



Saturday 4th September 2010

10.30 am to 3.30pm

Rooted and Grounded in Love

led by Liz Watson of The World Community for Christian Meditation

at

St. Mark's Church Hall, Basford, Stoke-on-Trent



John Main talks of the practice of Christian meditation as a way to open ourselves to the love of Christ in the depths of our being, so that we may begin to reflect that love to others. This will be a day to explore the simplicity of meditation and the meaning of love in faith and life.

You are very welcome whether you are already practising Christian meditation or completely new to it.

John Main (1926 - 82) was a monk who reintroduced an ancient way of silent, wordless prayer (contemplative prayer) to Christianity. From small beginnings has grown a world-wide movement 'The World Community for Christian Meditation' www.wccm.org



Liz Watson is the National Coordinator for WCCM in the UK.

Places at this event are limited and so you will need to book early. For more details please contact Carmel Dennison on (01782) 878 993 or email: carmel.dennison@ntlworld.com

A fee of £9 will be charged to contribute to the cost of the venue and Liz's travelling expenses.



Visit the website of WCCM to learn more about Christian Meditation

<http://www.wccm.org>