



## Abrahamic Meditation Day

**Pa Maria, 78 Hobson Street, Thorndon  
Sunday 7 April, 9.45am-2.30pm**

Come and join us for a time of silent prayer together, sharing the practice and insights into this form of spirituality from our three traditions within the Abrahamic religious family.

During our time together there will be three periods of silent prayer. Each of these will be introduced by a talk about the contribution of meditative prayer within their tradition. Following each time of silent prayer there will be the opportunity for questions and sharing about the significance of meditative practice within our communities.

Rabbi JoEllen Duckor from Temple Sinai, Rehanna Ali from the Islamic community and Nick Polaschek from the Catholic Christian tradition will lead the three sessions.

Please bring a vegetarian plate for a shared lunch. Free tea/coffee available.

A **koha** of \$5-10 to help cover costs would be appreciated.

**Pa Maria** is on a back section, drive to door for drop-off, but parking only in nearby streets, easy access within the building.

Chairs provided, if you meditate sitting on a cushion please bring your own.

Contact: **Nick Polaschek** [nandlpolaschek@gmail.com](mailto:nandlpolaschek@gmail.com) 4797955 or 020 4797956