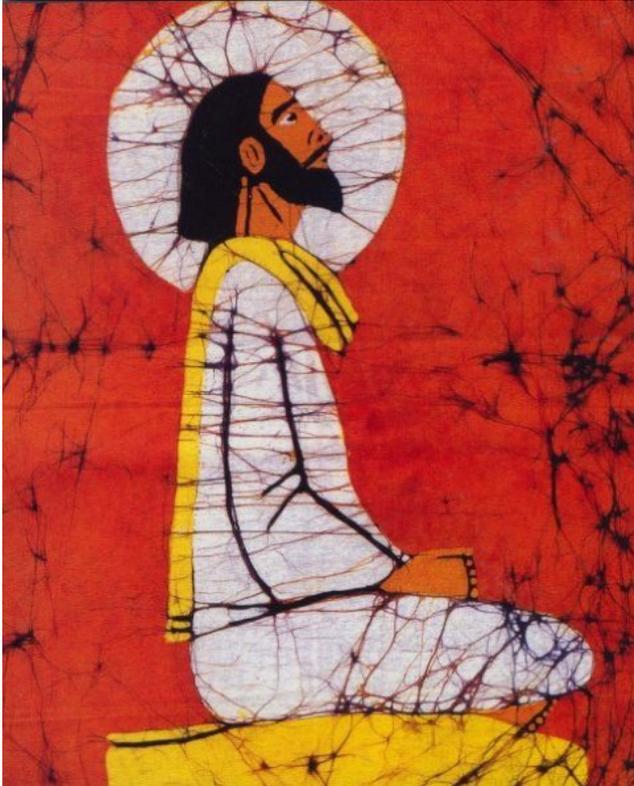


# How to Meditate

*The Kingdom of Heaven is Within (Luke 17:21)*



## AN INTRODUCTION TO CHRISTIAN MEDITATION

This short three-week series of reflections will introduce you to some of the basics of Christian meditation, also known as the prayer of the heart. Each week we will begin with some time learning about meditation as a way of being in silence, stillness and prayer, followed by a short meditation as a small group. We will also learn a little about the origin of this prayer and its central place in the life of the community today. The reflections will be facilitated by Robyn Fitzgerald, a Spiritual Director and Giver of the Ignatian Spiritual Exercises.

**Where:** St Bartholomew's Anglican Church, Alstonville

**When:** Mondays 8th/15th/22nd October, 6.00 - 7.30pm.

**Cost:** \$10.00 per meeting (materials included)

*For further inquiries and RSVP (Essential!):* Contact Robyn -

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