

NEW ZEALAND COMMUNITY FOR CHRISTIAN MEDITATION  
(CHRISTCHURCH)

## COMMUNITY DAY OF REFLECTION

SATURDAY 29<sup>th</sup> April 2017

10.00 AM – 3:00 PM

Delta Community House

Corner of North Avon Road and Chrystal Street, Christchurch



*This is a chance for those interested in Christian Meditation  
(an ancient form of silent, contemplative prayer)  
to practise it in community.*

### *Silent Retreat Day*

In place of our usual Community Day of Reflection, with a programme and a speaker, we are offering a day of simple silence, when all who wish to can be in a peaceful place with others, and do whatever work of reflection their own heart suggests. We will enjoy our usual time of greeting at 10 am, meditate together at 10.30 and move into silence until midday. After another short meditation, we will break the silence for lunch. At 1.30 pm we will go back into silence until our final meditation together at 2.30 pm. You are welcome to join us for any part of the day, but please enter the room quietly.

*We will provide some books for your interest, and you may wish to bring your own reading and writing material. If the weather is fine, you may like to spend part of the day at a small park nearby. Tea and coffee will be available, but please bring whatever food you need for the day.*

*Contact for any queries: Margaret Nouwens  
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*A donation of \$10 is requested to help with the cost of the room*