

*‘Music helps to keep us in touch  
with the whole vibrating world  
and thereby centres us  
in our own being’*

*Yehudi Menuhin*

*‘The peace, the stillness,  
the harmony  
that we experience in meditation  
becomes the basis  
for all our action’*

*John Main*



*‘Learning to meditate is not  
learning to do, it is learning to  
be...To be in harmony with your  
own being and with your continuous  
creation is also to be in harmony  
with all of creation around us, it is  
being in harmony with the Creator.’*

*John Main*

## *Inner and Outer Harmony*

*the music within and  
beyond ourselves*

**Marymount Mercy Centre**

36 David Rd, Castle Hill, NSW 2154

**24-26 August 2018**



**A WEEKEND SILENT  
RETREAT**

Australian Christian Meditation Community NSW  
ABN 16 047 506 915.

[www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)

An invitation to spend time together in the Christian contemplative tradition - a time of silence and enrichment. The focus will be on the practice of Christian meditation combined with sacred reading of Scripture and the role of music to explore harmony at our own centre and within the cosmos.

There will be some breath and body awareness exercises to relieve tension and stress in the body. These enhance our capacity for stillness and a focused mind in meditation as well as enhancing awareness in our daily lives.

The retreat will be conducted in silence with specific times for sharing and community, with the focus on increasing awareness of God within us, among us and around us in the beautiful bushland surrounding Marymount.

We look forward to seeing you. Instructions for travel to Marymount by car or public transport will be provided if necessary.

**Please contact us for more information if required**

John Sheehan (02) 4381 1002

Tina O'Sullivan 0411799326

## **VENUE:**

**Marymount Mercy Centre**  
**36 David Road, Castle Hill**

**TIME:** Arrival from 4.00pm Friday 24th Aug. Retreat finishes mid afternoon on Sunday 26<sup>th</sup> August 2018. The silence commences after night prayer and meditation on Friday night.

**COST:** \$260 covers full residential accommodation and meals. Accommodation is in single rooms with shared bathrooms. All areas have access by lift. Please complete registration early as bookings are processed in order of receipt.

**PLEASE BRING** Comfortable, loose fitting clothes, soft-soled shoes, and a sitting cushion if desired.

## **PAYMENT: by August 15th**

Please detach and send the registration form together with a cheque or money order for \$260 payable to ACMC (NSW)

By electronic transfer to ACMC(NSW) account with reference to 'MMretreat'

**BSB : 032060 AC: 268216**

**Send with registration to:**  
**JFSheehan, PO Box 205,**  
**Avoca Beach 2251**

## **REGISTRATION**

**NAME(S)**.....

.....

**ADDRESS:**

.....

.....P/C.....

**PHONE:**

(Day).....

(Evening).....

(Mobile).....

**EMAIL:**

.....

**DIET:**

Vegetarian ☐ NonVegetarian ☐

**PAYMENT ENCLOSED**

Cheque ☐ Money Order ☐

Payable to ACMC(NSW)

☐ Confirmation of an e-transfer

☐ Donation to scholarship \$.....

*Some limited scholarship assistance is available. Please contact Janet O'Sullivan 0449595112*

