



Presented by:

**The Australian Christian Meditation Community (NSW)**

## ***A GIFT FOR LIFE***

### **Christian meditation with children and young people**

*Children and young people have a natural capacity for meditation.  
They enjoy it and are graced with the spiritual fruits and benefits which it brings.*

**This one day workshop** will introduce teachers, catechists, Family Educators, parents and others who care for children to the practice of Christian meditation. We bring the teachings of this gentle and ancient prayer into the contemporary world of our schools, classrooms and homes. In this workshop we offer ways and provide support to introduce meditation to children and young people of all ages.

**Where:** St Francis Xavier Parish Hall (beside St Francis Xavier Church) Mackenzie St Lavender Bay NSW (directly behind North Sydney Railway Station).

**When:** **Friday 18 May 2018 from 9am to 4pm**

**Cost:** \$100.00 per person, lunch provided

**RSVP:** 4 May 2018

**Enquiries:** Penny Sturrock 0409 309 344 or [torlonia@bigpond.net.au](mailto:torlonia@bigpond.net.au) .  
Booking form available on website [www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)

***Attending courses in Christian meditation run by the ACMC is supported by Sydney Catholic Schools. Participation in this course equates to 5 hours of formation for Currency***