

INTRODUCTION TO
CHRISTIAN MEDITATION

Be still and know that I am God. – Ps 46 10.

Meditation is an ancient form of prayer. Its aim is to bring the distracted mind to silence and stillness, and rest in the presence of God. Even in our modern busy lives, this is possible.

We invite you to come along and try this form of prayer which is simple and peaceful.

The introductory course provides an opportunity to experience the practice of Christian meditation in a small group, to learn about its origins, and to discover its relevance as a form of prayer for the contemporary world.

WCCM : World Community for Christian Meditation.
New Zealand.



Mondays 9th April to 30th April 2018, 7 pm to 8 30 pm.

Venue: Mary Mac Killop Centre, Sacred Heart Catholic Church,
104 Hokianga Rd; Dargaville.

Admission free, a small koha appreciated.

For more information contact Michael Dougherty
Email: mdl@outlook.co.nz, or phone 09 436 5663.