



2017 WORKSHOPS with Matthew Lamont

*Saturday 11 March,
2-5pm*

Wisdom of the Circle: Contemplating the Mandala

In this workshop we will enter into some of the sacred qualities of the mandala or 'sacred circle' arising from religious traditions and personal experience of art and creativity. Some of these qualities include the capacity of the mandala to enrich our lives and connect us to a vision of wholeness and belonging. Matthew will share various insights about the place of the mandala in Christian spirituality, periods for quiet contemplation, an opportunity to create your own mandala and group spaces to share your insights and experience.

*Saturday 29 April,
2-5pm*

Return to the Ground: Renewing our love for Mother Earth

Every moment of our lives and every memory has a ground, a place, a location. Many of us seek to be more 'grounded' in our daily lives yet also experience this as a profound challenge. In the beautiful Cantic of the Sun, attributed to St Francis, praise is offered for our 'sister' Mother Earth who *sustains* us. In this session Matthew will provide spaces that attend to our relationship to the earth through reflection on our lived experience, walking meditation and a practice that encourages our awareness of nature as 'the Book of Creation'. We will conclude with a simple 'praying with the earth' liturgy.

*Saturday 20 May,
2-5pm*

A Healing Balm: Letting go into Great Silence

Many spiritual traditions give silence and meditation a primary place. And for good reason! To enter into silence is often to experience a greater sense of clarity, healing, relaxation, connectedness, wonder and aliveness. In this session Matthew will use selected passages from the Gospels to guide participants into periods of silent meditation. Emphasis will be given to the practice of 'letting go' as a core teaching and dynamic. Guidance will be offered to anyone new to the practice of silence and meditation.

More details below...



**Workshop cost is \$30/\$20 concession
(includes refreshments and afternoon tea)
Cash/cheque accepted on the day or contact Matthew for
bank details.**

**All workshops are at Mercy Community Services,
32 Union Street, Tighes Hill (some parking onsite)**

**Please register your attendance by one week prior and
advise of any dietary requirements via email:**

matthewc.lamont@gmail.com or mobile 0477 584 585

About the Facilitator



Matthew Lamont grew up on Noongar land in Perth and was immersed in the bush of south west Australia by his plant ecologist father. He was also introduced to the practice of Christian meditation at an early age by his mother. Matthew acknowledges the immersion in bush and silence as gifts from his background. A yearning for community in his mid-twenties led Matthew to spend time on the Isle of Iona in Scotland and Holy island of Lindisfarne in northern England learning about Celtic Christianity. Matthew has lived in Newcastle since 2003 with his wife and three children. He is a partner, father, social worker, spiritual director and artist. Matthew attained a Bachelor of Social Work (Honours) in 1999 and was awarded the annual Department of Social Work prize for his dissertation: *Journeying Alongside: Christian spirituality, faith development and liberation theology in social work practice and education*. He also completed a Master of Arts with the Broken Bay Institute and was awarded the inaugural Centre for Christian Spirituality Award in Spirituality in 2009. In 2014 Matthew completed training as a Spiritual Director in the Emmanuel Spiritual Direction Formation Training program in Newcastle. He is a member of the Celtic Community of Aidan and Hilda and the Religious Society of Friends (Quakers) both of which emphasise spirituality as a way of life. Matthew is passionate about helping others to discover the riches of Christian spirituality and sharing a vision of unity with peoples of all spiritual traditions and of none. Matthew draws inspiration from many sources including contemplative Christianity, creativity, connecting to country, spirituality of First Peoples and the growth and development of his family. Favourite pastimes include painting, bushwalking, weight training and following the trials and tribulations of the Purple Haze (Fremantle Dockers).



Respect is humbly offered to all traditional custodians around this land now called Australia and to the old people and elders who tend country and culture and encourage healing