

# Mindfulness Meditation

## SUNDAY

At the  
**Mount Gambier RSL**  
**16 Sturt Street**  
**We meet from**  
**11.30am—12.15**

Limestone Coast Meditation Community  
LCMC



If you would like to attend, please  
call us first on 0411 868 740

*A gold coin donation would be appreciated.  
With proceeds benefitting, well-being  
activities of the South East Junction Inc.*



The Junction is open  
Tuesdays and Thursdays between  
10am and 1pm

Phone: 0477 886 450

[www.thesoutheastjunction.org.au](http://www.thesoutheastjunction.org.au)

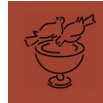
**WE ARE A NOT-FOR-PROFIT  
COMMUNITY SERVICE GROUP**

### Our Volunteers

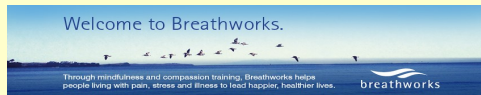
**Virginia Hill**  
Registered Meditation Teacher  
Endorsed by  
Meditation Association of Australia



**Robyn Sweetnam**  
Australian Christian Meditation  
Community Group Leader



**Michael Smith**  
Completed Mindfulness for Health &  
Mindfulness for Stress Courses,  
Breathworks SA



**Di Hutchesson**  
"Spiritual Seeker"



**Glenys Smith**  
Social Media/Administration  
Involved with various meditation  
groups. "And enjoying the journey".



Printed courtesy of  
**TONY PASIN MP**  
FEDERAL MEMBER FOR BARKER

# Limestone Coast Meditation Community

Limestone Coast Meditation Community  
LCMC



### Contact Us

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**0411 868 740**

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Read our publication  
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## WEEKLY ACTIVITIES

### Mindfulness Meditation At the Mount Gambier RSL Sunday

11.30am-12.15

February until December

Phone: 0411 868 740

### Christian Meditation Monday & Thursday

5.15pm-6pm

Anglican Church  
Bay Road Mount Gambier



#### Contact

**Robyn Sweetnam**

Australian Christian Meditation  
Community Group Leader

Phone: 0498 968 394



## Who we are and what we do

### Limestone Coast Meditation Community (LCMC)

We provide an opportunity for meditators to "sit with" others and experience/practice a mindfulness meditation.

To be mindful means that we intentionally pay attention to our moment-to-moment experience, with acceptance and without judgment.

Meditation is the process of getting to know your own mind and has many well-known proven benefits, including improved concentration and attention, increased self-awareness and emotional well-being.

**The path to peace and happiness begins where you are.**

**The first step is inward.**

## Free Meditation Apps

### Insight Timer



Get it on **GOOGLE PLAY**  
Available on the AppStore

Home to more than  
16 million+ meditators.

Insight Timer is rated as the  
top **FREE** meditation APP  
On the Android and iOS stores

## BENEFITS OF MINDFULNESS

Numerous psychological studies have shown that regular meditators are happier and more contented than average. These are not just important results in themselves but have huge medical significance as such positive emotions are linked to a longer and healthier life.

Anxiety, depression and irritability all decrease with regular sessions of meditation. Memory also improves, reaction times become more faster and mental stamina increase.

Regular meditators enjoy better and more fulfilling relationships.

Studies worldwide have found that meditation reduces chronic stress, including hypertension.

Meditation has also been found to be effective in reducing the impact of serious conditions, such as chronic pain and cancer, and can even help to relieve drug and alcohol dependence.

Studies have shown that meditation bolsters the immune system and thus helps fight off cold, flu and other diseases.

### Take 5 Mindfulness Minutes



### Take 10 Mindfulness Minutes



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