

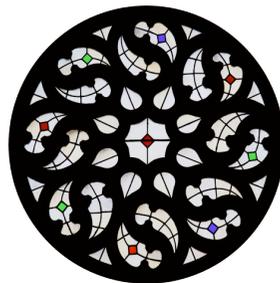
the World Community for Christian Meditation (WCCM)

The Community is a kind of 'monastery without walls', a family of national communities and emerging communities in over a hundred countries. The spiritual foundation is the local meditation group, which meets weekly in homes, parishes, offices, hospitals, prisons, schools and colleges - pretty well everywhere that people live and seek. The World Community is ecumenical and serves a universal 'catholic' unity in its dialogue both with Christian churches and other faiths. We encourage and try to support the daily practice of meditation knowing its power to change hearts and so to transform our world.

*Holy God,
Father and Mother of us all,
open our hearts
to the silent presence
of your Son.*

*Lead us into
that mysterious silence
where your love is revealed
to all who call.*

*Maranatha...
Come, Lord Jesus!
Amen.*



st john's

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Learn to Meditate

in the
Christian tradition



Sundays
March 5, 12, 19, 26
6pm



www.wccm.org

meditation in the Christian tradition

Christian meditation is a form of silent contemplative prayer. It has its roots in the very early Christian Church, and is described in the writings of John Cassian at the time of the desert monastics around 400AD.

The practice has never been lost from the Church. Its continued use is shown in contemplative classics such as “The Cloud of Unknowing” by an unknown English monk in the 14th century.

Other great writers on contemplative prayer have been St. Teresa of Avila, St. John of the Cross, Julian of Norwich, and in our own day, Thomas Merton.

Christian meditation is a spiritual discipline rather than a technique to achieve some specific end.

rediscovery of meditation in our time

The Benedictine monk John Main OSB (1926-1982) believed that the contemplative experience creates community. His genius was to recover and to re-present a way into this experience for ordinary people from within the Christian contemplative tradition.

In the teaching of the desert monastics on pure prayer he found the practice of the mantra. Realising that this way of prayer could further the search of many modern people for a deeper spiritual life, he recommended two regular daily periods of meditation to be integrated with the usual practices of Christian life.

Learn to Meditate

All are welcome.

The time will include a pre-recorded teaching on Christian meditation by Fr Lawrence Freeman, the spiritual leader of the World Community for Christian Meditation (WCCM).

There will be a period of ~25minutes silent meditation.

Sundays at 6pm
during Lent:
March 5, 12, 19, 26