

## Christian Meditation Community Day Pukekohe

**When:** Saturday 19<sup>th</sup> November 2016  
**Time:** 9.30 am - 3.30pm

**Venue:** St Patrick's Church, 133 Seddon St.  
Pukekohe 2120

**Cost:** Koha appreciated. Bring your own lunch.

### THEME:

**Blessed are the pure in heart for they shall see God (Matt 5 8)**

**Blessed are the poor in spirit for theirs is the kingdom of heaven**

**( Matt 5 3)**

*Purity of Heart is a wonderful teaching. It emerges early in the living tradition of those who followed the way that is Christ. The early teachers .... saw that purity of heart is necessary for realizing the purpose of the Christian life.*

John Main pg 7 Door to Silence

Another way of expressing Poor in Spirit is: .... **blessed are those who know their need for God.** This consciousness is foundational, it is the ground upon which we truly stand to walk in faith, the journey to God's presence. God's presence within us, God's presence within the world.

We will examine, reflect upon these two beatitudes, how they relate to one another and how vitally they are part and parcel of a mature meditation practice.

Included in the day are two meditation periods.

Newcomers to meditation are most welcome.

Looking forward to seeing you

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