**An Introduction to Christian Meditation**

**Saturday 23rd March 2024 10am - 3pm**

at St Benedict’s Centre, West Malling ME196JX

The Revd Mark Ball introduces the tradition and practice of Christian Meditation as taught by John Main and the World Community for Christian Meditation (wccm.org). We will trace the biblical, patristic, and mystical roots of the tradition. There will be an exploration of the place of meditation in other faith traditions. We will learn the simple discipline of meditating with a gently repeating prayer word and spend some time in quiet meditation together. The day will be one of informal and interactive engagement.

*Jesus tells us to become simple, to become childlike. Meditation is a way of rediscovering our innate, childlike sense of wonder. When we meditate we go beyond desire, beyond possessiveness, beyond self-importance, beyond all sources of guilt and complexity. The first thing we must learn when we set out on the pilgrimage of meditation is to listen to the message with the simplicity of a child. God is one. And the extraordinary thing about the Christian proclamation is that our vocation is to be one with God, in God, and through God.* (John Main)