



Introduction to Christian Meditation 2015
A Four Session Course led by Michael Dougherty
Over Two Saturdays: 28th Feb, 7th March

Many people assume meditation only belongs to Eastern religious traditions; however there is a growing awareness that **meditation has been practised within the Christian tradition from the beginnings of Christianity and is consistent with Christ's teaching on prayer.**

This course will introduce the history, theology, practice and method of meditation within the Christian tradition. Each session will include a short period of meditation so participants can experience this form of prayer in a group setting.

The **World Community for Christian Meditation** (WCCM) is a global spiritual community that was formed by **Dom John Main OSB** (1926 - 1982). The community is now directed by **Fr Laurence Freeman**, a student of John Main and a Benedictine monk of the Olivetan congregation. The spiritual foundation of the WCCM is the local meditation group which meets weekly in homes, parishes, offices, hospitals, prisons, schools, colleges and universities. There are groups practising Christian Meditation in over 100 countries and there are four such groups in Northland.

For further information, see www.wccm.org also www.christianmeditationnz.org.nz

Michael Dougherty has been practising meditation for over 30 years. Michael lived at Shantivanum, a Christian ashram founded by Fr Bede Griffiths, a Benedictine monk, for several months in the mid 1980's and has been actively involved in Christian Meditation for 19 years. Michael is currently the Northland Coordinator for the World Community for Christian Meditation.

See overleaf for details about the 4 Session Course

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A Two Day Course led by Michael Dougherty

Venue: *St Stephens Church Hall, 15 Clifford Street, Kaikohe*
Dates: *The following **Saturdays:** 28th Feb, 7th March*
Time: *9.30 AM to 3.00pm.*
Cost: *Koha donation. Bring your own lunch. Tea/Coffee provided.*

Each session will include:

A talk Presentation of theme
A DVD Presentation
A period of silent meditation
Opportunities for questions and discussion.

First Session - Saturday 28th February - Morning:

- What is Meditation? – A Talk. Meditation is about coming to stillness of mind and body. Despite all the distractions of the modern world, this silence is perfectly possible for people today.

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- Context of this ancient way of Christian prayer. A DVD presentation.

Second Session – Saturday 28th February - Afternoon

- Talk: Some aspects of the traditional roots of Christian Meditation.

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- DVD showing: Learning to meditate is an ongoing work. Building the practice into daily life is an enriching and liberating spiritual discipline open to all.

Third Session – Saturday 7th March: - Morning

- Talk: The Wheel of Prayer – many forms of prayer converge like the spokes towards the centre. Meditation is a living foundation for these, not a substitute for them. The centre is Christ.

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- DVD showing: Meditation creates community, a community of love.

Fourth Session – Saturday 7th March : - Afternoon

affects
itself

Talk: Meditation as a way of life – it is a journey, a pilgrimage that gradually
every aspect of our lives.

DVD Showing: Meditation for the world: a genuine contemplative life expresses
in work for peace, justice and compassion.

***To secure a place on this Meditation Course, please
phone Michael Dougherty on 436 5663 or email md1@ihug.co.nz***

