6pm until 7.10pm.

**Where:** St Mary's Church, 26 Swanson Street, Erskineville  
For further information contact: Tristan tguz84@gmail.com  
Matthew 0413190471

## **Meditation and Reflection, Newcastle** **Saturday 5<sup>th</sup> November, 9.30-12 noon**

All are invited to the Chapel of Newcastle Parish Centre, The Junction.  
Contact Anne at annecuskelly@hotmail.com 0407 436808

## **From the 2016 Calendar**

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|------------|-------|--|
| <b>Oct</b> | 02    | Interfaith Meditation and Sharing Group 5pm<br>taylor.judi@outlook.com Phone 0412 456845   |
| <b>Nov</b> | 06    | Interfaith Meditation and Sharing Group 5pm  |
|            | 05    | Meditation and reflection, 9.30am-12. The Junction, Newcastle  |
|            | 19-20 | Meditation & Ageing Seminar (see previous page)  |
|            | 26    | Advent Lectio Divina starts then December 3 <sup>rd</sup> 10 <sup>th</sup> , 17 <sup>th</sup> Our Lady Star Of the Sea, Kirribilli |
| <b>Dec</b> | 04    | Interfaith Meditation and Sharing Group 5pm  |