



Outreach of **meditatio**  
The World Community for Christian Meditation

## contemplation *AND* action

A seminar exploring the divine synergy of contemplative spirituality and social action including keynote talks, Christian meditation, panel discussion and Q&A.

Saturday November 3, 2018  
10am - 4pm, Pitt Street Uniting Church Sydney

- Understand how contemplative prayer awakens a stronger commitment to work for justice and how it can support the journey for social change
- Explore what contemplative activism looks like? How can we do "good" better?
- Discuss what spiritual practices can nourish our inner life to avoid exhaustion, burnout and despair helping us connect to the divine source of love within
- Integrate contemplation and action to help us be our better 'more whole' selves and realise a more just world

### Keynote speakers:



**Jarrod McKenna**

As one of Australia's most sought after social change educators Jarrod assists international humanitarian organisations, churches, NGOs and thousands of leaders each year to mobilise effectively for justice. As well as serving as a teaching pastor, Jarrod is the founder of CommonGrace.org.au, First Home Project and one of the instigators of the #LoveMakesAWay movement. Jarrod is also the co-host of two popular podcasts on contemplative practice and liberation, the InVerse Podcast and the Perisson Podcast.



**Donna Mulhearn**

Donna is a contemplative activist, writer and speaker. Her book, Ordinary Courage, a memoir about her experience as a human shield in Iraq, was published in 2010. Inspired by the Peace Prayer of St Francis of Assisi, she describes herself as a Pilgrim and Storyteller and has recently set up a small retreat centre in the Blue Mountains. She practices Christian Meditation, walking Labyrinths, playing the celtic harp, living simply and the odd act of nonviolent civil disobedience!



*The symbol of the two doves perched on the rim of a chalice is the logo of the World Community for Christian Meditation ([www.wccm.org](http://www.wccm.org)). It points to the underlying unity of the active and the contemplative lives of each human being. "The peace, the stillness and the harmony that we experience in meditation become the basis for all our action" (John Main OSB)*

## Panellists:



### Jon Owen

Jon became the CEO / Pastor of Wayside Chapel in Kings Cross in July after joining them in 2016 as Assistant Pastor.

He is a qualified Social Worker and for 20 years was a member of UNOH, a Religious Order dedicated to living and serving amongst the poor. Jon and his wife Lisa have shared their lives and home with those seeking asylum, refugees, people in recovery, and ex-prisoners.



### Jon O'Brien

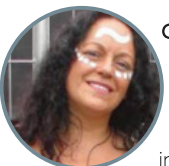
Jon has worked in the church and community sector for most of his life, often in roles relating to social issues and fairness. He has been practicing silent meditation in the Christian tradition for about six years. He was drawn to this contemplative dimension and the possibility of living a more integrated and simpler life. For the past five years he has been part of the Social Justice Forum team at Uniting.



### Susan Connolly

Susan is a Sister of St Joseph who has worked with the people of East Timor for over 20 years in cultural support and advocacy for justice.

Recently she was involved in efforts towards achieving just outcomes regarding the Timor Sea disputes between Australia and Timor-Leste. Susan's recent PhD dissertation on the relationship between Australia and East Timor uses the theories of René Girard on violence, scapegoating, forgiveness and non-retaliation as a means of throwing light on that relationship.



### Ceane Towers

Ceane is born a Wiradjuri woman also connected to the Darug and Gamilaraay Nations. She works and lives in Aboriginal communities and specialises in Aboriginal individual and family Support. She is an artist, dancer and teaches and performs in the creative arts in Aboriginal dancing. She seeks to live and teach her children the spiritual and cultural ways of her tradition. She is a spiritual advisor on grief and after life and works with flora and fauna Aboriginal Medicine.

**A Meditatio seminar hosted by  
the Australian Christian Meditation Community  
[www.wccmaustralia.org.au](http://www.wccmaustralia.org.au)**

Meditatio is a cluster of programs, publications and events that brings the fruits and benefits of meditation to the wider world. It is the outreach of The World Community for Christian Meditation and seeks to bring universal spiritual wisdom and values to bear upon the pressing issues of a secular world.

***"What we plant in the soil of contemplation,  
we shall reap in the harvest of action." Meister Eckhart***

## REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## PAYMENT DETAILS

**Cost** Early Bird by 10/0/18 \$40/\$30 concession, final price \$50/\$40 concession

**Please consider donating to a scholarship fund to help another attend**

**To Book Online (preferred):** please go to  
<https://www.trybooking.com/419789>

**To Book By Post:** please forward this completed registration form with your payment to ACMC(NSW) PO Box 127 North Sydney 2059,  
payment options are :

• **Money Order/Cheque payable to ACMC**

• **EFT Direct Debit to ACMC(NSW)**

BSB 032 060 Account Number 268216

**Please use your name as reference and send an email to  
[acmcmeditatio2018@gmail.com](mailto:acmcmeditatio2018@gmail.com) to confirm your payment**

• **Credit Card also Visa/MasterCard**

Name on Card \_\_\_\_\_

Card Number \_\_\_\_\_

Expiry Date \_\_\_\_\_

Amount \$ \_\_\_\_\_

Signature \_\_\_\_\_

## INFORMATION

**TRAVEL** Pitt St Uniting Church is located between Park and Bathurst St's, a short walk from Town Hall Train Station

**FOOD** BYO lunch, tea and coffee will be provided

**ENQUIRIES** [acmcmeditatio2018@gmail.com](mailto:acmcmeditatio2018@gmail.com)

or call Donna 02 4758 7360/0422 749 319

**SCHOLARSHIP ASSISTANCE** please email us to enquire about what is available