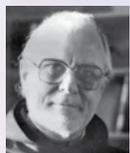


What is Meditation?

Meditation is a universal spiritual wisdom and a practice that we find at the core of all the great religious traditions, leading from the mind to the heart. It is a way of simplicity, silence and stillness. It can be practised by anyone from wherever you are on your life's journey. It is only necessary to be clear about the practice and then to begin – and keep on beginning.

In Christianity this tradition became marginalised and even forgotten or suspect. But in recent times a great recovery of the contemplative dimension of Christian faith has been happening. Central to this now is the rediscovery of a practice of meditation in the Christian tradition that comes to us from the early Christian monks – the Desert Fathers and Mothers and allows us to put into practice the teaching of Jesus on prayer in a radical and simple way.



English Benedictine monk, John Main, has a major role in this contemporary renewal of the contemplative tradition. His teaching of this ancient tradition of prayer is rooted in the Gospels and the early Christian monastic tradition of the Desert.

How to Meditate

Open to all ways of wisdom but drawing directly from the early Christian teaching John Main summarised the practice in this simple way:

Sit down. Sit still with your back straight. Close your eyes lightly. Then interiorly, silently begin to recite a single word – a prayer word or mantra. We recommend the ancient Christian prayer-word "Maranatha". Say it as four equal syllables. Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and above all – simply. The essence of meditation is simplicity. Stay with the same word during the whole meditation and from day to day. Don't visualise but listen to the word as you say it. Let go of all thoughts (even good thoughts), images and other words. Don't fight your distractions but let them go by saying your word faithfully, gently and attentively and returning to it immediately that you realise you have stopped saying it or when your attention is wandering.

Meditate twice a day every day for between 20 and 30 minutes. This daily practice may take you some time to develop. Be patient. When you give up start again. You will find that a weekly meditation group and a connection with a community may help you develop this discipline and allow the benefits and fruits of meditation to pervade your mind and every aspect of your life in ways that will teach and delight you. John Main said that 'meditation verifies the truths of your faith in your own experience'.



Australian Christian Meditation Community

The ACMC is part of the World Community for Christian Meditation (WCCM), an ecumenical community led by Fr Laurence Freeman OSB. Its Mission Statement (1991) forms part of the WCCM Constitution accepted by all national communities:

To communicate and nurture meditation as passed on through the teaching of John Main in the Christian tradition and in the spirit of serving the unity of all.

The ACMC does this through a National Council and Executive, 440 groups around Australia, annual programs of events by State and National committees, a borrowing library, online bookshop, quarterly Newsletters to some 3000 meditators, international CDs to group leaders, websites and schools initiatives. There is no membership fee to belong to the Community but an annual donation is gratefully received.

ACMC (Vic) Committee:

Coordinator: Mirella Pace – chrmedvic@gmail.com
Deputy Coordinator: Clara Rizzi
Secretary: Joan McKeegan
Treasurer: Pam Dawson

Useful Contacts

ACMC Quarterly Newsletter:
leon.milroy@gmail.com

Websites:
Australia: www.christianmeditationaustralia.org
International: www.wccm.org

Bookshop:
Joe Panetta – jopanetta@gmail.com

National Library:
b_rossal@bigpond.net.au

Meditation with Children and Young People:
Mirella Pace – mirellapace49@gmail.com
0408 470 114

About Our Programs

Community Days: are congenial gatherings for new and experienced meditators featuring meditation, presentations and opportunities for conversation. Bring a plate of lunch to share!

Meditation and Quiet Days: offer a silent retreat-style experience featuring meditation, short presentations and time for silent reflection or reading. BYO lunch.

Silent Retreats: are live-in retreats, for new or experienced meditators and include periods of meditation, prayer, personal reflection and key presentations by a Retreat Leader.



Australian Christian Meditation Community Victoria

2017

Victorian Calendar of Events

The ACMC...

- is an ecumenical community
- promotes an ancient practice of stillness and silence
- is rooted in the teaching of Jesus on prayer
- leads to a personal encounter with the sacred
- loosens the grip of anxieties and addictions
 - assists meditators to live more fully in the presence of divine love

2017 PROGRAM

Meditation and the Environment

Date: Saturday 18 February
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: Shared lunch, tea/coffee provided.
Suggested donation \$20

Presenter: Dr Deborah Guess has been involved with the Christian Meditation Community for twenty years and is an Honorary Postdoctoral Associate with the University of Divinity specialising in ecological theology. Deborah is an Anglican lay person and is a practitioner of permaculture on her property in Warburton.

Theme: Practicing simplicity: some explorations of how the writings of John Main and Pope Francis (in Laudato Si') can be inspirational for both the practice of Christian meditation and the ecological act of nurturing the Earth.

Oblate Cell Meetings

Dates: TBA
Contact: faegravenall@netspace.net.au
Venue: Good Samaritan Convent
8-10 Mansfield St, Thornbury

Lenten Silent Retreat

No Lenten Silent Retreat this year due to National Silent Retreat, Riverview, Sydney.

National Silent Retreat

Dates: 9-14 July
Presenter: Fr Laurence Freeman.
Further details and Registrations to be advised.

Regional Victoria Community Day

Date: Saturday 18 March
Venue: St Mary's Church hall
(behind St Mary's primary school)
Duke Street between Gibney and
McMillan Streets, Maffra
Details: Shared lunch, tea/coffee provided.
Suggested donation \$20.
Presenter: Ruth Fowler
Theme: "Longing for God"

*"Listening to the Word and awakening
in the full consciousness of God
to the point of our creation is the task
and very meaning of our lives.
It is the way of our meditation."*

'Monastery Without Walls' p.116 by John Main OSB

Group Leaders Day

Date: Saturday 22 April
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: Shared lunch, tea/coffee provided.
Contact: Mirella Pace 0408 470 114
Mirellapace49@gmail.com

Quiet Day

Date: Saturday 20 May
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: BYO lunch, tea/coffee provided.
Suggested donation \$20
Presenter: TBA

Introduction to Christian Meditation

Date: Wednesdays, 22 Feb; 22 Mar; 26 Apr; 31 May
Venue: Pilgrim Uniting Church
Montague St (cnr Bayview Rd), Yarraville
Details: 11.30am - 1pm
Contact: Clara Rizzi & Ros Harris
clarariz@bigpond.com
roslynharris@optusnet.com.au

Community Day

Date: Saturday 17 June
Venue: Pilgrim Uniting Church
Montague St (cnr Bayview Rd), Yarraville
Details: 10am until 3pm
Shared lunch, tea/coffee provided.
Suggested donation \$20
Presenter: Clara Rizzi and Ros Harris
Theme: John Main

Community Day and AGM

Date: Saturday 19 August
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: Shared lunch, tea/coffee provided.
Suggested donation \$20
Presenter: Fr John Stewart
Theme: TBA

Community Day

Date: Saturday 16 September
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: 10am - 3pm
Shared lunch, tea/coffee provided.
Suggested donation \$20
Presenter: Fr Michael Mifsud and friends from
other faith Traditions
Theme: Meditation and Interfaith Dialogue

Essential Teaching Weekend (ETW)

Date: 22-24 September
Venue: Janssen Spirituality Centre
22 Woodvale Rd, Boronia
Contact: Mirella Pace 0408 470 114
mirellapace49@gmail.com

Quiet Day

Date: Saturday 21 October
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: BYO lunch, tea/coffee provided.
Suggested donation \$20
Presenter: TBA

November Silent Retreat

Date: Friday 17 (5pm reg) -
Sunday 19 November (4pm)
Venue: Pallotti College, Millgrove
Leader: Rev. Linda Chapman
Theme: TBA
Further details and registrations to be advised.