

The General Public and John XXIII College Parents  
are invited to attend

# **‘Living More Alive’**

**At home and in the workplace**

***PRESENTER:***

**MURRAY GRAHAM (M.Ed)**  
(Inigo Centre Director )

The talk includes: -

- ✚ Ability to pay attention when you want to
- ✚ Relaxation in the home and workplace
- ✚ Awareness (insights from a tape by famous Jesuit Anthony DeMello)
- ✚ Meditation particularly for those who find it hard to meditate
- ✚ Overcoming Procrastination (particularly for study at home).

**Parents and children are welcome to attend**

Murray Graham (M.Ed) is Director of the Inigo Centre, John XXIII College, whose objective is to enrich Adults in Spirituality and Relationships. Murray has given the 9 hour, 6 module, ‘Ignatian Induction’ programme to groups of Staff and Parents during the last 5 years. Murray also gives Talks to Teachers in other Schools and to Parishes in the City and Country.

**John XXIII College**

**MACKILLOP ROOM (Multi Purpose Room)**  
**WEDNESDAY 7 June 2017**  
**7 pm TO 8:30 pm**

**Cost: Donation**

**Further Details and Registration contact Murray Graham on 9383 0444 or email**  
**[graham.murray@johnxxiii.edu.au](mailto:graham.murray@johnxxiii.edu.au)**

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Mary Ward (Primary)	24	Year 8 Coordinator	
Mary Ward (Secondary)	28	Year 12 Common Room	

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JOHN XXIII  
COLLEGE  
SEEK JUSTICE

## Legend

- Road
- Internal Road
- Building
- Parking/Court
- Walkway
- Ovals
- Clock Tower