

Meditation @ Middle Park

EVERY THURSDAY



COME AS YOU ARE. BE STILL. BE PRESENT.

“

IT'S THE TOUCHSTONE OF MY WEEK. BEING WITH THE SAME PEOPLE, SAME PLACE, CREATES SOMETHING QUITE SPECIAL.”

— MARY S.
(ATTENDING FOR 15 YEARS)

“

IT'S A COME-AS-YOU-ARE COMMUNITY, NO PRESSURE: JUST 20 MINUTES OF QUIET THAT I FEEL THE BENEFIT OF FOR DAYS.”

— NICK T.
(ATTENDING FOR 3 YEARS)

For more than two decades, people have gathered each Thursday evening at the Carmelite Centre to share something increasingly rare in everyday life — time simply to be still.

Thursday Meditation is an established and welcoming meditation community open to beginners and experienced meditators alike.

There is no single prescribed technique and no expectation that you meditate in a particular way. Gentle guidance is available for newcomers, while each person is encouraged to discover a practice that works for them.

Together we make space to step away from the distractions of everyday life, become still and return our attention to the present moment.

For some, meditation is prayer. For others, it is a way of cultivating greater awareness and presence in daily life.

Come as you are — all are welcome.

THURSDAYS | 7PM
IN PERSON | 45 MINUTES

Peter Thomas has practised meditation for more than 30 years and has facilitated the Thursday Meditation community at the Carmelite Centre for more than 25 years. He has led meditation workshops and programs for community organisations, schools and spiritual centres.

ALL WELCOME

Malone Room, Carmelite Hall
214 Richardson Street, Middle Park
Middle Park VIC 3206



The Carmelites
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