



# Australian Christian Meditation Community

International Website - [www.wccm.org](http://www.wccm.org) --- Australian Website - [www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)

## A RETREAT ON THE WHOLE AND HOLY PRIEST AT GALONG

### Fr Simon Falk

From 14-18 November the Canberra-Goulburn Catholic Clergy were on retreat at the rural St. Clement's Retreat Centre, Galong, NSW, with Fr Laurence Freeman, OSB. A few bishops, many diocesan priests, a group of married deacons and some religious formed part of the group of nearly 60 men. They varied in ages and background from 20s to 90s! Some had experienced Laurence Freeman or Christian Meditation before. Many had not done so.

As a group, we had gathered on many occasions for various reasons, and, of course, had prayed together numerous times. The collective serenity as we meditated together was quite palpable at some intervals. Some of us also benefitted from experiencing how Laurence is able to integrate periods of meditation into Liturgical Prayer, such as Morning or Evening Prayer, and the Eucharist. This gives us real experiences to 'chew over' how we continue the daily practice of meditation. All present at the retreat received a copy of *Prayer and the Priest* (Singapore: Medio 2016). The personal experiences of clergy and meditation shared within those pages have added a further blessing to us. I would love to see such a fine volume produced as an audiobook so that clergy who travel much in remote areas can listen to those experiences as they go about their mission.

We are very grateful to the ACMC for co-hosting Fr Laurence's visit with us, and, especially the Canberra community, who assisted by providing books/CDs etc, for the

retreat. We continue to reflect on how our daily practice may become ever more woven into the fabric of our lives.

Fr Simon Falk

Clergy Life and Ministry, Archdiocese of Canberra and Goulburn.

### Father John Armstrong

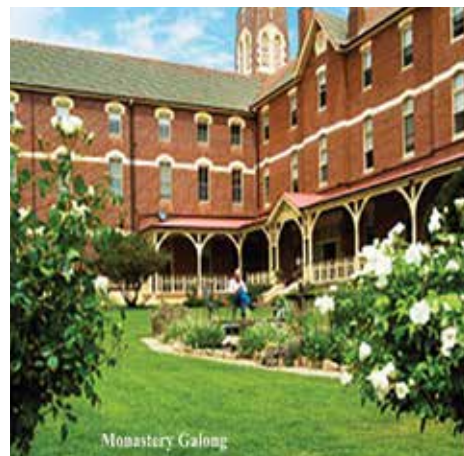
The need for a silence of hospitality has never been more evident and needed in the life of our Church. In a world full of noise and unfocussed activity we become reactive to every new event. We are never at home with ourselves and thus find it difficult to be at home with others. This can see calls upon the other to change and strengthens the feelings of alienation and difference. We can feel the strains and tensions of this lack of silence which tears at the fabric of our community.

Yet in the silence offered at the retreat with Laurence Freeman at Galong we did not have to say much but were called to be present. There is probably much we can say about silence but Laurence led us to reflect more deeply on how we can live out of that silence for the good of others and ourselves. At the heart of the contemplative is the person who is called to be in action for the good of others. To hear deeply the heartbeat which calls us to seek union with others.

The call to Christian Meditation has allowed me over the years to become present to my own life especially when the going has not been easy. The recent loss of my mother, Alma, is still keenly felt. As a meditator herself we often would come to

our time of prayer with questions but would often leave with a deep sense of being able to live with those questions. It has helped me to profoundly listen more deeply and to flow in and out of these times of prayer. In learning again and again to listen we begin again. This is the offer of life that we cannot delegate to another. It is a call to listen deeply to the heart of God which seeks to beat in harmony with our own.

Renewed by this time of retreat I am called to help others not to learn a technique but to deepen their relationship with God. A God who speaks to us from the heart of this silence. A God who wishes us to discover our home for the good of the world. The gift of Christian meditation is that it deepens that relationship and makes our experience of grace real, not in becoming more complex but in the silent encounter where God always has the final word.



Monastery Galong

## **'BE STILL': THE PSALMS & MEDITATION**

The phrase 'Be still' in the Psalms has long resonated with contemplatives including today's followers of Christian Meditation. Importantly, John Main OSB teaches that "Silence and Stillness" are the core of our daily meditative practice.

The Psalms have been central to Jewish prayer ever since they were composed three millennia ago. Also, the Christian Hermits from the Third Century AD embraced the Psalms and eventually integrated them into the Divine Office as practised from the Sixth Century by followers of St Benedict and since then by most monastics up till current times.

While exegetical analysis identifies 37 instances of the words 'still' or 'stillness' in the Bible, there are only three psalm references that have immediate relevance for Christian meditators, specifically, Psalms 4:5, 37:7 and 46:11.\*\*

The most widely quoted 'stillness' verse from the Psalms is: 'Be still and know that I am God' (Ps 46:11). In the original Biblical Hebrew, the opening phrase is transliterated (sounded R-to-L) in English as 'har-pū'. It is best translated into English as 'be still'.

The most obvious meaning of this psalm (46:11) is that if one can become still, one will become aware of God's existence. More optimistically, this verse may be interpreted to mean that if one can achieve stillness, one can actually know God directly. Whether or not this is achievable for meditators in their current life, stillness offers its own rewards (see below).

The second psalm verse that relates directly to the contemplative life comes from Psalm 4, namely: 'Tremble; do not sin: ponder on your bed and be still' (Ps 4:5). Here, the Hebrew term is transliterated into English as 'wa-dōm-mū'. The appropriate English translation is 'be still'. The other key word here for

meditators is 'ponder' which implies that they should reflect on spiritual matters in order to 'be still' before going to sleep. While such a practice may well be spiritually sound, it differs from what modern meditators would call 'stillness meditation'.

However, the psalm verse which has the most compelling relevance for those who follow the modern contemplative life, comes from Psalm 37, namely: 'Be still before the Lord and wait in patience' (Ps 37:7). Here, the introductory Hebrew phrase is transliterated as 'dō-wm' and is accurately translated into English as 'be still'.

Consider the daily prayer practice of contemporary Christian meditators. In a spirit of unquestioning belief, they open themselves in their innermost stillness to the Lord's presence. They have no expectation that the Lord will physically reveal Himself. Rather, they are content to wait patiently in the Lord's presence, which they believe is actual, albeit 'non-manifested'.

The meditator who waits in patient stillness before the Lord (Ps 37:7) receives nothing except the reward of their own waiting. It is intrinsically rewarding for meditators to sit quietly each day in the patient belief that the Lord is nigh. It's a bit like what occurs at the most vital events in human life (such as the wondrous and timeless watching of a newborn grasping at life or of a loved one letting this life go).

Contemplatives have to be not only still but also endlessly patient. While they may earnestly hope to encounter the Lord's presence directly, they make no demands at all. Rather they are content to wait patiently should the Lord's presence ever become manifest.

Christian meditation in its evolving context, entails waiting ever-patiently for the Lord, as stated so concisely in this psalm of King David, an ancestor of Jesus (Ps 37: 7). Our challenge today is to develop the insights of the Psalmist who foresaw that inner stillness can provide a rich and

timeless support for deep meditative prayer.

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\*\*This article uses the original Hebrew numbering of the psalms. The English translations and verse numberings are from the Grail 1963 edition.

Andrew Hede is a member of the APMC and is also a Camaldolese Benedictine oblate. He resides in Sydney where he is founding director of the Gregorian Choir at St Benedict's Monastery, Arcadia.

## **WALKING MEDITATION**

All you have to do, your sole responsibility, it to ensure that the person in front remains a couple of metres, give or take, away from you. That's it.

We're doing a 'walking meditation' at the silent retreat I attend twice a year, held at a Catholic conference centre up in the damp and lovely hills of the Yarra Valley. The retreats are run by the Australian Christian Meditation Community. We do a lot of meditating – most of it sitting, and once a day we do this walking thing.

I love it. We walk slowly, in a giant circle, experiencing the soft placement of each foot- heel then toe - observing the blades of grass we flatten as we go, the kookaburra flapping away on the periphery of our vision, the play of light and shadow as the clouds flit across the wide sky. We say our mantra, and as our minds wander, as they inevitably do, we bring them gently back: to our mantra, to the rhythm of our limbs and lungs, to the knowledge that God know us intimately and loves us completely.

To maintain the circle of walking prayer for the group, each one needs to make sure the person in front is about 6 feet away. It's not your job to be checking the people up in front where there seems to be a bit of an obstruction, to be irritated at the person over the other side of the oval who obviously just doesn't

get it and is walking too fast, your job is not even to worry about the person behind you, who may be miles behind, or almost stepping on your heels. All you do, is say your mantra, watch the quiet grass and keep your place in the dance.

Later that day, our speaker for the weekend tells us of the recent time when, overcome by helpless grief in the face of the tragedy that is Syria, he called out in anguish to God: 'It is so terrible and there is so much suffering, and I can do nothing and I don't even know how to pray about this situation.'

What came to him clearly, he said, was a sense of God saying, 'Be peace. All you have to do, is to be peace in your own life.' For him, he explained, this involved mending relationships and some costly reconciliation with a person from whom he had been estranged.

Sometimes we may be called to heroic and dramatic actions. More often, most of us are simply called to be peace in our own families, work places, social situations, wherever we find ourselves. Knowing how elusive and rare this peace is, all we can do, and it's by no means nothing is to start and to keep practising peace. To cease worrying about how well others are keeping their place in the dance. To quietly keep our own.

**Clare Boyd-Macrae**



## NATIONAL COORDINATOR'S REPORT

In January I prepared a report for the WCCM Guiding Board meeting to be held later this month in London with information supplied by national and state coordinators. Most states and territories mentioned as challenges our ageing community contributing to groups closing also they have fewer community members volunteering for leadership roles and finding difficulties engaging younger people.

Apart from nurturing and mentoring our present community members we have been reaching out to the wider Australian community receiving wonderful feedback and making many contacts over the past year when we held two Meditatio Seminars, "Meditation and the Environment" and "Meditation and Ageing". Also, Fr. Laurence spoke with business leaders in Sydney and we have been a presence at National Christian Youth Conferences. We have also commenced a Facebook page. It is our plan as we continue to grow our community to make our tradition known more widely by organising relevant outreach events and being present at Youth gatherings offering an introduction to and experience of Christian Meditation.

Also in my report I was asked about Meditation with Children and Young People in Australia we have over 3,100 classes in schools in Australia meditating regularly from every day to 2 or 3 times a week. This number is growing and our hope is these young ones will be our future, what a wonderful gift they are receiving.

Thank you to so many who are already working tirelessly in our community but if you have been hesitant to be more involved could I ask you to consider helping in some small way in your local area to grow this exciting and vital community? If you can or if you have

any questions about how you could contribute or what we need help with please contact me at janwylie@tpg.com.au or your state or territory coordinator their contact details are on the back of this newsletter.

We have included a registration brochure for our National Silent Retreat in the Newsletter this is an opportunity to join other meditators from around Australia to experience deep silence and enrich your practice.

We have also included our National Appeal brochure. Ours is a generous community but to continue to grow we need your donations each year. Please prayerfully consider an amount you can give to support this important work we are all part of.

With my love Jan

**Jan Wylie National Coordinator**

## VIC REPORT

Mirella Pace, our state Coordinator, thanked Trish Panton who has stepped down from her role of National Coordinator for the Oblate Community. Trish has generously given of her time, energy and wisdom to the Community. We wish Trish abundant blessings and joy during this new phase of her life. Congratulations to Terry O'Donnell who has taken on the role of National Coordinator of the Oblate Community.

I will be shadowing Mirella and sharing more of the administrative role to prepare for an official handover at a later date this year. I sincerely thank Mirella, Joan, Pam and all the wonderful Committee members for their support and encouragement during the past six months whilst I have been grieving the loss of my husband Saverio whose goodness enriched many lives.

Our first Community day on Saturday 18 February, presented by Deborah Guess, was on Meditation and the Environment. Exploring Pope Francis, Laudate Si and noting similarities to the writings of Naomi Klein, This Changes Everything was well received

and generated many comments, questions and discussions. Pope Francis calls for global ecological conversion in our throw away culture, the emphasis being on a need for sound ethics to set limits on our consumption. The Pope states, that many things have to change but it is we human beings above all who need to change. Naomi Klein similarly highlights the need to change our thinking regarding economic growth and consider sustainability. She stresses that a new world economic model needs to be developed where we all work as partners of our common home, our earth. The Pope and Naomi stress the need for a conversion of heart and a pulling together that leads to a radical change towards a simpler way of living.

Deborah presented a model that can assist in reducing consumption and lead to a new consciousness of being happy with less.

- Rethink – say no, I don't need it or go to an Op Shop
- Refuse - buy less
- Reduce - our consumption
- Reuse
- Recycle

The connections made with the teachings of John Main on meditation were highlighted:-the importance of silence, a change of heart, patience, self-knowledge and how the discipline of meditation leads us to the fullness of love. We thank Deborah for her clear, informative, factual, inspiring and challenging presentation, which stirred all present, to rethink their 'ecological footprint' in living sustainably, caring for our earth and considering future generations. "Meditation is a discipline of simplicity. Our world needs to learn it urgently."

Deborah Guess – Notes Saturday 18th February, 2017 – Afternoon session.

Thank you to all the committee members for your work in organizing this event. You are a terrific team who model 'that meditation creates

community.'

Out Reach - Ros Harris and Clara Rizzi have commenced Introduction to Christian Meditation on Wednesday 22nd February at the Pilgrim Uniting Church, Yarraville.

All the participants were eager to engage in meditation and were encouraged to continue meditating daily.

Visiting and/or communicating with group leaders continues to be a priority hence we will nominate areas/groups to be contacted this year. A weekly meditation group has commenced at the Austin/Mercy hospital led by members of the committee. We look forward to our day in Maffra, Regional Victoria, lead by Ruth Fowler the theme - "Longing for God".

During this time of Lent... "Meditation is a practical way to move gently, naturally and in the right way and speed beyond egoism."

The Selfless Self – Laurence Freeman p42 -- **Clara Rizzi**

**Victoria Deputy Coordinator, APMC**

## NT REPORT

Over a three day weekend of March, 10-12, 2017 David and Sue Woods with Celia Kemp led a Retreat, 'Dig a Well of Stillness', for people living in and around Alice Springs. Twenty people joined us. Each day began with Christian Meditation followed by a Scripture reflection and then a long time of personal silent time for each of the retreatants to reflect on the scripture and their own lives here, living in the desert of Central Australia. We all need to find the 'wells and soakages' that give us nourishment, those places of deep refreshment and real food. We were all blessed by the depth of sharing and the commitment of each one to grow in the ways of God.

"...today we have to see that the monastic is related not only to

monasteries but to the monk within all of us, that part of us which 'truly seeks God' and knows that solitude is the condition of real relationship." (from the Letter from Laurence Freeman, OSB in the Meditatio Newsletter of the WCCM – December, 2016)

Quite a challenge these days when there is so much to distract us.

Kath Houston is coming to Alice Springs again this year to lead a Christian Meditation Retreat at Campfire in the Heart, over the weekend of 2-4 June, 2017. We are looking forward to the blessing, wisdom and encouragement that Kath brings.

Again, this year, Campfire in the Heart is leading a number of Retreats: see website [www.campfireintheheart.com.au](http://www.campfireintheheart.com.au)

Living here in the centre of this amazing country, listening to the land and its first peoples continues to affirm my call, and the call of each one of us to deepen in our inner silence and deep solitude to better hear the voice of God.

John Main said that the 'most important meaning for modern people to rediscover is that of SILENCE' Blessings to you all as we continue the journey to deepen our inner silence and grow into the people we have been created to be.

**Sue Woods NT Co-ordinator**

## NSW REPORT

Our community continues our long relationship with the Benedictine Monastery at Arcadia starting our year with a Meditation Introduction and Renewal Day. We join the monks four times a year to share with them for midday prayer, a time of reflection, meditation and Contemplative Mass.

The groups in the Newcastle area held a community day on 4th March with the theme "Hildegard of Bingen – Her Music and her Spirituality." Sr Carmel Moore from the community lead

the discussion and Dr Anne Milliar-Daugherty was the guest musician. Periods of meditation were also included during the day with many community members attending the gathering.

On the same day in the Shoalhaven, South Nowra, a small group gathered to hear Les Ambrus speak on the theme "Gaining Wisdom Harnessing the Negative". Following Les' talk there was a time of thought provoking discussion. During the afternoon session the group was challenged when asked to write a haiku on the day's theme.

A Lenten Lectio Divina commenced on Saturday 11th March following the 9.30am meditation group at Kirribilli. The group reflectively reads the Gospel of the week and has a time of thoughtful sharing. The group will gather each Saturday morning until Easter.

The Interfaith Group continues to meet at 5pm on the first Sunday of the month at Lavender Bay. Judi and Paul Taylor facilitate the group with input from members of other faiths coming to share and meditate together.

On Saturday 25th March those who have attended an Essential Teaching Weekend along with group leaders have been invited to an afternoon to look at and discuss "Creating and Sustaining Community". Penny Sturrock will lead the afternoon at the Lavender Bay Parish Hall starting with a shared lunch at 12.30pm.

The community, family and friends are invited to our Earth Day event on 22nd April at Del Monte School Hall Strathfield. "The Radiant Tapestry of Being" will be explored by Br Kevin McDonnell who has a doctorate in geology with wide experience in biblical studies, science education and studies in science and religion. For more information see our website or the NSW Broadsheet.

You will receive a brochure for our National Silent Retreat in this newsletter. Please come and join the community in NSW to share this time of silence and reflection.

**With my love -- Jan**

## SA REPORT

A new year marks new opportunities. Our Calendar of Events lists a few of these opportunities.

Our first event for the year held at the end of March was a Lenten Community Day on the theme of the "Stations of the Cross". We gathered together in the Sebastian Room at The Monastery first of all to meditate together and to hear a little about the Stations. And then, we spent over an hour in personal reflection time wandering the Sacred Garden and remembering the journey of Jesus' Passion through the beautiful white marble statues.

We were encouraged not to see these Stations as events belonging to history but as events still happening in the world. The Tenth Station depicted Jesus stripped of his garments and I remembered the teenage girl's testimony for the Northern Territory's Royal Commission into Youth Detention of her being stripped naked by the guards and the shame that she felt.

After a delicious shared luncheon, Sister Jasmine Laurence from the Passionist Sisters of St. Paul of the Cross spoke to us on the Stations. The Stations of the Cross, she said, are a means of getting closer to God, and of connecting us with each other.

We are journeying with Jesus when we follow the Stations of the Cross and this reminds us that Jesus journeys with us also.

Our next event for the year will be a Silent Retreat Day on Saturday 3rd June, 11.00 am—4.00 pm at St Ignatius Church Hall, corner of Queen and William Streets, Norwood. The Very Rev'd Frank Nelson, Dean of St Peter's Anglican Cathedral, will share with us aspects of Benedictine Spirituality, on the theme of "From Inner Calm to Creative Compassion". Please bring your own packed lunch (not for sharing). Suggested Donation: \$15.

With love **Dianne Schaefer, S.A State Coordinator**

## QLD REPORT

In Rev Graeme Watson's series on The Cloud of the Unknowing, he spoke about humility. He said that, although he had been meditating for more than 15 years, he didn't make 'progress' in the normal sense of getting better at resisting distractions and being more attentive to his prayer word. What happened instead was that he became more aware that he had no power to help himself but must rely more and more on God's grace. Even the humility to accept that powerlessness was nothing to be proud of: "again, it is all God's gift" he says.

What is true about personal meditation is also true on the community level. When we can't see 'progress' in the numbers of groups or the numbers of people attending community gatherings, we need to remember it is all God's gift. We will also become more aware that everything happens in God's time. After years of administrative starting and stopping, the relevant authorities have given 'approval in principle' to the introduction of Christian Meditation in Correctional Centres. There are changes to be made within the system itself, and we will need another authorised chaplain, but this is a huge step forward. We are very grateful to those meditators past and present who have continued presenting the case for Christian Meditation to officialdom.

Twenty two years ago, Pauline Peters went to Melbourne where, in the company of Fr Laurence and other foundation members, the Australian Christian Meditation Community was formed. She has been involved on the state, national and international levels ever since. I am one of the many meditators who was introduced to the practice by Pauline and I am extremely grateful to her. It would be impossible to estimate the extent of her influence in the wider community. Pauline has resigned from the State committee to care for her husband

who is recuperating from a long illness. The loving gratitude and prayers of the Queensland community are with them both as they start this next chapter in their lives.

Easter blessings to everyone, Love  
**Gabby Nelson Qld Coordinator.**

## **TAS REPORT**

We have recently held an event inspired by last year's Meditatio Seminar on Meditation and the Environment called "Responding to the Call of the Earth". This involved firstly a day event with 40 participants and three speakers, Christian Meditator Rev. Linda Chapman, Zen teacher Dr. Susan Murphy and scientist Distinguished Prof. Jamie Kirkpatrick.

Held at Greening Australia's Sustainability Learning Centre the day began with a wonderful video presentation made by Tasmania's aboriginal education centre - 'Inland Places' and a welcome by aboriginal artist, designer and bush foods specialist Kris Schaffer, who also graced the space with beautiful floral decorations and pandanis from her native garden. Following mediation and inspiring presentations from speakers we went walking, led by Janet O'Sullivan's introduction to seeing and finding as meditation, in the bush surrounding the centre. Gathering something that spoke to us we returned to discuss in small groups our response to the call of the earth. The day finished with the panel of speakers answering participants' questions, the last of which - "so what is the answer?" was well answered and succinctly by our scientist who said 'It's obvious - loving kindness'. We were glad to gather new and younger participants.

Following the Saturday event 12 people joined our partly silent mountain retreat in the huts at Mt Field National Park, led by Janet O'Sullivan, Rev Linda Chapman and Dr Susan Murphy. Dripping tree ferns and waterfalls awakened our senses. A cosmic walk by candlelight

at dusk led us through the unfolding story of the universe. Informed by Susan's presentation on Haiku a day was devoted to contemplative watching, walking and writing Haiku in the ancient Pandani grove. Waking as the mist rose we practised Qi gong in a silent circle around a small tarn under a bright blue sky. Nourished by healthy food prepared graciously by our cook Dave, in the simple hut kitchen, we shared table companionship and formed new and extended friendships, notably with the Zen community in Tasmania who have Roshi Susan for their teacher. Our retreat ended with a 'Council for all beings' where we each were invited to give voice to a voiceless endangered being. Fruits of this time include ideas for developing our presence at the University. The Zen community are now planning a retreat here in September 2017. Following very positive feedback we also hope to repeat this event in the future.

After leading the Christian Meditation group at St David's Cathedral for the last six years, Dwight Assenheimer has moved to the Huon Valley, where he has set up a new ecumenical group, with supportive response from Fr. Michael Tate and the Huon Valley Catholic parish at Cygnet and Ranelagh. They meet at 6:00pm at St James Anglican Church in Ranelagh. We thank Dwight for his years leading the Cathedral group in Hobart and wish him every blessing for this new group. The St David's Cathedral group will continue, at present led by Vivienne Luke.

Our annual Community retreat this year, to be led by Penny Sturrock, will be held at the Emmanuel Centre in Launceston on September 8th - 10th. Peace and blessings Danielle

**Danielle Pacaud Tas Coordinator.**

## **WA REPORT**

After a quiet January when many activities were in recess we seem to

have raced into 2017.

We were delighted to receive several requests for presentations to teachers on CM in schools. These seemed to go well.

Our first event for the year was a silent Lenten retreat day led by Gerald Searle on the topic "Lord, Teach Us to Pray". About 20 people attended and feedback was that it was a peaceful, prayerful day.

Our next event will be a Community Day in June. Fr Paschal Kearney will be leading us, looking at "Testing Spirituality". This promises to be a topical and perhaps challenging subject and we are looking forward to it. -

**Jenni Berg WA Coordinator**

## **EDITORIAL**

One of the tasks of being an editor for the newsletter is that at some point (ideally) before publication, I need to sit down and read the Australian component all the way through. And what a lovely affirming experience that is - stimulating in terms of the diversity of voices and reflections and uplifting - the community and its energy, embodying and revealing God's gift to us.

Thanks to Fathers Simon Falk and John Armstrong, Clare Boyd-Macrae and Andrew Hede for taking the time to share your thoughts and experiences.

I am looking forward to the National Retreat in July. It will be a time of resting from the sound of my own voice, committing to gently holding silence for those around me and with God's grace, coming a little more confidently into a deeper stillness that is also wonderfully creative. It will be a lovely privilege to undertake that journey in the company of 200 other participants and I hope many of you will be able to be there. **With love Vikki**

## **NATIONAL APPEAL -- BROCHURE**

Thank you to so many who have given generously to our National Appeals in the past it has allowed us to support our Australian Christian Meditation Community with resources, financial assistance and nurture spiritual growth. During last year Fr Laurence visited us twice to speak at

Meditatio Seminars, an outreach to the wider Australian community. In April it was "Meditation and the Environment" then in November "Meditation and Ageing". In April Fr Laurence also spoke to leaders in business at three sessions on "Enlightened Leadership".

Over the past few years we have been looking for ways to engage and encourage younger people to be involved in our community. We have started a Facebook page which is regularly updated by our Younger Christian Meditators (YCMers) and we have attended National Youth

Conferences presenting an introduction to and experience of Christian meditation. The conferences are for those aged between 14 and 24 years. We have many contacts to follow up and plans to attend several more Christian Youth Conferences this year. Also, we have financially supported national coordinators and community members to travel to smaller communities

to attend and help facilitate local events and mentor leaders. This gift of meditation we have received is priceless and it is our wish to share it. I would encourage you to prayerfully consider supporting our National Appeal.

**Jan Wylie National Coordinator**

## **2017 NATIONAL RETREAT**

**Sunday 9th - Friday 14th July 2017**

## **FR LAURENCE FREEMAN OSB**

**"Finding Oneself"**

**"In the tradition that we find ourselves in and that we also pass on, finding oneself and finding God cannot be separated. They meet by touching the 'otherness' of everyone that we encounter at all levels. "Who I am" means nothing unless we can fall into the 'otherness' of others and then into the all-embracing Other that we name God"**



Venue: St. Ignatius' College, Riverview, Sydney

A brochure with registration details is included in the newsletter and on our website - [www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)

Click **HERE** for Brochure



## **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 or it or when your attention is wandering.

Meditate each morning and evening for between 20 and 30 minutes.

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latest price list at: www.christianmeditationaustralia.org

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To inquire about meditation groups, seminars or retreats in your region see cotacts below.

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