

***Our Centre is available for  
all those who are seeking  
spirituality,  
healing,  
meditation,  
prayerful support  
or  
Spiritual Direction.***

***We are a community  
Of people who pray  
By reaching into  
Our deepest centre of being.***

***You are welcome to share  
our way of life.***



***The all important aim in  
Christian meditation is to  
allow God's mysterious and  
silent presence within us to  
become more and more not  
only a reality, but the reality  
which gives meaning, shape  
and purpose to everything  
we do, to everything we  
are....' JOHN MAIN OSB***



**LIVING  
WATERS  
MEDITATION  
AND SPIRITUALITY  
CENTRE  
34 KENRICK ST  
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JUNCTION  
2291**

**PH:  
4961 4394  
or  
0412 122 297**

**E-mail [carmel.moore@ssjl.org.au](mailto:carmel.moore@ssjl.org.au)**

## Join a Meditation Group

and come when you can. Every Monday at 7.30pm, every Wednesday at 7.45am and every Friday at 11.00am, all through the year. Other local groups are found on the web page of Living Waters.

## Introductory courses

Introductory courses are held on Monday evenings at 6.30pm and then on following Monday evenings for 5 weeks. Next dates to be notified

## Foundations of Christian Meditation

The next talk will centre on Merton, Main and Rohr on Saturday, 1<sup>st</sup> October, from 9.30am to 12.00pm. Cost: \$5.00 per session.

## Spiritual Sharing Group

: a sharing of our spiritual values. Every second Monday, 9.30am to 11.30am. New members welcome at any time.

## Lectio Divina Group

On Fridays at 12 noon. We use the scripture texts for the next weekend. We strive to be doers of the Word and not hearers only.

## Retreat Day

## Weekend Retreat

, a silent retreat, from Friday evening 14th October at St Joseph's Convent, Lochinvar. Registration forms are available on the website or by phone.

For further information, phone or email [carmel.moore@ssjl.org.au](mailto:carmel.moore@ssjl.org.au) or visit [www.livingwatersmeditation.com.au](http://www.livingwatersmeditation.com.au).