

# Reflect.....

# Meditate....

# Discuss..



## Coffee reflection afternoon

*Every Tuesday*  
*12.30 - 2.00 pm*

Tree Of Hope  
Lewisham Office

Mark Hamilton is an experienced meditation leader & practitioner and oblate of the benedictine community in Jamberoo. He was the retreat leader for the ToH "come away and rest awhile" retreat in Mittagong.

Come along to the Tree Of Hope reflection coffee afternoon for a break away from the rush of everyday life to relax and reflect on spirituality, friendship and support in the context of living with or supporting people living with HIV/AIDS.

The ToH extends a warm welcome to anyone who would like to take some reflection time and explore some of the more fundamental questions in our lives....in a safe, confidential and warm atmosphere.

Based on the teachings of U.S Pastor Rob Bell we will journey through some of the questions we all have from time to time - Is there a larger meaning to life, What is my spirituality, How does my spiritual view fit into my life today?

Using the format from our recent retreat "come away and rest awhile" we will companion together in a space of Meditation, watch a 10 mins video presentation, have time to contemplate and then reflect together over a cup of tea or coffee.

NOOMA is a series of short films that explore our world from a perspective of Jesus and the spirituality of your own understanding. NOOMA is an invitation to search, question, and join the discussion.

Rob Bell is The New York Times bestselling author of Love Wins, What We Talk About When We Talk about God, The Zimzum of Love and his most recent book How To Be Here. iTunes named his podcast, The RobCast, Best of 2015. He's been profiled in The New Yorker, he's toured with Oprah on her Life You Want Tour, and in 2011 Time Magazine named him one of the 100 Most Influential People In The World. He has a regular show at Largo, the legendary music and comedy club in West Hollywood and is currently touring his How To Be Here Experience around the world. He and his wife Kristen have three children and live in Los Angeles.