



# THE TWO DOVES

South Australian Christian Meditation Community Newsletter

Number 4  
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## *Greetings to all Meditators—*

Life is complicated. I think all of our life experiences will attest to this. Our daily life requires us to fit in so much into each day—eating, sleeping, appointments, meetings, cleaning, church, fun. The list goes on and on and our diaries attest to this. Home/ family life and work life demand that we pay attention to both. This is often hard as both compete for our time and our attention. Perhaps what is our greatest complication in life are the relationships we hold. Many families are fractured and cause distress when members of our families do not see eye to eye and hurt each other either intentionally or not. We can be caught in the middle and unsure of the way forward.

The simplicity of meditation can take us by surprise. All we need to do is to find somewhere quiet and comfortable—to sit with our back straight, to be still, and to say our word for our time of meditation. Such simplicity; but it is difficult to be in this way.

I pray that the simplicity of meditation may be a healing balm for all of our complicated lives.

With love, Dianne Schaefer

0413 633 905; 8395 1720; [chr.med.southaust@gmail.com](mailto:chr.med.southaust@gmail.com)



Our Lenten Community Day was held on Saturday March 25th at The Monastery. We spent an hour or so sitting in the Sacred Gardens contemplating the beautiful white marble statues that illustrated the Stations of the Cross. Unfortunately Sister Joan, a Passionist sister was unable to speak to us but Sister Jasmine was able to tell us some more about these statues: both their significance for Catholic Spirituality and their history. Lunch and two periods of meditation was enjoyed by all. A five minute journey through the Sacred Garden is able to be viewed on our Facebook page at [ACMC South Australia](https://www.facebook.com/ACMCmeditation/) <https://www.facebook.com/ACMCmeditation/>. You can view the pictures even if you do not have a Facebook account. If you do have an account please like our page AND, if you have already liked our page invite your Facebook friends to like it. This is one way that we can spread the word about Christian Meditation and what it is all about.



Our next event will be our Silent Retreat Day on Saturday June 3rd, from 11 am to 4 pm. The Dean of the Anglican Cathedral, the Very Rev'd Frank Nelson will lead our day on the theme of "*From Inner Calm to Creative Compassion*" which will include aspects of Benedictine Spirituality. We will once again have our day at St Ignatius Church Hall, corner of Queen and William Streets, Norwood. Please bring your own packed lunch which you will be invited to eat at your leisure. Suggested donation is \$15. At this event we will have a second hand book stall. A number of our Meditators have donated their books to us. We will have them displayed at this event for purchase and we ask for a donation according to the worth of these books for you. I look forward to seeing you at this day.

Finally an *Introduction to Christian Meditation* course will be held at Modbury Uniting Church, 576 Montague Road, Modbury North during the Sundays in JULY from 5—6 pm. Sandy Andrews who leads the Wynn Vale groups and I will be leading the course. If you would like to join the group please contact Sandy by email: [sja2006@bigpond.net.au](mailto:sja2006@bigpond.net.au). Blessings to all.

Mission Statement of The World Community for Christian Meditation  
"To communicate and nurture meditation as passed on through the teaching of John Main, in the Christian tradition, in the spirit of serving the unity of all"



## News from the Community

**Rosemary Raymond**, Port Lincoln group leader has become a WCCM Oblates postulant, the first stage in a 2 stage process to discern a calling to full oblation within the Order of St Benedict – a disciplined lifestyle of prayer, study and work following the Rule of St Benedict. Please keep Rosemary in your prayers for this time of discernment. There is more information about "Oblates of WCCM" at <http://wccm.org/content/oblates-wccm>.



## ACMC 2017 National Retreat

Sunday 9th JULY—registration begins 1—4pm  
until Friday 14th JULY—after lunch at 1 pm

**Fr. Laurence Freeman OSB**

### "Finding Oneself"

"In the tradition that we find ourselves in and that we also pass on, finding oneself and finding God cannot be separated. They meet by touching the 'otherness' of everyone that we encounter at all levels. "Who I am" means nothing unless we can fall into the 'otherness' of others and then into the all-embracing Other that we name GOD".

A fully residential silent retreat at St Ignatius College, Tambourine Bay Road, Riverview, SYDNEY. The program will include talks by Fr Laurence, meditation, Eucharist and times for personal reflection.

Further details and costings are available at [www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org) or contact Dianne.

**Please contact Dianne if you would like to come but financially find it difficult. There are some partial scholarships available through the Australian Christian Meditation Community**



## Group News

### MOUNT GAMBIER CHRISTCHURCH GROUP PROFILE:

What has most surprised me about Christian meditation is the community it has created. Somehow, the process of meditating together builds a bond of affection between meditators.

When we finish our 25-minute meditation, for a few minutes we maintain our silence; we are all reluctant to break the feeling of peace we are experiencing. We stretch our limbs and sigh.

After a while, we smile at each other. And then, breaking open, we talk and laugh. We share what we have gained from meditation as well as problems we may be experiencing with troubling thoughts and emotions. We encourage each other to maintain our practice.

Beyond that we share our life stories—speaking freely in a way unimaginable before we meditated. Each week we meditate, our trust grows stronger and deeper.

One reason for our success is that we have no leader. We have a core of organisers—Darren Schunke, Raylene Milligan and me—who share responsibilities. Other members of our groups are also heavily involved. Craig Smith has written some wonderful lead-ins which we say after John Main's prayer to help us relax and focus on our mantra.

Another reason is constancy. We meditate in Christchurch's hall, twice a week, Mondays and Thursdays, starting at 5.15 pm. Not having it in someone's home is an advantage because no-one 'owns' the meditation.

It does not matter if one of the organisers goes away; someone else opens the hall, and sets up the chairs and sound system. A set time and place for meditation means that even if someone misses some sessions, because of illness or time constraints, they don't have to check with anyone when they want to restart. And we don't exclude anyone. Whatever your faith, or lack of it, you are welcome. The "me" is Robyn Sweetnam

### NEW GROUPS:

**NORTH ADELAIDE** is about to have another Christian Meditation group meeting in the Sacred Space at the Women's and Children's Hospital. The group will begin at the end of May. Dianne Schaefer and Josie Scicluna will be leading the group together for the staff and families of the hospital.

### GROUP CHANGES:

**CLARENCE GARDENS** two groups held on a Tuesday have closed due to the unavailability of space where the groups were held. We thank the Rev'd Lynda Teague for most generously offering this parish two opportunities to meditate and be a Christian Meditation community.

**MORIALTA** group has also closed as their leader Helen Penhall has moved out of the area. We thank Helen for also gifting this opportunity of Christian Meditation to this community.

