

*an opportunity to*

meditate

*with people of all faiths*

# “The hope for the salvation of the world lies in the greatest number of wise people”

(The Book of Wisdom)

What the mystics have known for thousands of years the scientists are now discovering — that meditation is good for us, it unites our inner and outer worlds, and makes us whole.

Dialogue between religions and faith traditions – and the friendship that true dialogue grows – is an indispensable component for peace, prosperity and happiness in the new era now dawning on the human family...when religious traditions and spiritual wisdom-transmissions meet at the depth level of contemplative experience, a new consciousness is born.

You are invited to join us each month to share a time of silence and of reflecting on readings from across the faith traditions, an exploration of a new way of friendship nourished equally by silence and by words.

This is an initiative of the Australian Christian Meditation Community, with the support of members of local Sufi, Tibetan Buddhist and Jewish groups. All are welcome, whether you follow a particular faith tradition or do not.

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[www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org) and [www.wccm.org](http://www.wccm.org)



We meet at **5pm** on the **1st Sunday** of each month at the St Francis Xavier parish hall, 19 Mackenzie St, Lavender Bay, adjacent to the church, please enter by the side door.

- There is parking in the churchyard if you wish.
- North Sydney station is a few minutes' walk away.

Please come along if this seems to call you, if you contact us we can look out for you and send you the interfaith readings to ponder ahead of the group.

We will gather with some contemplative music, and begin and end the time of meditation with a short reading drawn from different traditions. After meditation we will take some time to reflect and share on the readings, how they touch us and have meaning in our lives.