

Christian Meditation



Thursdays at 1pm
in the Prayer Room in the Chapel
cnr Kings Avenue and Blackall Street
at The Centre for Christianity and Culture
1 Blackall Street, Barton

Thursdays 1pm-1.30pm

Christian Meditation is a spiritual wisdom and a practice leading from the mind to the heart. It is a way of simplicity, silence, stillness and openness to God. It can be practised by anyone, wherever you are on your life's journey. It is only necessary to begin – and to keep on beginning.

contact: Susanna Pain
Chaplain and Spiritual Companion for the Arts
Australian Centre for Christianity and Culture
susanna.pain@gmail.com
0418637469

This practice is in the tradition of the World Community for Christian Meditation
<http://www.wccm.org/>

The logo of the two birds, one looking outward and one inward, represents the active and contemplative sides of Christian life.

