

PREPARATION

Everyone is asked to read beforehand the excellent selection of John Main's teaching entitled, "The Hunger for Depth and Meaning" In addition you are asked to prepare a 10 minute talk intended as an introduction to meditation to an imagined audience of your own choice. Please don't hesitate to contact Sarah Kirkup about any aspect of the preparation and you will receive further information and guidance about this once you have booked.

VENUE FOR THE SCHOOL

The venue for the school is Green Pastures, Branksome Park, Poole, Dorset BH13 6DT, www.green-pastures.org Poole is close to the New Forest, and the outstanding natural beauty of England's South coast. There are excellent public transport links.

The weekend will start with meditation at 5.30 p.m. on the Friday and end after lunch on Sunday.

COST

Everyone is asked to manage the cost of the weekend themselves. The cost is on a sliding scale between £160 - £175. Those who can pay at a higher level will be providing financial assistance for others who need it. A deposit of £65 is payable with the booking form, non refundable after 6 September, when the balance is due.

We do not want anyone to be excluded for lack of funds. If you need financial assistance, please contact Sarah Kirkup.

QUERIES

About your booking and the School generally:

Sarah Kirkup, The Cherry Tree, Brough Sowerby, Kirkby Stephen, Cumbria CA17 4EG. 01768 341258 sarah.kirkup1@virgin.net



THE WORLD
COMMUNITY for
CHRISTIAN
MEDITATION

THE SCHOOL IN THE UK

Workshop on the Essential Teaching

With Kim Nataraja, Sarah Kirkup and
Terry Doyle

Friday 8 – Sunday 10 October, 2010

Green Pastures, Branksome Park, Poole, Dorset
BH13 6DT

Christian Meditation Trust (UK) reg. charity 1101900

THE SCHOOL IN THE UK
WORKSHOP ON THE ESSENTIAL TEACHING
Friday 8 - Sunday 10 October, 2010

BOOKING FORM

Name

Address

Postcode

Telephone

Email

All rooms are single occupancy unless you request to share.

A deposit of £65 is payable with the booking form.

Please make cheques out to: **“Christian Meditation Trust (UK)”**

and state any particular special requirements e.g. vegetarian meals,
ground floor room.....

**Return completed form with cheque to: UK School, Sarah
Kirkup, The Cherry Tree, Brough Sowerby, Kirkby Stephen,
Cumbria CA17 4EG.**

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THE SCHOOL

The School is being developed within WCCM to help meditators to deepen their own journey, to clarify the teaching, and give them greater confidence in communicating it to others. Fr. Laurence described the School as “the primary way that the teaching work of the Community will extend into the future”.

IS THE SCHOOL FOR ME?

I have been meditating daily for at least a year. I am trying to strengthen my daily practice. Meditation is a great gift in my life and I would like to accept and integrate it more deeply. I would also like to understand the teaching better and in some way share it with others. It would be good to have some help in speaking about meditation to other people and responding to their questions. The sense of community I get through meditation is a joy and strength.

WORKSHOP ON THE ESSENTIAL TEACHING

This is a residential weekend, focusing on the core teaching of Christian meditation, the history of the tradition, psychological aspects of the journey, with practice in answering questions and giving an introductory talk. The programme for the weekend is framed by meditation together morning, lunchtime and evening and is very participative, drawing on our own experience as well as the teaching of John Main, Laurence Freeman and earlier teachers.