

PRAYER OF THE HEART

CHRISTIAN MEDITATION

Christian Meditation is a way of deep prayer that leads you to your heart where God dwells, and opens you to the touch of God's transforming love. In meditation, we pray as Jesus taught:

*Whenever you pray, go into your room and shut the door
and pray to your Father who is in secret;
and your Father who sees in secret
will reward you. (Mt 6:6)*

Led by

LAURENCE FREEMAN OSB



Laurence Freeman is a Benedictine monk and Director of The World Community for Christian meditation. He travels widely to lead retreats and seminars on Christian meditation and contemplative prayer. His books include *Light Within*, *Sensing God*, *Christian Meditation: Your Daily Practice*.

DATE & TIME

****12 Nov 2019****

8.00 PM

NOTE CHANGE OF DATE

VENUE

Auditorium, ACCPC, St Joseph's Cathedral, Kuching

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The World Community for Christian Meditation (Malaysia)

www.wccmmalaysia.org www.wccm.org