



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 led by a team from WCCM (Malaysia) will include presentations on particular topics, a short video clip, Q & A sessions and, most importantly, the actual experience of meditation.

Date/ Time: 24 August 8.30am -5.00pm

Venue: Loyola Hall, SFX, Jalan Gasing, P.J.

Cost: RM25

Closing date for registration: 18 August 2019

Contact persons: Peter Tan Tel No: 012-3372079; Anne Khor : 012-3843080

PROGRAMME

8.30am	Registration
9.00 am	What is Meditation?
9.45am	Video clip - An introduction to Christian Meditation
10.15 am	Morning Tea
10.45 am	Leaving Self Behind/How to meditate
11.15 am	Meditation
11.45am	The Roots of Meditation in the Christian Tradition
12.15 pm	Q & A
1.00pm	Lunch
1. 45 pm	The Wheel of Prayer
2.15 pm	Fruits of Meditation
2.45pm	Meditation
3.15 pm	WCCM at home and abroad/weekly groups
3.45pm	Q & A
4.30pm	Afternoon Tea
5.00pm	Departure

