

A TALK BY FR LAURENCE FREEMAN OSB

Fr Laurence is the spiritual director of The World Community for Christian Meditation (WCCM) a global, inclusive contemplative community. The talk will include an introduction to Christian Meditation, suitable for all who are new to meditation as well as those with more experience. It will be followed by a period of meditation.

A writer, and international teacher, Fr Laurence is the author of many articles and books including: *Light Within, The Selfless Self, Your Daily Practice, Jesus: The Teacher Within, First Sight: The Experience of Faith* and his latest book *Good Work: Meditation for Personal and Organizational Transformation*. He collaborated with the Dalai Lama on the ground breaking book *The Good Heart*.

In addition to his work in the contemplative renewal of Christianity Fr Laurence conducts dialogues and peace initiatives such as the historic Way of Peace with the Dalai Lama. He was awarded the Order of Canada in 2012 in recognition of his work for interfaith dialogue and the promotion of world peace.

Booking Essential – Suggested Donation £10

To book go to

www.buytickets.at/somersetmeditators/318482

or contact John Roberts 07970 039007

somersetmeditators@gmail.com

To find out more about Christian meditation in Somerset and local group meetings in Wells, Glastonbury, Axbridge, Butleigh, Martock, Taunton, Norton St Philip and Ilminster, or to start a new group, please contact Julie Roberts, Somerset Co-ordinator at julie.ann.roberts@icloud.com or 01458 832704 or see somerset.christianmeditation.org.uk

JESUS AS A CONTEMPLATIVE TEACHER: WHY MEDITATION ILLUMINATES HIS GUIDANCE ON PRAYER



A talk by Fr Laurence Freeman
OSB, spiritual director of the World
Community for Christian
Meditation, with an introduction to
meditation.

Friday 13th March 2020 - 7.30 pm
Wells & Mendip Museum,
8 Cathedral Green, Wells BA5 2UE
Booking Essential

The World Community for Christian Meditation
www.christianmeditation.org.uk
www.wccm.org

