



The World Community for Christian Meditation in the UK

Introduction to Christian Meditation

Meditation can be incorporated into any one's daily life solely for its health benefits of reducing stress, calming the mind, soothing the emotions and promoting a sense of well-being. It is also a spiritual practice found in all the religious traditions.

John Main OSB - "Meditation is a way of peace and a way to peace...this peace power is the core and foundation of our very being."

ALL ARE INVITED TO THIS FREE, SIX PART SERIES

**TUESDAY EVENINGS 7.30 PM To Approx. 8.45 PM
SEPT. 4, 11, 18, 25, OCT. 2, & 9, 2018.**

**The Lady Chapel, St John's & St Mark's Church,
Sunny Avenue, Bury, BL9 6PF**

In Christian Meditation, also known as the Christian contemplative prayer, "Prayer of the Heart", as rediscovered by John Main OSB, we become mindful of ourselves, entering into the discovery of living in the present moment, through stillness, silence and simplicity, where we experience the joy in just resting in, being in the presence of God. The peace that this brings us allows the light of Christ to shine within us and through us.

John Main OSB - "Meditation creates community."

Expressing your interest in attending this course would be helpful with preparations. Contact David McKenna. Mob:- 07442 534 860. Email:- wccm.bolton@gmail.com.