



**Christian Chant**  
**17<sup>th</sup> – 19<sup>th</sup> July 2015**  
**An Abbey retreat**

**“When you sing you pray twice” St Augustine**

A weekend retreat which will focus on experiencing the power of Chant in the Divine Office, in the singing of the Psalms, in simple vocal meditation and in discovering the presence of the Spirit in sound.

We will take the time this weekend to experience how chanting quiets the mind, opens the heart and uplifts the spirit.

**Arrive** between 3pm and 4pm on Friday in time to settle in before chanting Vespers together at 5pm.

**Depart** on Sunday afternoon.

**Bookings can only be made by phoning 02 4236 0533**

**Jambaroo Abbey, 695 Jamberoo Mountain Rd, Jamberoo NSW 2533**