

CHRISTIAN MEDITATION COMMUNITY DAY

Manawatū, Hawkes Bay & Taranaki
Saturday, 28th March, 2020

Meditation, Presence and Care of the Dying *by Vincent Maire*

Vincent Maire is spiritual care coordinator at Harbour Hospice, Red Beach. He was a founding member of NZCCM, was a national coordinator and continues to serve on the national council.

At this day, Vincent will talk about how the gift of meditation in the Christian tradition enables him to companion people on their end-of-life journey.

Vincent believes that the practice of Christian meditation enables the carer to be more present and able to use stillness and silence in supporting people through times of distress and suffering. He also sees CM as being the basis of self-care.

He will explore a range of themes including mindfulness, presence, holy listening and self-awareness; connecting these themes with writers from the contemplative tradition including John Main OSB.

The event will be held at the
Catholic Diocese of Palmerston North
33 Amesbury St, Palmerston North
From 9.15am to 3.00pm

- People new to meditation are most welcome
- Bring food to share for lunch. Hot drinks provided.
- A koha (for costs) with a gold coin collection (for national promotion)
- Pleroma resources available for sale
- Register to attend by emailing sdr4412@gmail.com

Further information available from Sean Ryan
(06) 357-6521 or txt 027 449-6506