

BROTHERS AND SISTERS IN CONFLICT Islam and the West. The antagonism between Islam and the West appears daily on our TV screens. Some even talk of a clash of civilizations. Is there such a clash? Can we bridge the divide between Islam and the West? This workshop explores the apparent contradictions between Islam and the West and seeks a way to heal these divisions.

Our Presenter is Dr. Herman Roborgh who has spent most of his life living in Muslim countries and is at present teaching at a University in Pakistan.
Date Saturday August 25

THE EIGHTFOLD PATH AND CHRISTIAN LOVE-MEDITATIVE ENGAGEMENT Let us explore the ethical dimension of mindfulness – making real our insight in a world where despair and fear are rising. How might attention to the everyday open us to a renewed relationship to the earth and each other as liberating ethics? In each moment, each act, each gesture the world comes into being. **Our presenter is Rev. Paul Sanders, Zen teacher in the Diamond Sanga and a Uniting Church Minister.**
Date: October 13

THE CARMELITE WAY

A PILGRIMAGE THROUGH THE YARRA VALLEY, walking from Lilydale to Beautiful Warburton and Sancta Sophia Meditation Community. The walk is in three stages staying each night in Millgrove. Total walking distance is approximately 40km. There will be the opportunity for moments of prayer and reflection along the way. This will be the eighth time we have welcomed this pilgrimage. **If you would like to take part in this event contact The Carmelite Centre at Middle Park for more information.** Telephone 0396905430.
www.thecarmelitecentremelbourne.org

Date: November 9, 10, 11

ACCOMMODATION

Sancta Sophia offers six comfortable individual rooms plus a hermitage for retreatants and this can be extended for workshops and weekend activities. Day groups of 15-20 can be accommodated. **Please bring towel and bed linen.**

ACCOMMODATION RATES

Per day, overnight stay, catered: \$80.00
Day visit including Lunch: \$35.00
Day Groups to be negotiated

Cheques payable to Sancta Sophia Meditation Community

A deposit of \$50.00 to be paid when booking for programs. The Deposit is not refunded if cancellation is made within 7 days of the program. A percentage of the deposit may be transferred to another program.

LOCATION

Warburton is 75K from Melbourne. To reach Sancta Sophia turn left over the bridge after the main sign indicating Warburton Township and then turn left into Dammans Road. Continue to the end of the road to Riverturn Lane which will lead you into our property called Karith. *Melways map 289 H3*

Sancta Sophia Meditation Community

“Karith”

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Warburton 3799**

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SANCTA SOPHIA MEDITATION COMMUNITY

**Promoting Peace through
Meditation and Inter Religious
Dialogue**



**A Community that Offers You
Support on your Spiritual
Journey**

2018

Tel. 0359662120

SANCTA SOPHIA MEDITATION COMMUNITY

We offer you an environment to support you in your Spiritual Journey through Meditation, Ritual, Liturgy and sharing the Word of God.

You can join the Community for a quiet day sharing in the Community program or an extended stay for a private or directed retreat.

A **Hermitage** is available for a day or a longer stay. Massage and Spiritual Healing are available on request. Members of the Community offer Spiritual Counselling and teaching in Meditation techniques from East and West.

Sancta Sophia Meditation Community is directed by Kathleen Murphy, O.P. and Ken Petersen, O. Carm.

MEDITATION DAY RETREATS

Saturday February 17
Saturday March 31
Saturday May 26
Saturday June 30
Saturday September 1
Saturday November 3
Saturday December 15

Facilitators: Kathleen Murphy & Ken Petersen.

Meditation days are an opportunity to spend a longer time in Meditation practice. There will be group Meditation, Movement and Ritual. **You are asked to bring some Lunch to Share.**

Cost: \$30.00. Time 10.00 am - 4.00 pm

WEEKEND RETREATS

All Weekend Retreats begin at 8.00 pm on the Friday night and end on Sunday at 3.30 pm. Cost: Live in \$175.00, Live out: \$135.00. Saturday only \$80.00. Meals provided.

EXPANDING THE "I".THROUGH MEDITATION

The "I" we normally live with, Plato likened to a shadow on the wall of a cave" and Shakespeare to "a poor player that struts and frets his hour upon the stage." The Vedic tradition clearly says this small, mortal self is not our true identity. This Weekend we shall discover through teachings and exercises our deeper self which is infinite and eternal and one with all of life **Our Facilitator is**

Swamini Vinayananda, a Hindu Nun with the Chinmaya mission in the Advaitic tradition.

Date: June 22, 23, 24

WISDOM'S FREEDOM Wisdom and Creativity. This weekend will focus on Christian wisdom and its compelling, paradoxical and transformative affirmation, centred in the mystery of the cross and stretching out from the unitive centre to the global context we share. We are invited to discover wisdom's freedom in our lives and hearts through four movements **Awakening – Union – Incarnation –Freedom. Our facilitator is Chris Morris,** Chris is a spiritual director, Benedictine Oblate and lecturer at Catholic Theological College.

Date: September 21, 22, 23

ZEN AND THE ART OF PAUSE. Zen philosophy greatly influenced the arts, transmitting moral and spiritual values and cultivating stillness, calmness in practicing various arts, such as the tea ceremony, calligraphy, haiku, ikebana and qigong. Our Presenter Bom Hyon Sunim will lead us in a deeper appreciation of the Zen Arts and the practice of Pause. **Bom Hyon Sunim an Australian Buddhist Nun in the Korean Tradition lives at the Korean Jongbopsa Temple in Sydney,**
Date: October 26, 27, 28

DREAM WORKSHOP: The Cycle of Death and Rebirth. Navigating the Seasons of Life. As the old song goes, "For everything there is a season and a time for every purpose under heaven," In the midst of everything that is happening in our countries and in the world, many of us are feeling bewildered and some are fearful for the future. Such cosmic events cast their shadow on our lives causing us to face the most basic questions Our own lives follow the same rhythm – at the end of every stage of our development, we are faced with the death of what has been. It is often a time of chaos and uncertainty. This workshop will address these questions **Facilitated by Joy Ryan Bloore a Jungian Analyst from New Zealand who trained at the Jung Institute in Zurich.**

Date: May 19,20. Cost \$250.00

The Workshop will begin on Friday evening at 8.00 pm.

ONE DAY RETREATS

One Day Retreats begin at 10.00.am and finish at 4.00.pm. Lunch is provided. Cost: \$75.00

BEING LIGHT AND being light. Experience our Spirit Nature and its vastness through inner silence meditation. In this period of chaos and confusion, our Inner Wisdom is crying out to be heard. This is a day where we attempt to cultivate self-discovery; to see Infinity inside and outside of us; and to see the sacred in the mundane and transient. **Our Presenter is Chris Soenaris who has been living and working in several countries and learning from different schools of yoga and meditation.**

Date: April 28

EMBRACED BY LOVE. A day to celebrate the life and message of Dom Bede Griffiths. Come and join with Fr Michael Mifsud and our community as we remember this great man and share his message for the world. **Further details to follow.**

Date: Saturday May 12

OPENING THE THIRD EYE. The "Third Eye" is located in the eyebrow centre according to Yogic understanding of spiritual development. It is closed much of the time, but when opened it brings wisdom and perception, energy and decisiveness. This workshop will address the development of the Third Eye and its Christian interpretation. **Fr John Dupuche is one of the leading promoters of Inter religious dialogue in Australia and is at present developing an Inter religious Ashram here in Warburton**

Date: July 7

THE HEALING ENERGIES OF MUSIC AND SOUND. A deeply relaxing experience, bathing in the beautiful sounds of Cello, Didgeridoo, Tibetan Singing Bowls and chimes. We also use the voice to tone with the instruments and enhance the vibration in the body. This can help clear and balance energy and bring a deep sense of peace and harmony. A sublime way to relax, recharge and cope with the pressures of everyday life. **Our facilitator Marilyn Copeland has a particular interest in fostering creative and contemplative experiences which enrich the soul and enhance the awareness of the Sacredness of the Body.**

Date: August 11