

# **PEACE that the World Cannot Give**

January 16<sup>th</sup> – 19<sup>th</sup> 2023 Silent Retreat

University of Waikato, Hamilton, NZ

**Led by Kath Houston, a WCCM Director**

We live in turbulent times with the pressures of climate change and natural disasters, the covid pandemic, wars and violence. More and more people are asking how can we find peace?

We need to understand what peace means, yet it is beyond understanding. The only power that can create peace in our world is the power of peace found, known and experienced in human hearts. Meditation takes us to that place beyond understanding where mystery is known and knows us.

In this retreat we will journey deep into our hearts to explore this mystery and uncover the wellspring of peace that is to be found there.

Meditation is utter simplicity.....John Main



**Kath Houston**

from The World Community for Christian Meditation

## **Kath Houston**

Kath has been meditating for nearly 20 years and has been an active member of WCCM throughout this time. She lives in the bayside suburb of Wynnum in Brisbane, Australia.

In 2014 after spending a year at the Meditatio House in London with Fr Laurence Freeman, Kath retired from a career as a lawyer to focus full time on voluntary work with WCCM.

As coordinator of the School of Meditation in Australia and a member of the international School team Kath has led many retreats, quiet days and workshops throughout Australia and other parts of the world and has helped to develop a number of teaching resources.

Kath currently serves as Director of Liaison with National Coordinators and is a member of the WCCM Guiding Board.

Kath will give presentations relating to her theme.

Throughout each day there will be a number of periods of meditation and liturgical prayer times, with opportunities to explore the gardens, talk with an experienced Christian meditator and visit the retreat bookshop. The retreat will be in silence from Monday evening until Thursday late morning.

## **Cost**

\$420 earlybird until 16<sup>th</sup> Nov, thereafter \$470.

This includes all meals and accommodation at Waikato University.

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](mailto: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.

**NB** If Covid-19 means that you are unable to attend, a full refund will be given.

## **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. BYO flannel, soap, shampoo.

## Registration Details

Register by sending this information to email: [retreat@christianmeditationnz.org.nz](mailto: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 (for those not registering by email)
8. Preferred name for your name 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. Donations to assist others to attend are very welcome. Please let us know if you would like a tax receipt for your donation.

There are several ways you can pay into NZCCM's Kiwibank account

### **38-9003-0812910-01**

i By paying online or by phone into NZCCM's account 38-9003-0812910-01

ii By asking your bank teller to assist you to transfer the funds to NZCCM's account or by depositing cash into NZCCM's account at any Kiwibank branch.

iii By giving cash to a trusted friend with internet banking who can put the funds into NZCCM's account.

NB Please add your name and 'January retreat' in the reference section.

## Cancellations

Refunds will be given up to 5pm, 6th January less a \$20 administration fee.

Refund requests to be made by email or letter only. Send your email to [retreat@christianmeditationnz.org.nz](mailto:retreat@christianmeditationnz.org.nz) or write to 12 Everest St, Wellington 6035.

If you are unable to attend because of Covid-19 (either contracting it yourself or needing to care for someone else), a full refund will be given. If this happens, please send / email us your bank account number.

## **Arrival and Registration**

3pm to 5pm Monday 16<sup>th</sup> January - Gate1 Knighton Road. Park as close as possible to Student Village in General Carpark area.

4pm Monday - **Introduction to Meditation** in the campus chapel especially for those who are new to meditation. All welcome.

5.15pm Monday - Retreat programme begins with meditation in the chapel. It is good to be settled into your room before this.

## **Departure**

A packed lunch is available at 12.45pm on Thursday 19<sup>th</sup> January. We leave any time after this.

## **For more information or to register**

Email [retreat@christianmeditationnz.org.nz](mailto:retreat@christianmeditationnz.org.nz) or contact Linda Polaschek, 020 4797955 or 04 4797955.