



Saturday 4th September 2010, 10.30am 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](http://www.wccm.org)

*For more information and to book a place at this event please see overleaf.*

The World Community for Christian Meditation, started by Father John Main, is now directed by Laurence Freeman, a Benedictine monk of the Olivetan Congregation. The Community is a kind of 'monastery without walls', a family of national communities and emerging communities in over a hundred countries. The spiritual foundation is the local meditation group, which meets weekly in homes, parishes, offices, hospitals, prisons, schools and colleges - pretty well everywhere that people live and seek. The World Community is ecumenical and serves a universal 'catholic' unity in its dialogue both with Christian churches and other faiths. We encourage and try to support the daily practice of meditation knowing its power to change hearts and so to transform our world.

### Day's programme

- 10.30 Registration and tea/coffee
- 11.00 First session of meditation
- 11.45 Morning session introduced by Liz
- 12.30 Break for lunch (please bring a packed lunch. Tea/coffee will be provided)
- 13.30 Second meditation session
- 14.00 Afternoon session introduced by Liz
- 15.30 Close



Liz Watson is the National Coordinator for WCCM in the UK

*Places at this event are limited. If you would like to attend please contact Carmel Dennison on (01782) 878 993 or email: [carmel.dennison@ntlworld.com](mailto:carmel.dennison@ntlworld.com) to book a place. 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>