



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: 5- Nov-2022 (Sat.) / 8.30am - 4.00pm

Venue: Church of St. Francis of Assisi, Cheras.

Cost: RM20.00

Closing date for registration: 30-Oct-2022

**Presenters: Rev Fr Paul Cheong,
Rev. Fr. Gerard Theraviam and WCCM team**

**Contact: Mally Arokiasamy (013-3449423),
Judith Lee 012-2829018**

PROGRAMME

05-Nov-2022 (Sat), Church of St Francis of Assisi, Cheras

- 8.30am Registration
- 9.00am Introduction
- 9.15am Talk 1 - What is Meditation?
- 9.45am DVD – Pilgrimage: An Introduction to Christian Meditatio
- 10.30am Tea break
- 10.45am Talk 2 - Leaving Self Behind
- 11.15am Meditation
- 11.45pm Talk 3 - The Roots of Meditation in the Christian Tradition & John Main
- 12.30pm Lunch
- 1.30pm Talk 4 – Fr Gerard
- 2.00pm Talk 5 - Fruits of Meditation
- 2.30pm Meditation
- 3.00pm Q&A
- 3.30pm Talk 6 - WCCM at home and abroad/Weekly groups
- 4.00pm Departure

Registration Form: Introductory Workshop on Christian Meditation

5-Nov-2022, (Saturday)

Church of St Francis of Assisi, Cheras, Selangor

8:30AM to 4:00PM

Name:

Contact No.

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

If Yes, which Group?

Vegetarian: (Tick if yes)

Payment: RM20.00 per pax

Maximum capacity approx. 60 pax

Payment Options:

1. Pay Online banking via WCCM Malaysia MAYBANK account A/C no.:
514187358320. WhatsApp the bank-in slip with participant's full name
together with above details to Judith Lee (012-2829018).

Closing Date: 30-oct-2022