

The Ottawa Area Christian Meditation Community  
And Manotick United Church

invite you to:

**COMING HOME:**

**AN INTRODUCTION TO CHRISTIAN MEDITATION**

4 Wednesdays November 2, 9, 23, 30, 2011

7:00 p.m. to 9:00 p.m.

Manotick United Church

5567 Main Street, Manotick

Learn this ancient tradition of contemplative prayer which seeks God in silence and stillness - beyond words, thoughts and images. This way of prayer is not new – it is deeply rooted in Christian tradition. Benedictine monk, John Main (1926-1982), breathed new life into this lost form of Christian prayer and began teaching it to people seeking a deeper spirituality in silence.

Each of the 4 evening sessions will include an introductory talk by an experienced meditator followed by a recorded talk by John Main, instruction in how to meditate, a period of silent meditation and a time for questions. Talks will include such themes as:

- *What is meditation?*
- *John Main, OSB*
- *The Roots of the Tradition*
- *The Wheel of Prayer*
- *Leaving Self Behind*
- *Meditation as a Way of Life*
- *The Weekly Meditation Group*

Everyone is welcome

Please register by **October 28** with Maureen Sandrock at 613-692-0372 or by e-mail at [maureensandrock@hotmail.com](mailto:maureensandrock@hotmail.com) Suggested donation for the 4 weeks is \$20 per person; \$30 per family; no charge for full-time students. Everyone is welcome.

**Directions:** Manotick United Church is located at 5567 Main Street in Manotick. From Prince of Wales, turn east on Rideau Valley Dr, which becomes Main Street. From the 416, go east on Bankfield Rd, which ends at Main Street. Turn right on Main Street. The church will be on your left.

*The Ottawa Christian Meditation Community is part of a worldwide ecumenical spiritual community of meditators in over 100 countries who practice meditation in the Christian tradition as recovered and taught by John Main. For more information please visit [www.wccm.org](http://www.wccm.org) and [www.meditatio.ca](http://www.meditatio.ca)*