



INTRODUCTION TO CHRISTIAN MEDITATION

-a 1 day workshop

- ❖ 18 May 2019, Saturday
- ❖ 8:30AM to 3:30PM
- ❖ Venue: CHS (Cathedral of the Holy Spirit, Green Lane, Pg.)
- ❖ Registration fee : RM 20.00 for food and handouts
- ❖ Presented by Fr Paul Cheong OFM Cap & WCCM Team
- ❖ For more information and to register, contact:
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 - Peter Teh (012-4409103) chooweeet@yahoo.com

Meditation is an ancient form of prayer. Its aim is to bring the distracted mind to silence and stillness, and rest in the presence of God. Even in our modern busy lives, this is possible.

We invite you to come along and try this form of prayer which is simple and peaceful.

The introductory workshop provides an opportunity to experience

the practice of Christian meditation in a small group, to learn about its origins, and to discover its relevance as a form of prayer for the contemporary world.

World Community for Christian Meditation Malaysia

www.wccmmalaysia.org

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BE
STILL
AND KNOW THAT
I AM
GOD.