

# Australian Christian Meditation Community (ACT)



## ANNUAL WEEKEND SILENT RETREAT

**28-30 October 2016**

**(4pm Friday afternoon to Sunday after lunch)**

### **THE ABBEY, JAMBEROO, NSW**

*In meditation we are seeking simply to accept the gift of our own creation as fully as we presently can, and to respond to it as generously as we can. To do this we learn to be still, to be silent, and to be truly humble*  
"Essential Writings" (John Main OSB)

The Abbey is a Benedictine community of nuns – and a beautiful venue for the APMC (ACT) community to have time together in the Christian contemplative tradition – a time of silence and enrichment. The primary focus will be on the practice of silent Christian meditation in the tradition of John Main OSB. There will also be opportunities to participate in the Liturgy of the Hours, which the nuns practise several times a day.

Jamberoo is located near Robertson, in the southern highlands of NSW, about 2.5 hrs drive north from Canberra.

**The retreat will be conducted in silence**, possibly with some teaching from Sr Magdalen OSB and/or Sr Hilda OSB. There will be time for sharing and community prior to Friday evening's meditation time. Numbers are limited to 26 attendees; seven double rooms are available for couples, so feel free to invite your partner even if he/she may be new to meditation.

**Cost:** \$80/person/night (single room) and \$170/couple/night (ensuite, double room). This covers accommodation, and two breakfasts and two lunches. We all bring and share Friday and Saturday night dinners in the communal kitchen and dining area. Linen & towels are provided.

**Deposit \$50 per person before 15 September please** (in past years places fill before this)  
EFT bank details, to APMC (ACT) BSB 082-980 account no. 16288 3870.

Please give your name when depositing, so that we know from whom it has come. Please also send an email indicating your interest in attending or when you have sent deposit.

If some who are able to donate more could do so, this would help those in need of assistance. If on the other hand you would like to attend and need financial assistance to do so, please let us know when you reply. We are committed to making this **available to all** who wish to participate.

*"The important aim in Christian Meditation is to allow God's mysterious and silent presence within us to become more and more not only a reality but the reality which gives meaning, shape and purpose to everything we do, everything we are."..... John Main*

**Contact:** Preferred contact method is by email to [act@christianmeditationaustralia.org](mailto:act@christianmeditationaustralia.org)  
If you do not have access to email, then please phone Rod or Susan (0401 731 918)



## Australian Christian Meditation Community (ACT)

In an age of rush and noise, it is helpful that we find the time to be still and quiet. “*Be still and know that I am God*” says the psalmist

*Friends in Canberra and nearby rural areas of NSW are invited to an afternoon with*

***Fr Laurence Freeman OSB***

**Putting on the Mind of Christ: How we can develop a contemplative consciousness to address the problems of our day**

**VENUE:** Australian Centre for Christianity & Culture, Blackall St., Barton ACT

**DATE:** Saturday 12<sup>th</sup> November 2016

**ENTRY:** From 1pm (refreshments provided; books and CD sales available)

**START:** 2pm

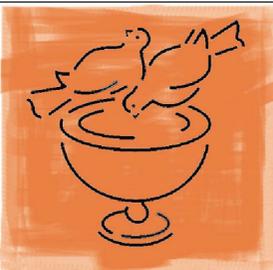
**COST:** \$20 (at the door)

**ENQUIRE:** [act@christianmeditationaustralia.org](mailto:act@christianmeditationaustralia.org) + phone 0401 731 918

Laurence Freeman is a Benedictine monk of the Monastery of Christ Our Saviour, England. He is Director of The World Community for Christian Meditation (WCCM) – an ecumenical contemplative community. Fr Laurence leads retreats globally, and presents seminars and courses that bring a spiritual approach to key social issues of our time such as education, mental health, addiction, business, environmental issues and inter-religious friendship.

Most meditators gather in weekly groups to support and nurture each other’s practice. There are more than 500 such groups in Australia, with 25 in Canberra, and 10 in nearby rural NSW.

Group locations and meeting details can be found at: [www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)



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