



The World Community
for Christian Meditation
Australia

**NATIONAL CONFERENCE
MELBOURNE
11 & 12 OCT 2019**

Laurence Freeman OSB

“Being Unity in a Divided World”

As the world seems to fracture and resort to violence as a way to resolve problems, the contemplative dimension of the church – and all religions – has never been more urgently needed. Community and solitude both nurture this dimension that offers the best hope we have to survive and flourish. The mystical tradition illuminates the discoveries of science and gives depth to the idea of progress. How does the ‘ordinary meditator’ – as we all are – serve this saving and healing work?



The World Community for Christian Meditation

The Community is a global, ecumenical and inclusive contemplative community a kind of ‘monastery without walls’, a family of national communities and emerging communities in over a 120 countries. As a global community it took form in 1991 but



it continues the 30 year long work begun by the Benedictine monk **John Main**. His legacy is found in his teaching Christian meditation as part of the great work of our time of restoring the contemplative dimension of Christian faith in the life of the church.

The spiritual foundation is the local meditation group, which meets weekly in homes, parishes, offices, hospitals, prisons,

schools, universities and retirement villages. There are groups for the homeless and for those in recovery from addiction. Other initiatives have led to teaching meditation to children and interfaith dialogue.

On its 20th anniversary the community opened its *Meditatio* program, revised its governance structure and undertook a development of its outreach in crucial areas of social concern, technology, leadership, healthcare, education and the training of young meditators for the next generation of leadership.

In 2017 a decision was made by the World Community to purchase Bonnevaux, in France, as a contemplative and meditation retreat centre.



The World Community
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Australia

Australian website
www.wccmaustralia.org.au

International website
www.wccm.org

Enquiries: Mirella Pace 0408 470 114,
mirellapace49@gmail.com

REGISTRATION

Full name

Address

Postcode

Phone

Email

I WILL ATTEND: (please tick)

All sessions \$85

OR Friday Evening only \$30

OR Saturday only \$60

TOTAL AMOUNT ENCLOSED \$

+ \$ Donation towards Scholarship for others to attend

MY METHOD OF PAYMENT

There are three ways you can pay.

- 1 **EFT Direct Debit** (Preferred option)
National Australia Bank
A/C name: Australian Christian Meditation Community
BSB 083-166, A/C No. 867884064
Please use your name as the reference and email wccmaustralia.booking@gmail.com to confirm payment.
Please still return this form to the address on right.
- 2 **Credit card** (Please print clearly)
Amount \$ VISA Mastercard
Card #
Expiry date /
Signature
- 3 **Cheque or money order** (made payable to ‘ACMC’.)

Laurence Freeman OSB

Laurence Freeman OSB is a Benedictine monk and the spiritual guide and Director of The World Community for Christian Meditation an ecumenical, contemplative community.

An international speaker and retreat leader he is the author of many articles and books including, *The Selfless Self*, *Jesus: The Teacher Within*, *First Sight: The Experience of Faith*, *Beauty's Field* and his latest book 'Good Work.' He writes a quarterly spiritual letter for the World Community and publishes *Daily Wisdom* a popular daily email with a short text and one of his photos.

Fr Freeman is the Director of *Meditatio*, the outreach program of the community, which engages with the secular world on the themes of Education, Mental Health, Business, Addiction and Recovery, Medicine and the Environment.

Fr Laurence has been teaching an MBA course on *Meditation and Leadership*, at the School of Business, Georgetown University, Washington DC, and has led the course on *Health & Meditation: Healing From the Centre*, at the Royal College of Physicians of Ireland.

He leads the teaching of meditation to children and students as part of the recovery of the contemplative wisdom tradition in the Church and in society at large.



General Information

Friday 11 October 2019 – 7pm - 9pm

Saturday 12 October 2019 – 9.30am - 3.30pm

Santa Maria College Polding Centre

50 Separation St, Northcote, Melbourne

- BYO lunch. Tea, coffee and water will be provided
- Book Sales available
- Limited Parking on site, in car park opposite
- Close to public transport Tram No:86 and Train (Northcote Station).

PLEASE NOTE – Advance bookings essential. See the Registration Form for payment options. Payment in full is required by Friday 23rd August 2019.

Send completed Registration Form with cheque or money order to:
WCCM Australia,
2/85 McCrae Rd, Rosanna VIC 3084

General and Accommodation Enquiries:

Joan McKeegan

Mobile: 0418 584 970

Email: wccmaustralia.booking@gmail.com

For your comfort you are welcome to bring a cushion.

About Christian Meditation



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

In Christianity this tradition of contemplation, the prayer of the heart, became marginalised and often even sometimes suspect. But in recent times

a major recovery of the contemplative dimension of Christian faith – and prayer – has been happening. This is transforming the different faces of the Church and revealing the way the Gospel integrates the mystical and the social. Central to this process now is the rediscovery of how to pray in this dimension and at this depth: finding a practice of meditation in the Christian tradition.

The World Community teaches a 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 has 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 rooted in the Gospels and the Christian mystical tradition.