

The World Community for Christian Meditation (WCCM) is a global and inclusive contemplative community of meditators from all Christian traditions whose practice of this universal tradition is rooted in the teachings of the Gospels and the early Christian tradition (www.wccm.org)

Meditatio is a cluster of programmes, publications and events in different countries that shares the fruits and benefits of meditation with the wider world. It is the outreach of WCCM and seeks to bring universal spiritual wisdom and values to bear upon the pressing issues of a secular world. One important focus for Meditatio is medicine and healthcare.

Fr Laurence Freeman OSB, Benedictine monk and Director of WCCM, travels widely as a spiritual guide, international speaker and retreat leader. He is the author of many books and articles. Fr Laurence has conducted dialogues and peace initiatives, such as the historic "Way of Peace" with the Dalai Lama, and he is active in inter-religious dialogue with leaders of other faiths. He encourages the teaching of Christian meditation to children and students and promotes the recovery of contemplative wisdom in the church and in society.



Meditatio Seminar

Contemplative Care Healthcare and Meditation

Clinical Education Centre Auckland City Hospital January 17 & 18, 2019

With New Zealand health care professionals and
Laurence Freeman OSB
Benedictine monk and Director
of The World Community for
Christian Meditation

Registration

Please register for the seminar at:

www.meditatio.org.nz

Information about the venue, access, parking and overnight accommodation options on the website.

Cost of the seminar

Early Bird (by 30 Nov) \$280

Full price \$320

(includes lunch, morning and afternoon tea)

Certificate of Attendance will be provided for those wishing to document their continuing professional development.



www.meditatio.org.nz

Contemplative Care Healthcare and Meditation

Contemplative Care is a dimension of healthcare practice that comes out of the great tradition of contemplative practice which is both ancient and universal. Contemplative Care enables the practitioner to develop better self-care, self-knowledge, inner reflection and intuition that informs their healthcare practice, and enlivens their personal presence with the patient.

In this two day seminar speakers from across the healthcare spectrum will dialogue with participants on the many ways Contemplative Care can be used to benefit both practitioner and patient alike.

Presenters:

Vanessa Eldridge Manager, Day Hospice at Mary Potter Hospice, Wellington
(Ngāti Kahungunu and Rongomaiwahine).
'Mauri ora' vs 'treatment' and the wairua journey for Māori at the end of life

Tony Fernando Psychiatrist, Senior lecturer, Medical, University of Auckland, Sleep Specialist.
The Science of Happiness

Anna Holmes Clinical Senior Lecturer, Department of General Practice, University of Otago.
From cure to healing – the rediscovery of spirit and hope

Pat Neuwelt Physician and honorary senior lecturer at the University of Auckland.
Contemplative practice: opening to the gift of our own vulnerability

Patrick Doherty Family counsellor, writer, WCCM Benedictine Oblate; Auckland.

Healing others through healing ourselves

Eric Fairbrother Benedictine Oblate and Solitary, Spiritual Companion, Teacher, Poet, Priest; Napier.

Peace - source of our healing and care of others

David Gillmore Process-oriented facilitator/ counsellor, palliative care nurse, Te Omanga Hospice, Lower Hutt.

Accompanying the less-responsive person

Ecie Hursthouse NZ Buddhist Chaplain, Managing Director - Amitabha Hospice Trust, Auckland.

Vincent Maire Spiritual Care Coordinator, Harbour Hospice, Red Beach, Auckland.

Alison Morgan Spiritual Care Coordinator, Mercy Hospice, Auckland.

Contemplative care of the dying

Damian Wojcik Medical Director, Northland Environmental Health Clinic, Whangarei.

The joy of compassionate healthcare

Chair:

John Collins Nephrologist, Honorary Associate Professor, University of Auckland.

Further information about the presenters and programme is available on the website:

www.meditatio.org.nz

Programme

Thursday 17 January 2019

8.30am	Registration & coffee/tea
9.20am	Welcome, John Collins , Opening karakia, Kaumatua
9.30am	Session 1: Fr Laurence Freeman OSB
10.10am	Meditation
10.30 am	Morning tea
10.50 am	Session 2: Anna Holmes
11.50 am	Session 3: (1) Damian Wojcik (2) Ecie Hursthouse , Vincent Maire Alison Morgan (3) Patrick Doherty
12.50pm	Lunch
1.50pm	Session 4: Tony Fernando
2.50pm	Afternoon tea
3.10pm	Session 5: Panel discussion chaired by John Collins
3.40pm	Meditation and closing remarks Laurence Freeman OSB

Friday 18 January 2019

9.00am	Coffee/tea
9.30am	Session 6: Laurence Freeman OSB
10.10 am	Meditation
10.25 am	Morning Tea
10.45 am	Session 7: Vanessa Eldridge
11.45 am	Session 8: Pat Neuwelt
12.45 pm	Lunch
1.45 pm	Session 9: (1) David Gillmore (2) Eric Fairbrother (3) Damian Wojcik
2.45pm	Session 10: Panel discussion chaired by John Collins
3.15 pm	Meditation and closing remarks Laurence Freeman OSB Final thanks, John Collins