

The World Community for Christian Meditation

The World Community for Christian Meditation which was formed in 1991 in Indiana. It has now spread through 100 countries. Individuals, groups and centres share the vision of peace and unity arising from meditation. Groups meet in homes, churches, offices, hospitals, prisons and colleges.

For more information see the website:
www.wccm.org



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Christian
Meditation at
Willoughby
Uniting Church

Willoughby Uniting Church
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Thursdays 11am -12 noon
In the Chapel

The new meditation group at Willoughby Uniting is linked with the World Community of Christian Meditation. There is a renewed interest in Christian Meditation with over 70 groups meeting in Sydney.

This group will be meeting on Thursdays from 11 am to 12 noon in the Chapel area of Willoughby Uniting Church. The Church is located at 10 Clanwilliam St Willoughby with ample parking at the rear.

New members are very welcome to join this ecumenical group and learn the practice of Christian Meditation.



What is Meditation?

The ancient practice of meditation was rediscovered by John Main (1926-1982), a Benedictine monk. He established the World Community for Christian Meditation. Meditation is a learning process – John Main taught “what each of us can learn if we have the courage to enter into silence, is that it is in silence that we begin to learn... It is in silence that we really begin to enter the experience of what it means to be” (Door of Silence).

Meditation is a universal spiritual wisdom and a practice that we find at the core of all the great religious traditions, leading from the mind to the heart. It is a way of simplicity, silence and stillness. It can be practiced by anyone from wherever you are on your life's journey. It is only necessary to be clear about the practice and then to begin – and keep on beginning.

At our group sessions we will:

- + Sit still and upright
- + Close our eyes
- + Listen together to a short recorded talk which encourages us and teaches us how to meditate
- + Sit in silence, relaxed but alert for 20 minutes, breathing calmly and regularly.
- + Learn how to use a mantra to assist in focusing our attention.



Come along and join us as we learn together and nurture our spirit and our Christian faith.

Our group is co-ordinated by Marie Thompson and Lorna Fitzsimons.