

Date	Title	Time	Information
Each Tuesday Commencing February 8	Christian Meditation	10.00am-11.00am	Christian meditation which is deeply rooted in the Christian tradition is a form of contemplative prayer which uses a mantra or prayer word. It is a <i>prayer</i> of silence and listening. Cost: Donation. Facilitator: Toosey Bannerman 62238817
Tuesday February 15	Opening Liturgy & Supper	7.00pm	A time to celebrate a new year at Emmanuel with Friends new and old, and to pray for God's blessings on the New Year. Come along and support the Ministry here in Moonah.
Friday February 18	Befriending Your Shadow	10.00am – 12noon	Carl Jung is largely responsible for the concept of the Shadow. This session is an opportunity for us to get to know a little more about ourselves so as to grow in inner freedom and in our relationship with our God. Cost: Donation. Presenter: Angela Dance lcm 6278 1460 RSVP: 10 February
Mondays Fortnightly from March 21	Craft Group	1.00pm – 3.00pm	For those who enjoy handcraft – this is a friendly, non threatening group that gather for company and conversation over a cuppa. Join the group and bring your latest project. Facilitator: Mary Harris 6260 4111
Thursdays Feb 24, Mar 10,24, Apr 7,21, May 5,19	Lectio Divina Accepting the Embrace of God	10.00am-11.30am	Contemplative prayer sessions based on Lectio Divina, the ancient practice of listening deeply to Scripture passages kept alive by the Benedictines, which cultivates the ability to "hear with the heart". Cost: Donation. Enquiries: Marion Ramsay 62471307. Presenters: Team
Wednesday March 30	Good Grief	10.00am-2.30pm	A basic approach to grief. Is there is such a thing as normal grief? How do I grieve and what do I need when I grieve? How am I able to help others when they grieve? And more. Bring own lunch. Tea & coffee provided. Cost: \$10. RSVP: 22 March to Gwen Dooley ssj 6272 1375. Presenter: Margaret Henderson rsm
Sat/Sun. 2/3 April	Enneagram (Beginning)	9.30am – 3.30pm	The workshop will give an introduction to the Enneagram, explore its origins, look in depth at the three centres of energy – head, heart and gut, before exploring the nine types. Bring own lunch. Tea & coffee provided. Cost: \$60.00 Conc. \$40.00 Facilitator: Vivienne Luke 6267 2110. RSVP: 24 March to Vivienne or Gwen Dooley ssj 6272 1375.
Wednesday April 6	Nature as a Thin Place	10.00am – 12noon	When we contemplate the natural world, God has a chance to break through the constant clutter of our daily thoughts, our ordinary cares and concerns in ways that bring awe, peace, insight and above all grace. Please bring along a natural object or photo of it that speaks to you. Cost: Donation. Presenter: Madeleine Jordan 6229 5941
Friday April 15	Prayer & Reflection at the Botanical Gardens	9.45am – 12.30pm	An opportunity for quiet, personal reflection and prayer in the beauty of the Botanic Gardens with your Creator God. BYO lunch. Cost: \$7. Tea & coffee provided. Venue: Training Centre, Main Building, Botanical Gardens. Presenter: Marion Ramsay 62471307
Thursday April 28	Belonging to the Cosmos	10.00am – 12noon	You are invited to a time of prayerful reflection celebrating the wonder and beauty of the Cosmos. Cost: Donation. Presenter: Anne Kelleher 6228 2391. RSVP: 20 April
Mondays Mar 14,28 Apr 4,18 May 2	Book Discussion	7.00pm – 8.30pm	Five fortnightly discussions over 8 weeks. Book – "The Power of Now' by Eckhart Tolle Cost: Donation. Facilitator: Beth Rees 6245 0494 for bookings and enquiries re book loans.