

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.

Introductory courses

are held on Mondays at 6.30pm and Fridays at 10.00am. They last for five weeks and consist of practice in relaxation, mindfulness and use of a mantra. Cost \$20.00.

Spiritual Sharing Group

On Mondays, 9.30am to 11.30am, every second Monday. New members welcome

Lecto Divina Group

every Friday at 12 noon, following morning meditation. We use the scripture texts for the next weekend. Come and learn to love the scriptures more.

Retreat Days

Days of silence and teaching in 2010 will be on:

- Saturday 24th July - Seeking Deeper Silence - in Catholic Centre 25 Farquhar St., The Junction from 9.30am to 3.00pm. A Special day for those who wish to learn more. Cost \$10.00 or donation.

Weekend Retreat

8th to 10th October at St Joseph's Convent, Lochinvar.
Contact us for further information.

For further information, phone or email carmel.moore@ssjl.org.au or visit www.livingwatersmeditation.com.