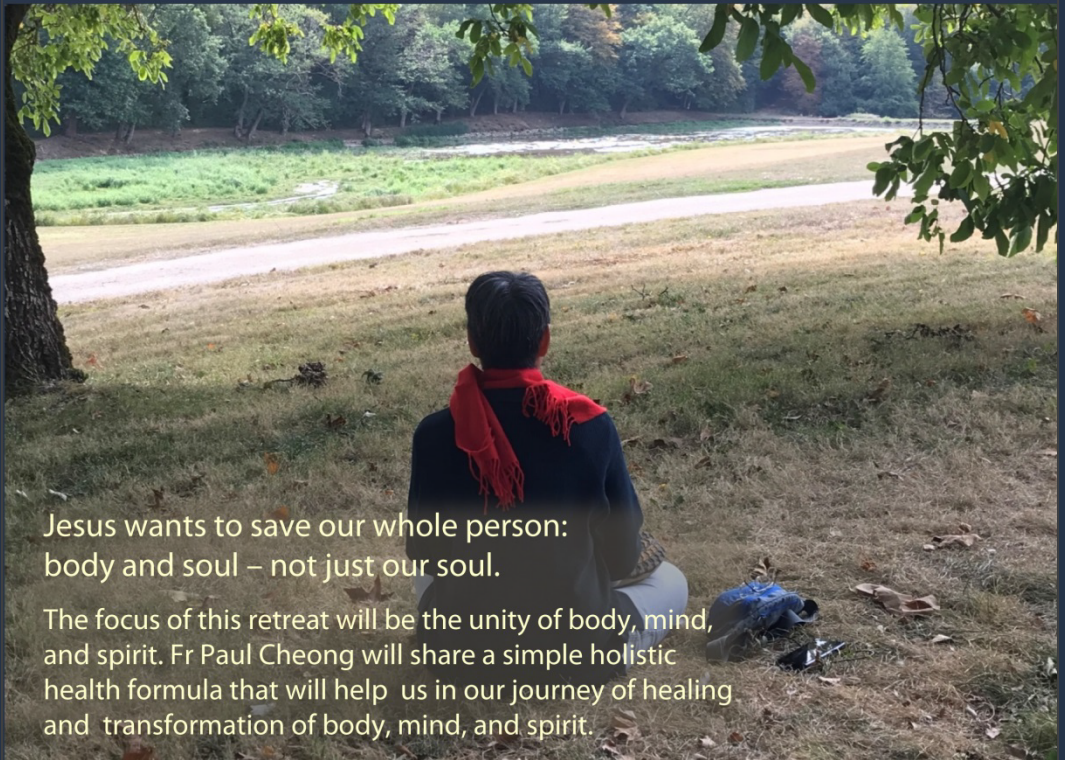


MEDITATION &

Holistic Health of Mind Body and Spirit



Jesus wants to save our whole person:
body and soul – not just our soul.

The focus of this retreat will be the unity of body, mind,
and spirit. Fr Paul Cheong will share a simple holistic
health formula that will help us in our journey of healing
and transformation of body, mind, and spirit.

Find Healing and Wholeness

with

FR PAUL CHEONG, OFM Cap

Stella Maris Retreat Centre
515U Jalan Hashim, Tanjung Tokong, Penang
25 Oct 3.00 pm to 28 Oct 2.00 pm

ANNUAL RETREAT 2019

The World Community for Christian Meditation (Malaysia)
www.wccmmalaysia.org www.wccm.org



FOCUS OF THE RETREAT

The focus of this retreat will be the
harmony and unity
of body, mind, and spirit.

Jesus wants to save our
whole person, body and soul
not just our soul.

Fr Paul Cheong will share with us
a simple holistic health formula
that will help us in our journey of
healing and transformation
of body, mind, and spirit.

FR PAUL CHEONG, OFM Cap

Fr Paul Cheong is a friar of the Order of Friars Minor Capuchin (OFM Cap), a Franciscan order that combines contemplation and active life. Fr Paul was the Spiritual Director for The World Community for Christian Meditation (WCCM), Malaysia from 2006-2010. He continues to teach Christian Meditation widely in both East and West Malaysia. Presently, he is based at the Gethsemani Friary, Church of St Francis of Assisi, Cheras, Kuala Lumpur, where he holds meditation sessions every morning incorporating qigong with Christian Meditation.



RETREAT PARTICULARS

DATES /TIME

Check in:	Friday	25 October	3.00 pm
Check out:	Monday	28 October	2.00 pm

PLACE

Stella Maris Retreat Centre
515U Jalan Hashim, Tanjung Tokong, Penang

FEES (including full board, all meals, and stipend)

SINGLE ROOM: RM 445.00 TWIN-SHARE: RM355.00 per person
Rooms will be assigned on a first-come-first-served basis.

NOTE: SPONSORSHIP in part or full will be considered for those who would like to attend the retreat but cannot afford the fee. If you are able to and would like to contribute a small sum towards the sponsorship fund, it will be much appreciated.

CLOSING DATE FOR REGISTRATION

15 October 2019

TO REGISTER

Please fill up the registration form overleaf and email it with a copy of the bank-in slip to Mike Yong (contact details given below).

PAYMENT INSTRUCTIONS

Deposit the payment amount into the following account:

ACCOUNT NAME: WCCM Malaysia

ACCOUNT NUMBER: (Maybank) 514187358320

Payment is non-refundable except in cases of emergency. However, bookings are transferrable should you need to cancel your registration.

ENQUIRIES

Patricia Por hp: 012-2338820 email: retreatwccmmalaysia@gmail.com

Mike Yong hp: 012-4217924 email: retreatwccmmalaysia@gmail.com

REGISTRATION FORM

- Please complete all the fields below.
- Please write in block letters.

MAIN REGISTRANT

Name _____ Surname _____

Email _____

Phone _____

Address _____

Religion _____

Do you meditate - In the John Main tradition? NO YES
- Other tradition NO YES (specify) _____

Do you belong to a meditation group? NO YES (specify) _____

Dietary requirements: Vegetarian Non-Vegetarian

ACCOMMODATION (please tick to indicate your choice)

single room twin-share (All rooms have air-conditioning and ensuite bathroom)

My roommate's particulars are given below Please assign a roommate for me

ROOMMATE

Name _____ Surname _____

Email _____

Phone _____

Address _____

Religion _____

Do you meditate - In the John Main tradition? NO YES
- Other tradition NO YES (specify) _____

Do you belong to a meditation group? NO YES (specify) _____

Dietary requirements: Vegetarian Non-Vegetarian

PAYMENT PARTICULARS

Total no. of persons _____ @ RM per head _____ Total RM _____

Contribution towards Sponsorship Fund (if applicable) RM _____

Total Paid RM _____