

# World Community for Christian Meditation in South Australia

## Community Day—*Back To Basics*

With Rev'd Frances Bartlett & Bev Armstrong



**Saturday 29th APRIL**

**11 am – 3 pm**

**At Semaphore Uniting Church,  
146 Semaphore Rd, Exeter**

Frances Bartlett will begin our time together with “Mindful Movement and Meditation”, a time of gentle movement & stretching, awakening the heart, with a brief meditation and relaxation. People are invited to engage with the practice as little or as much as they like.

Bev Armstrong will then speak to us on “God Within”. Bev will give an overview of what meditation is and how it is a life-changing thing to do, because it gives us an expanded perspective and understanding, enables us to become a better person and brings health benefits to our body, mind and spirit. The talk will include a meditation.

**Frances** was trained as a Dru Yoga teacher. During training she realized that it was a spiritual practice—and inspired by the Holy Spirit she developed practices that were aligned with her Christian Faith. She takes ‘Mindful Movement and Meditation’ classes each week in the Uniting Church.

**Bev** has been meditating for 27 years since she heard Laurence Freeman speak at Henley Beach in 1995. For most of that time she was a South Australian Committee member and she is a former State Coordinator. She presently runs 5 meditation groups, 2 of them in a prison.

- ♦ **Please bring along a friend who would like to learn about Meditation**
- ♦ **Please bring a plate of lunch for sharing and your own cup**
- ♦ **Suggested donation \$15**
- ♦ **For more information email [chr.med.southaust@gmail.com](mailto:chr.med.southaust@gmail.com)**