



Come and See

An Introduction to Meditation through *The Cloud of Unknowing*
– a short, 8 week course (No Charge or Obligation).

Saturdays from February 25th to April 22nd, at 10 am Eastern on ZOOM. No meeting on April 8th (Easter Week).

The Course will introduce Christian Meditation, through the principal themes of "The Cloud of Unknowing", the 14th-century spiritual classic described as the most succinct, practical, and balanced guide to meditation in the English mystical tradition. Prior experience of meditation is NOT necessary.

Regular practice of meditation has been found to reduce anxiety, and develop focus, self-awareness, greater mental resilience, and more compassion. In the process, you may discover your own true self, and relationship to the divine – the source of all hope.

Christian meditation is open to all, from any tradition or none.

The time of Lent that is approaching is traditionally a time when people take-on a spiritual discipline by giving something up; but it can, instead, be a time to add something – a new discipline or practice. This year, The Toronto Branch of

The World Community for Christian Meditation (WCCM–Toronto) invites you, to add the discipline of Meditation.

To find out more, register for an information session by clicking on the link:

Thursday, February 16th, at 7 pm, on ZOOM,

<https://us02web.zoom.us/meeting/register/tZYvd-6tpj0oHtzzN1C3AUdinnmDXGW-RfPY>

Saturday, February 18th, at 10 am, on ZOOM,

https://us02web.zoom.us/meeting/register/tZAldOqvqzMjG93bRFjD4ud_dlxdfNuFTzzg

Tuesday, February 21st, at 7 pm, on ZOOM

https://us02web.zoom.us/meeting/register/tZUrdOCsqzoqH9Yk3T_gsR5ObgtFHbpeLu4A, OR

To register directly without attending the information session, please click here:

www.bit.ly/Meditate8wkIntro

Course Coordinator Fr Brian Bartley,

Email: frbrian.bartley@gmail.com

WCCM–Toronto

Email: www.wccmtoronto2@gmail.com

Tel /Fax: 437–800–5425

www.wccm-canada.ca