

The Holy Cross Christian meditation group meets each Wednesday. In summer, we meet at 5.45 pm in the church annex. In winter, we meet at 5.00 pm in the small hall.

In this prayer of silence — Christian meditation — we find God who dwells within our own hearts. In finding God we find our true selves and are thus renewed. Christian meditation is a natural progression of our prayer life towards a deeper experience of God.

Newcomers are always welcome — we are all beginners each time we sit down to meditate.

We begin our group meditation with a short prayer. The music begins and silence comes for the meditation time, usually twenty minutes. Music resumes and we say the Grace together before ending our time together. All in all, we are together for about 45 minutes.

Further information: Holy Cross Hackett (6248 5327)