



# Australian Christian Meditation Community

## ATTENTIVENESS AND ECOLOGY

It would be hard these days for anyone to be unaware of growing concern over ecological issues such as climate change, loss of biodiversity, deforestation, energy use, and so on. Many people now think that we are living in a potentially catastrophic situation. One of the most striking things about what might be called a 'crisis of ecology' is that it does not exist on its own but seems to be profoundly connected to a wider spiritual or existential crisis which underpins Western culture. The ecological and spiritual crises, together, reflect a sense of profound dislocation or alienation: from other people, from the Earth, from God, and from ourselves.

The theologian Jürgen Moltmann expresses it well: 'What we call the environmental crisis is not merely a crisis in the natural environment of human beings. It is nothing less than a crisis in human beings themselves.' Typically, ecological questions are difficult and complex, requiring input from many areas of life, including technology, economics and politics. But because they are connected with a broader crisis of existence and meaning, ecological questions also call for input from philosophy, theology and spirituality.

It is perhaps obvious that a crisis of spirituality or meaning might have something to learn from contemplative practice and understanding. But a contemplative ethos can also

contribute significantly to the task of raising ecological consciousness. There are a



number of ways it can do this, and the focus here is specifically on the cultivation of attentiveness.

Meditators know that attentiveness is the backbone of our daily practice. It is the act of paying attention which brings our minds to stillness and firmly roots us in the reality of the present time and place. Every time we still our body and start to say our prayer word we begin anew the journey of becoming truly present to ourselves, to the world, and to God. Attention is a vital spiritual practice because it integrates us. To the extent that disintegration and dislocation characterise our frenetic and distracting world, it is the practice of paying of attention which puts us back together again and makes us whole.

Being attentive is also an important part of ecological

consciousness because the deterioration of our biophysical world is a sign that human beings have not attended carefully enough to how the Earth works and how it needs to be treated. On the whole, we fail to really notice the planet's awesome power or its fragile vulnerability, and we tend to forget that air, water and soil comprise the lifeline on which all living beings depend for their physical survival. We have failed to notice, and comprehend, the impact of our actions on animals and plants whose habitat and lives are sometimes easily, and thoughtlessly, compromised or destroyed by enterprises such as mining, urban expansion and logging, and on which our society has become increasingly dependent.

In Western society we tend to be rather good at emphasising what is general, universal, or abstract. To some extent, this is what has got us where we are now – in both helpful and unhelpful ways. What we are sometimes less good at – and it is likely this has contributed to our ecological neglect – is attending to what is specific and tangible. Freya Mathews, a Melbourne ecophilosopher, says that to understand the nature of the cosmos one must engage with the particular because that is how the world communicates—in particular, rather than universal terms.

Engaging with the particular involves cultivating the habit of attending, focusing, being truly and personally present to the other

members of the Earth community. Instead of admiring landscape from a distance, it involves more consciously connecting and empathising with a particular forest, stretch of river, animal or group of animals, being receptive to its spontaneity, truth and reality. By closely attending to the other parts of the Earth community in their tangibility, immediacy and particularity, it may be possible to truly hear the voice of the other, to make an empathic and spiritual connection, and in so doing expand our own level of ecological awareness and sensitivity.

It is the very practice of paying attention, the same

practice that lies at the heart of meditation, which is employed in the ecological step of turning to the other, of attending to the other in its particularity. In both ecology and meditation, the act of paying attention takes us beyond ourselves and beyond distractions to make physical and spiritual connection with ultimate reality. The act of paying attention is a rich contemplative practice that can provide the foundation for both spiritual and ecological transformation. ---- **Deborah Guess**

## SUPPORTING OUR GROWING NATIONAL COMMUNITY

The start of 2015 saw the formation of our five hundred and twelfth meditation group. Australia has the largest number of Christian Meditation groups in the world. When you compare this to the latest Bureau of Statistics report that the number of people reporting 'no religion' in Australia has increased substantially to one in five people, you can certainly see the Spirit at work in our expanding Community.

We are blessed to have a vibrant and growing Christian Meditation Community in Australia. We are also blessed to have small but very dedicated teams of volunteers supporting the Community at the National level and also in each state and territory.



One of our fastest growing areas is Meditation with Children. Schools throughout the country are introducing Christian Meditation into their classrooms. Parents groups and grandparents are seeing the importance of sharing the gift of meditation with their families.

We have also been able to support meditation in prisons, in aged care facilities and in more remote areas of the country. Last year I visited the Community in Alice Springs. We were

attended by over 300 people, the following day over 100 attended a



delighted to hear the news that the Northern Territory now has a second group.

The Community continues to support National Gatherings and visits from Fr Laurence. Our National Conference last year was

conference for clergy and religious. The fruits of these gatherings continue to spread across the country. Next year we will hold our first Meditatio Seminar in Australia on Meditation and the Environment.

Our Community endeavours to support all our groups and all our areas of outreach with resources, spiritual nourishment and financial assistance if required. With the maturity and growth of our Community comes the increased need for support. In the past few years we have become aware that our expanded activities means increased expenses.

In previous years the work of the

Community in Australia has been supported through the Newsletter Appeal. The simple reality of rising costs means that we need to change the focus of our fundraising if we are to continue to support our work. The brochure in this newsletter sets out how you can contribute your support. You can also continue your subscription to the Newsletter.

The work of the International Community continues to be supported through the Friends Appeal. Groups are encouraged to

continue to use their collection bowls for Friends and the Friends Appeal will be later this year.

Ours is a generous Community and we thank you dearly for your love, prayers and contributions that have brought Christian Meditation to so many of us. It is from this nourished seed that we are now able to continue the growth.

We know that it is not always easy to find more to give but the need is great to ensure that the gift continues to blossom and grow in Australia. We

do hope that you will give the brochure your prayerful attention and join us in the support of this important work.

*"When we become fully alive, fully human, we help each other to flourish. We see that there's enough to go*

*around because there is in fact an infinite source of this which we call God. So we help each other to flourish and we take delight in each other's being. It is the end of competition and the beginning of communion".* Laurence Freeman OSB (Meditation with Children p34)



**Kath Houston -**

National School Co-ordinator and WCCM  
Director of Liaison for National Communities

## JOHN MAIN SEMINAR, HAMILTON NEW ZEALAND

I had the great pleasure of attending the 2015 John Main Seminar held at Waikato University in Hamilton New Zealand in January. The organising committee did an excellent job in providing pre-seminar information re transport, directions etc and I had a wonderful drive from Auckland through beautiful countryside without getting lost once.

I was settled very efficiently into my room [cell] at the college at the university and met fellow attendees while the long line shuffled towards the food at the evening meal. Meal organisation proved to be a continuing reminder that I can at times be impatient! We were certainly well fed though.

Silence began after meditation that night and I loved settling into that reverential rhythm of the 5 periods of meditation during the day punctuated by Fr. Laurence's teaching and the Eucharist in the afternoon. The university grounds with its gardens and lakes were perfect for the early morning walking meditation and for general perambulation at any time.

I enjoy silence and felt a bit resentful that it had to be interrupted to listen to David Tacey; but what treat his talks proved to be. I particularly enjoyed his journey into Aboriginal cosmology and what that could teach us. Also the stories of the young university students expressing their spiritual seeking and need. His elaboration on the spiritual message in Leunig's cartoons was a delight and has deepened the way I will look at his cartoons in the future.

What a great week. The NZ meditation community is to be congratulated on a very well organised week and I hope they repeat it in the future. -- Michael Beatty

## NATIONAL COORDINATOR'S REPORT

In January I had the privilege to represent our community and join 90 other Australians as we gathered with meditators from 9 other countries for the John Main Seminar in Hamilton, New Zealand, where David Tacey explored the theme 'Spirituality and Religion in a Secular Age'. David spoke so inspirationally, he was such a gracious gift to us all.

It was wonderful to catch up with other national coordinators and friends I had met previously. Meeting Australian community members for the first time too was a special joy.

Fr Laurence gave us an update on The World Community and the countries he had visited recently then each national coordinator gave a short overview of what had been happening in their communities.

The Saturday night talent show was full of surprises. Some from Australia joined together to sing and 'dramatise' Waltzing Matilda.

Prior to the seminar Fr Laurence led us in a 3day silent retreat, looking at 'Meditation as a Modern Spiritual Path'. I always look forward to these retreats and come away feeling renewed. Several stayed on for the post-seminar pilgrimage.

My thanks to Vincent Maire, the New Zealand national coordinator, and the wonderful committee who so generously gave their time planning and preparing for all the events. Vincent and I spoke about working together to hold a New Zealand/Australia event in the future.

Unfortunately our Meditatio Seminar, 'The Environment and Meditation', planned for September this year has been postponed until next year. At present we are working to confirm new dates and a venue to hold the event.

You have received our annual appeal brochure with this newsletter. May I encourage you to prayerfully consider

supporting our Australian Community with a donation? If you have any questions about the information in the appeal brochure please contact me – janwylie@tpg.com.au

Marie Shepherd, the Tasmanian state coordinator, has stepped down from her role as she plans to move back to New Zealand with her husband. On behalf of the community I wish to thank Marie for her guidance, dedication and commitment to the community in Tasmania and as part of the national council to the Australian Community.

We welcome back Danielle Pacaud to the role of state coordinator in Tasmania. Danielle was in the role a few years ago before moving to the UK for an extended stay.

With my love - Jan

## TAS REPORT

We have been fortunate to have had Janet O'Sullivan lead a silent retreat in Hobart this month. The theme was based on Theilhard de Chardin's pioneering vision of evolutionary Christianity, linked with John Main's teaching on the energy of love.

Several meditators attended the John Main Seminar in Hamilton. They found this a wonderful experience.

An Essential Teaching Weekend in being planned for later in this year with Kath Houston.

Marie is moving to New Zealand and stepping down as Co-ordinator. Danielle Pacaud will become Coordinator, with Vivienne Luke sharing aspects of the role of leading the Tasmanian Christian Meditation Community. **Tas contacts and change of co-ordinator**

Danielle Pacaud - 03 6212 0463  
email: danipacaud@yahoo.com.au  
Joy Hayes - 03 63312704  
email: joyhayes77@gmail.com  
Vivienne Luke - 0408273994  
email: vlake@tassie.net.au

## SA REPORT

The first Community Day for 2015 was held on Saturday 21st February with Fr Paul Mullins SJ as the Guest Speaker. Due to poor communication and resulting misunderstanding there was a last minute change to Fr. Paul's talk and we apologise to all those who were disappointed that he didn't speak on the topic advertised. Fr Paul is a very accomplished speaker and after the initial surprise, his talk was much appreciated.

We will be holding a Recollection Day on Saturday 18th April for those who have already done the Essential Teaching Weekend and there will be a Group Leaders meeting in May.

The next Community Day will be on Saturday, 27th June at St Francis Xavier Cathedral Hall from 11am-3pm. The Guest Speaker will be Sr Cynthia Griffin RSM who will speak on "Discipleship at the Well". We ask that those who can come bring a \$15 entrance donation and some lunch to share. Blessings **Bev Armstrong**

## VIC REPORT

We have begun the year with wonderful input by Dr. Deborah Guess. Deborah challenged us to be more aware of Ecological Theology because of the very nature of our Community. We need to make the inward journey so that this affects what happens outwardly.

In the morning session Deborah spoke about Ecology and then the afternoon session she spoke on Contemplation and how the two are linked. Deborah introduced us to the poems of Mary Oliver which strengthened the link between Ecology and Contemplation even further. There were many questions asked and great dialogue took place between the presenter and the Meditators.

Thank you to Deborah and the Committee for making it such a great

day. We are most fortunate to have Deborah in our Community.

We now look towards the Lenten Silent Retreat which I'm certain will be a prayerful experience for those attending.

Our Interfaith day will be held on 18th April with Fr. Michael Mifsud OSB Cam, Zen Buddhist Nun Bomhyon Sunim, and Swami Atmanada. This has become an annual event and hopefully an Interfaith meditation group may form from these days.

May this Lenten Season deepen your prayer and meditation as we approach Easter. Blessings **Mirella Pace**

## QLD REPORTS

Kath led our first Community Day for the year. The title of her talk was "Harmony in our Hearts". She quoted Fr Laurence, "Meditation is coming to the stillness at the centre of our being which is the source of all action. As we unite ourselves with this source of energy and harmony we are energised and made harmonious." As with many other aspects of life, we often get the process back to front. We think that we need to get our life under control and then we will have time and space for prayer, for God. However, Kath reminded us of John Main's teaching that we need to find the peace within ourselves and the way to do that is through meditation. Because meditation returns us to the fountainhead of life where we can be totally immersed in the Spirit of God, we can find that peace within us. As Kath noted, we don't need to figure it all out, we just need to be faithful to our practice, to the mantra. Fr Gerry Pierce made this point when he said, "Ours is in the doing, and the rest is not our business".

Community Days have so many treasures, don't they? Not just the obvious ones like the excellent

teaching, the gathering with like-minded people with whom one feels at ease but also the gems in the discussion groups. We were talking about harmony and Paul, who is a musician, noted that for a symphony orchestra harmony is only possible if a large group of different people, play different notes on different instruments. Plenty of food for thought there.

Blessings, **Gabby**

We are planning three more Community Days during the year and two Quiet Days which will be organised and led by one or two of our Qld Committee members stepping up and supporting each other. The Community Day on August 15 will be led by Janet O'Sullivan, (Sydney) from the APMC National Council, on the theme "Healing Self and Environment". We will be holding a number of Introductory Courses during the year in response to requests.

Our Younger Meditators are planning a Retreat Day on 2 May at the beautiful Santa Theresa Retreat Centre at Ormiston. They will be watching one of the talks by Fr Laurence from the recent John Main Seminar and also spending time in Lectio Divina and walking the Labyrinth.

A number of our members are finding Fr Laurence's Lenten Reflections of deep nourishment as they prepare for Easter and there was been some wonderful sharing at some of the weekly groups.

Wishing you all a blessed Easter.

Peace, **Kath**

## ACT REPORT

In late February and March (during Lent) opportunities were offered at three Canberra locations to find more about Christian Meditation, using a slightly modified SWIC (6-week Introductory Course). These gatherings were held at (a) at St

Barnabas Church, Charnwood, on Saturday mornings; (b) at St John the Apostle, Kippax, early Friday mornings; (c) at St Peter Chanel's, Yarralumla, Mondays evenings. Combined, these introductory meditation sessions welcomed many newcomers to meditation as well as some who'd been meditating a while, and they gave all an opportunity to meet others, and to listen and be refreshed.

The Catholic Archdiocese of Canberra-Goulburn held an open day "Embrace Conference" at St Clare's College Canberra on 21 March. Four APMC Canberrans looked after one of the 'expo' tables and shared information and discussion on Christian Meditation with the few hundred attendees. General interest in meditation was perhaps heightened by the coincidence of this Embrace gathering with the Archbishop's Lenten Pastoral Letter which had emphasised the three S's – Stillness, Silence, Simplicity – thus giving encouragement to many of us on the meditation journey.

Our annual silent retreat at The Abbey, Jamberoo, is booked for the weekend 30 October to 1 November 2015. Single and double-room accommodation is available and bookings are now being accepted. To book a place or obtain further details email:

act@christianmeditationaustralia.org

**Rod and Susan Page**

## WA REPORT

Our local WA community was looking forward to welcoming Fr. Laurence here in September so we are a little disappointed that his 2015 visit to Australia has had to be deferred until 2016. Of course we understand the bigger picture and acknowledge the need and that will keep him in the Northern Hemisphere at that time.

Our September event, the 'Forum for Educators ~ Christian Meditation in Schools', will still go ahead as

planned. The evening public talk by Fr. Laurence has necessarily been cancelled.

Our first event for 2015 was an introductory session held mid-February in the beautiful South West of WA. The event was hosted by the Uniting Church Margaret River where a CM group has recently been established. Those who attended were deeply appreciative of the content and the opportunity to share and hear about the range of experiences of CM.

Early in March we held a Community Day using the theme 'The Wisdom Of Thomas Merton'. This event was to honour the life and work of Thos. Merton and to acknowledge to the centenary of his birth. Our presenter John Coleman led us on a journey that gave us insights into Thomas Merton's early life, identified some of the major influences in his adult life that led to him becoming a monk and showed the impact of his writings. The day included ample time for reflecting on our own life situations and sharing how we connected that to aspects of Thos. Merton's life and story. We also enjoyed the opportunities for building Community and establishing connections with each other. In short, the day was much appreciated and well attended.

Our next community gathering is a Retreat Day (day of Silence) on Saturday 9 May at the Mary MacKillop Centre in South Perth. This event honours the Quincentenary of St Teresa and our theme is 'Teresa of Avila; Committed to Prayer.' Full details are given in our Calendar of Events and on the WA section of our ACMC website.

refer to our WA Calendar of Events on the ACMC Website.

**Anne Zevis**

## NSW REPORT

We started off the year with several Introductory Courses, two in the Newcastle area, one at The Junction and the other at New Lambton both led by Anne Cuskelly, the area coordinator. Jason Moore recommenced his weekly group with a course at the Uniting Church in Marrickville and Grahame Ellis has just commenced a course at St Ives Uniting Church with the new group planning to continue to meet weekly. Each group has been very well attended.

We have moved our Saturday morning meditation group from North Sydney to Kirribilli, meeting at 9.30am at Our Lady Star of the Sea Catholic Church. As we have done in past years we have commenced our Lenten Lectio Divina led beautifully by Betty Carmody. The time of reflection follows the Saturday morning meditation.

On Saturday 7th March about 35 from the Meditation Community in Newcastle joined with 5 from the Islamic Community to share silence together. After a short reading from our respective sacred books they prayed together. Following lunch some time was spent reflecting on Christian and Islamic readings and a contemplative walk. In the future it is hoped an interfaith group may start and meet once a month.

'A Gift for Life' Meditation with Children and Young People was presented by Dianne Burn and Penny Sturrock to school teachers, catechists and family educators at Lavender Bay on Friday 6th March. Not only did the group hear the 'how to' but welcomed the experience of meditation, sitting in stillness and silence.

Penny and Dianne also spent five days visiting several areas on the north coast talking with those interested in introducing Christian Meditation to children.

The Younger Christian Meditators (YCM) were invited to gather for a day at 'Blue Labyrinth Bush Retreat Centre' Donna Mulhearn's home in the Blue Mountains.

Donna, who has been involved with our community for many years, planned and created a labyrinth in her grounds. Tristan Guzman, the state coordinator for the YCM group, gave an invitation asking 'if you are looking for a day to recharge and feel connected to yourself, nature and others – then this is it'. The day included meditation, a workshop on the labyrinth and time for silent reflection as they walked the labyrinth.

Les Ambrus, along with groups in the Shoalhaven area, have planned a Community Day at St John's Chapel South Nowra on Saturday 18th April. The theme for the day is 'Gratitude'.

The film 'Journey of the Universe' which explores cosmic and earth evolution as a profound process of creativity, connection and interdependence and offers an opportunity to respond to the ecological and social challenges of our time is to be shown at a Community Evening on Friday the 1st May. We will gather at The Parish House, Mary Immaculate Church, Waverley starting with meditation at 6.30pm.

This year our Contemplative Book Club (CBC) commences on Saturday 2nd May and continues monthly until September. It will be at Kirribilli after our 9.30 meditation group and we will be reflecting on the book 'Self and Environment' by Charles Brandt.

As we have postponed the Meditatio Seminar until next year we plan to hold our annual Silent Retreat at Marymount Mercy Centre, Castle Hill from Friday 28th August until Sunday 30th August 2015. Rev Linda Chapman has agreed to lead the weekend.

**With love Jan Wylie**

## EDITORIAL

We have been receiving strong interest in the Meditatio event and hope to continue to maintain and increase that interest until the 2016 event and beyond. We invite you to send reflections on the theme, related to meditation, to our blog site: christianmeditationaustralia.blogspot.com.au

After almost 14 years as editor I am retiring from the role, and look forward to the role now coming from the Canberra ACMC community. (Details next issue)

My grateful thanks to Lee Milroy for her many years of formatting the newsletter; maintaining the data bases, receiving subscriptions and always being available to help with technical problems within the ACMC and WCCM community. As she is based in a small country town, in NSW, it is a reflection of the interconnected nature of the global community, the WCCM, of which we are a part, connected by the practice of meditation, our common work, and communication technology.

**Janet**

## COUGHERS -- CURST TO BLEST

At the recent very successful John Main Seminar in Hamilton New Zealand, Laurence Freeman made two observations which will explain the following haiku presented by Richard Cogswell at the final night talent show. The first was to encourage participants in the retreat to write haiku as part of the retreat process. The second-and somewhat controversial-was to point out that whereas Benedict says there are four types of monk, Laurence says there are three types of coughers. Relevantly, the last type should remove themselves from the meditation room. (A New Zealand team presented a very good mime on the same topic.)

1. Knot in throat? Cough not!

Rather maranatha than  
That cough and splutter.

2. Cough outside where there

Is a cough-off amongst those  
Who cough in the pose.

3. Also weeping and

Gnashing of teeth and clashing  
Mantras underneath.

4. Once cleansed of that

Cough, you take yourselves off to  
Somewhere far from here.

5. There chests good and clear

You present to the High Priests  
Who bless without sneer.

6. When you coughers say

That Laurence sent us away  
Those High Priests reply-

7. Pointing to a large

Crowd nearby- "Join the coughers  
Blest, no longer pests."

**Richard Cogswell**

## NEW PROJECTS AND CHANGED PLANS IN 2015

1. The **MEDITATIO** event scheduled for Sept. 2015 "The Environment and Meditation" has been postponed until 2016, to a date to be announced, as Fr. Laurence needed to cancel his Australian tour at that time. He will be taking part on an event in the UK with the Dalai Lama and Lord Rowan Williams "Univeral Responsibility; Growing Wisdom, Changing Lives"

2. You will find a National Appeal brochure in this newsletter to replace the past annual Newsletter Appeal, to assist us in maintaining and expanding the increasing activities we support, as explained in "Supporting Our Growing National Community" p. 14.

**If you wish to continue receiving the newsletter, please update your details on the National Appeal brochure. Any subscriptions that have not been renewed since 2014 will be removed from the database.**

Unless your current flysheet says '2016' you are due to renew your subscription for the 2015/16 financial year.

We greatly appreciate your support.

## HOW TO CONTACT US

International Website - [www.wccm.org](http://www.wccm.org) --- Australian Website - [www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)

### ACMC NATIONAL COORDINATOR

Jan Wylie- 0418655291  
email: [janwylie@tpg.com.au](mailto:janwylie@tpg.com.au)

### SECRETARY ACMC

Rod Page - 02 6281 2378  
email: [rod@rodpage.com](mailto:rod@rodpage.com)

### BENEDICTINE OBLATES OF THE WCCM

International Oblate Co-ordinator  
Trish Panton - Ph: 02 9489 1780  
P.O. Box 555, Pennant Hills NSW 1715  
email: [pantonamd@ozemail.com.au](mailto:pantonamd@ozemail.com.au)

### SCHOOL OF CHRISTIAN MEDITATION

National School Co-ordinator Kath Houston  
mob: 0407 020 448  
email: [kah164@outlook.com](mailto:kah164@outlook.com)

### MEDITATION WITH CHILDREN

National Coordinator Mirella Pace  
Ph 03 9458 4645 mob: 0408470114  
[mirellapace49@gmail.com](mailto:mirellapace49@gmail.com)

### NATIONAL FRIENDS COORDINATORS

For Information and Contributions  
Contact: Judi and Paul Taylor - Ph: 02 9954 1037  
PO Box 127, North Sydney NSW 2059  
email: [palmy@ozemail.com.au](mailto:palmy@ozemail.com.au)

### NATIONAL YOUNGER MEDITATORS COORDINATOR

Sarah Bachelard  
Mob: 0401 009 156  
[Sarah.Bachelard@gmail.com](mailto:Sarah.Bachelard@gmail.com)

### LIBRARY

Barbara Rossall-Wynne  
Ph 03 9439 0290 or Mobile 0409 235 670,  
email [b\\_rossal@bigpond.net.au](mailto:b_rossal@bigpond.net.au).

### ONLINE MEDITATION GROUP

contact Shelley Romeike  
[shelleyromeike@gmail.com](mailto:shelleyromeike@gmail.com)

### INFORMATION

\* to receive the Newsletter or to notify change of address: email: [acmcnewsletter@gmail.com](mailto:acmcnewsletter@gmail.com) --or

\*for general inquiries and correspondence

\* to send a donation to ACMC

PO Box 246. URALLA NSW 2358

### BOOKS & CDS

To order please contact:

Joe Panetta - ACMC Bookshop  
10 Rotherwood Ave, Asquith NSW 2077  
ph: 02 9482 3468; mob: 0409 784 357  
email: [jpanetta@ausgrid.com.au](mailto:jpanetta@ausgrid.com.au)

latest price list at: [www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)

To inquire about meditation groups, seminars or retreats in your region.  
The State Coordinators below.

ACT	Canberra	Rod and Susan Page	02 6281 2378
NT	Alice Springs	Sue Woods	08 8952 6607
NSW	Sydney	Jan Wylie	0418655291
QLD	Brisbane	Gabby Nelson	07 37114227
SA	Adelaide	Bev Armstrong	08 8339 2809
VIC	Melbourne	Mirella Pace	03 94584645
WA	Perth	<a href="mailto:christianmeditation@iinet.net.au">christianmeditation@iinet.net.au</a>	0429 117 242
TAS	Hobart	Daniel Pacaud	03 6212 0463

### NEWSLETTER EDITOR:

Janet O'Sullivan. - 02 9314 6386  
239 Darley Rd., RANDWICK NSW 2031.  
email [janet\\_osullivan@aapt.net.au](mailto:janet_osullivan@aapt.net.au)

### WEBSITE AND NEWSLETTER DESIGN:

Leon Milroy. - 02 67783284  
email [leon.milroy@gmail.com](mailto:leon.milroy@gmail.com)

## HOW TO MEDITATE

Open to all ways of wisdom but drawing directly from the early Christian teaching John Main summarised the practice in this simple way: Sit down. Sit still with your back straight.

Close your eyes lightly. Then interiorly, silently begin to recite a single word – a prayer word or mantra. We recommend the ancient Christian prayer-word “Maranatha”. Say it as four equal syllables. Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and above all - simply. The essence of meditation is simplicity. Stay with the same word during the whole meditation and from day to day. Don't visualise but listen to the word as you say it. Let go of all thoughts (even good thoughts), images and other words. Don't fight your distractions but let them go by saying your word faithfully, gently and attentively and returning to it immediately that you realise you have stopped saying or it or when your attention is wandering.

Meditate each morning and evening for between 20 and 30 minutes.