



The Bede Griffiths Sangha

Bhajan and Chant Day – February 28th 2009

The Abbey, Sutton Courtenay, Abingdon, Oxfordshire OX14 4AF

(www.theabbey.uk.com)

Bhajan and chant singing has become an established part of Sangha life. The day offers a chance to sing, learn more about the bhajans and chants we know and try new ones; or be introduced to bhajan singing for the first time. It will be led by Caroline Mackenzie, a talented and enthusiastic artist and singer, she has spent lot of time in India deeply immersed in the relationship between Hindu and Christian spirituality, and has been involved with the Sangha from its beginnings. She writes that ‘Bhajans are a form of contemplative chant that aim to facilitate a transformation personally, in community and in relationship with nature. Like yoga they are a holistic practice, arising from Indian spiritual traditions. They use a short mantra-like phrase to help connect us with a deeper sense of ourselves and the divine.’

In the Great Hall at the Abbey, warmed by an open log fire, the day will include singing and enjoying the rhythms and melodies of the Bhajans, as well as a chance to have a go at leading one. It is important to stress that the voice is not as important as engaging whole-heartedly with the practice. There will be time for sharing our experiences of singing and to reflect on the significance of Bhajans in the West. Also to experience Bhajan singing as a *sadhana* or meditation practice. The day will include short readings from both Christian and Hindu traditions and meditation.

All are welcome, those who have been to Sangha events before and those who have not. More details of the Bede Griffiths Sangha can be found at www.bede.griffiths.sangha.org.uk The suggested donation for the day, which will run from 10.30am to 4pm is £35.00. Tea and coffee will be provided as well as a mug of hot vegetable soup at lunch time. Please bring your own sandwiches.

I wish to book a place on the Sangha Bhajan and Chant Day, 28th February 2009

Name.....

Address.....

Tel.no.....email.....

Please make cheque payable to **The Bede Griffiths Sangha** and return the form to Jane Lichnowski, 82 Gloucester Rd, Cirencester, Glos. GL7 2LJ. If you would like more information contact Jane on 01285 651381 or jane@lichnowski.com