

Stillness at the Centre

~ Silent Contemplative Practice ~



A weekly group experience and practice of 25 minutes of silent contemplative practice (also known as silent meditation, or contemplative prayer), with a short guided introduction and optional group de-briefing at the end.

Suitable for people with any or no background in meditation. Ground your life, find the support of others!

“Centre yourself, centre your day, centre your week.”

Andrew Twiddy, instructor

A good accompaniment to our Wednesday morning or evening *Spirituality Beyond Borders* programs (starts Oct 24th), and offered in parallel to our ongoing Friday morning meditation **

oneopencircle.org/spirituality-beyond-borders

- Dates:** 10 Tuesdays ~ starting October 2nd
(weekly from October 2nd, 2018 ~ last session Dec 4th)
- Time:** 4.10 pm – 4.40 pm
(quiet music: 4.00-4.10; optional de-briefing, 4.45-5.00 pm)
- Location:** St. Edmund's, 407 Wembley Road, Parksville (OneOpenCircle.org)
- Facilitators:** Andrew Twiddy, David Shadbolt
- Registration:** drop-in group (*no formal registration*)
- Prerequisites:** none (*no previous experience with meditation required*)
- Cost:** free of charge

** note:

we offer a parallel weekly one-hour spiritual teaching and silent meditation on Friday mornings, featuring the work of the Blue Mountain Centre of Meditation and teacher Eknath Easwaran (bmcm.org) including 15-30 minutes of teaching, plus a 30-minute practice of silent meditation entitled *Passage Meditation* (silent meditation on an inspirational text). Offered ongoing: Fridays, 9.30 am, St. Edmund's Library

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teacher & host: Andrew Twiddy