



The World Community for Christian Meditation

LOST AND FOUND - A PEARL OF GREAT PRICE!

Introductory Workshop on Meditation in the Christian Tradition (The John Main 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 The World Community for Christian Meditation (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: 15th Feb 2020 / 8.30am – 5.00pm

Venue: **St. Joan of Arc Meeting Room, ACCPC,
St. Joseph’s Cathedral, Kuching, Sarawak**

Cost: RM15.00

Closing date for registration: 7-Feb-2020

Contact persons: Christina Law (016-8989978)
Alexandra Wong (011 35913159)

Registration Form: Introductory Workshop on Christian Meditation
15th Feb 2020, (Sat.)
St. Joseph's Cathedral, Kuching
8:30AM to 5.00PM

Name :

Contact No.

Are you a meditator? Yes No.....

If Yes, Which Group?

Payment : RM15.00 (for meals and workshop handouts)

To : WCCM, MBB (Maybank) 5141 8735 8320

Send payment and above details by Whats App to Christina Tel 016-8989978

or Alexandra Tel 011-35913159

Closing Date : 7-Feb-2020