

Peace, Presence and Priorities

A weekend retreat in Mittagong, NSW

16th to 18th September 2011

“Why is life so hectic? Why is my head so full of thoughts and worries?

I’m not even sure what is most important to me in life.”

Being so busy with the million and one details of everyday life, it’s sometimes hard to stay in touch with what’s actually most important. If you feel like you’ve lost touch with what really matters to you and you never get the chance to just be ... then read on.

You’re invited to a weekend retreat which will focus on bringing a bit of peace and presence into your life. It will help you disentangle yourself from the thoughts or worries occupying your mind. It will offer the chance to re-connect with your priorities.

How? Through meditation and mindfulness.

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Meditation and mindfulness practices bring us back to the present moment and so re-connect us with ourselves and reality. A greater awareness of the ‘now’ helps us discern our truest values, our deepest desires and our most valuable aspirations. When we are re-connected with ourselves and reality, we can see more clearly where our priorities lie.

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During the weekend, participants will learn about Christian Meditation, an ancient form of contemplative prayer and its relevance and value in today’s hectic world. Several meditation sessions will underpin the rest of the weekend’s program.

Staying in the ‘now’ outside of meditation will also be the focus of a number of mindfulness workshops on calligraphy, tai chi, creative writing and origami.

There will be time for discussion and for quiet and rest. There’ll be delicious food, with local wine if you feel like it, as well as the option of fresh air and exercise.

The weekend will be held at The Hermitage, a beautiful retreat centre outside Mittagong set among the stunning fields and vineyards of the Southern Highlands. Accommodation is single rooms, with a few twin share rooms available for couples.



The retreat is offered by a group of younger meditators from the Australian Christian Meditation Community (ACMC).

Further information, including how to book, will be available in June at www.christianmeditationaustralia.org

To receive a booking form in June, email Claire Morgan on lucysdiamonds@yahoo.com