

***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***



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