



You are invited to join us in an

interfaith meditation and sharing group

Over the past 10 years or so, encouraged by our spiritual leader Father Laurence Freeman, the Christian meditation community here in Sydney has been part of a number of conversations with other faith traditions.

Interfaith friendship especially at the grass roots level serves the whole world in this critical era... Meditation is a spirituality of our time. It belongs to each tradition in a unique way. It offers an immediate and deep place of meeting, creating a community of faith among those of different beliefs and generates the hope that our time so urgently needs (Laurence Freeman, 2012)

We were further encouraged by Sheikh Kabir Helminski of the London Sufi group who suggested we simply, powerfully meet together to share silent prayer.

Please come and be part of this new group, evolving to we know not where...

Venue... the Ron Dyer Centre in the grounds of the church at North Sydney, corner of Miller and Ridge St's. You enter the church grounds from Ridge St, and park in the marked spaces. Enter the Ron Dyer Centre building (adjacent to the car-park on the western side) via the main double wooden doors which will open as you approach, our room is immediately to the right.

When ...the group will be held on the 1st Sunday of each month from 5-about 6pm.

How ...we will gather with some contemplative music, and begin and end the time of meditation with a short reading drawn from different traditions. All are invited to meditate in their usual way, or if you wish you can follow a simple practice where we each take a word or phrase sacred to us and repeat it silently during the time of meditation, 20-30 minutes.

After meditation we will take some time to reflect and share on a passage from each other's sacred writings and how they touch us and have meaning in our lives.

Contact...Paul or Judi Taylor palmy@ozemail.com.au ph. 9954 1037 with any enquiries or to let us know of your interest.

Please feel free to share this with others who may be interested.

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