

***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
THE
JUNCTION
2291**

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

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.

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. Next course begins on Monday 8th February, 2010 at 6.30pm. 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 13th March - for all group leaders - in the Toohey Room, Diocesan Centre, Hamilton.
- Saturday 27th March - for all - Kerever Park Retreat Centre, near Bowral.
- Saturday 22nd May - Chanting the Psalms - in the Toohey Centre 9.30am to 3.00 pm. Cost \$10.00
- Saturday 24th July - Seeking Deeper Silence - in Catholic Centre 25 Farquhar St., The Junction from 9.30am to 3.00pm. Cost \$10.00 or donation.

Weekend Retreat

8th to 10th October at St Joseph's Convent, Lochinvar. [Click here](#) for more information.

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