



A Day of Reflection, Meditation and Renewal



At St Joseph's Room, Wynter St. Our Lady of the Rosary Catholic Church, Taree
on
Saturday, 10th April, 2010, from 10 am to 3 pm.

**This day is planned as a quiet, reflective time to renew our
commitment to prayer and to deepen our relationship with God
in the Spirit of Jesus, our Teacher within.**

**All are welcome to join those who have already experienced Christian Meditation
in the Meditation Groups of Wingham or Old Bar and to learn about this form of gentle,
wordless prayer of the heart, through the experience of meditation.**

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Sr. Carmel Moore rsj

of the Living Waters Meditation and Spirituality Centre,
The Junction, Newcastle, will be leading our reflections
and prayer on the day.

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Cost will be a small donation. Lunch will be shared – please bring a plate.

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Visit: www.christianmeditationaustralia.org