



The World Community for Christian Meditation Australia (NSW) presents:

‘Meditate in May’

Introduction to meditation in the Christian Tradition.
Delivered in 4-sessions; each one-hour session has a different topic
and there is time for practice and questions.

Session 1

John Main and The World Community for Christian Meditation
Christian roots in Eastern and Western Christianity
What is meditation?
How to meditate

Session 2

Recap on the previous session, Q&A
The Problem of Distractions

Session 3

The Power of Silence and Stillness
The Wheel of Prayer
Mobile App, Online Resources and Support

Session 4

Staying in the Present Moment
Mindfulness, Meditation and Contemplation
Leaving Self Behind
Benefits and Fruits of Meditation

All sessions start at 7:30pm Sydney time on the following dates:

Session 1 - Mon 6- May

Session 2 - Mon 13- May

Session 3 - Mon 20- May

Session 4 - Mon 27- May

BOOKING and ENQUIRIES

Maximo 0431 996 108 / maximoc@gmail.com; Each session is around 1hr and 20 minutes.

LOCATION: online via Zoom link; **COST:** this is a free event

If you wish to make a donation and for information about other events visit:

wccmaustralia.org.au