

World Community for Christian Meditation in South Australia

Community Day—**MEANINGFUL AGEING:**

With Rev'd Dr Les Underwood



Saturday 9th MARCH

11 am – 3 pm

**At St Michael's Anglican Church,
18 Church Road, Mitcham**

Our Community Day will begin with a time of Meditation according to the John Main tradition.

Les will then speak to us on “MEANINGFUL AGEING”, which will include such topics as

- What is it that brings and gives me meaning and purpose?
- "My life is in my hands" - my rings
- Integrity v despair.
- Authenticity and uniqueness.
- Threefold relationship: God, self, others.

After Lunch, there will be a Q&A panel, so please bring along your questions; followed by our Community's News, and another time of Meditation.

Rev Dr Leslie Underwood is a Minister in UnitingSA; and Director of both the Uniting SA Clinical Pastoral Education Centre, and the St Barnabas Anglican Clinical Pastoral Education Centre. Clinical Pastoral Education, or as it is often called C.P. E is education that enables participants to develop themselves personally and professionally as pastoral and spiritual carers for many different settings.

He seldom bothers with the formality of his title, and prefers to 'just be called Les'.

- ♦ **Please bring a plate of lunch for sharing, and your own cup. Tea, coffee and some snacks will be supplied.**
- ♦ **Suggested donation \$15**
- ♦ **For more information and to register, email chr.med.southaust@gmail.com**