

## Day of Reflection

### 'The Still Point of the Turning World'

The day will offer meditation, mindfulness and prayer practices, reflections on scripture, poetry and visual images - to explore the concept of stillness and how we can find rest and renewal in a frantic world.



#### Led by Rev. Sheena Gabriel and Dr. Rob Oulton

Sheena Gabriel is minister at the Unitarian Chapel in Godalming. With a background in education, counselling and creative therapies, she is currently training to be a Spiritual Director - and is interested in the interface between mental health and spirituality across different faith traditions.

Rob Oulton is a retired G.P, an experienced meditator and trained facilitator in 'Mindfulness Based Stress Reduction'. Sheena and Rob have run weekly meditation sessions at the Unitarian chapel for the last 10 years, and are familiar with the WCCM approach, alongside other forms of meditation.

**Time and Date: Saturday 20<sup>th</sup> October 2018 10:00-4:00pm**

**Venue: St. John's Seminary, Cranleigh Road, Wonersh, GU5 0QX**

**Suggested donation £13:00; bring a packed lunch and drinks will be provided.**

**To book a place: Contact Rachel Curtis, Adrian Coyle or Patrick Coyne**

**email: [paulcnw10@aol.com](mailto:paulcnw10@aol.com) or 07973 500 811 [state the event and your contact details clearly]**

[www.reflectionsgroup2000.wordpress.com](http://www.reflectionsgroup2000.wordpress.com)



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for Christian Meditation

