

## EVENTS THAT WILL INFORM AND INSPIRE YOU!

This is your personal invitation to our series of exciting events, in and around Melbourne, designed to inspire a glimpse of the principles, practice and spiritual foundations of the Bahá'í Faith. Our Information Sessions, Tranquility Zones & Meditation Sessions all provide various opportunities to explore a diverse range of themes. Admission is free and all are welcome!

### What's On @ Hidden Words

#### Tranquility Zones

We invite you to come and enjoy a few moments to reflect on some inspiring words with music specially chosen to uplift the heart and refresh the spirit and discover an oasis of calm and serenity for your body, mind and soul!

Admission is Free.

Please arrive 5-10 minutes prior to the start of the session to assist with your reflection. Contact: 9815 2020.

Every Sunday @ 11 am

**Note:** there will be no Tranquility Zone session on 21<sup>st</sup> March, in observance of the Bahá'í New year.

#### Information Nights

This is your invitation to come along to Hidden Words Bookshop and learn about the various topics of the Bahá'í Faith and browse the selections of books.

26 Feb, 12 & 26 March, 9 & 29 April @ 8pm (refer to the Bahá'í News or our website for topics)

### What's on in the City?

#### Soul Food @ the State Library

Soul Food is a monthly event held at the State Library. It provides an opportunity to relax in a tranquil environment and reflect on different themes. It features music, audio-visual pieces & inspirational readings from various Faiths; indigenous, ancient and modern – from the north, south, east & west.

Soul Food is a free community event open to all, we invite you to take some time out and join us.

1<sup>st</sup> Sunday of each month @

Village Road Show Theatre,  
State Library, Melbourne

Time: 10.30am – 11.30am

Contact: 9489 3837

### What's on in your neighborhood?

#### Information Nights

##### Kingston

4<sup>th</sup> Monday of each month

Time: 7.30pm

Contact: 9587 5959

### Meditation

#### Brimbank

Contact: Ferie 0438-374-877

#### Cheltenham

2<sup>nd</sup> Sunday of each month  
Mordialloc Neighbourhood  
House, 457 Main Street,  
Mordialloc

Time: 2.00 – 3.30pm

Contact: 9587 5959

#### Maroondah

Contact: Peter 9723 5223

#### Knox

Contact: Ruwayda 9764 2570

#### St Kilda

Contact: 9525 6699

#### Wheelers Hill

Contact: 9886 8099