**The Seven day Silent Meditation Retreat**

This intensive retreat is:

* a week-long residential retreat
* suitable for people who have been meditating seriously for some time
* a time of silence and stillness with a daily flow of meditation, a short talk, and regular meetings with one of the retreat leaders
* a profound integrated experience of both sides of the spiritual journey of meditation – of solitude and fellowship
* an opportunity to go deeper by being present to ourselves and to God.

We are planning a seven day Retreat **21-27 October 2024**. If you are interested in considering this and have not yet attended an Essential Teaching Workshop, we highly recommend you arrange to attend one. You can do this either on-line (contact Raymond Eberhard [celebrantraymond@gmail.com](mailto:celebrantraymond@gmail.com)) or, if there is a small group of meditators who would like a face-to-face workshop held over two days, then contact Linda Polaschek [nandlpolaschek@gmail.com](mailto:nandlpolaschek@gmail.com)

If you would like to find out more about the October Silent Retreat, please contact Linda Polaschek [nandlpolaschek@gmail.com](mailto:nandlpolaschek@gmail.com) or one of the leaders.

During a silent meditation retreat, we’ll find that our mind begins to slow down, to calm down, to become clearer and we begin to discover the natural state of the mind. Of course, in mental quiet, our thoughts may still be there, but they are less intrusive and less noisy.

To read 3 people’s accounts of the Intensive Retreat 2023, see [Stillpoint, Dec 2023](https://christianmeditationnz.org.nz/wp-content/uploads/2023/11/Stillpoint-Final-December-2023.pdf)

**DATE**: Monday 21 October 2024 – Sunday 27 October 2024

**LOCATION**: St Francis Retreat Centre 50 Hillsborough Rd, Hillsborough, Auckland 1042

**LEADERS**: **Rosie Dell**, Rosie is an Anglican Priest currently ministering as Vicar in the parish of Whangamata. She was ordained priest in 2009 and alongside parish ministry was Bishop's Chaplain for Licensed Lay Ministry. Rosie has also 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 can be contacted at [revrosiedell@gmail.com](mailto:revrosiedell@gmail.com)

**Raymond Eberhard**, has been interested in spirituality since his early twenties. He has a Social Services background, having been General Manager of a Charitable Trust for over twenty years. Raymond is a Benedictine Oblate, an NZCCM Council Member and teacher of Christian Meditation. Raymond actively supports St Peter’s Anglican Church in Katikati, by facilitating a monthly ‘Tell Your Story’ Men’s’ Breakfast and by chairing their Seasons for Growth Committee, which supports school students suffering from loss and grief. Raymond can be contacted at [celebrantraymond@gmail.com](mailto:celebrantraymond@gmail.com)

**Peter Murphy** is a retired Catholic priest and founding member of the NZ Community for Christian Meditation. He is a personal friend of the World Community for Christian Meditation Director, Fr Laurence Freeman. Peter has worked in parish ministry and in the seminary. He has led many retreats and teaching sessions, promoting Christian meditation to all people with a Christian background. Peter can be contacted at [frpetermurphy64@gmail.com](mailto:frpetermurphy64@gmail.com)

**COST**: supported $740 / standard $1140 / supporting $1540

Pay what you can afford. The standard fee is $1140. This is the amount that means we break even. However, we wish to make this important retreat available to as many as want to come, so we have a supported fee of $740. To ensure we can still cover our costs, we ask those who can afford more to pay the supporting fee of $1540 (or some of this additional amount). A donation tax receipt will be issued for payments above $1140.

Also, there is a time payment facility for those who would like to pay in 3 instalments. Please contact our treasurer to let her know your plans. Maureen, our treasurer, can be contacted at [treasurer@christianmeditationnz.org.nz](mailto:treasurer@christianmeditationnz.org.nz) If the supported amount is beyond your budget, please contact us as we are keen to support all those who wish to come, with priority being given to those who have not yet attended an intensive seven day retreat.

Please pay into NZCCM’s Kiwibank account **38-9003-0812910-01**

**REGISTRATION**: For planning and to confirm our booking at the retreat centre, we need to know who is coming well before the retreat begins. Please contact us at [retreat@christianmeditationnz.org.nz](mailto:retreat@christianmeditationnz.org.nz) before the **end of August 2024** to register your interest and we will email you a registration sheet.