

The Call to Meditation

1030-1400

Saturday 21st November 2020

Abberley Park Hall

Abberley Cres

Christchurch

Our time together:

10.30 - *Gathering and quietening*

10.45 - *Finding fuel for the mind **with a YouTube talk by Laurence Freeman, and an invitation to share among ourselves, if we wish, what the words brought to us***

11.30 - Linking body and spirit in the peaceful rhythm of a contemplative walk

12.00 - Entering into the gentle gift of silent meditation

12.45 - Enjoying the companionship of other's over lunch (please bring a plate)

For more information:

- Contact Jane Hole or Annette Reinheimer
- Email holejane66@hotmail.com annettere852@gmail.com

[New Zealand Community for Christian Meditation \(Christchurch\)](#)

