



Stillpoint



Stillpoint is the official magazine of the New Zealand Community for Christian Meditation

Vol 1, No. 20 December 2020

In this Issue:

page 2

Farewell to Shirley Duthie

NZCCM History

page 3

Profile: Malcolm Byford

page 4

A Little Time Apart

page 5

National Benedictine Meeting

page 6

Bird watching

page 7

A Lot of Comfort

page 8

Silent Retreat

page 9

Waikato Community Day

page 10

Meditation in Puritan Tradition

Bev Neal

page 11

Contemplative christianity

Waikato Community Day

page 12

Pleroma Shelves

page 13

Questions & Answers

page 14

WCCM International Mission Team

Living Water

Community Day at Hine Nui O Te Ao Katoa Marae

a report from Linda & Nick Polaschek



In October, meditators from Wellington, Kapiti and Manawatu met at *Hine Nui O Te Ao Katoa* - a marae nestled beside Pukekaraka, St Mary's Catholic Church, Otaki. We were welcomed on to the marae with a *Mihi Whakatau* (welcome by the iwi). This inspiring day was led by Jo Ward, NZCCM Oblate Co-ordinator.

Jo played an interview, in two parts, with Fr Thomas Keating, both of which gave us insights into his wisdom about the contemplative life. Thomas Keating was a Trappist monk who founded Contemplative Outreach, an international network committed to renewing the contemplative dimension of the Gospel in daily life. He died in 2018, aged 95. In this interview we learned about his personal monastic path, about how he dealt with both little deaths and big deaths in his own life and about the transformative process that occurs when one engages in meditation.

The interview, and others, are available at:

<https://www.resources.soundstrue.com/podcast/father-thomas-keating-inviting-the-presence-of-the-divine/>

After our gathering, those of us who knew Pat Blewman stayed on for his funeral at the church next door. Pat and Kath Blewman led a group at Otaki and the positive role of Christian Meditation in Pat's life was explicitly acknowledged at the funeral. Pat was a wonderful role model. He accepted his declining health with patience, peace, trust and always an outward orientation, caring for others even as his own health deteriorated. We send our love and support to Kath and thank her for all she gives to our community.



Websites to visit:
christianmeditationnz.org.nz
wccm.org/content
wccmmeditatio.org
wccmaustralia.org.au
christianmeditation.org.uk
theschoolofmeditation.org
bonnevauxwccm.org

her presence, her wisdom and passion for prison ministry ... **A farewell to Shirley Duthie**

from Kathy Egan and Vincent Maire



Kathy Egan presents Shirley with a gift

Kathy Egan:

At the completion of an excellent Community Day on Saturday 26th September 2020 we farewelled Shirley Duthie, our long standing Central Region Co-ordinator. Shirley has been a great leader; faithful, competent and caring, keeping us informed and always arranging interesting and prayerful community days, often with books available from Pleroma to purchase. Her leadership style has been inclusive and warm. Shirley will be sadly missed and we wish her, peace, continued good health and love in her well-deserved retirement in Wellington.

Vincent Maire writes:

I'm not exactly sure when I first met Shirley. Records show Shirley became a trustee of WCCM-NZ in 2015 which means she was part of the community before that.

So, my guess is Shirley's recent resignation from the National Council means she has served the NZ community for about a decade. At the August AGM (via Zoom) Shirley advised that she was going to resign from her role as Regional Co-ordinator for Hawkes Bay-Manawatu. She is leaving Otane and her business Pleroma Books for a well-deserved retirement in Lower Hutt. During her time as Regional Co-ordinator, Shirley encouraged a number of meditation groups into existence, mentored group leaders and even supported a small group in distant Hawera. In addition to this, Shirley ensured community days and retreats had a good supply of books on sale at these events. Meditators like their books and Shirley always ensured Pleroma held stock of the most popular titles, including CDs and DVDs. Shirley herself led and/or organised many community days and retreats in her area. Meditators in that part of New Zealand often use Kopua, the Benedictine monastery in southern Hawkes Bay. Shirley has many friends in, or associated with, the monastery and I'm sure they will miss her presence and her wisdom. Shirley's passion for prison ministry was always evident when she reported to Council meetings. In fact, when I think of Shirley, it is her work with prisoners that is uppermost in my mind. She never romanticised the work and often "the powers that be" were against her. But I am sure there are people out there who continue to value all she taught them about meditation in the Christian tradition. Hawkes Bay-Manawatu is a stronghold for Christian meditation, and this is due to Shirley's passion and commitment to bringing this form of prayer to so many people. Her dedication to supporting groups, individuals and organising events means she has touched many lives and many spiritual journeys. *Well done good and faithful servant* (Matt. 25:23) seems a fitting quote that acknowledges Shirley's contribution and her well-deserved retirement. Thank you, Shirley. ✕

History of NZCCM

The history of the NZCCM is currently being compiled. If you would like to send items to be included in this work: documents and/or records of meetings and gatherings, letters, memories (vague or factual!), and most importantly - photographs!, please send to:

**Margaret Paton 29 Coulthard Terrace , Papakura, Auckland 2113
Email: margaretpaton@xtra.co.nz**

If at first you don't succeed ...

We attempted to hear from Vincent Maire on the subject of Presence & Care Of The Dying back in March. His plane was booked, as was the Palmerston North venue, but Covid-19 ensured that the Event was cancelled. Not to be outdone, we rescheduled Vincent for 26th September, changed the venue to Napier, and notified everyone that they had a chance to hear about Death and Dying.

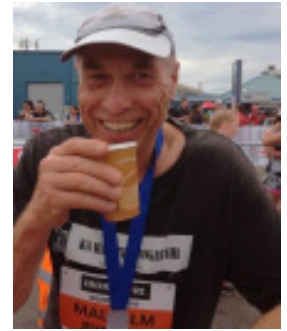
To our surprise there was a reluctance to attend, exacerbated no doubt by the “in” and “out” of Covid-19 Levels and the general uncertainty in the wider community. Those who couldn't make it missed what one long-term meditator called “one of the best Community Days ever”. What we lacked in numbers we certainly made up for in the quality of presentation and listening, and the 21 of us present dined on caviar, metaphorically speaking.

Vincent spoke with humility, superbly walking the talk of the contemplative. In a clear, well prepared and very informative presentation over two 55 minute sessions, he told stories and anecdotes that illustrated both the fear, and the warm embracing, of the process of dying. His honesty in how he is able to remain present to those he accompanies, the importance of his meditation practice, self-care and the lessons to be learned from both the dying and their families, had us all totally involved.

The day included two periods of meditation, morning tea and a shared lunch. Meditators came from as far afield as Gisborne, Dannevirke and Palmerston North, with a good contingent from Central Hawkes Bay. After thanking Vincent we farewelled Shirley our fantastic Regional co-ordinator, who was leaving Hawkes Bay for her Turangawaewae of Lower Hutt. Speaking for those present Kathy Egan commented “Oh what big shoes to fill! However, there is a season for everything and Shirley deserves a more serene lifestyle”. Clutching her oversized St. Benedict farewell citation and an armload of gifts, Shirley talked of the great treasure to her that Christian Meditation has become, and acknowledged the willingness of the meditators of the region to trust her leadership. *We have come a long way in the few years since Fr. John Pettit toured the region trying to interest people in Christian Meditation* she commented.

The Taradale Parish Community Centre venue was attractive, comfortable and warm, and the local St Vincent de Paul members who delivered hot drinks on cue and cleared away afterwards, enabled those present to fully participate. ✕

Profile:



Malcolm Byford

I greet you from our new home in Otane, Central Hawkes Bay, where I live with Barbara, my wife of 27 years and Sofi, our rather anxious border collie dog. Together we have four daughters and 12 grandchildren.

I was born in Waipawa, which is seven kilometres just south of Otane, 71 years ago and although it may appear that I may not have travelled far, or that I have circled back to where it all began, I like to think rather that I have spiralled back and now see it from a different place than what I did when I left the district at the age of 18. In this intervening period, my formal training was in agricultural science at Massey, which led me to work for a number of years as a scientist at Ruakura Research Centre, Hamilton, and then in Peru, South America.

I then changed my vocation to work within social services sector, including some that were church-based. Areas I was involved with were volunteering, community development, mental health, and family violence, the latter of which has been my main focus in the last 22 years. Initially I was involved in providing the service, before moving into mainly management roles. I was always interested in building organisations that were congruent, efficacious, and respectful of our common humanity. I was drawn to therapeutic communities and to this end Barbara and I went to work in a L'Arche community in Australia. Unfortunately this didn't work out, and we ended working for Frontier Services, as patrol padres to the people and communities of the northeast area of South Australia.

Although having retired in July of last year I continue to be involved in different aspects of this type of work and other activities. The luxury is that now I can choose. Obviously one of my activities is Christian meditation, and I joined the Otane group, led by Shirley Duthie, in August of this year. So I am somewhat surprised to be both facilitator of the local group, and the Regional Co-ordinator for Hawkes Bay, Manawatu and Taranaki. However, my spiritual journey has been a constant throughout my life, been informed initially through my parents' association with the Presbyterian Church. Until very recently I have not been a churchgoer but have always believed that within Christianity there is a huge repository of spiritual wisdom, but that its religiosity got in the way. What has pleased me is that Christian meditation has shown me a pathway to tap into this spirituality.

Previously I had been involved in other meditation groups, often based on the Eastern religions, but now I am left with the advice that John Main's swami gave him, namely to practice meditation within your own faith construct. Having been introduced to and welcomed into NZCCM I look forward to continuing my spiritual journey with other sojourners such as yourselves. ✕

A Little Time Apart

a report from Margaret Moore

In October, eight Christchurch meditators spent two hours at Jane Hole's house having a mini retreat which Jane had kindly put together. It was so good that I felt it should be shared with the whole community. The interesting section - using a magnifying glass was a real eye opener, a very useful exercise to see what we don't usually see!

A Little Time Apart

with Esther de Waal's book:

Lost in Wonder - Recovering the Spiritual Art of Attentiveness

(in which, among other things, she suggests ways of having a retreat at home)

Programme:

10.00am Gathering and Quietening

10.15am Looking together at three ideas from Chapter 1

The Starting Point

(See below the passages and suggested questions we might ask ourselves)

11.00am Tea or Coffee

11.20am The Art of Seeing (please note the passage at the foot of the page, and bring a magnifying glass if you have one. I have some spares)

11.30am What did we see?

11.40am Closing Meditation

Suggested For Reflection:

1. "To take time to be apart, which I consciously give to myself as something positive, creative, is not a luxury, it is essential. The gift of space for myself seems so simple, and in a way it is; but it is also surprisingly difficult to do without some form of external encouragement. If we fail

to find the time to stand back, to give ourselves a break, a breathing space, we are in danger of failing to be fully alive, or to enjoy that fullness of life for which we were created."

What are the ways in which we might "stand back" "give ourselves a break" in our daily lives?

2. "Stopping to take time to look at the pattern of my life, and to think and pray about it, will almost inevitably mean that I not only learn more about God but I discover more about myself. As I change, so must my relationship with God. This is of course true of all relationships and not least my relationship with myself, for I must not forget that I am also my own best and closest friend, and that this is something which also needs nurturing."

How might we do this?

3. "Apart from the fact that I am looking for a time in which to draw breath and to find refreshment and renewal, I want to begin this journey without any particular pre-conceived goal in mind... It is risky, counter-cultural, to start out on something with open hands, open mind, open heart, but above all with openness to mystery".

What might openness to mystery mean for us?

The Art Of Seeing:

"Much of this book will be about the sense of awe in the midst of daily life, about seeing, the art of seeing (which perhaps we might more usefully think of as the discipline of seeing), or about the recovery of vision. For this reason I want to suggest making regular use of a magnifying glass... Since I have begun to make it a part of my ordinary daily life, it is almost as though it has added an extra dimension to the way in which I now look at the world".



Left to Right:
front:
Annette Reinheimer
Lynda Clarkson
Margaret Moore
Chris Wilson
Jen Halliday

back:
Paddy Walker
Janice Waters

inset:
Jane Hole



National Benedictine Meeting

a report from Nick Polaschek



Above: Jo Ward with Fr. Niko
Below: The Benedictines who attended the meeting



Three members of the NZCCM Oblate Community took part in a Benedictine day held at Southern Star Abbey in Kopua, Hawkes Bay, on Saturday 31st October and hosted by the Cistercian Associates of the Abbey. The day had been planned for March but was delayed by Covid. The meeting was held in the Guest house.

Five Benedictine lay groups who seek to live their lives inspired by the Rule of St. Benedict, were represented: Cistercian Associates of Southern Star Abbey, NZ Camalodese Oblates, Benedictine Oblates of the Holy Cross, Conversi (an international online Cistercian group) and NZCCM Benedictine Oblates.

Jo Ward, National Co-ordinator of the NZCCM Oblates, led our group. Rev. Jenny Dawson, National Co-ordinator of the Kopua Associates, facilitated the day. We were welcomed by Fr. Niko, the Superior of the Monastery. We attended the *None* Office with the monks in the Church after lunch, which was provided by members of the Cistercian Associates, Ruahine group.

The day was an opportunity to meet one another, share about our Benedictine commitment and consider possibilities for future cooperation. We had several discussions, including one on formation and ongoing support for Oblates. Most valuable was networking, simply making links between members of our groups. We look forward to future cooperation in various ways. ✠

2021 Online Christian Meditation Introductory/Refresher Course

The online five-week Introductory/Refresher Course is proving to be very popular with both new and experienced meditators, and also with meditation groups. Now that it's online, participants can be located anywhere in the world. All that's needed is a wifi connection and about an hour per week, for five weeks. Participants will be guided on a gradual journey of understanding both the practice and the tradition of Christian Meditation. Each session consists of a talk, meditation and time for conversation.

Next year's evening course will be on Tuesdays at 7:30pm and will begin on 2nd February and end on 2nd March. If you are interested, or know of someone who may be interested, please drop a line to us at:

celebrantraymond@gmail.com or phone 075495329

Blessings and light

Raymond and Maureen Eberhard

Firstly, thank you very much for the time and effort you both put into making it a meaningful and educational opportunity for us all. Zoom is a fairly new experience and I think you did wonderfully well to make it work smoothly with your presentation, Raymond. The online meditation went well too, and your readings, comments and prayers were very much appreciated, Maureen.

The Hawera Group

Bird Watching at the St. Francis Retreat Centre

by Vincent Maire



It has long been my practice to have an annual five-day silent retreat. I think of it as going on holiday with God and an essential part of my self-care. Usually I go solo to a place where I have access to a spiritual director. This year I had the opportunity to join a group for a Sunday-to-Friday retreat over the last week of October. I have been to many weekend retreats at the Friary in Hillsborough but this was my first extended stay there.

The retreat programme allowed plenty of time for private prayer and reflection. The grounds are beautiful with lovely walks both within and beyond the Friary. Right from the time I arrived on Sunday morning I was very much taken with the prolific birdlife. Why hadn't I noticed this on previous retreats? The answer is simple: usually the Auckland meditation community has its retreat mid-July, the middle of winter. Being there mid-spring made such a difference. Birdwatching, therefore, became part of my contemplative practice. Here is what I saw, heard and found out.

Hillsborough has a great many mature trees. Monte Cecilia Park has some of the largest and most amazing trees in Auckland. One Tree Hill and Cornwall Park are a few flaps away and further to the south is Ambury Park which borders Manukau Harbour. Maori called this area Whataroa, the expansive food store. The soil is volcanic and fertile. I sighted paradise shelduck and an Australasian harrier flying overhead, both associated with open farmland. The occasional shag also passed by. Each night I heard the distant hoot of the morepork. Perhaps they were in the park where there are many tree hollows to nest in. But the weirdest thing I saw "overhead" was the traffic cone stuck on top of a Norfolk pine. I never did ask who put it there.

In the grounds of the Friary I recorded sparrow, thrush, blackbird, silvereye, welcome swallow, Eastern rosellas, rock pigeon, starling and myna. Without exception they were in a frenzy of nesting duties. Perhaps the most numerous birds, and the most active, were tui. Tui started the dawn chorus at 0320 hours and were in constant voice until around 2030 hours. They fly at incredible speeds, often in pursuit of each other, and aggressively protect their patch. Their range of calls includes bell-like notes, low whistles, chuckles and guttural squawks.

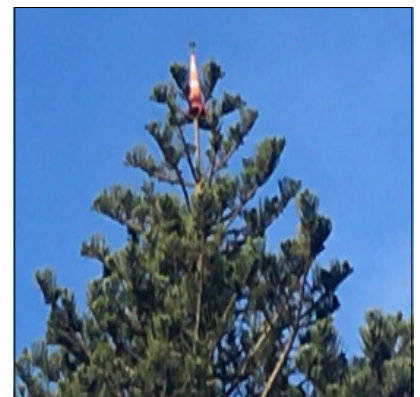
Each morning I took my mug of tea to the veranda and watched a pair of kereru doing aerial acrobatics before settling on an outer branch of a Norfolk Pine near the entrance to the Friary. On sunny days their breasts shone silver in the morning light. I took a photo of one eating berries in the Puriri tree on the driveway.

I was amazed and delighted to discover that a family of North Island fantail had made its home in a tree behind

the double garage at the front of the property. It was a pair and their fledged chicks. In all my years of wandering around the New Zealand bush, this was my first encounter with fantail chicks - and it happened in suburbia. They were a delight to watch and welcomed my presence as I stirred up the flying insects they feed on.

Not seen, but heard many times were grey warbler. Smaller than a fantail, they have a long melodious warble. I'm sure I also heard long-tail cuckoo. This bird winters in the Solomon Islands and returns in the Spring to lay a solitary egg in the nest of whitehead, brown creeper or yellowhead. These are predominantly forest-dwellers. Yet every Spring I hear a distinctive zzwheest whistle-like screech around Manly where I live and have always believed it to be a long-tail cuckoo. As this bird migrates October to November it is likely they are passing through Auckland on their way to forests in the North Island. There was certainly more than one long-tail cuckoo in the Friary gardens, but like the grey warbler, I could never sight them.

The bird that gave me the most entertainment was a pair of kingfishers that had made their nest in the tall Phoenix palm at the entrance to the Retreat Centre. Auckland meditators will know this palm as the tree we circle around when doing our walking meditation. There are holes in the upper reaches of the palm made from fallen fronds. It took me all week to discover which hole they were using. The high-pitched twittering of chicks gave away the location. There was always one or both parents standing guard in the Puriri tree across the driveway from the palm, and woe betide any bird that came near the nest. A kingfisher would launch itself at high velocity at the interloper with the precision of guided missile. The approach was silent and incurred instant panic. Even birds on the ground were not immune and only blackbirds stood their ground. One morning three Eastern rosellas landed near the nest. Their shocked surprise and the way they squawked and flew into and over each other made me laugh out loud. Mr and Mrs Kingfisher tolerated the rock pigeons in the upper story of the palm but all other birds were instantly sent packing. Their fearlessness became my metaphor for this soul-feeding retreat.



A Lot of Comfort - A Glimpse of Heaven

by Christopher Wilson

That all life dies eventually is a fact. That all human life is re-born is a matter of faith.

It was Seneca who taught us that it is the wise person who guards their time as they would a precious possession rather than fritter it away. Time, unfortunately, is not replaceable like a possession; life is short, especially if you are being hunted down by a terminal illness.

But what if time is not real? There are two very different ways of talking about time. We can say an event is earlier or later than another. These properties don't change: "1918 is later than 1914 but earlier than 1939" is always true. Because these earlier-later relationships can't change, they can't account for the way time passes.

On the other hand, we may speak of events as past, present and future.

These do change: today was the future yesterday and will be the past tomorrow. But nothing can have contradictory properties, e.g., present and not-present, simultaneously. A single moment in time can't be past, present and future and so in that case, it has been postulated, time must be an illusion and, if time is an illusion, could it be that we will find our way out and live our lives in eternity? Is eternity existence in a timeless environment?

Descartes' famous theorem, *I think therefore I am*, propositions that in this existence we are spiritual beings, children of God, living in material bodies with all the attendant temptations the material world provides? When viewed together do these two propositions (a spiritual being in a timeless environment) provide a glimpse of heaven?

For most of us, time is far too real. People who know they have limited time don't need to be reminded that time is precious; the ancient Greek Seneca's view was that what is important in our life is not its length but what we do with it. Like Seneca,

my concern is whether I'm optimising what time I have left. Am I making sufficient preparation for the meeting of my maker as well as enjoying the last of the time I have with my family and friends? What is happiness and am I keeping myself as happy as I could be?

Aristotle saw happiness as the goal of life and said much about it. He said that happiness demands not only complete goodness but a complete life as well. In turn, a complete life should consist of virtuous activities lived from exercising our capacity to reason. He defined virtue as the desirable middle ground between two extremes (as determined by a person of practical wisdom). This he called this the Golden Mean.

Thus, says Aristotle, a happy person is one who spends their time in virtuous conduct and contemplation, i.e., moderation in all things. The Old Testament concurs, *Whoever fears God will avoid all extremes.* Ecclesiastes 7:18.

Then along came God in human form, Jesus Christ, who taught us the primary objective of the Christian life is to be Christ-like. Presumably by doing so, not only will I keep on-side with God, my creator, but I'll become more at peace with myself and love others more, in the manner Christ teaches.

So how am I to best able to learn how to lead a Christ-like life? If we take it seriously, the work of meditation changes our life, it will take us towards our true selves; we will inevitably see results in our lives by way of the fruits of the spirits: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control (Galatians 5). As a meditator, according to Descartes' theorem (I am a child of God) my highest function is my ability to love: God, myself and others.

All in all, introducing me to meditation is the best thing, that I am aware of, that Christ has done for me.

Certainly, continual meditation has taken me closer to Christ and thus far has made me more patient within myself and with others.

So, what better path to travel when you are anticipating a personal visit from the man with the scythe? Meditation, I have learned, draws me into being the person God would like me to be, and that in turn gives me peace and love progressively.

Co-existing with the Holy Spirit and meditating twice daily as well as at other times when I may, is one of my greatest comforts and surely is the way to optimise whatever time I may have left in this existence. Also, it is excellent preparation for my continued being in my next life.

My role model as a meditator and the benefits meditation gave me is best parting present I can leave my family and friends.

Online Essential Teaching Workshop

The Essential Teaching Workshop helps you understand your own experience of Christian meditation in the light of a greater tradition spanning back to the early desert mothers and fathers, as well as through others with whom you share the journey.

This Online Workshop will take place in 2021, over six sessions of approximately 90 to 120 minutes each.

Register your interest now with
Raymond Eberhard at
celebrantraymond@gmail.com

Course times and dates will be negotiated with participants in order to accommodate a group.

Silent Retreat

18th to 21st January 2021

University of Waikato, Hamilton, New Zealand

Every two years we offer a national 3 day retreat. This January our retreat is being led by Rosie Dell, a NZ Community for Christian Meditation leader and teacher.

Now we are thrilled to let you know about our very own Rosie Dell who recently ran a very well received retreat in Auckland and has generously accepted our invitation to lead our January retreat.

Rosie is an Anglican priest currently ministering as Vicar in the parish of St. Margaret's Te Kauwhata and part-time Chaplain at Waikato Hospital. She was ordained priest in 2009 and, alongside parish ministry, was Bishop's Chaplain for Licensed Lay Ministry. Rosie has formerly ministered in Palmerston North, Porirua and Lower Hutt, and trained in Spiritual Direction in Sydney. She has been involved in Christian Meditation for many years, starting groups and recently attended WCCM training in Penang and Brisbane. Rosie is delighted to be able to give back to the New Zealand Community for Christian Meditation by leading this national retreat.



Rosie's retreat theme is:

Wisdom from the desert: directing our thoughts towards our heart's desire, God.

You are invited to come on a journey towards freedom, peace and harmony with early desert Christians as companion and guide.

We will consider ancient vulnerabilities, how to recognise them today and the implications for our own spiritual path.

The aim of all meditation is to purify our heart. John Main

Rosie 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.

Registration Details:

Register by sending the following 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. 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. Which payment option you have used (see options i, ii, iii, iv) _____
13. Donations to assist others to attend are very welcome _____

Please let us know if you would like a tax receipt for your donation

Cost:

Early Bird: \$420 - includes all meals and accommodation at Waikato University. This is the earlybird rate which we are extending because of the uncertainty which Covid-19 has brought about.

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 Street, Wellington, 6035 and briefly outline your situation and the amount you are seeking.

NB: If Covid-19 alert levels rise again and the retreat cannot go ahead, a full refund will be given.

There are several ways you can pay into NZCCM's Kiwibank Account **38-9003-0812910-01** (*Kiwibank no longer accepts cheques*)

- 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
- iii By depositing cash into NZCCM's account at any Kiwibank branch.
- iv By giving cash or a cheque (*other banks are still accepting cheques*) 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 5.00pm, 8th 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 Street, Wellington 6035. If the retreat has to be cancelled due to Covid-19 restrictions, or if you are sick and unable to attend, a full refund will be given to all.

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.

Arrival and Registration:

3.00pm to 5.00pm Monday 18th January - Gate 1 Knighton Road.

Park as close as possible to Student Village in General Carpark area.

4.00pm 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 21st January.

We leave any time after this.

For more information or to register:

Email retreat@christianmeditationnz.org.nz

or contact Linda Polaschek, 020 4797955 or 04 4797955.

Waikato- Bay of Plenty Community Day

November 2020

a report from Maureen Eberhard

Eighteen members of the Waikato-Bay of Plenty Community gathered at Matamata on Saturday 7th November for a very enjoyable Community Day. Members came from as far afield as Turangi, Paeroa, Waihi, Rotorua and Katikati. It was the first time that we had been hosted by the Matamata Group and they did a wonderful job of welcoming us, including a delicious morning tea! Thank you so much to Clare Gallagher and her lovely group.

Raymond Eberhard was our speaker for the day and his talk *The Heights and Valleys of Meditation* took us back to the basics of why we meditate and explored the use of the mantra, with special emphasis on the teachings of Fr. John Main.

Raymond's talk in the morning led to a robust question and answer time, with most of the questions being answered by Community members.

In the afternoon we split into groups and discussed various quotes from Fr. John Main, and there were deep and enriching discussions when we reconvened for feedback.

Through the work of the Holy Spirit our spirits expand and our hearts enlarge. We change for the better, because in meditation we encounter and embrace the power that makes this change possible. Our challenge is to set the mantra free, to let it sing in our hearts with glorious freedom.

John Main -Word into Silence



Meditation in the Puritan Tradition

a report from Vincent Maire

Auckland meditators were fortunate to have two community days and a weekend retreat during 2020. I wasn't sure if we should proceed with a community day in November but after a chat with Fr. Peter Murphy, we decided that this most unusual year could not end without a meeting. But we needed a speaker.

How I came to be that speaker is very simple. In July I was needing a final paper to end three-years of study at the University of Otago but none of the proscribed papers was available. "CHTH403 The Puritans" looked interesting. It had no relevance to my area of interest, chaplaincy, but once I was assured it would count, and having more than a passing interest in history, I signed up. But what a shock. It was Masters level, the readings were academic, the raw material Shakespearian in style and 17th century England was a period of endless social, political and religious upheaval. I struggled to say the least. But I had a wonderful tutor in Professor Tim Cooper and with only two other students we had fascinating online chats.

My final assignment focused on the Puritan Minister Richard Baxter (1615-1691) who was zealous in his faith, a prolific writer and a much-loved pastor whose legacy is remembered in the term Baxterian. Tim Cooper is a Baxterian. He has written two books on Richard Baxter and numerous academic papers. The Puritans, I discovered, remain a source of huge interest globally and many academic careers have been built on the study of these *Hot Protestants*.

Richard Baxter wrote more than 130 books of which his second, *Saint's Everlasting Rest*, (1651) is his most famous. Indeed, it was a bestseller on both sides of the Atlantic. *Saint's Everlasting Rest* is a book on meditation in the Puritan tradition. This style of meditation has been described as hybrid or indigenous in that it is unique in time and place. The Puritans were busy people; one laboured to know God. In the Roman Catholic tradition Mary's contemplative orientation is the model. Baxter's treatise on Luke 10: 38-42 the emphasis is on the needless thoughts, cares, baubles, vanities, unprofitable studies and

troubles of the world that keep the Christian away from serving God rather than on Mary's peaceful presence.

Baxter's method was quite simple. The meditator found a place of quiet and harnessed the emotions of love, hope, courage, joy to enliven the soul and make it ready for the next step. Here the meditator used their imagination to see



Richard Baxter

themselves in heaven with God, Jesus, the Holy Spirit, the angels and the saints. They could create scenes of God's work on earth, scenes from the gospels, imaginative landscapes that Baxter described as heavenly rest. The third step was soliloquy, talking aloud to oneself, a mini-sermon no less. The meditator was then encouraged to end the meditation with a prayer.

Baxter recommended his readers attend to their meditation for an hour a day but was very much aware that not everyone could pray in this way. In his view a Sunday meditation period was vital and he warned that heavenly thoughts would be overcome by fantasies and concerns. Baxter believed that meditation led to greater piety, feelings of peace and greater godliness.

Saint's Everlasting Rest was written at a time when Baxter was very ill and had been told by doctors he was soon to die. He profited so much from this way of praying that he encouraged many people to meditate. Over the years he received what we would call fanmail from appreciative practitioners. *Saint's Everlasting Rest* continued to be read in the centuries that followed and was much loved by those Evangelical Christians we know as Methodists. His feast day is celebrated on 14th June and his statue stands outside the Anglican church in Kidderminster where he was a hardworking, successful and greatly loved pastor. ✠

Bev Neal

The Papakura community is mourning the death of one of its foundation members, Bev Neal. She and Damian Robertson were the mainstays of one of the meditation groups in our parish. Bev was host and continued to host the group until the night before she died. She was a familiar face on our community days too for she collected the money! She was a delightful host, always warm and welcoming. When she began she actually surprised herself for she didn't think she could sit still long enough to meditate; in fact she sat so still that she would regularly go off to sleep! She was a great advocate for the practice and we will miss her.

Fr. Peter Murphy



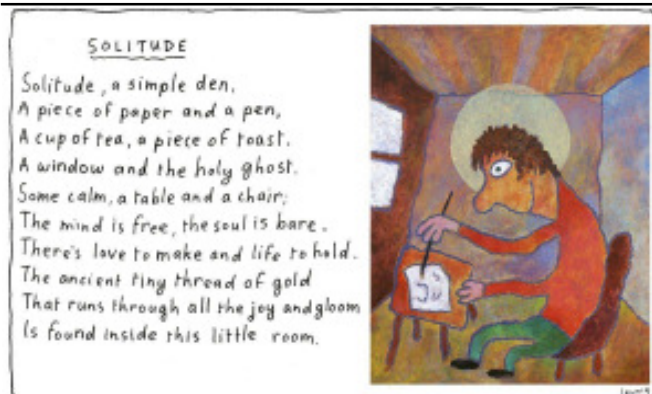
A Contemplative Christianity for our Time

An On-line course by Sarah Bachelard
by Cathy Day, Director WCCM School of Meditation

I am delighted to advise that our new course, *A Contemplative Christianity for our Time* is now available on the School of Meditation Website. The course is the work of Sarah Bachelard and was originally presented at the John Main Seminar in 2019. Redesigning the work for the website has been a significant effort and was made possible with the help of Jim Greene who is familiar to many as Jim also has courses available on the website. The collaboration between Jim and Sarah has produced an outstanding course. Sarah addresses urgent matters facing Christianity, the Church and our world and indeed each of us. We are asked the question: *Who am I as a Christian living in a secular world and what is our human vocation?* Sarah invites us to consider how "Contemplative Christianity communicates the possibility of a God-infused life - unthreatened, self-dispossessing and joyous!" The course material includes thought-provoking follow-up questions and other support resources (including material for further exploration).

The course consists of five lessons with five topics included in each lesson. The first topic in each lesson is a meditation practice which is fitting as it is meditation that sustains each of us, and moves our praying beyond Christian ideology to a live encounter with the reality of God. And as Sarah reminds us, we can't just meditate. Our contemplative practice connects us ever more authentically to the life of the world and this means the good, the bad and the ugly within our world. But we turn our face to this world that we love with hope in the face of crumbling institutions including our churches, and the threats of many serious problems humans have created that in some cases, threaten our very existence. Our engagement with the needs and possibilities of the world is at the heart of our vocation as a contemplative Christian community.

I highly recommend this course to our communities; to do by yourself or with a group. ☩



Waikato-Bay of Plenty Community Day

New Zealand Community for Christian Meditation



Meditation, Presence And Care Of The Dying

Saturday 6th March 2021
10.00am until 2:30pm

St Mary's Catholic Church Hall
Cnr Ranolf and Seddon Streets, Rotorua

Arrive to morning tea or coffee!

At this Community Day guest speaker Vincent Maire will talk about how the gift of meditation in the Christian tradition enables him to companion people on their end-of-life journey. He will explore a range of themes including mindfulness, presence, holy listening, self-awareness; connecting these themes with Scripture and writers from the Christian contemplative tradition. Vincent is Spiritual Care Co-ordinator at Harbour Hospice, Red Beach. He is Auckland Regional Co-ordinator for WCCM-NZ and was recently appointed to the International Guiding Board of WCCM.

*Meditators and people new to meditation
are most welcome!*

Please bring:

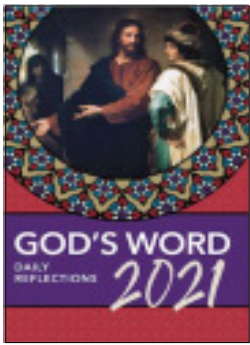
- * Your lunch
- * Koha (suggested \$10)
- * \$2 for a book raffle raising funds for *Friends*. This enables the spread and resourcing of Christian Meditation world-wide.
- * Credit card or cash if you would like to buy books from Pleroma Christian Supplies

Any queries, please contact:

Raymond Eberhard
07.5495329

or celebrantraymond@gmail.com

New on Pleroma Shelves: *by Shirley Duthie*

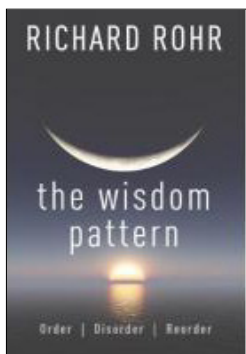


God's Word 2021

This is a very popular annual publication of daily reflections designed to help you to keep the Word of God close to your heart in your daily life. It is intended to be a companion on your journey to facilitate prayer, discussion and growth in God's love. **God's Word 2021** includes: Liturgical readings of the day from the Jerusalem Bible, reflections on these readings by eminent Australasian spiritual writers, liturgical information for the day, space for you to note important events and reflections of the day, plus the very popular flexi-cover format. As groups often order collectively it is available in a number of price ranges, eg 5 or more copies 5% discount, 10 or more copies 10% discount and 20 or more 15% discount.

Single price is \$22.99.

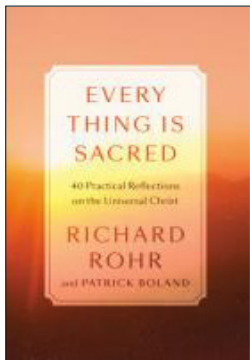
<https://www.christiansupplies.co.nz/products/search/?s=God%27s+Word+2021>



The Wisdom Pattern: Order/Disorder/Reorder Richard Rohr 2020

I was fortunate enough to be given a copy of this, hot off the press, for my recent birthday. Even though it is a revised version of the 2001 *Hope Against Darkness* I am finding it fresh, contemporary and challenging. Richard Rohr sets out the argument that a universal pattern can be found in all societies and, in fact, in all of creation. We see it in the seasons of the year; the stories of Scripture; the life, death and resurrection of Jesus; the rise and fall of civilisations, and even in our own lives. It is *by knowing and surrendering to this universal pattern of reality by knowing the full pattern* that we gain the courage to let go of our first order, trust the resulting disorder and then accept the new reorder. I find transition a fascinating and absorbing concept. Richard Rohr says *Three big leaps of faith for all of us, and each of a different character.* **Softback. 204pp. \$34.99.**

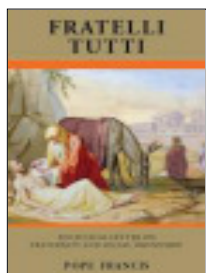
<https://www.christiansupplies.co.nz/products/search/?s=The+Wisdom+Pattern>



Every Thing is Sacred Richard Rohr and Patrick Boland.

This is a companion to the 2019 *The Universal Christ*, (See last *Stillpoint*) in which Richard Rohr articulated a transformative view of what it means to recognise Jesus as “Christ” as a portrait of God's constant unfolding work in the world. Now in partnership with psychotherapist Patrick Boland who is a member of the Center for Action and Contemplation community, readers are invited to engage with the themes of the book through spiritual practice. The forty plus reflections each draws on a key passage of *The Universal Christ*, paired with prayers, journal prompts, and exercises inviting readers to dig deeper. Ideal for those wanting a daily companion for Lent or throughout the year, it offers a hope-filled journey into the love at the heart of all things. Copies still in transit but orders being taken for delivery before Christmas. **\$39.99.**

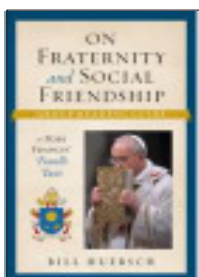
<https://www.christiansupplies.co.nz/products/search/?s=The+Wisdom+Pattern>



Fratelli Tutti (On Fraternity and Social Friendship) Pope Francis & On Fraternity and Social Friendship: Group Reading Guide Huebsch, Bill

It seemed a good idea to tell you about these because the more I read excerpts from this document the more it seems to echo the teaching related to the fruits of Christian meditation and our attempts to practice the contemplative life. Pope Francis focuses on the fact that we are all brothers and sisters and that social friendship is the way to build a better, more just and peaceful world – with the contribution of all: people and institutions. Bill Huebsch, scholar and theologian, has a gift for unpacking encyclicals into plain everyday English, using paraphrase and summaries to enable us to see how Francis' words apply to our own lives. Smart group leaders could even use sections of the document for the teaching at the weekly 2021 Christian Meditation meeting (excellent for those who email out material prior to gathering) and comments from Bill Huebsch's Reading Guide for pre-meeting pondering. The content is universal not denominational. The Pope Francis document is **\$18.50** and Bill Huebsch Reading Guide is **\$7.99.** <https://www.christiansupplies.co.nz/products/search/?s=Fratelli+Tutti>

<https://www.christiansupplies.co.nz/products/search/?s=On+Fraternity+and+Social>



Go to the links below each item for further information.

Order at www.christiansupplies.co.nz telephone 0508 988 988 (toll free) or email order@pleroma.org.nz ✉

Q *How do you meditate when you simply can't?*

A. For those who haven't experienced this it may seem an odd question, but for experienced meditators who find themselves totally unable to meditate, the experience can be devastating. To draw on practical experience I spoke with four of our meditators (A, B, C & D) who have recently had this experience. A was the victim of an incapacitating accident, B experienced major surgery followed by chemo. and radiotherapy, C moved for a time from a solo contemplative lifestyle to shared city living with its constant stimulus and noise and D was caught in a situation where essential work demands brought her to the state of collapse. Each of our meditators previously had a regular twice (sometimes more) daily meditation practice, and all had rich spiritual lives steeped in scripture, spiritual reading and a love of silence and stillness.

Here is how they described their initial experience:

A: I spent 11 days in hospital and 3 months unable to walk. I struggled to maintain dozens of meditation starts each day, but persevered especially during the long and painful nights, by starting my mantra and focusing on being still.

B: During the chemotherapy treatment I'd found meditation difficult, at times impossible.

C: Coming from a relatively structured life of peace and stillness I found being constantly surrounded by people had me trying to cope with distressing thoughts, anxiety, worry, pain, concerns about relationships, needy people and constant demands. Sitting down searching for stillness and silence became an impossibility. Thoughts, people, situations, pictures, ideas, conversations all become forceful distractions. "Just return to the mantra" good for a moment then off again to distraction!

D: Earlier this year I experienced a period of excessively long hours of essential work. Shortening my meditation time I managed twice daily meditation but knew I was desperately tired. The task completed, my body simply stopped. Every time I tried to meditate during the day I literally fell asleep, over and over again. During the broken nights, all I could do was repeat our mantra through the wild imaginings and distractions. I began to dread meditation times

And how each worked through this time of personal chaos...

A: It was six weeks before I could meditate for 20 minutes, and another six before I could manage 25 minutes. The mantra was in my head each time I woke and I used it as both prayer and distraction. The mantra seems to reside in my mind when waking and sleeping.

B: I was three days into my radiotherapy treatment in Palmerston North. Ironically, after an unexpected ten hours of tests in ED, then an MRI lasting an hour and a half, and finally a diagnosis explaining my significant right shoulder and arm pain and weakness, the familiar mantra, maranatha, took me to the still point at my centre where, as Julian of Norwich says, God is utterly at home.

C: For me 2.00am and 6.00am seemed to be the best times to meditate and no longer than 20 minutes.

D. I recalled Fr. Laurence saying that regularity was the key, so I settled on a morning and evening meditation time of 15 minutes. With the shorter time I was less likely to procrastinate and despite distractions and meditative snoozes, I was soon meditating again. Until my strength returned I had to change my mantra/breathing rhythm. I'm adding a minute a week to my meditation time and physical strength, peace and stillness is returning.

These brief comments from four brave people suggest that whether experiencing grief in its many forms, or the mind and body's reaction to exhaustion, pain, drugs, anaesthetics or shock, the mantra, constancy and accepting that God knows and understands, will eventually bear fruit. If you have had a similar experience and are willing to share it, that would be appreciated. Just email sjmduthie@gmail.com



Q & A - A place for your questions relating to Christian Meditation - no matter what! The **Q & A** Convenor, Shirley Duthie, will answer or find an expert to tackle any question relating to your daily practice, your CM Group or Community Days, parish difficulties related to Christian Meditation, Christian Meditation history or writings about Christian Meditation and related subjects.

Send questions to: sjmduthie@gmail.com

The invisible team behind WCCM's International Mission

Thanks to Catherine Scott, Head of Operations, WCCM

Our NZ Community for Christian Meditation is one of the 120 countries which is well supported by the World Community. WCCM provides for us:

- * A vibrant website with many online resources, courses and retreats
- * A basic office infrastructure for WCCM, employing a small, dedicated Team doing the accounts, processing communications, donations, providing resources and organising future programmes to meet people's meditational needs
- * An internationally spread IT and Communications Team who together ensure WCCM's online broadcasts reach the growing international audience
- * Access to support and educational resources which we use in NZCCM, for example the Introductory Course; the Essential Teaching Workshop
- * On-line meditation groups
- * Support for those nations and marginalised groups which are unable to fund themselves.

Some of the WCCM work is done by volunteers, but some, particularly technical roles need a dedicated paid position to manage the specific tasks. This is where the Friends donations come in. The collection basket at the weekly group for meditators to drop a gold coin into (if they can) contributes to the WCCM work in a tangible way. Over time, these small contributions from each group add up.

We are all very glad that Christian Meditation is free, and it will remain so. The teaching is far too important to be restricted in any way to those who can pay. But for some, they are happy to add their contribution to the international community's efforts to offer the gift of meditation to anyone who is interested.

WCCM has found its offering of meditation and a contemplative community much in demand during this year's Covid-19 pandemic. WCCM adapted to the times

The London WCCM Team



and put many of their scheduled retreats online, and recorded dozens of talks, offered online meditation, and teaching sessions for use by our community and beyond.

We are very grateful to be part of the World Community. If your group doesn't currently have a collection basket, please consider providing this opportunity for meditators to contribute to the international work, supporting the immense thirst for meditation that is emerging. Catherine tells us that more and more people, particularly during the coronavirus pandemic, have been turning to meditation to find peace and a way of making sense of their life's spiritual journey.

Once any amount has been gathered, it can be banked directly into the NZCCM Friends account 38-9003-0812910-03. Maureen, our treasurer then transfers the collected funds directly to WCCM in large amounts which reduces the amount we spend on bank transfer fees.

If you would like to discuss any of these issues or new fundraising ideas, then please feel free to contact our Friends Co-ordinator, Vincent Maire vincentmaire12@gmail.com



“Living Water” - a Blog by Ronald Ashby

Roland, a member of the WCCM-Australia National Executive has recently started a new blog – Living Water - which aims to promote contemplative wisdom, Christian meditation and the contemplative tradition. He thinks many WCCM members would find the articles interesting and helpful.

Recent ones include: Fr Thomas Keating interviewed by author, psychotherapist and teacher of meditation, Loch Kelly; *Meditation can help us save the planet*

by Dr Deborah Guess; *Freefalling in the love of God*, an interview with hermit Maggie Ross. Maggie has written two profound books on silence and is under vows to Rowan Williams; and *A new church grounded in meditation and committed to radical transformation* by Dr Sarah Bachelard, writing about her Benedictus Contemplative Church.

Please see www.thelivingwater.com.au

NZCCM National Council Members

National Co-ordinator - Linda Polaschek

12 Everest Street, Khandallah, Wellington 6035

Phone: 04.479.7955 Email: nandlpolaschek@gmail.com

Northland Co-ordinator - Michael Dougherty (ex officio)

Shantigriha, 735 Owhiwa Road, RD1 Onerahi, Whangarei 0192

Phone: 09.436.5663 Email: mdl@outlook.co.nz

Auckland Area Co-ordinator - Vincent Maire

7 Motuora Road, Manly, Auckland, 0930

Phone: 027.2766032 Email: vincentmaire12@gmail.com

Waikato-Bay of Plenty Co-ordinator - Raymond Eberhard

93 Highfields Drive, Katikati, Waikato 3129

Phone: 07.549.5329 021.795.579

Email: celebrantraymond@gmail.com

Hawkes Bay/Manawatu/Taranaki Co-ordinator - Malcolm Byford

15 Bell Street, Otane, Central Hawkes Bay, 4202

Phone: 06.856.8229/027.263.3708 Email: bmbbyford@xtra.co.nz

Wellington Co-ordinator - Elspeth Preddey

39 Anne Street, Wadestown, Wellington 6012

Phone: 04.472.3369 Email: elspeth.preddey@xtra.co.nz

National Oblate Co-ordinator - Jo Ward

40 Bennetts Road, Otaki, 5512

Phone: 022.071.5881 Email: oblatesnz@gmail.com

South Island Co-ordinator - Jane Hole

341 Wairakei Road, Bryndwr, Christchurch 8053

Phone: 03.359.9036 Email: holejane66@hotmail.com

Nelson Co-ordinator - Marie Shepherd

Email: mlshepherd54@gmail.com

Christchurch Co-ordinator - Chris Wilson

9A Camelot Street, Christchurch

Phone: 029.357.843 Email: cjw9nz@gmail.com

South Island Meditation in Schools

Regional Co-ordinator - Jane Hole

341 Wairakei Road, Bryndwr, Christchurch 8053

Phone: 03.359.9036 Email: holejane66@hotmail.com

Friends Co-ordinator - Vincent Maire

7 Motuora Road, Manly, Auckland, 0930

Phone: 027.2766032 Email: vincentmaire12@gmail.com

Treasurer - Maureen Eberhard

93 Highfields Drive, Katikati, Waikato 3129

Email: treasurer@christianmeditationnz.org.nz

Trust Board Secretary - Damian Robertson

117 Ranolf Street, Glenholme, Rotorua, 3010

Phone: 07.347.2087 Email: damian51950@gmail.com

Meditation in Schools National Co-ordinator

& School Co-ordinator - Fr Peter Murphy

52 East Street, Papakura, Auckland 2110

Phone: 09.298.5134 Email: frpetermurphy64@gmail.com

Webmistress - Clare McGivern

Email: cmcgivern@hotmail.co.nz

Newsletter Editor - Margaret Paton (ex officio)

29 Coulthard Terrace, Papakura, Auckland 2113.

Phone: 09.298.4409 Email: margaretpaton@xtra.co.nz

New Zealand Community for Christian Meditation

Charities Commission Number CC41943

Annual Subscription \$ 25.00

Additional Donation \$ _____

Total \$ _____

* Thank you for supporting the work of NZCCM.

* If you have contributed a donation of \$10.00 or more and require a receipt, please tick here _____

* There are several ways you can pay:

- i By paying online to 38-9003-0812910-00
- ii By asking your bank teller to assist you to transfer the funds to the NZCCM Kiwibank account.
- iii By depositing cash into the NZCCM account at Kiwibank. Please print your name in the signature section and sub, and email or postal address in the reference section.

If you are on email, please tell us.

Name: _____

Postal Address: _____

Post Code: _____ Telephone: _____

Email Address: _____

Stillpoint is sent to you by email, unless you request a posted copy.

I would like to start a meditation group or have someone run an introductory course in my area yes/no

Please return with payment

Treasurer - Maureen Eberhard
93 Highfields Drive, Katikati, Waikato 3129
treasurer@christianmeditationnz.org.nz

Stillpoint is the official magazine of the New Zealand Community for Christian Meditation. It is published quarterly to provide a forum for sharing and teaching within the NZ Christian Meditation Community and to keep members informed of events, past and future. Publishers: New Zealand Community for Christian Meditation, c/o Linda Polaschek, 12 Everest Street, Khandallah, Wellington 6035. Phone: 04.479.7955 Email: nandlpolaschek@gmail.com Editor: Margaret Paton. Articles for publication may be sent to margaretpaton@xtra.co.nz or the National Co-ordinator Linda Polaschek, Email: nandlpolaschek@gmail.com The opinions expressed in this magazine do not necessarily reflect the attitudes and views of the editor.

Events Calendar:

Ongoing On-line Introductory (open to all) Meditation.
Tuesdays 4pm on zoom.

Contact Rosie Dell rev.rosie.dell@gmail.com

2021

Online Introductory/Refresher Course

Five sessions, Tuesday 2nd February to Tuesday 2nd March.
Sessions will commence at 7:30pm and will take about an hour.

Contact Raymond Eberhard celebrantraymond@gmail.com

18th - 21st January National Retreat,

Waikato University. Retreat leader, Rosie Dell

Wisdom from the desert:

directing our thoughts towards our heart's desire, God.

See our NZCCM website <https://christianmeditationnz.org.nz>

Contact retreat@christianmeditationnz.org.nz

6th March Waikato, Bay of Plenty Community Day

Rotorua St Mary's Catholic Church Hall,

Corner Ranolf and Seddon Streets, 10.00am – 2.30pm

Meditation, Presence And Care Of The Dying

Presented by Vincent Maire

Contact Raymond Eberhard phone 07 5495329

celebrantraymond@gmail.com

20th March Auckland Community Day,

St John's Church Hall, 180 Centreway Road, Orewa.

Christian Meditation and the Christian Tradition

10.00am – 3.00pm. Presented by Nick Polaschek.

Contact Vincent Maire, vincentmaire12@gmail.com 027 2766032.

27th March Wellington Community Day,

Home of Compassion, Island Bay.

Christian Meditation and the Christian Tradition

10.00am – 2.00pm. Contact Elspeth Preddey,

ph 027 472 3369 04 472 3369 elspeth.preddey@xtra.co.nz

2021 Online Christian Meditation Introductory-Refresher Course

Online five-week Introductory/Refresher Course

Evenings, Tuesdays 7:30pm

Begins 2nd February 2021

Ends 2nd March 2021

If you are interested, please contact:

celebrantraymond@gmail.com

or phone 075495329

see page 5 for more details

Silent Retreat

18th to 21st January 2021

University of Waikato,
Hamilton, New Zealand

**led by
Rosie Dell**



*see pages 8 and 9
for registration details*