



## Christian Meditation

Wednesdays & Fridays

*Be still and know I am God.*

Psalm 46:10



Anglican Church of Australia

**Oct - Dec 2019**

Meditation Sessions will be held in the  
Chapel, St Paul's Caulfield North

Further details available on our website  
or contact Monica in our Office  
530 Dandenong Rd, Caulfield North, VIC 3161  
03 9576 1477  
admin@stpaulscaulfieldnorth.com.au  
www.stpaulscaulfieldnorth.com.au

**Wednesdays 5.30-6.30pm**

**with Sue Conti**

**16 & 30 October, 6 & 20 November,  
4 & 18 December**

Christian Mindfulness Meditation is an invitation to "Be Still and know that I am God". In life much of our time is spent thinking about the past or future. During meditation we practice being present to God in body, mind and spirit.

These sessions include light refreshments, an introduction to a Bible reading and theme, guided meditation, silence and a time for shared reflection at the end.

*"I am employed at St Paul's as Pastoral and Families Minister. In leading Christian meditation I facilitate a space and time to respond to God's invitation to be still and know more of His presence and love. Christian mindful meditation has long been part of my personal prayer life and professional practice".*

**Sue Conti**  
**Graduate Diploma of Arts**  
**(Counselling)**  
**Tabor College (Victoria)**



**Fridays 1.30-2.30pm**

**with Kathryn Pile**

**Weekly 18 October - 1 November  
& 15 November - 20 December**

Christian Contemplative Meditation is a way to deepen being in God's presence. Using scripture and spiritual writing, this series of meditations leads to experiencing God in silence.

These sessions offer a time to transition from the world outside with music, an introduction to the session and meditation process, a theme and invitation into shared silence, and an invitation at the end to share your experience with the group.

*"For many years I have sought and practiced various forms of meditation. The search has taken me from my Methodist beginning with Jewish heritage through various faiths before returning to the Anglican and Catholic churches I now attend.*

*I am grateful for this pathway out and back to the Christian tradition."*

**Kathryn Pile**  
**Graduate Certificate**  
**in Guiding Meditation**  
**University of Divinity**  
**Australia**

