

# Spirituality and Healthcare

HAWKES BAY, MANAWATU CHRISTIAN MEDITATION COMMUNITY DAY

DATE. 28<sup>TH</sup> SEPTEMBER 2024

TIME. 9.45am to 3pm

PLACE. ST MARY'S CATHOLIC CHURCH CENTRE 58 OSIER RD  
GREENMEADOWS, NAPIER

SPEAKER. **DR RICHARD EGAN**, Assoc Professor at the Dept of Preventative and Social Medicine, Dunedin School of Medicine Otago University; Co-Director of the Social and Behavioural Research Unit; Former Director of the Cancer Society Research Collaboration.



Richard will:

- Outline his journey as a Buddhist based meditator, reflecting on his Catholic upbringing and emphasizing the universal aspects of meditation that go beyond religious boundaries and unite different spiritual traditions.
- Explore the importance of spirituality in aging, healthcare and palliative care settings.
- Draw from his research and national and international literature to discuss how integrating spiritual practices can improve patient care and overall wellbeing
- Outline his new project which focuses on examining the current spiritual care environment in Aotearoa New Zealand and consider how spiritual care can be enhanced across our healthcare systems at a policy, institutional and practice level.
- Provide time for questions and discussion.

LUNCH. Shared lunch (please bring some food to share). Tea and coffee provided

KOHA To assist with costs

REGISTRATION: Please let Malcolm Byford, NZ Community for Christian Meditation Regional Coordinator know you are intending to come. There is no charge for this event, though we do appreciate a koha. Malcolm can be contacted at 027 263 3708, 06 856 8229 or [bmbbyford@xtra.co.nz](mailto:bmbbyford@xtra.co.nz)

**All welcome**

## PROGRAMME

9.45am. GATHERING, CONVERSATIONS AND MORNING TEA  
10.10am. WELCOME AND WHAKAWHANAUNGATANGA  
10.25am. MEDITATION WITH BRIEF INTRODUCTION  
11am. SPEAKER  
12MD. LUNCH  
1pm. SPEAKER  
2.20pm. MEDITATION  
2.50pm. CLOSING  
3.00pm. HOMEWARD BOUND