

CHRISTIAN MEDITATION

as taught by Fr John Main and the World Community for Christian Meditation
(WCCM)



The Kingdom of God does not come in such a way as to be seen. No one will say 'look here it is', or 'there it is' because the Kingdom of God is within you. — LUKE 17:20-21

Meditation is a universal spiritual wisdom. It is a practice found at the core of all the great religious traditions. Meditation leads from the mind to the heart. It can be practised by anyone, wherever you are on your life's journey. It is only necessary to be clear about the practice and then to begin – and to keep on beginning.

Meditation in Christianity:

The World Community of Christian Meditation teaches a meditation practice derived from the Gospel teaching of Jesus and the advice of early Christian monks. The Desert Fathers and Mothers teach a Christian spirituality of powerful relevance for those today who want to live their discipleship to Jesus in a radical and simple way.

John Main, and the community he inspired, have had a major role in this contemporary renewal of the contemplative tradition. His own introduction to meditation came to him from the universal wisdom but led him to recognise and then go on to teach it as a way of prayer that is rooted in the Gospels and the Christian mystical tradition.

Weekly Tuesday Meditation at 4.00pm during school term.

If you are interested in joining this group please contact

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