

REGISTRATION

FOR EITHER OR BOTH DAYS
BLOCK letters please

Name _____
Address _____
Phone _____
Email _____

I will attend: (please tick)

- both days
 Saturday only...\$60:
Early Bird (by 1/10/16)/**concession \$50**
 Sunday only...donation on the day
 Donation to scholarship fund to help another
to attend \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

PAYMENT DETAILS (Saturday only)

- Money Order/Cheque (Payable to APMC)
 EFT Direct Debit to APMC (NSW)
BSB 032-060 Account Number 268216
Please use your name as the reference and
send an email to acmcmeditatio@gmail.com
to confirm your payment

- Credit Card Visa MasterCard

Name on Card _____
Card Number _____
Expiry Date _____
Amount \$ _____
Signature _____

REGISTRATION (For either or both days)

- **By Post: Please forward this completed registration form with your**

**Cheque/Money Order, Credit Card or EFT details
(for Saturday bookings) to:
ACMC (NSW)**

PO Box 127 North Sydney NSW 2059

- **To Book Online for either or both days
(NB Saturday booking by credit card)
please go to**

www.trybooking.com/220217

PROGRAMME

Saturday 10am – 4pm will include
Laurence Freeman OSB speaking on “Meditation
and Ageing” and Sarah Bachelard and Neil Millar on
“Practising the Vocation of Ageing”
...and more.

Sunday 10.30am-12.30pm will include
Laurence Freeman OSB speaking further
on “Meditation and Ageing” and
small reflection groups.

All are invited to join the monks for midday prayer
before lunch and for Mass after lunch.

INFORMATION

TRAVEL Further directions are on the website
SATURDAY The Ron Dyer Centre, cnr Miller and Ridge
St's, North Sydney, has parking for about 100 cars in the
churchyard and underneath the building; there are more
in Council car park nearby in Ridge St

- Buses in Miller St (alight at Ridge St) both
from the north and from the city and North
Sydney Station

SUNDAY St Benedict's Monastery is at
121 Arcadia Rd, Arcadia

FOOD BYO Lunch both days, tea and coffee
will be provided

ENQUIRIES acmcmeditatio@gmail.com

SCHOLARSHIP ASSISTANCE

Please email us to enquire about what is available.

CANCELLATION POLICY

If necessary, please email before 5/11/2016.
There may be a cancellation fee



MEDITATION AND AGEING Transformation – *The Journey of Life*

*A Meditatio Seminar hosted by the
Australian Christian Meditation
Community (ACMC)*

Saturday 19th November 2016
Ron Dyer Centre, North Sydney

Sunday 20th November 2016
St Benedict's Monastery Arcadia

*Laurence Freeman OSB
with keynote speakers, a panel,
personal testimonies and small reflection
groups, interwoven with meditation
and contemplative practices*

www.christianmeditationaustralia.org

How can a contemplative spirituality make a difference in responding to the challenges we face as we age?

It is important to learn to see meditation as a way of growth, a way of deepening our own commitment to life, and so as a way leading to our own maturity...Every great spiritual tradition has known that in profound stillness the human spirit begins to be aware of its own Source. This interior contact with the Life Source is vital for us, because without it we can hardly begin to suspect the potential that our life has for us. The potential is that we should grow, that we should mature, that we should come to fullness of life, fullness of love, fullness of wisdom - John Main OSB

Ageing begins at birth, it is a whole of life experience... being alive requires ageing and, as has been said, is infinitely better than the alternative! What is aroused in us when Mary Oliver says ...

all my life

I was a bride married to amazement.

I was the bridegroom, taking the world into my arms...

Do we share her enthusiasm? Will we always? Is there a way in which attending to the issues in earlier life anticipates and prepares us, even heals us for, later?

In this seminar we will be inviting an intergenerational exchange on the passage from one phase of life to another. And we will consider old age, the journey into simplicity as Helen Luke says, with its particular graces and challenges...how could the journey, including our inevitable physical decline, be about transformation and ripening, our passage into presence?

We will consider the sadness and loss of old age, along with its clarity, freedom and mysticism where, living transcendentally, "in love", we are close to the Life Source and perhaps share in a sense of the unity of all things. Is there a sense of ageing as a vocation, and of what might support its unfolding?

From their fields of pastoral care, spirituality, social commentary and theology, our speakers will explore how the ageing process, often associated largely with physical decline, could serve as an opportunity for transformation, to become as John Main says "the person we were created to be"

Laurence Freeman, OSB is Director of The World Community for Christian Meditation. He is an author, international speaker, retreat leader and meditation teacher.

Sarah Bachelard is founding director of Benedictus Contemplative Church, a writer, theologian and retreat leader (including retreats on the vocation of ageing).

Neil Millar has worked in youth ministry, parish ministry, theological education and aged care chaplaincy. He has designed and led retreats on the vocation of ageing and is involved in the ongoing formation of spiritual carers in aged care settings.

For more details on the speakers and the programme please see www.christianmeditationaustralia.org



The WCCM, of which the Australian Christian Meditation Community is part, is a contemporary, ecumenical contemplative community, which teaches meditation in the Christian contemplative tradition as rediscovered by John Main OSB from the early Christian Desert Fathers in the 4th Century. In over 120 countries, the WCCM supports over 2500 meditation groups in hospitals, prisons, churches and community groups, and engages in seminars, interfaith dialogue, retreats, and the teaching of meditation in schools.



Outreach of

meditatio

The World Community for Christian Meditation

Meditation, as the outreach of WCCM brings the fruits of meditation to the wider world in the fields of education, healthcare, mental health, addiction, business, social justice, science and the environment.

Meditatio offers this central and simple teaching not as a withdrawal from 'the World' but as a way of actively engaging with contemporary life, with all its challenges and all its rich potential for change.

I am aware that all of these years of meditation have helped to prepare me for this time of final maturing. They have given me a certain freedom which enables me to accept the slowing-down-process and the inevitable disabilities of this time of life.

- Madeline Simon

**We have time to grow old. The air is full of our cries.
But habit is a great deadener. - Samuel Beckett**