

World Community for Christian Meditation in South Australia

**A Silent Retreat Day to step aside, relax and recharge —
Bonnevaux, Centre for Peace—Beauty and Community**

Retreat Leader—Sandy Andrews



Saturday 17th MAY

11 am – 4 pm

Cuppa & biscuits available from 10.30am

**At St Luke's
Anglican Church,
25 Smart Rd,
Modbury, S. A.**

Bonnevaux is WCCM's International Meditation and Retreat Centre near Poitiers in France.

Sandy Andrews, a member of WCCM since 1994 and one of the SA Meditation Group leaders, spent a few days at Bonnevaux last year. Sandy was struck by the beauty of the place and its surrounds, and the feeling of community and peace, fostered by three daily prayer times, each including silent meditation. Every Wednesday is a "desert" day at Bonnevaux, when people are free to explore the grounds, read or journal between prayer and meal times in order to continue their inner pilgrimage. Silence is kept throughout the day.

The Silent Retreat Day will be modelled on the Desert Day, and the Bonnevaux Daily Prayer Book will be used to include the two meditation sessions held at the beginning and end of the retreat day. There will be a talk about Bonnevaux and a reflection. The rest of the day is for you to use as you wish. There will be activities for you to use, or you may want to wander into the garden at St Luke's, journal, draw or just be.

"Meditation is discovering love, which is God, in your heart." John Main

- ♦ **Please bring your own lunch (not for sharing), your own cup and bottle of water, with tea and coffee supplied. Bring your art materials and journal.**
- ♦ **Suggested donation \$15**
- ♦ **For more information and to register: email chr.med.southaust@gmail.com**