



# Looking Deeply

A contemplative approach to  
**reconciliation**

with Dr Heather Thomson

ANSD Quiet Day

Saturday 29 May 2021

9.30 am to 3pm

This Quiet Day will look deeply at the unity and inter-connection of life. With attention and compassion, we will reflect on what remains unreconciled in our lives, both personally and collectively, past or present. From this context, the day will invite us to notice what is asking for our attention and explore how our inner work gives energy and wisdom for the outer work of action toward reconciliation. A spacious time of silence and reflection will allow participants to make connections between our personal and national story, in solidarity with [National Reconciliation Week](#), 27 May – 3 June, which carries the theme: “More than a word. Reconciliation takes action.”

**Dr Heather Thomson** is a theologian who taught for many years at St Mark's National Theological Centre, retiring in 2014. Heather is an experienced retreat leader and co-leads the Theology Reading Group at Benedictus Contemplative Church in Canberra.

Please RSVP by Friday 21 May to [ansdact@gmail.com](mailto:ansdact@gmail.com)

**Venue:** Australian Centre for Christianity and Culture, 15 Blackall St, Barton, Canberra (off Kings Ave, parking available). Room will be confirmed depending on numbers and evolving COVID-safe protocols.

**Cost:** \$30 (cash only on the day) Electronic transfer to “Australian Network for Spiritual Direction” | BSB 032-719 | Account 301 994 | Reference: SurnameQD

**Please arrive by 9:20am for registration. Morning tea provided. Please BYO lunch and journal. Outdoor reflection possible, weather permitting.** Further enquiries: Annie Patterson, ANSD Convenor for Canberra & Region, 0450 488 278.

