

Christian Meditation

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11th Step PRACTICE

LETTING GO

A WEEKEND RETREAT

FACILITATED BY MAY NICOL,
LINDA KAYE AND TERRY DOYLE

During this retreat, we will explore how Step 11 and the practice of meditation can assist us in the process of letting go so that we can 'Let Go and Let God'.

In the silence and the stillness, we learn how to let go of thoughts, desires and expectations and to open our hearts to God's 'grace, wisdom and love'.

Friday 4 May - Sunday 6 May 2012

The Kairos Centre, Mount Angelus Road, Roehampton, London SW15 4JA

Residential retreat single accommodation £160.00

Residential retreat shared accommodation £135.00

Non-residential retreat (all meals excluding breakfast) £75.00

Saturday day retreat (includes lunch) 9.00am -5.00pm £30.00

Financial costs should not prevent you from attending. Please contact us if you need assistance.

Booking is essential.

For booking information contact Kate Coombs: kate@wccm.org or 020 7278 2070

For any other information contact May Nicol: maymbnicol@aol.com or 07768 310666

Please return the completed form with your payment to: Kate Coombs, Meditatio, St Marks Myddelton Square, London EC1R 1XX

'The spiritual life is not a theory. We have to live it.'

p.83 Alcoholics Anonymous



Outreach of **meditatio**
The World Community for Christian Meditation

Registered Charity No 327173

REGISTRATION FORM

Name: _____

Address: _____ P.Code: _____



T: _____ E: _____

I would like to attend:

Residential retreat single accommodation £160 Residential retreat shared accommodation £135

Non-residential retreat £75 Saturday day retreat £30

and enclose the payment of £ _____ Cheques made payable to WCCM Meditatio

Credit card   Visa Mastercard Card no: _____

Expiry date _____ start date _____ security code _____ (last 3 digits on the back of the card)

Signature _____ Print name _____

SPECIAL DIETARY REQUIREMENTS: _____