

“If anyone wishes to be a follower of mine, he must leave self behind” Luke 9:23

“There comes a time when you will be called from knowing about God to actually knowing God, that is embracing God in love.” William Meninger OCSO

“Do not think you are wasting your time because you are not involved in mental calculations. Do not think that you are being idle because you are resting in loving contemplation of God. It is at these times that you are being most faithful to what you are and what you are called to be: a lover in union with the Beloved.” William Meninger OCSO

“If we simply are, if we become and remain still and silent, our heart cannot be but open, the Spirit cannot but pour through into our whole being. It is for this that we have been created.”

John Main OSB

“The first word of Benedict’s Rule is “Listen”. As you know, this capacity is one of the great fruits of meditation through which we learn that the condition of true listening is silence. We can only listen to the Word spoken to us by another if we ourselves are silent of all words.... He understands silence as the fundamental condition of the heart, attentiveness to a reality larger than our immediate activities and concerns. A heart wrapped in silence is wholly attentive to the word of the Master.”

John Main OSB (Monastery without Walls)

“Desert Wisdom”

**St Joseph’s Convent
Lochinvar**

14th -16th October, 2011



**WEEKEND SILENT
RETREAT**

An outreach from

Living Waters Meditation Centre,

The Junction

0412 122 297

carmel.moore@ssjl.org.au

This is an invitation to spend time in the Christian contemplative tradition of John Main - a time of silence and enrichment

The focus will be on the practice of silent Christian meditation combined with attention to living in the Now.

There will be some breath and body awareness exercises to relieve tension and stress in the body. These enhance our capacity for stillness and a focused mind in meditation as well as enhancing awareness in our daily lives

The retreat will be conducted in silence from the evening meal on Friday to lunch on Sunday.

We look forward to seeing you. Please contact me for more information if required.

Carmel Moore RSJ

VENUE: St Joseph's Convent, New England Highway, Lochinvar, which is a large complex just after the Lochinvar sign on the south of the town.

Drive in the main gate on the right, just south of the speed camera and traffic lights. A parking guide will be sent on registration.

TIME: Arrival from **4.00pm** Friday 14th October.

Retreat finishes after lunch Sunday 16th October, 2011.

COST: **\$170.00** covers full residential accommodation and meals. A total of 14 participants can be accommodated in single accommodation.

All bathrooms are shared.

Please complete registration and include registration deposit of \$50.00 or the full amount, \$165.00, made payable to Sisters of St Joseph.

REGISTRATION

NAME(S).....

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ADDRESS:

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.....P/C.....

PHONE:

(Day).....

(Evening).....

(Mobile).....

EMAIL:

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DIET:

Vegetarian Non Vegetarian

Signed :.....