



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.



“ The Prayer of the Heart ”

Six Weekly Sessions on the Understanding and Practice of Christian Meditation from 26/10/24 at 10.30am - presented by Reverend Father Gerard Theraviam and WCCM Team

Dates - 26/10/24, 9/11, 16/11, 30/11, 07/12 and 14/12/24

Time - Every Saturday 10.30am to 12.30pm

Venue - St Ignatius Church Petaling Jaya, Costantini Community Hall Level 2 Rooms 2.1 to 2.3

Donation - RM 15 (Please make payment to Chong Kooi Yong MBB 512316110384)

Each participant will be awarded with Attendance Certificate on completion of the six weekly sessions.

Registration: <https://forms.gle/APjKwbGQNKVnr5yv7>

