

MEDITATION in the Christian tradition goes back to the Desert Fathers and Mothers of Egypt during the 4th and 5th centuries. One of the Fathers, Evagrius Ponticus, defined prayer as the letting go of thoughts. Meditation is a method of prayer. It can be described as the work we do and contemplation as the work God does in us. We are all called to contemplation. In Matthew 6 Jesus invites us to go into our inner room. Through the practice of stillness and silence we are led into that inner room.

One cannot do a bit of meditation. It is a spiritual discipline. Its benefits can be described as peace, reduction of stress and the encouragement of a healthy lifestyle. Its fruits can be described in the words of St Paul (Gal 5:22): love, joy, peace, patience, kindness, goodness, fidelity, gentleness and self-control.

The goal is growth in self-knowledge, which leads to growth in wholeness, synonymous with holiness and therefore physical, spiritual and mental health. In the words of Simone Weil, these days we need a new holiness. Meditation is a pathway to this goal.



FATHER PETER MURPHY is currently parish priest of St Mary's Catholic Church, Papakura. He is a former national co-ordinator of the New Zealand Christian Meditation Community and has been meditating for over 40 years.

His main passion is meditating with children. He has been leading seminars at the triennial National Catholic Schools Education Convention plus workshops with teachers and principals in Catholic Education. The beauty of meditating with children is that one finds the more you attempt to teach them, the more they teach you.

MEDITATION is a method of prayer that meets the needs of many people today. In large part this is because of the breakdown in order in today's society, the increasing confusion concerning values, and the failure of traditional institutions, including churches, in coping with the demands of change. Through meditation people are finding refuge in solitude and silence, and the ability to cope with these issues.

MEDITATION also has the ability to transcend traditional boundaries of religion, culture and ethnicity. The simple practice of sitting together in silence and peace can have a binding effect on those who practise it. While not replacing other forms of prayer, through the practice of silence it serves as a foundation to all prayer.

During the retreat there will be extensive periods of silence plus times for meditation and community prayer. For people new to the practice it will serve as an introduction to implementing this discipline into one's daily life. For practising meditators it will provide further encouragement to continue with the regular practice of the discipline. There will be opportunity for discussion, but mostly the weekend will be governed by an atmosphere of quiet enabling the participants space to make their own creative response to the issues raised.



# Christian Meditation

THE PATH  
OF  
CONTEMPLATIVE PRAYER  
FOR  
CONTEMPORARY MEN & WOMEN



NEW ZEALAND COMMUNITY FOR CHRISTIAN MEDITATION

## Retreat

JULY 26–28, 2019

### *Meditation and Becoming Human*

LED BY

FATHER PETER MURPHY

ST FRANCIS RETREAT HOUSE  
50 HILLSBOROUGH ROAD,  
HILLSBOROUGH,  
AUCKLAND

Full payment & registration required by July 21  
(Early Bird July 5)  
Please make cheques payable to — NZCCM General or  
Direct Payment NZCCM 38-9003-0812910-01  
Reference: your NAME and AUCKLAND RETREAT

Send Registration form to  
**NZCCM**  
C/-24 Lemonwood Place  
The Gardens  
**AUCKLAND 2105**

Accommodation (includes meals, linen and towels) Cost \$280 (limited to 25)    Early Bird \$250  
Plus donation to assist others \$.....    Total Payment \$.....

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_  
Special Dietary Needs \_\_\_\_\_  
Phone: \_\_\_\_\_

# Meditation and Becoming Human

A Christian Meditation live-in Retreat  
with Fr Peter Murphy

Saint Francis Retreat House  
50 Hillsborough Road  
Hillsborough, Auckland

### Times —

**Friday** 26 July 7.00pm  
to  
**Sunday** 28 July 3.00pm

There will also be extended periods of  
silence which the retreatants  
will be asked to observe.  
Sunday Eucharist is also included  
in the programme.



### Costs —

**\$280** or **\$250** early bird paid by Friday July 5  
with accommodation (Meals, Linen & Towels  
provided). Full payment by July 21.

- Concessions offered—Please email:  
ctolich@me.com *or* write to Charmainne  
Tolich, 24 Lemonwood Place, The Gardens,  
AUCKLAND 2105

## HOW TO MEDITATE

Sit down. Sit still and upright. Close your eyes  
lightly. Sit relaxed but alert. Breathe calmly and  
regularly. Silently, interiorly begin to say a single  
word. We recommend the prayer-phrase **MA-RA-  
NA-THA**. Recite it as four syllables of equal length.  
Listen to it as you say it, gently but continuously. Do  
not think or imagine anything – spiritual or otherwise.  
If thoughts and images come, these are distractions at  
the time of meditation, so keep returning to simply  
saying the word. Meditate each morning and evening  
for between twenty and thirty minutes.

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The World Community for  
Christian Meditation  
operates an excellent website at:  
[www.wccm.org](http://www.wccm.org).

The Community's publishing arm  
can be found at:  
[www.mediomedia.com](http://www.mediomedia.com).

The website for the New Zealand Community:  
[www.christianmeditationnz.org.nz](http://www.christianmeditationnz.org.nz)

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### For more information contact—

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(From 16 June - 14 July please contact  
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