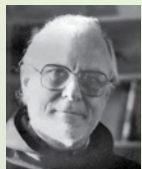


What is Meditation?

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: Clara Rizzi – chrmedvic@gmail.com
Deputy Coordinator: Mary Hartwig
Secretary: Joan McKeegan
Treasurer: Anna Loughlin

Useful Contacts

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

2018

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

2018 PROGRAM

Community Day

Date: **Saturday 17 February**
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: **Adele Mapperson** has worked as a chaplain, over the past twenty-two years, supporting people in hospitals through times of loss and grief. She has been a member of ACMC (Vic) for the past ten years and leads a meditation group in Kyneton.

Theme: *The Continuing Bond*
– *Love and Loss in the Contemplative Tradition*

Oblate Cell Meetings

Contact: Fay Gravenall – faegravenall@netspace.net.au
Dates: **3 March, 5 May, 1 Sept, 1 Dec, 2018**
Venue: Good Samaritan Convent
8-10 Mansfield St, (Cnr High St) Thornbury

Lenten Silent Retreat

Date: **Friday 23** (4.30pm reg)
– **Sunday 25 March** (lunch)
Venue: Pallotti College, Millgrove
Leader: **Dr Deborah Guess**,
Christian meditator and ecological theologian
Theme: *The Still Point of the Turning World.*
Further details and registrations to be advised.

Regional Victoria Community Day

Date: **Saturday 21 April**
Venue: St Andrews Uniting Church
28 Myers St Bendigo (carpark off Mollison St)
Details: **10am – 3pm**
Shared lunch, tea/coffee provided.
Suggested donation \$20.
Presenter: **Jamie Miller**
Theme: TBA

*“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

Quiet Day

Date: **Saturday 19 May**
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: **10am – 3pm**
BYO lunch, tea/coffee provided.
Suggested donation \$20

Presenter: **Stephen Holgate**
Theme: *Constants, New Beginnings and Letting Go*

Essential Teaching Weekend (ETW)

Date: **25-27 May**
Venue: Janssen Spirituality Centre
22 Woodvale Rd, Boronia
Contact: Mirella Pace 0408 470 114,
mirellapace49@gmail.com

Group Leaders Day

Date: **Saturday 16 June**
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: **10am – 3pm**
Shared lunch, tea/coffee provided.
Contact: Mirella Pace 0408 470 114,
mirellapace49@gmail.com

Quiet Day

Date: **Saturday 21 July**
Venue: Living Well Centre
St George's Anglican Church
296 Glenferrie Road, Malvern
Details: **10am – 3pm**
BYO lunch, tea/coffee provided.
Suggested donation \$20
Presenter: **Fay Gravenall**
Theme: TBA

Community Day and AGM

Date: **Saturday 18 August**
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. John Stewart**
Theme: TBA

National Conference Adelaide

Date: **7-8 September**
Venue: TBA
Presenter: **Fr Laurence Freeman**
Theme: TBA

Family Day

Date: **20 October**
Details: Pilgrim Uniting Church
Montague St (cnr Bayview Rd),
Enter via Montague St Yarraville
Theme: TBA

November Silent Retreat

Date: **Friday 16** (4.30pm reg)
– **Sunday 18 November** (lunch)
Venue: Pallotti College, Millgrove
Leader: **Rev. Susanna Pain**
Theme: TBA
Further details and registrations to be advised.

OUR STORY—OUR COMMUNITY

Meditation is a universal practice that leads beyond words, images and thoughts into the faith-filled and presence-filled emptiness we call the **Silence of God**. What is particularly Christian about our community practice is the awareness that it takes us, in faith, into the prayer of Jesus himself. When we share in the human consciousness of Jesus we can begin to be truly open to one another.

It was the Benedictine monk, John Main, who rediscovered this contemplative tradition in the Christian church. The Christian Meditation Community began in England in 1976 and has since become a world wide movement of men and women from every walk of life who meet in this prayer of stillness, silence and simplicity.

The Community in Western Australia is made up of small groups who meet regularly to meditate. You will find details of these groups on our website.

Visitors are always welcome at all our groups and events.

OVERVIEW OF THE COMMUNITY

Dom Laurence Freeman OSB is the spiritual leader of the World Community for Christian Meditation.

The Community comes together during the year to share Introduction, Community and Silent Retreat days.

Introduction days:

These sessions introduce participants to the ancient practice of Christian meditation, the history and scriptural underpinning of the practice.

If your Community or Parish group is interested in holding an Introduction day then ask a Committee Member by either phoning, email or ask a member.

Community Days:

'Soul Food' days with formal and informal sessions—include meditation, reflection and discussion in a friendly supportive atmosphere. All welcome.

Silent Retreat Days:

These days are based on the gentle rhythm and balance of Benedictine spirituality. With a presenter to give input, there are times for personal reflection, Prayer of the Hours and periods of meditation.

THE CHRISTIAN MEDITATION COMMUNITY (WA) INC.



WCCM Mission Statement

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

CALENDAR OF EVENTS FOR WA

2018

Contact us for further information at

P.O. Box 54 Wembley, WA. 6013

Telephone: 0429 117 242

Email: christianmeditation@inet.net.au

Websites:

www.christianmeditationaustralia.org/

www.wccm.org

**Saturday, February 10th,
10am—12noon
Group Leaders Gathering**

VENUE: Saint Thomas More Church,
100 Dean Road, Bateman.

For Group Leaders
(or an alternative group member)

A coming together for times of meditation and a sharing of successes, experiences and difficulties day. You will have a chance to express ideas and feedback to the committee over a cuppa!

Morning tea provided.



**Saturday, March 24th, 9am—4pm
Lenten Retreat**

Venue: All Saints College Chapel,
Ewing Ave, Bull Creek.

Caring for Our Common Home

Presenter: John Auer

Ideas for reflection arising out of the Christian mystical tradition which provides us with some guidance as to how we are to care for our common home - planet Earth and all that occupy it.

“Christ has something in common with all creatures: with the stone he shares existence, with the plants he shares life, with the animals he shares sensation, and with the angels he shares intelligence. Thus all things are transformed in Christ.”

(St. Bonaventure, 1217 - 1274)

There will be periods of meditation, Prayer of the Hours, 3 periods of input from John with quiet reflection time afterwards.

Tea & Coffee provided. BYO Lunch
Suggested Donation \$12.00

EVENTS PLANNED FOR 2018

ESSENTIAL TEACHING WEEKEND

5pm, Friday 4th—2pm, Sunday 6th, May

Venue: St. Catherine’s House.
113 Tyler Street, Tuart Hill.

The Essential Teaching Weekend (ETW) is a residential event that helps you understand your own experiences in the light of a greater tradition, aided by the insights of others with whom you share the journey.”

All Meals Provided
Cost \$220.00 for weekend



**Saturday, June 16th, 10am—3.30pm
Community Day.**

Venue: St. Michael’s Church
53 St Michael Terrace, Mt. Pleasant.

**Wisdom of the Circle:
Contemplating the Mandala.**

Presenter: Matthew Lamont

The Mandala or “sacred circle” is expressed in many religious traditions, and has the capacity to enrich our lives and connect us to a vision of wholeness and belonging.

This workshop will provide an opportunity to create your own mandala and share your insights and experiences

Tea & Coffee provided. BYO Lunch
Suggested Donation \$12.00

**Saturday, August 4th, 10am—3.30pm
Community Day & AGM,**

Venue: Our Lady of Grace,
3 Kitchener St, North Beach

**Baptism and Meditation: An Entry
into the Mystery of the Trinity**

Presenter: Fr Greg Donovan.

Periods of Meditation, discussion & input from Fr. Greg.

Tea & Coffee provided. BYO Lunch
Suggested Donation \$12.00

2 pm AGM

All are welcome to attend, however only members can vote. You can become a member on the day.



**Saturday, November 10th, 9am—4pm
Advent Retreat**

Venue:

Wembley Downs Church of Christ
10 Bournemouth Cr, Wembley Downs

**The Gospel of Julian of Norwich
Illuminating the Life and Revelations
of Julian of Norwich**

Presenter: Stephanie Woods

Julian lived through times similar to our own. The established social, economic and religious order was breaking down in 14th century England, and angst and uncertainty prevailed. Yet her contemplation and insights into the Divine led her to conclude that “all shall be well”. Her “good news” may encourage us today.

Tea & Coffee provided. BYO Lunch.
Suggested Donation \$12.00

ACT EVENTS

LENT --- Lenten Introduction to Christian Meditation (SWIC) - 7.15 for 7.30pm each Monday evening in Lent beginning February 19. Location: St Peter Chanel's Church, 41 Weston Street, Yarralumla (adjacent parish meeting room)

ETW April 13-15th at the Gathering Place, 4 Bancroft St., Dickson ACT

Community day in May (date TBA)

Annual Silent Retreat. November 9-11th at St Mary's Towers, Douglas Park, NSW

**Please Contact Rod and Susan Page for more details -
Phone - 00401 731 918 or email
act@christianmeditationaustralia.org**

ACMC (NSW) COMMUNITY CALENDAR 2018

SYDNEY METROPOLITAN and REGIONAL EVENTS

Feb	Sun	04	Interfaith Meditation and Sharing Group, 5pm (venue and contact details below)
	Tues	06	Introductory Course begins, then February 6th, 13th, 20th, 27th, March 6th, 13th . 10-11am. No charge. Uniting Church, 10 Charles Street, Castlecrag. Contact Lorna: 9958 8789 or Penny: torlonia@bigpond.net.au
	Sat	17	Lenten Lectio Divina begins, Kirribilli, February 24th, March 3rd, 10th, 17th, 24th Our Lady Star of the Sea, Kirribilli. Contact Penny (details below)
	Sun	18	Meditation Introduction & Renewal Day, St Benedict's Monastery, Arcadia (contact details below)
Mar	Sat	03	Newcastle Community Day "Finding Oneself" 10.00am-3.00pm. St James' School Hall, Kotara (Contact Details below)
	Sun	04	Interfaith Meditation and Sharing Group, 5pm (venue and contact details below)
	Fri 16-Sun18		Illawarra and South Coast Silent Retreat, Benedictine Abbey, Jamberoo. Contact Bernie Howe 0401 058330 berniehowe@yahoo.com
Apr	Sun	01	Interfaith Meditation and Sharing Group, 5pm (venue and contact details below)
	Sat	21	Earth Day reflection on Meditation and Environment. Details tba.
May	Sat	05	Contemplative Book Club, then June 2nd, July 7th, August 4th, September 1st Our Lady Star of the Sea, Kirribilli. Contact Penny Sturrock (details below)
	Sat	05	Newcastle Meditation Teaching Morning – Early Desert Fathers. Chapel of Newcastle Parish Centre, 25 Farquhar Street, The Junction (Contact details below)
	Sun	07	Interfaith Meditation and Sharing Group, 5pm (venue and contact details below)
	Fri	18	Teachers Formation Day, St Francis Xavier Church Hall, Lavender Bay. Contact Penny Sturrock (details below)
	Sun	20	Meditation Introduction & Renewal Day, St Benedict's Monastery, Arcadia (contact details below)
Jun	Sun	03	Interfaith Meditation and Sharing Group, 5pm (venue and contact details below)
	Sat	16	ETW Reconnection and Group Leaders Day. Contact Penny Sturrock (details below)
Jul	Sun	01	Interfaith Meditation and Sharing Group, 5pm (venue and contact details below)
	Sat	07	Newcastle Meditation Teaching Morning – "John Main", Chapel of Newcastle Parish Centre, 25 Farquar St, The Junction. (Contact details below)
Aug	Sun	05	Interfaith Meditation and Sharing Group 5pm (venue and contact details below)
	Sun-Tue	12-14	Teachers Retreat, Marymount Mercy Centre, Castle Hill. (anyone interested in meditating with children and young people welcome.) Contact Penny Sturrock (details below)
	Sun	19	Meditation Introduction & Renewal Day, St Benedict's Monastery, Arcadia (contact details below)
	Fri-Sun 24-26		ACMC (NSW) Silent Retreat, Marymount Mercy Centre, Castle Hill. Contact Tina O'Sullivan tinaosullivan@me.com
Sep	Fri 31 Aug to Sun 2 Sept		Essential Teaching Weekend (ETW), Marymount Mercy Centre, Castle Hill. Contact Penny Sturrock (details below)
	Wed	05	Four week Introductory Course begins 7pm, then September 12 th , 19 th , 26 th St.Thomas Parish Office, 182 High Street (cor Forsyth St),Willoughby East. Contact Maximo 0431 996108
	Fri 07-Sat 08		National Conference, Adelaide, South Australia (see below)
	Sat	08	Newcastle Community Day – "Into Silence with Music" 10.00am-3.00pm. St James' School Hall, Kotara (contact details below)
Oct	Sun	07	Interfaith Meditation and Sharing Group 5pm (venue and contact details below)
Nov	Sat	03	Newcastle Teaching Morning "Contemplative Reading" Chapel of Newcastle Parish Centre, 25 Farquhar Street, The Junction (contact details below)
	Sun	04	Interfaith Meditation and Sharing Group 5pm (venue and contact details below)
	Sun	18	Meditation Introduction & Renewal Day, St Benedict's Monastery, Arcadia (contact details below)
Dec	Sat	01	Advent Lectio Divina starts then December 8th, 15th, 22nd Our Lady Star of the Sea, Kirribilli. Contact Penny Sturrock (details below)
	Sun	02	Interfaith Meditation and Sharing Group 5pm (venue and contact details below)

YCMers:

The younger meditators try to get together a few times a year.
To enquire when the next meeting is contact Donna. (see contact details below)

NSW Committee meetings: February 5, March 19, April 30, June 4, July 30, September 24, November 26.

Benedictine Oblate Cell Days: February 10, March 10, May 25-27, July 21, September 15, October 11-14, October 17-19
Contact Terry O'Donnell 0430 209 415 tod42@bigpond.com

February 14 Ash Wednesday; March 30th Good Friday; April 1 Easter Sunday

Sydney Metropolitan Contact Details:

Coordinator ACMC (NSW):

NSW Coordinator School of Meditation:

YCMers Coordinator:

Coordinator Meditation with Children and Young People:

Interfaith Meditation and Sharing Group:

Meditation Introduction and Renewal Days:

Jan Wylie 9904-5110 0418 605 291 janwylie@tpg.com.au

Penny Sturrock 0409 309 344 torlonia@bigpond.net.au

Donna Mulhearn 0422 749 319 donnamolhearn@yahoo.com.au

Dianne Burn 0419 226 278 dianne.burn@tpg.com.au

St Francis Xavier Church Hall, Mackenzie Street, Lavender Bay:

Judi 0412-456-845 taylor.judi@outlook.com or 0412-949-862

Ann Lomas 9456 4775 atlomas@bigpond.com

Regional Contacts:

Newcastle:

Anne Cuskelly:

407 436 808 annecuskelly@hotmail.com .

Hunter Region:

Bob and Bev O'Toole:

4930-1508 abc.14900@bigpond.com

Blue Mountains:

Barbara Smith:

4787 6032 barmarflo1@aapt.net.au

Central Coast:

John Sheehan:

4381-1002 johnsheehan@internode.on.net

North Coast:

Dympna Sheehy:

6686-6738 dasheehy@bigpond.com

Southern Highlands

& Tablelands:

Isobel Marchment:

4871-1563 isobelmarchment@bigpond.com

Illawarra:

Monica Dowdell:

0412 056 877 dowdellmonica8@gmail.com

Shoalhaven:

Les Ambrus:

4421-0988 lesambrus@gmail.com

Eurobadalla:

Wilma McKeown:

4471-1287 wilma.mckeown@bigpond.com

Far South Coast:

Mary Plevy:

0437 764 422 tathra44@bigpond.com

NSW CHRISTIAN MEDITATION BROADSHEET

Issue 60

December 2017

Editorial

Dear Community Members,

As we come to the end of another year I thank you for your continuing commitment and the ongoing support you give to our community.

Fr Laurence was with us in Sydney for a Meditatio gathering and National Silent Retreat. We held Community Days, Introductory Courses, Retreats for both our community and for those passing on Christian Meditation to children, and many more events, both locally and in the regional areas. In December several from the community attended the Australian Catholic Youth Festival, offering an introduction to and experience of Christian Meditation. Between 15,000 and 18,000 young people aged 14 to 30 attended the festival. Our community here in NSW continues to grow with over 160 groups meeting regularly in Sydney and the regional areas.

With my love and wishes for a time of rest and reflection and the opportunity to spend precious time with family and friends.

Jan

SAVE THE DATE

7th, 8th September 2018

National Conference

**Adelaide,
South Australia**

“CONTEMPLATIVE CHRISTIANITY”

Guest Speaker: The Rev'd Dr Sarah Bachelard
with a pre-recorded presentation by **Laurence Freeman OSB**

Meditation Introduction and Renewal Day
St Benedict's Monastery, 121 Arcadia Rd, Arcadia.

Sunday 18 February 2018 10.00am for 10.30am

BYO lunch. Tea/Coffee provided.

Books and other material available.

Enquiries: Ann Lomas 9456 4775 atlomas@bigpond.com
Ann Bergman 9498 2625 anniebergman@hotmail.com

Miriam Rose, Naiyu: Following on from Fr Laurence's conversation with Miriam Rose Ungunmerr in July, a small group are exploring the possibility of visiting Miriam Rose's community at Naiyu (pr.now-you), Daly River in the Northern Territory, likely to be in September 2018.
If you are interested please email taylor.judi@outlook.com

AUSTRALIAN CHRISTIAN MEDITATION COMMUNITY - SA

CALENDAR OF EVENTS 2018

Saturday 24th FEBRUARY, 11.00 am – 3.30 pm

LENTEN COMMUNITY DAY—*“How Long is a Pause? Listening with the Ear of the Heart during Lent”*

At Immanuel Lutheran Church Hall, 139 Archer Street, North Adelaide.
Christine Nelson will lead us on our reflections of her Lenten poem.
Please bring lunch to share and your own cup. Suggested Donation \$15.

Saturday 19th MAY, 10.00 AM – 4.00 pm

LEADERS’ AFTERNOON

At St Clement’s Church Hall, 354 Main North Road, Blair Athol.
All groups are encouraged to send a representative. Please bring finger food for a shared lunch and your own cup. Time will be spent on preparing for the upcoming National Conference to be held in Adelaide.

Saturday 30th JUNE, 11.00 am – 4.00 pm

SILENT RETREAT DAY—*“Making All Things New”*

At St Ignatius Church Hall, Queen Street, Norwood
Rev Dr Gary Stuckey will lead us on our retreat day with thoughts from one of Henri Nouwen’s popular books. Bring your own lunch (not for sharing) and your own cup.
Suggested Donation \$15.

Thursday 6th SEPTEMBER

THE GIFT FOR LIFE: Meditation with Children and Young People Workshop

At The Monastery

Friday evening 7th & Saturday 8th SEPTEMBER

NATIONAL CONFERENCE

Guest Speaker Rev’d Dr Sarah Bachelard with Laurence Freeman osb pre-recorded.
More details forthcoming.

Saturday 9th & Sunday 10th SEPTEMBER

NATIONAL COUNCIL

For members of the National Executive and two representatives from each state.

Tuesday 4th DECEMBER, 6.00 – 8.00 pm

ADVENT TWILIGHT RETREAT

At St Columba’s Church Hall, 3 Rosevear Street, Hawthorn
Tea, coffee and book stall from 5.30 pm. Bring your own cup.

