

Registration Details

(See over for payment options)

Register by sending this information to email:

retreat@christianmeditationnz.org.nz
or post to NZCCM Retreat, 12 Everest Street,
Wellington, 6035.

1. Title (optional)
2. First name
3. Surname
4. Address
5. Phone number
6. Mobile number
7. Email address
8. Name on badge
9. Special Dietary Requirements
10. Emergency contact name and telephone number
11. Ground floor accommodation needed: Yes or No. (There are no lifts).
12. Which payment option you have used (see options 1,2 & 3 overpage).
13. Donations to assist others to attend are very welcome. Please let us know if you would like a tax receipt for your donation.

Cancellations

Refunds will be given up to 5pm, 7th January less a \$20 administration fee. Refund requests to be made by email or letter only. Send your email to retreat@christianmeditationnz.org.nz or write to 12 Everest St, Wellington 6035.

The World Community for Christian Meditation (WCCM) is a global and inclusive contemplative community of meditators from all Christian traditions whose practice of this universal tradition is rooted in the teachings of the Gospels and the early Christian tradition. To know more go to www.wccm.org

Here in New Zealand there are meditation groups in many cities and towns meeting regularly in churches, community halls and private homes. For more information visit www.christianmeditationnz.org.nz

The retreat will be in silence from Sunday evening until Wednesday late morning.

Fr Laurence will give presentations relating to contemplation on the theme of light and shade. Throughout each day there will be a number of periods of meditation and liturgical prayer times, with opportunities to explore the gardens and visit the retreat bookshop.

Financial Assistance

Some financial assistance is available. If the cost of the retreat is a barrier to your being able to attend, please email retreat@christianmeditationnz.org.nz or write to NZCCM Retreat, 12 Everest St, Wellington, 6035 and briefly outline your situation and the amount you are seeking.

The New Zealand Community for Christian Meditation

2019 Silent Retreat

Light and Shade



Led by

Laurence Freeman OSB

Benedictine monk and Director of The
World Community for Christian Meditation

January 13th – 16th, 2019

University of Waikato, Hamilton, NZ

Fr Laurence Freeman OSB

In his fulltime WCCM ministry, Fr Laurence travels widely as a spiritual guide, international speaker and retreat leader. He is the author of many books and articles [see wccm.org].

Fr Laurence has conducted dialogues and peace initiatives, such as the historic “Way of Peace” with the Dalai Lama, and he is active in inter-religious dialogue with leaders of other faiths.

He encourages the teaching of Christian meditation to children and students and promotes the recovery of contemplative wisdom in the church and in society.

Retreat Theme: Light and Shade

The canvas of life on earth is filled with brilliant light but also at times deep darkness. This is reflected in our personal journey.

Meditation teaches us how to keep steady through these changes. We also learn that the light shines in the dark and can never be extinguished.

This contemplative knowledge is born from experience and changes not only us but the world.

Arrival and Registration

3pm to 5pm Sunday 13th January
Gate 1 Knighton Road, park as close as possible to Student Village in General Carpark area.

4pm Sunday **Introduction to Meditation**
in the campus chapel

Departure

After lunch Wednesday 16th January. For those who have also registered for the Meditatio Seminar in Auckland, we may be able to arrange a ride. Please indicate if you will need this.

Meditatio Seminar Contemplative Care

Healthcare and Meditation

Following the retreat, Fr Laurence is travelling to Auckland and will lead a Meditatio Seminar, Contemplative Care: Healthcare and Meditation at the Auckland City Hospital, Thurs 17 and Fri 18 January.

In this two day seminar, speakers from across the healthcare spectrum will dialogue on the many ways Contemplative Care can be used to benefit both practitioner and patient alike. For more information and for the separate registration details, see www.meditatio.org.nz

Retreat Accommodation

Waikato University student accommodation provides single rooms with shared bathrooms. We will do our best to ensure bathrooms are gender specific, but this cannot be guaranteed. Linen and towels will be supplied and can be changed daily.

Cost and Payment Instructions

Early Bird: \$440 if paid by 16th November 2018. Otherwise \$490 to be paid by 16th December 2018.

Payment may be made in the following ways:

1. Online: From your account to NZCCM account 38-9003-0812910-01 at Kiwibank.
2. By depositing your cheque or cash into the NZCCM account above at any Kiwibank branch.

Please add your name and ‘January retreat’ in the reference section for options 1 & 2.

3. By posting your cheque (made out to NZCCM) and registration information to NZCCM Retreat, 12 Everest St, Wellington 6035.