

"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"

YOU are warmly invited to attend

What: THE SCHOOL OF MEDITATION

ESSENTIAL TEACHING WEEKEND 1/2024 (ETW) Online

An opportunity to deepen your experience of Christian meditation and learn more about the essential elements of the practice, the history of the tradition and the spiritual journey. Periods of meditation are part of the programme. There are online presentations by Fr Laurence Freeman and other teachers in the Community and time for questions, discussion and small group conversations.

When: SATURDAYS 1 AND 8 JUNE 10.30am-3.30pm AEST

WITH AN INTRODUCTORY SESSION ON FRIDAY 31 MAY 6.00pm-8.00pm AEST

Where: ON ZOOM (link will be provided)

Attendance for the full programme is required

Cost: \$50.00 includes "Sharing the Gift" - ETW Resource book

(sent after the ETW)

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Even if you have attended a residential or online ETW in the past you are encouraged to consider a "refresher" for yourself and/or inspire others who have been meditating in our tradition for some time to attend.