

Meditation

Mission Statement

We are a group of men and women from the 12 step programs, following the teachings of John Main and The World Community for Christian Meditation (WCCM). We are not a replacement for, nor are we affiliated with, any 12-step program of recovery. We are here to share this ancient path of contemplative prayer as a way to practice the 11th step.

Meditation

Monday morning 10-11:20am
St. Thomas Anglican Church Hall
Use Gore Avenue door
46048 Gore Avenue
Chilliwack, British Columbia
Canada V2P 1Z6
Contact Nada: 604-795-5486
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Meditation

as an 11th step practice



*contemplative prayer as a
way to practice the 11th step*

Meditation

Format

Our meeting format includes:

- Prayers & readings from the 12 steps
- 20 minutes of silent meditation
 - Faith sharing time
- Prayers and lessons from the World Community for Christian Meditation

wccm.org

Meditation

How to

Sit down. Sit still. Sit upright. Close your eyes lightly. Sit relaxed but alert. Silently, interoirly, begin to say a single word. We recommend the prayer-phrase Ma-ra-na-tha. Recite it as four syllables of equal length. Listen to it as you say it, gently but consciously. Do not think or imagine anything spiritual or otherwise. If thoughts and images come, these are distractions at the time of meditation, so keep returning to simply saying the word. Meditate each morning and evening for between 20 and 30 minutes.

Meditation

The important aim in Christian Meditation is to allow God's mysterious and silent presence within us to become more and more not only a reality but the reality which gives meaning, shape and purpose to everything we do, everything we are.

-John Main