

*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 year's 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 at Heart of Life**. He worked in Initial and Ongoing Formation for religious in the Pacific region for five years, and was director of **St. Mary's Towers Retreat Centre**, at Douglas Park from 2006 to 2009.*

*He is a qualified and practicing Counsellor and member of the **Association of Transpersonal & Emotional Release Counsellors Incorporated (ATERC)** - a Member Association of the **Psychotherapy and Counselling Federation of Australia (PACFA)**.*

*Most importantly he is actively committed to his own personal growth and inner journey.*

# **Meditation & Mindfulness**



**8 – 13 January, 2017**

**St. Mary's Towers Retreat Centre  
Douglas Park**

**Facilitator  
Chris Chaplin msc**

## ***The Program:***

*Five Mornings of Input and Practice into Meditation and Mindfulness.*

*Each day has its own theme;*

- *Posture, Breath, Surrender*
- *Concentration, Observation*
- *Attachment, Reaction*
- *Will, Intention*
- *Compassion*



*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.*

## ***Practicals:***

### ***Dates and Times:***

Sunday 8<sup>th</sup> to Friday 13<sup>th</sup> January, 2017

### ***Application Forms available from:***

**St Mary's Towers Retreat Centre**

Postal Address: P.O. Box 19a

415 Douglas Park Drive

DOUGLAS PARK NSW 2569

Phone: 02 4630 0233 [answering machine operates after hours]

Fax: 02 4630 9364

Email: towersretreat@bigpond.com

<http://towersretreat.abundance.org.au>

### ***Cost 2017:***

\$510 for the 6 days.

\$30.00 deposit confirms the booking.

All tariffs are negotiable



## ***Application Forms available from:***



### ***The Administrator***

**St Mary's Towers Retreat Centre**

PO Box 19A

Douglas Park 2569

Ph. 02 4630 0233

Fax 02 4630 9364

Email: [towersretreat@bigpond.com](mailto:towersretreat@bigpond.com)

Web: <http://towersretreat.abundance.org.au>



### ***From Sydney:***

By M5/F5, 22 K past Campbelltown, take exit 88. Turn left towards Wollongong. After 3km turn left at the WILTON/ALMOND ST sign. Then right at the APPIN sign.(Argyle St.) After 3km turn left into DOUGLAS PARK DR. The Centre is 4km down on the left.

### ***From Canberra:***

Leave the F5 at exit 88. Turn right and cross over the freeway. Follow the directions as above.

### ***From Wollongong:***

Come up Mt Ousley Rd. Turn left into PICTON Rd. After 20km turn right at the MACARTHUR DR. sign to Douglas Park. At the T junction turn right and then left into Douglas Park Drive. The Centre is 4km down on the left.