



# How Meditation Creates Community

A retreat day presented by NSW  
Young Christian Meditators



NSW Young Christian Meditators invite you to a retreat day exploring the question: "How does meditation create community?" led by Andrew McAlister. The day will include meditation, talks, discussion, personal reflection and finish with walking the Labyrinth together.

- 📅 Saturday April 8, from 9.30am to 3.00pm
- 📍 Blue Labyrinth Bush Retreat
- 📍 30 Park Road Woodford, Blue Mountains
- + Cost: A donation of \$10 is asked to help cover running costs for the day

It may seem a strange idea that meditating together can create community. During meditation we don't talk to each other, we don't focus on each other's presence. Yet why is it that often after meditating together people can sense a closeness and a renewed commitment to each other? And why is it that meditation can help us love a person that we might otherwise avoid or find difficult to be with?

This day will be a time to explore these questions. It is hoped the day will help us come to a better understanding of what both community & meditation are.



Andrew McAlister is an oblate of The World Community for Christian Meditation (WCCM). He spent two years living at Meditatio House, London - a contemplative live-in community of the WCCM. Members of the Meditation House community commit to the nurturing of community through meditating together and experiencing what being together can mean practically each day.



RSVP to Donna [ychristianmeditation.nsw@gmail.com](mailto:ychristianmeditation.nsw@gmail.com) or phone 02-4758 7360.



BYO lunch. Morning/Afternoon tea provided.

**Blue Labyrinth**  
**Bush Retreat**

*A place for Pilgrims, Peace & Permaculture*

