



The World Community for Christian Meditation

LOST AND FOUND - A PEARL OF GREAT PRICE!

Introductory Workshop on Meditation in the Christian Tradition



Ancient Christian teaching on meditation – prayer beyond words, thoughts and images – was lost for centuries until rediscovered and reclaimed in the twentieth century. This revolutionary discovery offers an answer to the enormous spiritual hunger of our time.

Meditation, also called the prayer of silence or the prayer of the heart, is a way to experience the healing and transforming power of divine love, divine presence within. It is a way of spiritual growth and freedom. Everyone is invited to this contemplative form of prayer. The director of WCCM, Fr Laurence Freeman, describes it as “**a privilege of grace given by the Spirit to all.**”

This workshop offers a rich introduction to the Christian practice of meditation. Sessions will be led by Fr Gerard Theraviam and a team from WCCM (Malaysia).

Date / Time: Saturday 6th July 2019 8.30am – 5pm

Venue: Dewan Fatima, Church of Our Lady of Fatima, Brickfields

Fee: RM25

Closing date for registration: 29th June 2019

Register at: faith.olf@gmail.com

PROGRAMME

- 8.30am Registration
- 9.00am What is meditation?
- 9.45am Video clip – An introduction to Christian Meditation
- 10.15am Morning Tea
- 10.45am Leaving Self Behind / How to meditate
- 11.15am Meditation
- 11.30pm The Roots of Meditation in the Christian Tradition
- 12.15pm Questions and Responses
- 1.00pm Lunch
- 1.45 pm The Wheel of Prayer
- 2.15pm Fruits of Meditation
- 2.45 pm Meditation
- 3.15 pm WCCM at home and abroad/weekly groups
- 3.45pm Questions and responses
- 4.30pm Afternoon tea
- 5.00 pm Departure

