

Ottawa Workshop for Meditation Group Leaders



February 3, the first Saturday of Winterlude in Ottawa and it was a beautiful, sunny winter day. So why were 26 people sitting together in the basement hall of St. Joe's from 9:30 to 4:00?

We share something that has very deep meaning for us: we lead or help to lead Christian meditation groups. We came from all over Ottawa as well as Arnprior, Pembroke, Barry's Bay and Morrisburg. This all-day session was a special opportunity, organized by Ron Dicks with help from Michel Legault. With coffee, tea and muffins on hand, and Michel's skilful facilitation, we had the chance to get to know and learn from each other.

Through individual presentations and in groups, we found new ways to welcome newcomers, help deal with some of the challenges in our practice, attract new meditators, create sacred space, and share the leadership. Ron started the day with inspiring words on the "being" of leadership (maybe

more important than the "doing"). And Paul Harris ended the day by giving us some gems from his many years of devoted service in spreading meditation. We got his "top ten" steps for leading a group.

Michel kept us on schedule, with time to introduce ourselves, have group meditation, and watch the very inspiring video *Christian Meditation: Quiet Mind*.

I came away with feelings of contentment, some new and some deepened

friendships and a few pages of notes, e.g. "Come 20 minutes early to prepare room" or "Remember group members in prayer."

We are blessed to be part of a worldwide family committed to helping people "realize the transcendent mystery in their lives." (Bede Griffiths)

– Joyce Hardman



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TAKE NOTE: 2007 NATIONAL CONFERENCE CANADIAN CHRISTIAN MEDITATION COMMUNITY JUNE 29 TO JULY 1, VANCOUVER

WHY TAKE NOTE?

Because... Fr. Laurence Freeman, OSB, Director of the World Community for Christian Meditation in London, England will deliver the keynote address. As well, we will have a number of workshops developing the theme *Food for the Journey: Great Christian Spiritual Leaders of the Contemplative Tradition*.

AND WHAT OTHER STIRRING STUFF?

Workshops will expand on the theme by exploring the lives and teaching of great Christian spiritual teachers, such as:

FR. BEDE GRIFFITHS, OSB

A Benedictine monk born in England, educated at Oxford, spent 20 years as a monk, departing for India in 1955 "to find the other half of his soul." Until his death in 1993 he directed an Ashram which was a centre for persons of different religious traditions to meet in an atmosphere of meditation and prayer.

The presenter will be Michel Legault, National Coordinator of the Canadian Christian Meditation Community. Michel, on hearing about Christian meditation 20 years ago, recognized that it was the form of contemplative prayer he had long been hoping to find. In 1999 he became the coordinator for the School in Canada, and so had the opportunity to present key aspects of Christian meditation to numerous groups across the country.

EVAGRIUS OF PONTICUS

Evagrius was a great desert father, writer and teacher of John Cassian. Evagrius provided understanding of the "passions" that later gave rise to Church teaching on the seven deadly sins. The workshop will focus on the meaning of these passions for contemporary meditators, and how they relate to the Evagrian teaching on "pure prayer" that John Cassian and others transmitted to the Western church.

The presenter will be Michael Hryniuk, Ph.D., associate director of the John Main Center for Meditation and Inter-Religious Dialogue, Georgetown University, Washington, D.C.

LOVE BADE ME WELCOME

You must sit down, says Love, and taste my meat.
So I did sit and eat.

– George Herbert, 1593-1633

This interactive workshop will explore the experiences of some contemplative teachers who have said "Yes" to Love's invitation. We will look at the ways their journey in God provides nourishment for our life and sustains us on the contemplative path. Companions on the journey will include mystics from earlier periods to contemporary times.

The presenter and leader will be Rev. Glenda Meakin, Coordinator for the Christian Meditation School in Canada.

Don't be disappointed. Conference registrations are filling up quickly with participants from across Canada and beyond! And so **you who are not yet registered** are warmly invited to **mount up and secure your spot**. The National Conference promises to deepen our understanding of Mark 8:34, "Anyone who wishes to be a follower of mine must leave self behind". **How?** Through the spiritual enrichment of the daily practice of silent Christian meditative prayer! Let us "go into the deep" together.

WHAT ELSE?

Before or after the Conference, why not **explore Supernatural B.C.?** There is so much to see and do.

From the National Coordinator On The Path

Not everyone who lives in Ottawa will tell you that they like winter here. Fair enough!

Now, among those who enjoy this season, most will agree on the two aspects that best represent this time of year in our part of the country: skating on the Rideau Canal and cross-country skiing in one of the numerous parks in the area. These two activities also illustrate very well the two poles of meditation.

When you go skiing on a week-day in Gatineau Park, for instance, chances are you won't meet anyone. Very much like meditation, skiing is done primarily on your own. There is a lot of silence, and many people practice that sport precisely for that reason.

Compare that to the Rideau Canal on a Sunday afternoon. There, you have hundreds and hundreds of people, most of them on skates, a few others walking or being pushed in sleds. It's a festive crowd. The warm clothes people are wearing come in all colours: green, red, orange, blue, turquoise, yellow. It's an absolute feast for the eyes. You see

skaters going by you at full speed, and you think they've probably been part of a hockey club for years. You notice others going very slowly, unsure of their movements, and you're pleased to see beginners venturing on the ice. It's a real happening.

The gathering of so many different people in such a joyful climate reminds me of the times when meditators get together for special events. This is what will happen this year. Seasoned meditators and new meditators will come together from the different parts of Canada to attend the National Conference in Vancouver. There will not be a long skating rink at the end of June, but the diversity of people and their regional colour will create that same festive atmosphere. Then, in October, the JMS 2007 will bring meditators from all over the world to celebrate together.

There is a time to pray in silence and solitude. There is also a time to join others and form the community. Nurture yourself by attending; nurture others with the gift of who you are.

– Michel Legault

Practicalities of Practice

Q. Sometimes when I meditate I feel this lightness almost like I'm floating. Afterwards, it takes me some time to get into a normal way of being and thinking. Is this something that will happen more as I meditate?

A. It is quite common for physical phenomena like this to happen from time to time. It is different with different people. Some experience pain somewhere in their body, others have some great insight.

Fr. John's recommendation was to let go of all of these and return to the mantra. His explanation was that these are manifestations of something in the body or psyche. The purpose of our meditation is to go beyond all thoughts, images or phenomena to the place of pure prayer, what the desert fathers called *quies* – resting in God. When in this state there is no "I" to have any experience; "I" am lost in

God, my source. Any manifestation should bear fruit in our living – more love, compassion, patience, kindness etc. We meditate to experience our true self, rooted in God our source. Nothing more is required at the times of meditation but to be still, silent and say our mantra. Nothing should be expected except moving ever more faithfully into this oneness.

It is the poverty of this practice that teaches us all we need to know. There is nothing to achieve, expect or measure up to. All we can do is be more present to the God who is.

– George Zquette

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COMMUNITY NOTES

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DOORS CLOSE, DOORS OPEN

Meditation group leaders, teachers and meditators continue to turn, for instruction and inspiration, to the John Main meditation talks, now in a variety of formats, and easily accessible almost anywhere in the World Community for Christian Meditation.

It was not always this way. The talks used to be on cassette, but not easily available to small communities on limited resources. In 1990 at a conference in Montreal, it was proposed that they be circulated and shared through a tape rental program. Paul Harris supported this idea, and Shirley Bedard in North Bay set up the program. She worked out the logistics of production, packaging, and mailing the tapes back and forth to subscribers for a modest annual fee.

I took over in 1992. Subscriptions were coming in – from Ucluelet, BC and the Yukon to PEI and Newfoundland. When news of the program went onto a website, requests came in from the US. Free tapes and materials were sent to centres in Fiji, India, Indonesia and Sri Lanka. A collection of ‘music/silence/music’ tapes was offered (later taken over by Chris Tanner) and all proceeds went to support the work of the National Centre.

The most fun for me was when notes were inserted in the packages, with news tidbits from fledging groups, intimate stories of people’s lives, triumphs and tragedies, all accompanied with words of encouragement and the simple message to “keep on keeping on”. It was an expanding community of faceless meditators, (unless someone sent in a group photo), with only names, addresses and our meditation practice to connect us. If we had occasion to attend the same retreat or conference it was an opportunity to put a face to a name, for friends to meet for the first time.

Today more material is being produced in alternative format. When I started getting requests for CDs and MP3s, I realized it was time to close the door on the tape program (now that other doors are open) and open a door into the new age of technology. The tapes have now been given to groups, centres and teachers who still find cassette listening a way to share the practice.

To all who have supported this program over 17 years, I pass on these words, sent to me from a long-standing meditation group in Winnipeg: Of all the ways that gratitude and thanks can be expressed, the little phrase ‘God bless you’ somehow seems to be the best.

– Carol Peterson Thessalon, Ontario

John Main Seminar 2007

18–21 October, Hotel Cheribourg, Orford, Quebec

Still Present – The Life and Legacy of John Main

Preceded by a silent retreat 16–18 October

Grand Poverty - Living in the Mystery of the Way

Registration:

John Main Seminar 2007

P.O. Box 205, Station Q

Toronto, Ontario M4T 2M1

Tel: 1-416-485-9718

Email: joyg@sympatico.ca

Downloadable brochure and registration form at:

www.johnmainseminar.org

NEWS FROM FAR AND NEAR

THE WINNIPEG SCHOOL

Meditators gathered at St. Benedict's Monastery in Winnipeg on November 24-26, 2006 for an Essential Teaching Workshop. The workshop is an opportunity to deepen our practice of meditation and to gain skill and experience in presenting introductory talks on meditation. The Resource Team included Sr. Hilda Frost OSB, Michel Legault and Rev. Glenda Meakin.

Drawn into community by the meditation periods, the group discussions and sharing of ideas, each participant brought unique gifts to the workshop. We worked together to build an introductory talk that provides a newcomer with the key elements of John Main's teaching and also includes the presenter's own experience of meditation. We practiced giving an informal talk to a friend, as well as a talk to a small group. During the weekend we looked at the importance of the weekly group to provide support and encouragement for the daily practice.

Some comments from the participants:

"I leave with a new energy to continue this journey."

"I feel more grounded in my intention to strengthen my practice."

"The weekend has furthered my ability to talk to others about meditation..."

Our appreciation to Rev. Phil Barnett for organizing and promoting the workshop in Winnipeg, and to Sr. Hilda and the community of St. Benedict's for their gracious hospitality.

FATHER JOHN'S ANNIVERSARY IN MONTREAL

This past year again, on December 30, as for the last 15 years, the Montreal meditation community celebrated Father John's transitus in Loyola Chapel. The chapel glowed with the mellow, golden light of the post-Christmas candles reflecting off the carved wood and polished floor. A photograph of Father John was at the foot of the altar, flanked by giant pots of poinsettias.

It was a cold, dark midwinter evening and, sadly, as a result, members of the Ottawa group who always make the long drive to celebrate with us were unable to attend.

Fr. Paul Geraghty celebrated mass, inviting us to stand around the altar, 'as in Father John's time.' His moving homily brought our Teacher very near. At the conclusion of the Eucharist, we lit the candles of the candelabra on both ends of the huge banquet table, stretching down the aisle from the altar. The cloth, which belonged to Father John, cascaded in giant folds around the table. It was a cornucopia

of delicious foods presented on pewter chargers – a sight to behold.

And there was wine, too. As the Hungarian father of Bob Nagy, the previous chaplain of Loyola Chapel, loved to say, "Wine is not wine, unless it's overflowing." It truly was an *agape* celebration! A love-feast of a loving community coming together, to give thanks for the great gift of Father John's life and teaching – a teaching that, like the wine, is overflowing into our communities.

– Polly Schofield

UPCOMING NORTHERN ONTARIO REGION RETREAT

On our beautiful planet which is rapidly falling apart largely because of our human activity, a retreat which will give us a few days to be very much with Mother Nature is welcome news! We heartily and warmly encourage those for whom it's possible to register for the upcoming retreat May 4–6 at Anishinabe Spiritual Centre near Espanola. The spot is lovely with log cabins beside Anderson Lake. Father John Duggan SJ, who will be leading the retreat, thinks that some canoeing would be a perfect accompaniment to the weekend topic *Christian Meditation and Oneness with Creation*. Labyrinth walking is also a possibility and we are hoping to have a native ritual. This promises to be a very creation-centered experience.

Cost: \$130 plus speaker donation. Contact: Christopher Tanner or Madelaine Mageau 613-584-9192 or e-mail: christopher.tanner@sympatico.ca

– Madelaine Mageau

PAUL HARRIS VISITS INTERFAITH MEDITATION GROUP IN OTTAWA

Vivian Stang, a Christian meditator, and staff member at the Ottawa Hospital Rehabilitation Centre, recently invited Paul Harris to give a talk to an interfaith meditation group which meets weekly at the centre on Smyth Road.

Paul was impressed by the quiet location of the meditation room. He spoke to the group on how meditation creates a spiritual bond between people of different faiths. He quoted Ken Wilber, an American Buddhist author who has written over 20 books on spirituality, religion and meditation.

Paul pointed out that in the book *Grace and Grit*, on the death of his wife from cancer, Wilber makes a very insightful statement about interfaith meditation. He says, "When you can find a truth that Hindus, Christians, Buddhists, Taoists and Sufis in Islam all agree on, then you have probably found something that is profoundly impor-

Continued on next page

News from Far and Near *continued*

tant. Something that tells you about universal truth and ultimate meaning, something that touches the very core of the human condition.”

Wilber goes on to say that this truth we all share, despite our differing beliefs, is the direct experience of the Spirit deep within us in the practice of meditation. He concludes, “. . . meditation then is part of the universal spiritual culture of all humankind.”

Speaking about Christian meditation, Paul covered the teaching and practice of this contemplative way of prayer and the important role of John Main in recovering the teaching in the prayer life of the early Christian desert monks. On finding “the kingdom of God within” in Christian meditation, Paul quoted St. Augustine’s famous words:

Beauty ever ancient, ever new
Too late have I loved you.
I was outside
And you were within me.
And I never found you
Until I found you
Within myself.

(*Confessions*, bk.10, ch.27)

LEARNING TO SHARE THE GIFT

On Saturday December 9, 2006 at Villa Madonna Retreat House, Rothesay NB, Michel Legault, National Coordinator and Sr. Kathleen Bolger, Regional Coordinator conducted an excellent workshop for meditators on how to share the gift of meditation with others.

Participants spoke of their own experience of the benefits of meditation over the years. They considered methods of communication, possible challenges to making meditation understood, and leadership. Sr. Kathleen provided samples of advertising and gave a presentation on how a Christian meditation introductory evening might evolve. We learned a song by Hildegard of Bingen as a way of keeping connected with ancient mystics.

At mid-day we enjoyed a delicious lunch, spiced with interesting stories and very good humour. By mid-afternoon we agreed to introduce meditation to two new groups during the Lenten season. The day came to a peaceful, prayerful close about 4 p.m. with 30 minutes of silent meditation.

Thank you to Michel and Sr. Kathleen for your generosity, patience and love in sharing this precious gift.

– Eileen Higgins

From the Canadian Coordinator of Schools Sharing the Gift

At every Essential Teaching Workshop a resource team will cover the key elements of John Main’s teaching on Christian meditation:

- The understanding of God and humanity that forms the theological foundation for Christian meditation
- The history of contemplative prayer within the Christian tradition
- What happens to us in terms of self-knowledge and spiritual growth as we make the meditation journey

At every Essential Teaching weekend we are aware of having barely touched the surface of these basic elements of the teaching. If we want to grow and deepen our practice and share the teaching, it is important to keep exploring and learning more about the contemplative way of prayer and life.

We are fortunate to have a rich treasure of resources to tap into. The gospels and all of the Bible provide a lifetime of learning about the relationship between God and humanity. John Main and Fr. Laurence Freeman give us their own wise teaching and also point us to past and present teachers of the

contemplative path – from Cassian to Merton. A contemporary writer who offers insight into the contemplative way is Beatrice Bruteau. You might want to look at her book, *The Grand Option*. Within the international Christian meditation community, Kim Nataraja, International Coordinator of The School, has recently had her book published about the psychological stages of meditation – *Dancing With Your Shadow*. Meditators in Ottawa and Toronto will have an opportunity to hear Kim talk about her book this coming October.

Websites are also a rich avenue to explore and discover ways people are learning to walk the contemplative path. In addition to our own WCCM website, you will find much to ponder on <www.contemplativefire.org> and the various websites for Schola Contemplationis, an organization founded by Beatrice Bruteau.

Above all, John Main would point us to the primacy of our daily practice of meditation as the fundamental source for our ongoing growth in the contemplative life. In one of his talks he said, “All that matters is that we grow in love.” Our continuing study, reading, exploring help us grow and share that love.

– Rev. Glenda Meakin

Calendar of Events

Note: For regular updates please refer to the Canadian website at www.meditatio.ca/news/updates.

April 2007

14 Apr., Ottawa, ON. *Improving our Conscious Contact: Christian Meditation as the Practice for the 11th Step.* Facilitator: George Zanette. Venue: Emmanuel United Church, 691 Smyth Rd. (corner Botsford St.). Time: 9:00 a.m. to 4:00 p.m. Registration: Ron Dicks <rdicks@rogers.com> or 613-739-1036. Or e-mail <cmainfo@rogers.com> Cost: \$15 includes coffee, tea, juice. Please register early and bring a bag lunch.

19 Apr., Charlottetown, PE. To keep connected with the mystics, *An Evening with Julian of Norwich*, the first woman to write a book in the English language. Venue: Mount St. Mary's. Time: 7:00 to 9:00 p.m. Fee: \$5 or donation. Contact: Sr. Kathleen Bolger 902-892-6585 or <kbolger@peimarthas.ca>

26 Apr., Toronto, ON. *Roots of Christian Mysticism: Women Mystics* led by Rev. Glenda Meakin. Venue: Room #4, Knox College, 59 St. George Street, U of T (St. George Campus). Time: 7:00 p.m. Contact: Clem Sauvé 416-921-0367 or <clems@interlog.com> or Joy Gordon 416-485-9718 or <joyg@sympatico.ca>.

May 2007

4-6 May, Espanola ON. *Christian Meditation and Oneness with Creation* – Retreat led by Fr. John Duggan SJ. Venue: Anishinabe Spiritual Centre near Espanola. Cost: \$130 plus speaker donation. Contact: Christopher Tanner or Madelaine Mageau 613-584-9192 or <christopher.tanner@sympatico.ca>.

5 May, Charlottetown, PE. *Workshop* – an informative, relaxing Christian meditation day with Michel Legault for Group Leaders and Committee Members of the Atlantic Area. Time: 10:00 a.m. to 4:00 p.m. Fee: \$20. Venue: Mount St Mary's. Contact: Sr. Kathleen Bolger 902-892-6585 or <kbolger@peimarthas.ca>

11-13 May, Toronto ON. Christian Meditation Community of Toronto annual weekend retreat, led by Fr. Paul Geraghty, Archdiocese of Montreal. Theme: *The Infinite Spaciousness of God: Insights for the Journey of Meditation.* Venue: St. John's Convent, 233 Cummer Avenue (Yonge & Finch). Time: Friday evening to Sunday noon. Cost: Residential \$200 single; commuters \$140. Contact: Joy Gordon 416-485-9718 or <joyg@sympatico.ca> or Claire Andrews 416-922-7230.

31 May, Toronto, ON. *Roots of Christian Mysticism: John Cassian* led by Lucy Magnus-Burke. Venue, time and contact: see 26 Apr., above.

June 2007

1-3 June, Rustico, PE. *The School – Sharing the Gift* led by Rev. Glenda Meakin and Michel Legault. Venue: Belcourt Centre. Time: Friday 7:00 pm to Sunday noon. Fee: \$175 (includes all materials, registration, room and board). Contact: Sr. Kathleen Bolger 902-892-6585 or <kbolger@peimarthas.ca>. Please register NOW.

21 June, Toronto, ON. *Roots of Christian Mysticism: Catherine of Siena* led by Marilyn Metcalfe. Venue, time and contact: see 26 Apr., above.

25 June, Charlottetown, PE. *John Main Memorial Day.* To celebrate John Main's life and legacy in the 25th year since his death, all PEI Christian meditation groups are invited for a time of silent prayer and remembrance, concluding with a special memorial service. Time: 1:30 to 4:30 p.m. Venue: Mount St Mary's. Contact: Sr. Kathleen Bolger 902-892-6585 or <kbolger@peimarthas.ca>.

27 June, Edmonton, AB. *Aspects of Love: Finding the Source and Sharing it.* Talk by Fr. Laurence Freeman. Venue: All Saints Anglican Cathedral, 10035 - 103 Street. Time: 7:30 p.m. Contact: Monique Eng, 780-439-9007 or <moniqueeng@hotmail.com>.

28 June, Calgary, AB. Talk by Fr. Laurence Freeman. Venue: FCJ Centre. Time: 7:30 p.m. Contact: Rosemary Bishop, 403-254-9606 or <romy@telusplanet.net>.

29 June-1 July, Vancouver, BC. Canadian Christian Meditation Community National Conference. Keynote speaker: Fr. Laurence Freeman. Theme: *Food for the Journey – Great Christian Spiritual Teachers of the Contemplative Tradition.* Venue: University of British Columbia. See details and registration form in this issue of NewsNotes.

October 2007

16-18 Oct., Orford, QC. Pre-John Main Seminar Retreat led by Fr. Laurence Freeman. Venue: Hotel Chéribourg, 2603 chemin du Parc. Contact: 514-481-8746 or <jms2007@bellnet.ca>. www.johnmainseminar.org Please see page C4 for registration information.

18-21 Oct., Orford, QC. John Main Seminar 2007: *Still Present – the Life and Legacy of John Main.* Venue: Hotel Chéribourg, 2603 chemin du Parc. Contact: 514-481-8746 or <jms2007@bellnet.ca>. www.johnmainseminar.org. Please see page C4 for registration information.

Want to list an event? You will find a user-friendly form to submit additions at www.meditatio.ca/Forms/EventForm.html.



MEMORIES OF JOHN MAIN

To commemorate John Main's life and legacy, each issue of NewsNotes during 2007 will include a testimonial by someone who knew him personally.

The first one is by Linda Redpath, currently living in PEI.

I first met John Main in 1980, in the parking lot of the Montreal General Hospital where I worked. On my way to the hospital entrance I would encounter Father John on the return leg of his morning walk. At first he was unknown to me, and we just nodded morning greetings to each other. At that time, I had just heard of the monastery and the teaching of meditation and decided to visit. It was astonishing to learn that this nodding acquaintance from the parking lot was the teacher of the meditation group. From that time we pondered many things on these morning encounters – leaning against a car, or gazing at the view of the city with the sun shining reflectively from the St Lawrence River.

I mentioned I was a lapsed Christian practitioner who had a need for sacred symbol and structure – not the institutional structure that affirms and enhances the ego, but the sacred, to enable heart and soul to awaken, to open the heart and mind to understand who we really are. I felt drawn to experience an infinitesimal glimpse of our divine heritage. That is what Father John helped me to see: the simplicity, the wholeness and the love. The ultimate gift and reality.

Father John didn't respond to pettiness – as I experienced when I voiced my concerns! He was mindful, always, and sought understanding of ways to especially help each person find a way to inner silence and stillness. Having expressed my thoughts, it was clear that the path was not found through words – but in silence. He emphasized that

he was 'the messenger' and followed his calling to share the message. I remember him saying that numbers of people were not important – but to see the experience of silence opening individual hearts was everything. He repeatedly said, "Just say your mantra. Nothing else is needed. It is that simple." This message he was sharing, at the deepest level, appeared to be universal, unbound by bureaucratic, organizational constructs, and possible for every human soul.

As these experiences continued, I was not sure I knew or understood much of anything, except that I felt called to enter more and more deeply into this silent prayer. I longed increasingly for solitude – to be less dependent on created things which, for me, created a gap from God... I began to understand that it is the gap and separation from God, created by the ego's manifestation, that cause our pain and suffering. In a state of pure consciousness we are an expression of the same source. There is no duality. The state of consciousness or self-realization is not about attaining something new or reaching some goal. It is about being that which we always are and always have been.

It was the recognition, at another level, of the source of Father John's words and his own practice and commitment to contemplative prayer, the same source for all, that brought me back again and again since 1980, and continues to bring me back to simplicity and silence.

– Linda Redpath

*Plan your 2007 vacation
in "supernatural" British Columbia!
We would really love to host you!*

2007 National Conference

Canadian Christian Meditation Community

June 29 and 30 and July 1, 2007

University of British Columbia, Vancouver, B.C.

**FOOD FOR THE JOURNEY
GREAT CHRISTIAN SPIRITUAL TEACHERS
OF THE CONTEMPLATIVE TRADITION**

Keynote Address: Father Lawrence Freeman, OSB

Director of the World Community for Christian Meditation

Workshops:

Bede Griffiths

Love Bade Me Welcome

Evagrius Ponticus and the Roots of Christian Meditation

Student Retreat (June 28 and 29 - \$50)

For information please contact the Conference Coordinator

at joycerogers@telus.net

or Colleen, 604-985-1592

REGISTRATION FORM

2007 National Conference

Canadian Christian Meditation Community

June 29 and 30 and July 1, 2007

Vancouver, B.C.

FOOD FOR THE JOURNEY GREAT CHRISTIAN SPIRITUAL TEACHERS OF THE CONTEMPLATIVE TRADITION

Father Laurence Freeman, OSB will give the keynote address. Workshops will explore our desire to “go into the deep” responding to our heart’s yearning to know God more profoundly. The workshops will discuss the lives and teachings of great spiritual teachers.

Name (last) _____ (first) _____

Phone () _____ Fax () _____

Address _____ City _____

Province _____ Postal Code _____ Email _____

Conference will be held at the University of British Columbia (UBC). Conference fee includes keynote address, workshops, two (2) nights accommodation - premium single room (shared washroom), 6 meals and conference resource kit.

Conference fee: \$275. Please enclose cheque, payable to
Jim Dudar - in trust - CCMC, with registration form and mail to:

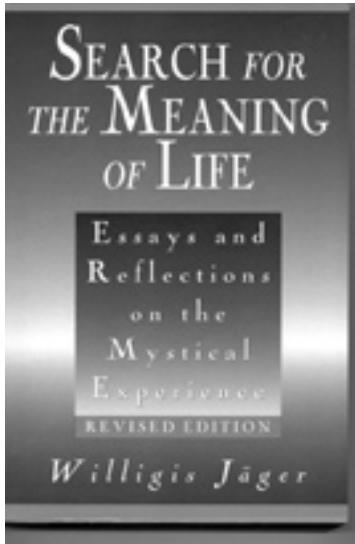
Mr. Jim Dudar, 5703 Emily Way, Sechelt, B.C. V0N 3A7

For further information please contact Joyce Rogers, 2007 National Conference Coordinator
at

joycerogers@telus.net or call Colleen at 604-985-1592.

If anyone is in a position to offer a donation towards a scholarship to support others - please know that this kind act would be greatly appreciated. God is never outdone in generosity.

NEW PUBLICATIONS



Search for the Meaning of Life:

Essays and Reflections on the Mystical Experience

Book by Willigis Jäger.

A superb work of mystical theology, and a bestseller in its original German edition; it is a far-ranging, thought-provoking and commanding discussion of the mystical experience. It embraces the richness and the strengths from both Eastern esoteric paths and the historical Christian tradition. This book speaks to everyone who journeys the path to conscious understanding, cosmic awareness and ultimate reality.

\$26.00

Meditation and the New Creation in Christ. Set of 3 CDs.

\$24.00

(see the description in the International section)

Contemplative Prayer for Today: Christian Meditation. Book by Fr. Ernest Larkin

\$15.00

(see the description in the International section)

LET'S KEEP CONNECTED

Canadian Christian Meditation Community – NewsNotes

I wish to receive renew NewsNotes

Name (if different from address label) _____

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Contribution \$15 enclosed - payable to Meditatio/CCMC.

I want to help others receive the mailing. I have added an extra donation:

\$15 \$25 \$35 Other _____

Tax receipts issued for donations over \$15.00. Thank you.

PLEASE MAIL TO: Meditatio Christian Meditation Community
P.O. Box 552, Station NDG, Montreal, QC H4A 3P9

BOOKSTORE ORDER FORM

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