



# *Reflect and Connect*

*Peace, be still (Mark 4:39)*

Thursdays 12:30-1:30pm  
at Pitt Street Uniting Church  
in the Peace Chapel.

A time and space for meditation and contemplative dialogue for our City neighbours: workers, residents, travellers, itinerants and those passing through.

# Reflect and Connect

Peace, be still (Mark 4:39)

*A time and space for meditation and contemplative dialogue*

We gather together in a circle welcoming each person.

We dwell in silence, allowing ourselves to become present to the present and the presence of one another.

We share in a circle allowing each to be seen, to speak, to be heard and appreciated. All are invited to be actively participate.

We listen with attention, wonder, curiosity and compassion.

We speak with intention, in a way that is different to casual social conversation.

We refrain from interrupting, judgements, and debate.

We value the diversity of perspectives and contribute to the wellbeing of the group.

We respect each other's story and observe deep confidentiality.

While learning from each other, we pay close attention to our own inner wisdom and what it has to teach us.

We honour, trust and learn from the silence, welcoming times for pausing.

*10 minutes of informal gathering, followed by 40-minutes of structured time –*

- *10 minutes meditation*
- *welcome and introductions*
- *25 minutes of intentional sharing related to a poem, image, topic, etc*
- *2 minutes reflective silence*
- *a word of gratitude, appreciation, insight or blessing*

We see “Reflect and Connect” as a practice set apart from casual social interaction. Through deep listening and meaningful dialogue, we have the opportunity to feel companioned by wisdom and clarity, inviting us to be transformed.

*“All are welcome in this place.”*