



The World Community for Christian Meditation (UK)

A talk by Liz Watson

*Meditation:
it's not
what you think*

City United Reformed Church
Windsor Place, Cardiff, CF10 3BZ

Saturday 15 May 2010

11.00 am – 1.00 pm

Information from

southeastwales@
christian-
meditation.org.uk

or please call
Roger Crowley
029 2047 1772

Free Admission
Donations welcome

Meditation is an ancient form of contemplative prayer that seeks God in stillness. It is central to Christian experience and deeply rooted in the Christian tradition.

The World Community for Christian Meditation is a contemporary ecumenical contemplative community.

Liz Watson is the National UK Coordinator for the community. She is a spiritual director, teaches meditation and leads retreats.

Visit: www.christian-meditation.org.uk