



BASIC SYCHAR SCHEDULE

3 February – End Of First School Term

Why you might come to SYCHAR

- To find a place of solitude and silence – through silent prayer, reading etc
- To access the spirituality library
- To attend a regular session of Christian Meditation, Lectio Divina or Visio Divina
- To participate in a specific programme
- To find a listening ear
- To connect with other seekers on a faith journey

Please Note:

- When SYCHAR is open, you are welcome even if you are not attending any specific event that is being offered.
- Occasionally the nature of an event being held at Sychar will require that it be closed to anyone other than the participants for that period of time.
- Opening times are restricted to avoid traffic issues associated with the nearby school.
- Until we have developed a core of committed volunteers to provide an additional presence, Sychar will be closed when the Coordinator needs to be absent.
- If you wish to visit Sychar for the library or whatever reason but the schedule makes it difficult for you to do so, please make your need known. Effort will be made to accommodate your need and if it so warrants, changes will be made to the schedule.

What is Christian Meditation?

In recent times, there has been a major recovery of the contemplative dimension of Christian faith and prayer through the efforts of John Main, an Irish Benedictine monk (1926-1982) and his successor Laurence Freeman, an English Benedictine monk. The tradition of contemplation, the prayer of the heart, is transforming the different faces of the Church and revealing the way the Gospel integrates the mystical and the social. Christian Meditation is a way of simplicity, silence and stillness. It can be practiced by anyone, wherever you are on your life's journey.

What is Lectio Divina?

Lectio Divina is a traditional way of reading a passage of scripture with the ear of the heart. In Lectio Divina, the words of scripture become very alive and touch the heart in spontaneous ways that lead us more deeply into communion with God in prayer.

What is Visio Divina?

Visio Divina, which shares roots with Lectio Divina, is a form of "divine seeing", in which we are invited to encounter the divine through images. A prayerful consideration of and interaction with a visual representation allows us to experience the divine in a unique and powerful way. Scripture can also be paired with the image to help the viewer reflect on the scripture through the art.

Sychar Hours:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Opening Hours	Closed	9:30am to 2:30pm	9:30am to 2:30pm	9:30am to 2:30pm	9:30am to 2:30pm
Exceptions			12/2/20 9:30pm to 12:30 19/2/20 Closed	20/2/20 Closed 12/3/20 2:00pm to 6:00pm	27/3/20 Closed 10/4/20 Closed
Regular Prayer Groups		4:00pm to 5:30pm <i>Christian Meditation Group</i> (Hilary Fogerty)			1st Friday: 10am to 11:30am <i>Lectio Divina</i> (Sr Elaine Morzone) 2nd & 4th Fridays: 11am to 11:45am <i>Christian Meditation</i> (Colleen Free) 3rd Friday: 10am to 11:30am <i>Visio Divina</i> (Sr Elaine Morzone)

SPECIAL EVENTS

Journal Workshop (facilitated by Pat Quinn MSS) Saturday 14 March (*refer flyer*)

Facilitated Group Reflection on “The Universal Christ” by Richard Rohr –
8 sessions between Thursday 27 February and 30 April including a two week break
(refer flyer for details)