



Events in Surrey 2010

The World Community for Christian Meditation, UK

On Beginning Meditation – Led by Brijji Waterfield **Saturday 6 February: 11.30 - 3.00 pm**

Meditation starts a journey to the centre of our being in stillness, silence and simplicity where we uncover our true identity. It allows us to root our lives in the spiritual reality of God. A day to find out more about Christian Meditation as taught by Fr John Main OSB who revived this ancient tradition of contemplative prayer in the Church and made it available to all. There will be time for meditation and discussion.

Cost £8 Please bring a packed lunch.
At The House of Prayer, 35 Seymour Road, East Molesey KT8 0PB
To book please call Jean on 01932 852134.

Meditation with Children - Led by Christine Hill **Saturday 13 March: 11.00 am - 3.00 pm**

Following on from our last exciting action day, there will be a further session for parents, teachers, grandparents et al to discuss how best to promote meditation for children at home and at school. An information gathering small group will share their findings on this. Please come.

Please bring a packed lunch. No cost – donations only.
At 11 Molesey Park Road, West Molesey, Surrey KT8 2LB
To book please call Gretta 01932 845482

Roots of Christian Mysticism

A spiritual journey of discovery – A short introduction to the roots of contemplative prayer
Monthly talks on Wednesday evenings at 7.30 pm

24 February: **The Desert Tradition** led by Dr Peter Tyler
17 March: **Meister Eckhart: The Ground of Being** led by Brijji Waterfield
21 April: **The Cloud of Unknowing: From fascinating images to wordless prayer** led by Rev Graeme Watson
19 May **St John of the Cross: The Spiritual Canticle** led by Viv Stacey
16 June **John Main: The Inner Pilgrimage** led by Liz Watson

Suggested Donation £5
At St Joseph's Church, St Margaret's Drive, Epsom, Surrey KT18 7JQ
Further information and bookings to Colette on 01372 728212

Deepening Your Meditation – Led by Fr Robin Burgess **Saturday 25 September – 10.00 am – 4.00 pm**

Beyond Desire: A day to explore meditation as the way of going beyond our personal desire so that we can enter "the inner room." There we discover the Spirit of God within and come to harmony between our true self and God's dream for us. The day will include two periods of meditation, reflection on Scripture and time for sharing.

Please bring a packed lunch. Cost: £15. All welcome.
At The House of Prayer, 35 Seymour Road, East Molesey KT8 0PB
To book please call Gretta on 01932 845482.

More information from the Regional Co-ordinator, Brijji Waterfield on 020 8941 8788
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Visit www.christianmeditation.org.uk
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