

**PROGRAMME FOR
NZCCM COMMUNITY DAY FOR HAWKES BAY, MANAWATU & TARANAKI REGION
SATURDAY 22ND JUNE, 2019**

10.00am	Dayroom	Welcome. Registration , refreshments and conversation.
10.25	Meditation Room	Guest Speaker Fr Nicho , Superior, Southern Star Abbey.
11.25	2 options	Sext in Chapel at 11.30 or Free Time to explore grounds or other quiet solo activity. <i>Note</i> : Be sure to return through the Chapel to the Meditation Room by 11.45am.
11.45	Meditation Room	1st Meditation Period followed by information about next Community Day to be held on September 28 th in Hastings.
12.15	Dayroom	Shared lunch and conversation.
12.45		Begin tidying away. Refresh (only outside toilets behind summer-house to be used).
1.00pm	Meditation Room	Your spiritual journey. Facilitated small group discussion and optional sharing.
1.55	2 options	None in Chapel at 2.00pm or Free Time as at 11.25. <i>Note</i> : Be sure to return through Chapel to Meditation Room by 2.15pm.
2.15	Meditation Room	2nd Meditation Period.
2.35		Information & Questions: Stillpoint/Oblate Life/General.
2.45		Homeward bound