

Christchurch Christian Meditation Community Day  
St Saviour's Church at Holy Trinity  
17 Winchester St Lyttelton  
5<sup>th</sup> Oct 2024  
Come at 10am for a cuppa, 10.30am - 2.30pm

***Into the Night***  
***Meditation, the Shadow, and the Christian Spiritual Path.***

Facilitators: Eddie O'Connor and Annette Reinheimer

In this Christian Meditation Community Day, Eddie and Annette will explore how facing our dark side is an essential component of the Christian spiritual journey. Drawing inspiration from Kim Nataraja's book, *Dancing with your Shadow*, we'll look at how learning to notice and accept our more negative thoughts and feelings is crucial if we want to be the whole and undivided person God is calling us to be.

About Eddie: Eddie is currently a Chaplain at Burwood Hospital and is the former Director of Sister Eveleen Retreat House. He is also an Ignatian Spiritual Director and runs silent retreats focusing on contemplative Christian practices. Eddie has been meditating in the Christian tradition since 2018.

About Annette: Annette has been meditating in the Christian Tradition for 12 years. Currently Annette is the co-ordinator for Christian Meditation Community in Christchurch. This involves co-ordinating Community Days and supporting meditation groups.

- Refreshments are provided
- Bring your own lunch
- No registration required
- \$15.00 Koha appreciated
- Contact- Annette Reinheimer 0212075122