



The World Community for Christian Meditation Australia (NSW) presents:

# ‘Meditate in May’

Introduction to meditation in the Christian Tradition.  
Delivered in 4-sessions; each one-hour session has a different topic  
and there is time for practice and questions.

## **Session 1**

John Main and The World Community for Christian Meditation  
Christian roots in Eastern and Western Christianity  
What is meditation?  
How to meditate

## **Session 2**

Recap on the previous session, Q&A  
The Problem of Distractions

## **Session 3**

The Power of Silence and Stillness  
The Wheel of Prayer  
Mobile App, Online Resources and Support

## **Session 4**

Staying in the Present Moment  
Mindfulness, Meditation and Contemplation  
Leaving Self Behind  
Benefits and Fruits of Meditation

### **All sessions start at 7:30pm Sydney time on the following dates:**

Session 1 - Mon 1- May

Session 2 - Mon 8- May

Session 3 - Mon 15- May

Session 4 - Mon 22- May

### **BOOKING and ENQUIRIES**

Maximo 0431 996 108 / [maximoc@gmail.com](mailto:maximoc@gmail.com); Each session is around 1hr and 20 minutes.

**LOCATION:** online via Zoom link; **COST:** this is a free event

**If you wish to make a donation and for information about other events visit:**

**[wccmaustralia.org.au](http://wccmaustralia.org.au)**