

Experiencing the Contemplative Way



This will be similar to a 'week of guided prayer' or 'retreat in daily life' except the prayer practice will be meditation or prayer of silence.

Participants will commit themselves to meditate for 30 minutes each day and then meet with a spiritual companion at the beginning and the end of the week to reflect on their experiences. All participants will begin by meeting together on the Sunday afternoon, Wednesday evening and it will conclude by meeting again on the Friday evening.

Dates: 11 – 16th March

Guides: Members of the Spiritual Growth Ministry team

Venue: Wgtn; location yet to be decided - we will advise when you express interest

Suggested Koha: \$50

Enquiries and expression of interest to: Pip Nicholls (04) 562 6364 or pip.nicholls@xtra.co.nz