

World Community for Christian Meditation in South Australia

**Community Day—Come with me by yourselves to a quiet place
and get some rest**

The Quiet Garden Movement

After the morning meditation there will be a presentation on
The St Theodores Church Community Spiritual Garden and
The Quiet Garden Movement – “sharing outdoor space for
wellbeing and the soul.”

In the afternoon there will be time to sit in the gardens or
walk the neighbourhood,
or a Visual Divina activity.

The time will conclude with Meditation.

Saturday 14th OCTOBER

11 am – 3 pm

**At St Theodore’s Church Small
Hall**

**46 Prescott Terrace
Toorak Gardens**



- ◆ Please bring your own lunch (not for sharing) and your own cup. Tea, coffee and some snacks will be supplied. BYO seat for the outside
- ◆ If weather is wet, please bring an umbrella and items of nature from your garden for an afternoon activity
- ◆ Suggested donation \$15
- ◆ For more information and to register, email : chr.med.southaust@gmail.com