



The Practice of Meditation

exploring and practice of meditation in the Christian tradition

A Short Two Week Course for those wishing to experience the *simplicity, stillness and silence* of meditation.

Learn and experience the basics of meditation in the company of others who are also seeking to deepen their spirituality.

Shape a sustainable spiritual practice that can lead to an improved sense of everyday wholeness and wellbeing.

When: Tuesday July 20 and July 27 from 10.00am to 11.00am

Where: House of Prayer and Spirituality, 17 Thomas St, Pimlico.

Cost: Suggested donation \$10 per session

What to expect: Each session will include a time for meditation, teaching on meditation, and morning tea for those who wish to stay on.

To book in or for further information contact the House of Prayer & Spirituality

Phone: 47289861 Email: houseofprayer@tsv.catholic.org.au

Website: houseofprayertownsville.org.au



To learn contemplative practice is to learn what we need so as to live truthfully and honestly and lovingly.

It is a deeply revolutionary matter!'

Rowan Williams, Archbishop of Canterbury