

World Community for Christian Meditation (New Zealand)

Auckland Community Day

Saturday 8th July 2023

10.00am – 3.00pm

Auckland School of Philosophy

268 West Tamaki Road

Glendowie



Centring the Self

Balancing the Fine Art of Mental Wellbeing for Self and Others

Jenny Wolf has worked in the field of mental health and addiction for over 30 years, in frontline and leadership roles within Australia and New Zealand. During this community day, Jenny will incorporate insights from a health professional's journey and explore "*What does mental wellbeing look like?*" in light of how we might experience some of life's unexpected curve balls - and how we can support others. Jenny will reflect on the intricate connection between mental wellbeing and the practice of Meditation in the Christian Tradition, and how mindfulness connects with the tradition. Jenny will provide tips and techniques on how to recognise and respond to stress. Jenny lives in Raglan and is on the WCCM Oblate journey.

- Please bring your own lunch
- Please bring a friend
- Please bring a koha
- There will be two periods of meditation
- People new to meditation in the Christian tradition are most welcome
- For more information contact Vincent Maire on 027 276-6032