

FOOTSTEPS

Charting Our Way Forward

PROGRAMME

10.00am Arrival / Morning tea / Welcome

10.40am Remembering Fr John Main. Silent Contemplative Walk

Whenever you are ready, pick up a flower from basket at the bottom of the steps leading to temple. Then silently retrace Fr John's steps as he walked up these very same steps to the temple to meditate with Swami Satyananda every week over several months while he was in Malaysia in the early 1950s. Walk slowly with deep awareness that you are walking in John Main's footsteps.

Take off your shoes at the place designated near the top and pour a little water over your feet with the dipper provided before taking the last flight of steps up and entering the sacred space of the temple.

Once inside temple, place your flower in the tray in front in memory of the spiritual encounter between Fr John Main and Swami Satyananda and in gratitude for all we have received from WCCM through the years.

Then find a place to sit on the chairs or floor mats in the room. Gently settle down and quietly ponder the reality that such a deep fruitful personal journey began with a simple humble first step and this has had a ripple effect, influencing the interior growth of countless people across the globe, including your own.

11.05am Prayer honouring Mother Mary & Meditation

Hymn before meditation

Gentle woman, quiet light, morning star, so strong and bright, gentle Mother, peaceful dove, teach us wisdom; teach us love.

You were chosen by the Father; you were chosen for the Son. You were chosen from all women and for woman, shining one.

Gentle woman, quiet light, morning star, so strong and bright. Gentle Mother, peaceful dove, teach us wisdom; teach us love.

Blessed are you among women, blest in turn all women, too. Blessed they with peaceful spirits. Blessed they with gentle hearts.

11.30am Silent Personal Reflection / Contemplative Walk

12.00pm Small Group Reflection

12.30pm Large Group Response & Exchange

1.00pm Lunch

1.45pm Silent Personal Reflection / Contemplative Walk

2.15am Small Group Response & Exchange

- 2.45pm Large Group Response & Exchange
- 3.15pm Silent Personal Reflection / Contemplative Walk
- 3.45pm Small Group Response & Exchange
- 4.15 pm Large Group Response & Exchange
- 4.45pm Meditation
- 5.15pm Afternoon Tea
- 6.00 pm Departure