



The World Community for Christian Meditation

INTRODUCTION TO CHRISTIAN MEDITATION

“Be still and know that I am God”

A six-week course will be held at St Mary's, Slough.

Church Street SL1 2DE on Tuesday evenings

Dates: 24th February -31st March

at 7:30 – 8.30 pm

Meditation is an ancient form of prayer. Its aim is to bring the distracted mind to silence and stillness, and rest in the presence of God. Even in our modern busy lives this is possible.

We invite you to come along and try this form of prayer which is simple and peaceful.

The introductory course provides an opportunity to experience the practice of Christian Meditation in a small group, to learn about its origins, and to discover its relevance as a form of prayer for the contemporary world.

[WCCM | The World Community for Christian Meditation](#)

<https://wccm.org/>

For more information contact Fr Scott

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