



## An Invitation...

### **An Introduction to Christian Meditation for Teachers and School Staff** (it could also be used in classrooms)

Christian meditation is a form of prayer which can be traced back to the 4-5th century in our Christian (Catholic) tradition. This form of prayer is currently sweeping the world. It may offer a real gift to yourself and your students...an inner peace and calm....

**Where:** St Catherine's House of Hospitality  
113 Tyler Street  
TUART HILL

**When:** Tuesday 9 June 2026

**Time:** 9.00am – 3.30pm

- **Presenters:** Sr Elizabeth RSM, Stephanie Woods, and John Coleman (members of the WA Christian Meditation Community)
- **Approved for 6 hours Accreditation:** Faith
- **Morning Tea and Lunch provided.**  
(Please provide dietary requirements when registering)
- **Cost:** \$75.00 per person
- **Parking:** available on site
- **Registration:** Contact: [stcatherines@westnet.net.au](mailto:stcatherines@westnet.net.au)
- **RSVP by Thursday 4 June 2026**