

The World Community for Christian Meditation Australia
THE SCHOOL OF MEDITATION – ESSENTIAL TEACHING WEEKEND

“To communicate and nurture meditation as passed on through the teaching of John Main in the Christian tradition in the spirit of serving the unity of all”



14 July 2022

Dear Community member,

I'm delighted to let you know that there will be an online ETW (Essential Teaching Weekend) held on **Zoom** for participants from our Australian National Community led by **Penny Sturrock**.

The online format will be in 6 sessions held over two Saturdays from 10.30am-3.30pm (**6 August** and **13 August**) with an opening gathering on Friday **5 August** from 6.00pm-8.00pm. Traditionally the ETW has been a residential experience, but we have been encouraged by the success of several on-line ETWs and many meditation meetings held by our national communities during Covid 19. This format should appeal to those who might otherwise find the travel and expense of a weekend away difficult. As long as you have internet connection, you will be able to attend once you have down-loaded Zoom (it is a free down-load).

Attendance for the full programme is required. While you will be completing the ETW from your home, or a suitable quiet location, it is important that you put aside the whole time for silent prayer, quiet reflection and attendance at the on-line activities.

The ETW provides the opportunity to deepen your experience of meditation and learn more about the tradition. There are online presentations by Fr Laurence Freeman and other teachers in the Community on the essential elements of Christian Meditation, on the history of the tradition and on the spiritual journey. Periods of meditation are also part of the programme.

While this is not a retreat, a particular focus of the programme is to give you a time of peaceful reflection and sharing in the company of others on a similar spiritual path. It will also help to increase your confidence and explore ways in which you might share the gift with others. There will be time for you to practise giving a short talk on meditation to a small group in this caring and supportive environment. You will also have an opportunity to ask questions and share ideas about leading groups and involvement in other outreach areas of the WCCM.

I urge all community members and group leaders who have not experienced an ETW to consider attending. It is open to anyone who has been meditating for about a year or more. People who have attended an ETW comment that the programme strengthens their connection to the community and brings a real sense of belonging. *I ask group leaders to promote the ETW encouraging members of your group to attend.* Please ask anyone interested to **email Penny Sturrock** to request an application form at torlonia@bigpond.net.au or to make enquiries to **Penny** by phone on **0409 309 344**.

prayers and love

Kath Houston
WCCM Australia School of Meditation National Coordinator