

## Opportunities for Contemplative Practice and Meditation

December 2018 & January 2019

### 1) A Contemplative Christmas ~ December 24<sup>th</sup>. 1:00 pm

Looking for the strengthening of a quiet hour and meditative space on Christmas Eve? Join us for a **Contemplative Christmas** at St. Edmund's, Parksville, 1:00 pm, **December 24<sup>th</sup>**, for candlelight, silences and gentle reflective music.

### 2) Stillness at the Centre ~ 3:45 ~ closes December 11<sup>th</sup>, (our last session for 2018 for Stillness at the Centre), re-starts Tuesday, January 15<sup>th</sup>, 2019

### 3) Friday Morning Meditation ~ sessions now ended and switching to Tuesdays (Starts January 15<sup>th</sup>, 2019)

Our Friday Morning Meditation program has now completed its Fall session. Look for more opportunities to participate in the illuminating and engaging teachings of Eknath Easwaran in the new year.

We plan to switch from Friday morning to Tuesday afternoons at 3:45 pm in 2019 and combine with the existing time for the *Stillness at the Centre* program.

Starting Tuesday, January 15<sup>th</sup>, we will run from 3:45-4:15 for interactive spiritual teaching around the work of Eknath Easwaran (<https://www.bmcm.org/inspiration/>), followed by 30 minutes of silent contemplative practice (meditation)