

*Take up your seat  
on a high place and watch,  
if only you know how,  
and then you will see  
in what manner,  
when,  
whence,  
how many  
and what kind of thieves  
come to enter  
and steal your clusters of  
grapes.*

*When the watchman grows  
weary, he stands up and prays;  
and then he sits down again  
and courageously takes up his  
former task.*

*St John of Sinai*

### **The Facilitator:**

**Chris Chaplin msc** has over twenty five years' of personal experience with meditation and mindfulness.

*He lives the eremitical life at Shoreham on the Mornington Peninsula, south of Melbourne, where his daily practice is crafted by these two elements.*

*His outreach includes retreat ministry, spiritual direction, and counselling.*

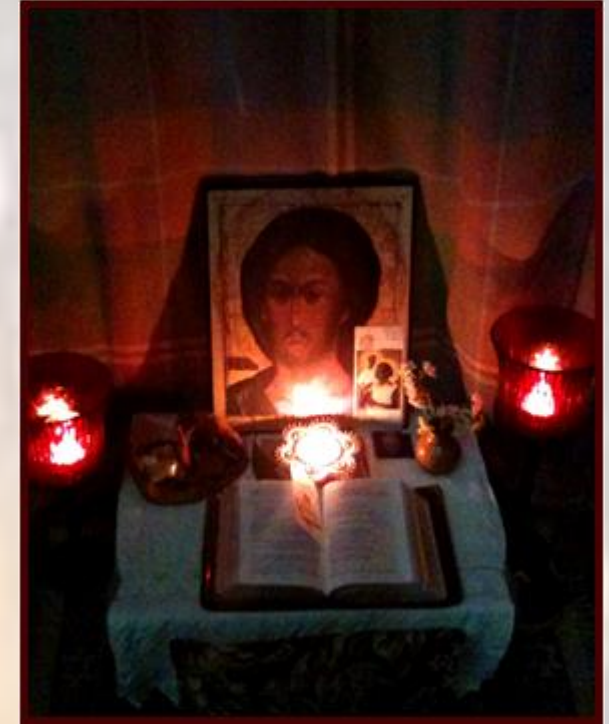
*He has been a spiritual director since 1994 after completion of SILOAM (Heart of Life). He was on the retreat team of St. Mary's Towers Retreat Centre for four years.*

*He is also a practicing psychotherapist (a foundation member of ATEP (the Association of Transpersonal & Experiential Psychotherapists Inc. - a Member Association of the Psychotherapy and Counselling Federation of Australia - PACFA).*

*Most importantly he is actively committed to his own interior journey.*

*His website is <http://abundance.org.au>*

# **Practising Mindfulness**



**Weekend Retreat  
29<sup>th</sup> & 30<sup>th</sup> July, 2017**

**Henley Beach, South Australia**

*A Retreat with  
Chris Chaplin msc*

## **The Weekend:**

*This weekend builds on the principles of mindfulness from last year's weekend.*

*Meditation and Mindfulness sessions are experiential, three practise sessions per day each followed by a time of input, sharing and conversation on the principle being considered.*

*We will explore;*

- *Reaction, Shadow, & gaining Clarity*
- *Willingness and Wilfulness*
- *Intentionality – Letting Go*
- *Being Called & Chosen*
- *Becoming Beloved*

*Mindfulness is a way of living consciously in the present moment. It invites the individual to attend to themselves from a perspective outside of reaction, judgement, or comparison.*

*Mindfulness is a valuable approach to both meditation as formal prayer and prayer as life. I firmly believe in the Presence and Sacredness of the present moment.*

*When present to this 'now', centredness and relaxation become a natural part of the landscape of our life, and we know how to act in the world from a heart of love. Gratitude grows in us.*

## **Dates and Times:**

Saturday 29<sup>th</sup> & Sunday 30<sup>th</sup> July, 2017  
9.30 am to 4.30 pm each day

## **Venue:**

Mary McKillop Centre.  
St. Michael's College,  
15 Mitton Avenue, Henley Beach,  
*enter by Main School Gate*

## **Cost:**

\$50 for Saturday only  
\$75 for whole weekend.  
*Payment by cash or cheque (made out to Chris Chaplin).*

## **Bring:**

- *Comfortable clothing.*
- *Meditation cushion/mat or stool if you use one, otherwise chairs available.*
- *Journal and pen.*

## **Nourishment:**

Tea, coffee provided  
Bring your own lunch  
*(no fridge or microwave available at venue)*  
& if you wish please bring a small plate for the morning and afternoon tea breaks.

## **Registration:**

**RSVP 26th July, 2017**

Please post, phone, or email your registration to;



**Email:** [clcworkshop17@gmail.com](mailto:clcworkshop17@gmail.com)

## **Jasmine Linke**

1 East Parkway, Fulham S.A. 5024  
Phone: 08 8353 6528 or 0421 642 849

## **or Clare Hickey**

3/35 Recreation Pde, Semaphore Park SA 5019

## **or Christine Sylvester**

Phone: 0403 838 376

**Name** .....

**Address** .....

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**Phone** .....

**Email** .....