

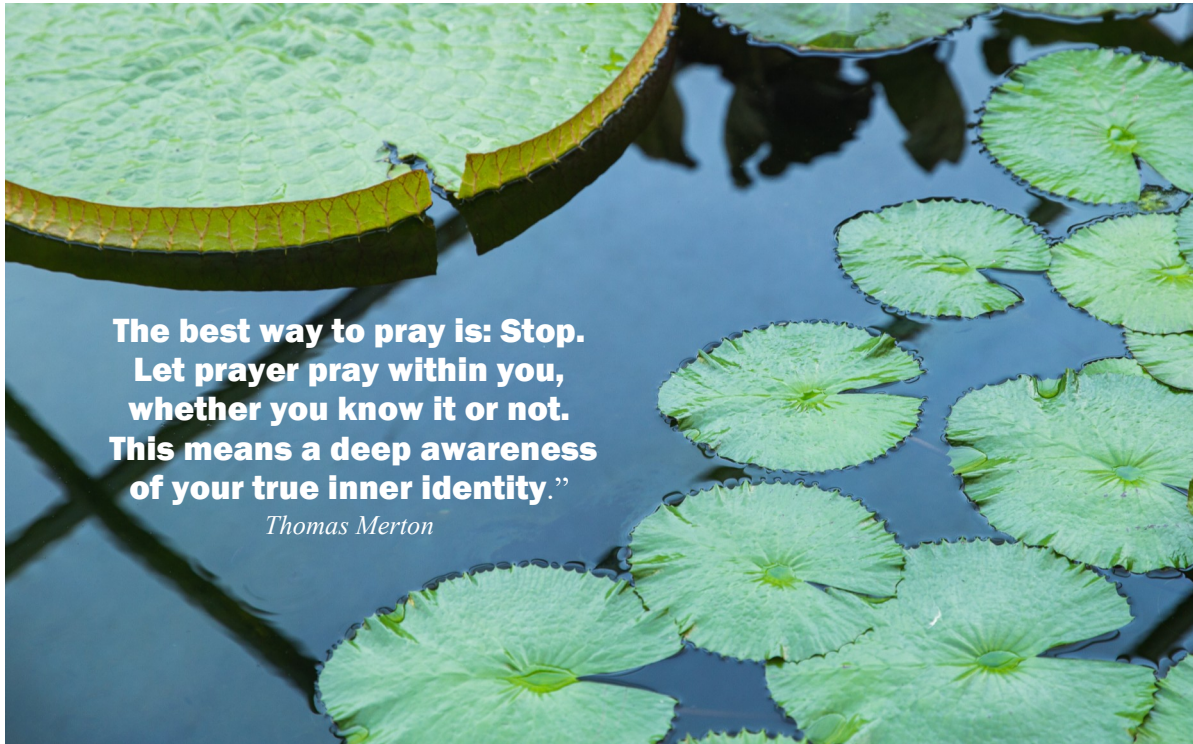


Contemplative Living with Thomas Merton

“Contemplative living is a way of listening and responding to our everyday experiences by consciously attending to our relationships with self, others, God, and all of nature”

Join our gathering for reflection and dialogue:
First Sunday of each Month (Excl. January) 10.30am - Noon

Presence: Make time away from routine tasks where quiet solitude can lead you to a rich inner life which will then blossom into your everyday living.



**The best way to pray is: Stop.
Let prayer pray within you,
whether you know it or not.
This means a deep awareness
of your true inner identity.”**

Thomas Merton

Community: Through safe and sacred sharing, the wisdom of others helps us to deepen and enrich our own experience and makes for authentic and nourishing connections.

Using the **Bridges to Contemplative Living with Thomas Merton Series**, participants journey toward personal transformation and a more contemplative and peace-filled life. Each topic provides readings from Merton and other spiritual masters, time for dreaming or journaling and questions for small group shared dialogue.

Each session is self-contained and attendance may be a monthly commitment or a casual and infrequent opportunity. Your donation will be welcomed.

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