

***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
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or
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E-mail 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

are held on Mondays at 6.30pm and Fridays at 10.00am. Over five weeks learn the practice of relaxation, mindfulness and the mantra. Next course begins on Friday 18th February, 2011 at 10.00am. Cost \$20.00.

Foundations of Christian Meditation

a series of talks on its historical background, held in the Toohey Room, Diocesan Centre, Hamilton, bimonthly on the first Saturday: 5th February, 2nd April, 4th June, 6th August, 1st October, from 10.00am to 12.30pm. Cost: \$5.00 per session.

Spiritual Sharing Group

On Mondays, 9.30am to 11.30am, every second Monday, commencing 7th February.

Lectio Divina Group

every Friday at 12 noon. We use the scripture texts for the next weekend. We must be doers of the Word and not hearers only.

Retreat Days

will be held at St Philip's Kotara on 7th May and 17th September.

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 or visit www.livingwatersmeditation.com.