

Prayer Meditation

EVERY TUESDAY



AN INVITATION TO STILLNESS, SILENCE AND PRAYER

“

**GOD IS PRESENT,
AND I LIVE IN
HIS PRESENCE.”**

— ST TITUS BRANDSMA

In the midst of our often-full lives, we are invited to make space for stillness — to become quiet, attentive and open to the presence of God.

Join us online each Tuesday evening for Prayer Meditation, a gentle time of shared prayer and silent meditation led by Natalie Chubaty and members of the Carmelite Centre community.

Each gathering begins with a brief time of grounding and attentive breathing, followed by prayer and a short reading from Scripture or the Christian spiritual tradition. We then enter into approximately 20 minutes of shared silence, before concluding with a further reading and time for reflection.

There is no need for previous experience in meditation or contemplative prayer. Whether this way of praying is familiar to you or something you are exploring for the first time, you are very welcome.

**Come as you are. Find a quiet place.
Pause, listen and make space for God.**

TUESDAYS | 5PM

ONLINE VIA ZOOM | 30–45 MINUTES



Led by Natalie Chubaty and members of our virtual meditation community

ALL WELCOME

The Carmelite Centre
214 Richardson Street
Middle Park VIC 3206



The Carmelites
Australia & Timor-Leste
PRAYER • COMMUNITY • SERVICE



@CarmelitesAET | carmelites.org.au