

## The Australian Community

The Australian Christian Meditation Community is part of the World Community for Christian Meditation. We are an ecumenical community dedicated to communicate and nurture the Christian tradition of meditation as passed on through the teaching of Fr John Main OSB.

There is no membership fee to belong to the Community, but an annual donation is gratefully received. The Community Newsletter published four times a year is free. To receive the Newsletter and to forward donations write to  
ACMC,  
PO Box 246,  
Uralla, NSW 2358

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To find a group near you or for information on events, visit the Australian web site,  
[www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)

For further information on groups or Community activities in Victoria, contact the Victorian Coordinator, Trish Martin, on  
[chrmedvic@gmail.com](mailto:chrmedvic@gmail.com) or phone 0450121978

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## Meditate Today

Sit still and upright. Close your eyes lightly. Be relaxed but try to remain alert. Breathe calmly and regularly. Silently, interiorly, begin to say a single word. Fr John Main recommends the prayer phrase or mantra, "**Ma-ra-na-tha**". Recite it as four syllables of equal length. Listen to it as you say it, gently, continuously and with love. If any thoughts or images disrupt your recitation of the mantra, whether worthy or not, spiritual or not, simply and calmly return to your mantra, with no anxiety or regrets. Meditate each morning and evening for between twenty and thirty minutes.

## Australian Christian Meditation Community



2010

Victorian Program

**Friday Night March 12<sup>th</sup> 7:30pm**  
**An Evening with Father Joe Pereira**

Fr. Joe Pereira is the Christian Meditation National Coordinator in India and he is also an internationally recognised master of Iyengar Yoga. As Director of the 40 plus Kripa Centres in India he oversees a holistic spiritual response to the rehabilitation of those suffering from addiction and HIV/Aids, including Twelve Step programs, daily yoga and meditation. Fr. Joe received the 2009 Padmashri Award from the Indian Government of India for his assistance to people suffering addiction and living with HIV.

The evening will include short films on the work of the Kripa Foundation and the application of Yoga and meditation in addiction recovery, followed by a talk by Father Joe, and an opportunity for Q and A, and an evening meditation session led by Fr. Joe.

Venue: St Peters Eastern Hill\*.

Cost: Donation \$15. Funds raised will go to Father Joe's efforts in India.

**Friday April 16<sup>th</sup> - Sunday April 18<sup>th</sup>**  
**Easter Silent Retreat**

Easter is a special time and this retreat will give us an opportunity to step aside from our usual activities to attend to our 'inner life' with God. The program involves multiple periods of meditation, morning and evening prayer, a shared liturgy and talks from the retreat leader, Abbot Michael King, from the Benedictine Abbey, Camperdown. Abbot Michael will lead us into the general theme of "The Relevance of Monastic Life in the 21st Century".

Venue: Pallotti Retreat Centre, Millgrove.

Time: Registration 7pm Friday - Finish 4 pm Sunday April 18<sup>th</sup>.

Suitable for new and experienced meditators.

Further details to be advised in February.

**Saturday May 29<sup>th</sup> 10am-4pm**  
**Lectio Divina: Meditation and Reflection**

The words are Latin for *Sacred (Holy) Reading* and they signify a way of prayer that has been in the Church for sixteen hundred years, since the time of

Saint Benedict (c.480-547). Its most important characteristic is its immense reverence for the Word of God. The practice is listening carefully to the Word of God with the ear of your heart.

This contemplative day to be led by Jamie Miller, Examining Chaplain for the Anglican Diocese of Melbourne and a Benedictine Oblate. This is a time for deepening our experience of meditation and awareness of God within ourselves and also our companions.

Venue: St Peters Eastern Hill\*.

Cost: Donation \$10. BYO lunch. Tea/coffee provided.

Suitable for new and experienced meditators.

**Saturday August 28<sup>th</sup> 10am-4pm**  
**Community Day and AGM**  
**Gerald O'Collins S.J. will speak on**  
**"Jesus, the Healer"**

Gerald O'Collins is a Jesuit priest from Melbourne, Prior to retirement he was Professor of Theology at the Gregorian University in Rome. He is an internationally known author and writer of more than 40 books including *Christology, Easter Faith and Incarnation*. Gerald's latest book: is *Reflections for Busy People: Making Time for Ourselves, Jesus and God* (from Paulist Press).

The Annual General Meeting will be held at midday, just before lunch.

Venue: St Peters Eastern Hill\*.

Cost: Donation \$10 – bring food to share.

New meditators welcome.

**Friday November 12<sup>th</sup> - Sunday 14<sup>th</sup> November**  
**Annual Silent Retreat**

Our regular annual retreat at Pallotti. Includes periods of meditation, morning and evening prayer, a shared liturgy and talks from the retreat leader, Reverend John W Stewart, an old friend of the Christian Meditation Community.

Venue: Pallotti Retreat Centre, Millgrove.

Time: Registration 7pm Friday - Finish 4 pm Sunday November 14<sup>th</sup>.

Suitable for new and experienced meditators. Further details to be advised. Bookings will open in late September.

**Saturday December 18<sup>th</sup>**  
**Twilight Advent Reflection**  
**Evening at YTU Study Centre, Box Hill.**

A group of Christians who meet together to meditate, to pray, to worship is not just a mere social gathering. It is a group aware of its power; a power that arises from the transcendent reality of the presence of Jesus Christ in their midst". (*Letters from the Heart* "Letter Two" p 45).

Advent is a special time made for us to search and discover the Incarnation: a new awareness of the subtle and transcendent *Presence* of Christ in our world. The gift of Incarnation means that we can become through grace what God is by nature – a being fully alive with the power to nurture and love all those in our midst. This power is the size of a mustard seed within us; its subtle presence is very much alive and longing for recognition. This evening will be led by Jamie Miller and will take place at the YTU Study Centre in Box Hill. Venue: YTU Study Centre, 34 Bedford St. Box Hill. Bus number 733 goes from Box Hill Station down Albion Street and stops outside YTU. (Car parking available at YTU)

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**\*Our Regular Venue**  
**St Peter's Eastern Hill**

Our regular venue is St Peters Hall, Eastern Hill, 15 Gisborne Street, and (Cnr Albert & Gisborne Sts). This is only a short walk from Parliament Station or take any Collins Street tram to Albert Street.

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