

**World Community for
Christian Meditation**

**The Pathway to Healing
in the Inner Room with
Thomas Keating**

St Mary's Catholic Church Hall,
52 East Street, Papakura
3rd December, 10:00am to 2.30pm



Thomas Keating, O.C.S.O. (1923-2018) was an American Catholic monk and priest of the Order of Cistercians of the Strict Observance. Fr. Keating is known as one of the principal developers of Centering Prayer, a contemporary method of contemplative prayer closely aligned with Meditation in the Christian Tradition. Fr. Keating writes:

'In the inner room, the silent space in which God unloads the burdens and false selves that govern our individuality and our daily lives, God acts as a divine therapist, healing us and forcing us to recognize how many barriers we put up between ourselves and an authentic relationship with God'.

This Community Day will be led by Raymond Eberhard. Raymond is the regional coordinator for Waikato and Bay of Plenty. He is a member of the WCCM-NZ national council and an Oblate.

- Please bring your own lunch
- Please bring a friend
- Please bring a koha
- There will be two periods of meditation
- People new to meditation in the Christian tradition are most welcome
- For more information contact Vincent Maire on 027 276-6032



Visit our websites to find out about events, retreats, in-person and online meditation groups, teaching, books, talks, videos and much more in New Zealand and around the world. Sign up to receive regular news, updates and our quarterly publication, *Stillpoint*. Membership costs just \$25. See the NZ website (below) for more details.