

## OUR STORY—OUR COMMUNITY

Meditation is a universal practice that leads beyond words, images and thoughts into the faith-filled and presence-filled emptiness we call the **Silence of God**. What is particularly Christian about our community practice is the awareness that it takes us, in faith, into the prayer of Jesus himself. When we share in the human consciousness of Jesus we can begin to be truly open to one another.

It was the Benedictine monk, John Main, who rediscovered this contemplative tradition in the Christian church. The Christian Meditation Community began in 1976 and has since become a world wide movement of men and women from every work of life who meet in this prayer of stillness, silence and simplicity.

The Community in Western Australia is made up of small groups who meet regularly to meditate. You will find details of these groups on our website.

The Community also comes together during the year to share Introduction, Community and Silent Retreat days. Visitors are always welcome at all our groups and events.

## OVERVIEW OF THE COMMUNITY

Dom Laurence Freeman OSB is the spiritual leader of the World Community for Christian Meditation.

The Christian Meditation Community (WA) holds the following events each year.

### Introduction days:

These sessions introduce participants to the ancient practice of Christian meditation, the history and scriptural underpinning of the practice.

If your Community or Parish group is interested in holding an Introduction day then ask a Committee Member by either phoning, email or in person.

### Community Days:

'Soul Food' days with formal and informal sessions—including meditation, reflection and discussion in a friendly supportive atmosphere. All welcome.

### Silent Days:

These days are based on the gentle rhythm and balance of Benedictine spirituality. Time for personal reflection, Prayer of the Hours and periods of meditation.

## THE CHRISTIAN MEDITATION COMMUNITY (WA) INC.



### WCCM Mission Statement

*To communicate and nurture meditation as passed on through the teaching of John Main, in the Christian tradition, in the spirit of serving the unity of all*

## CALENDAR OF EVENTS FOR WA

2017

Contact us for further information at

P.O. Box 54 Wembley, WA. 6013

Telephone: 0429 117 242

Email: [christianmeditation@inet.net.au](mailto:christianmeditation@inet.net.au)

### Websites:

[www.christianmeditationaustralia.org/](http://www.christianmeditationaustralia.org/)

[www.wccm.org](http://www.wccm.org)

**Saturday 18th March 9.00am—4.00pm**

**SILENT RETREAT.**

**VENUE:**

**St. Anthony of Padua,  
16 Dundobar Rd, Wanneroo.**

**Presenter: Gerald Searle.**

**Topic: 'Lord, teach us to Pray'.**

Spend a day apart to nurture your prayer life, deepening your Lenten journey & preparing for Easter. There will be meditation, input from Gerald, personal & group reflection, Prayer of the hours.

Tea & Coffee provided. BYO Lunch.  
Suggested Donation \$12.00

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**THOUGHT TO PONDER**

As one begins this journey a hard, but necessary, thing to be reminded of is that it is not like any other experience we are familiar with. It is about letting go rather than grasping... At the end of his life, the Buddha was asked what he had got out of meditation. He replied 'Nothing... But I have lost a lot.' Jesus too emphasized that we cannot find without losing and that discipleship, the most fully incarnate form of the human relationship with the divine, requires that we abandon 'all our possessions'.

Lawrence Freeman

**EVENTS PLANNED FOR 2017**

**Saturday 10 June 10.00am—3.30pm**

**COMMUNITY DAY.**

**VENUE:**

**St. Cecilia's Parish Centre,  
Cnr Grantham St & Kenmore Cres.  
Floreat.**

**Presenter: Fr. Paschal Kearney**

**Topic: 'Testing Spirituality'**

"Spirituality can revitalize faith and in a profound way - but it is to be accountable to the biblical norms of the spiritual life. St Paul in Galatians 5 : 18-25 gives us a check list of both positive and negative tests of spirituality. Where do you / I enlist?"

There will be input from Fr. Kearney, discussion periods & periods of meditation,

Tea & Coffee provided. BYO Lunch.  
Suggested Donation \$12.00

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**Saturday 12th August 10.00am—3.30pm**

**COMMUNITY DAY**

**VENUE:**

**Saint Thomas More Church,  
100 Dean Road, Bateman.**

**Presenter: Pastor Brian Stitt.**

**Topic: 'Praying with St Paul'**

A day spent exploring the prayers of St Paul in the New Testament. There will be input from Brian, group discussion interspersed with periods of meditation.

Tea & Coffee provided. BYO Lunch.  
Suggested Donation \$12.00

**Afternoon—AGM of CMC WA**

All are welcome to stay & attend the meeting. If you are a member you are entitled to vote on any motion put forward.

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**Saturday 4th November 9.00—4.00pm**

**SILENT RETREAT.**

**VENUE:**

**St Luke's Anglican Church,  
Cnr Rowlands & George Sts, Maylands**

**Presenter: Michelle Jones**

**Topic:**

**Cultivating the Spiritual Receptivity of  
the Advent Season.**

A time of preparation for the Advent season. Periods of meditation, input from Michelle, times of quiet reflection, prayer of the hours.

Tea & Coffee provided. BYO Lunch.  
Suggested Donation \$12.00