2024 CCMC National Conference Retreat REGISTRATION FORM

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wish to register as	s follows, click one:
Live in \$495	Commuter \$340
Online \$120	Students Online \$60
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Payment can be	made by credit card:
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Amount to be charge	ed:

Expiry Date

CVV* *the three digits on the back of your card

To Register

Visit www.bit.ly/CCMC-NC2024 to register online *OR* complete the form and mail your completed registration with full payment to:

Canadian Christian Meditation Community 3018 East 6th Avenue, Vancouver, BC, Canada V5M 1S3

with a cheque payable to Canadian Christian Meditation Community.

Register early, as residential and commuter spaces are limited. All are welcome.

\$495 for **Live in** - Single room and shared bathroom with adjacent room. Includes 2 nights accommodations and 6 meals from Friday dinner through Sunday lunch.

***340 for Commuters** - Covers as above except for 2 breakfasts and accommodation.

***120** for **Online participation** - You can attend the talks and meditations live.

***60** for **Student Online participation** - You can attend the talks and meditations live.

Please note that registration will close:

- Thurs May 30, 2024 for Live In
- Wed June 26, 2024 for Commuters
- Monday July 1, 2024 for Online Participants

CANCELLATION POLICY

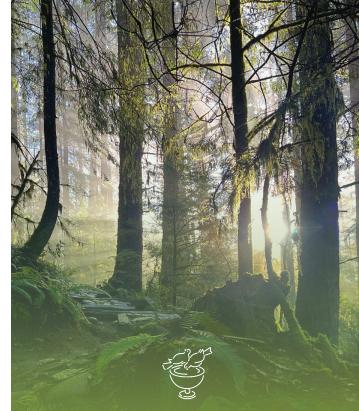
If you need to cancel your registration and request a refund, please email your request **on or before May 30, 2024** to Maeve at bccchristianmeditation@gmail.com. Telephone cancellations are not eligible for a refund.

A **15%** administrative fee will be charged on all cancellations. Cancellations **after May 30, 2024** will not receive a refund, regardless of circumstances.



For further information: Contact JoAnn at 604-318-3429

or email Maeve at bccchristianmeditation@gmail.com



The Canadian Christian Meditation Community invites you to attend the

Biennial National Conference Retreat July 5–7, 2024

Totem Park, University of British Columbia 2525 West Mall, Vancouver, BC

From Anxiety to Peace

Led by Laurence Freeman OSB Keynote speaker Kaveh Guilanpour

Presented by The World Community for Christian Meditation wccm-canada.ca

From Anxiety to Peace

'Once meditation has become part of your life it teaches us many things about ourselves and about life and the fabric of reality. One of these is that you can meditate regardless of your mood or how things are around you. For example, you can sit and start meditating with a heavy heart and a pessimistic mind, weighed down by what Jesus called the burdens and cares of life. But then, in the simple fidelity of your silence and attention, the dark veil of anxiety lifts, the heaviness dissolves and you are reconnected to that vein of peace, like a light shining in the dark or a stream of purity in a polluted world'.

Laurence Freeman's words about the transformative effect of meditation surely have relevance for a world suffering as we do today. We seek, often confusedly, for the wisdom and gentleness of contemplation without which we will be unable to face the realities of our crisis with hope and intelligence; human intelligence not merely Artificial Intelligence. We may feel a pessimism of the mind in the face of our earth-crisis but we are capable of an optimism of the will. This is found within the depth of human nature.

In this conference of meditators and friends of the community across Canada and beyond we will explore how this transformation of awareness takes place and highlight the sources of wisdom.

Our coming together is itself a sign that contemplative consciousness awakens a sense of community and is strengthened by our coming together. The speakers will help us see and experience this. But so will we embrace and welcome each other as we see that the anxiety that could paralyse us at this crucial stage in our evolution is certainly not the bottom line. Beyond it is the peace that passes understanding, opening new vistas to celebrate humanity's riches and to contemplate the beauty of the world, our home. We will hear of contemplatives supported by their meditation in the hard, often lonely work of climate change negotiations. We will listen to experiences of how the embrace of the beauty of nature can itself also free us to be fully alive.

We will see why the solution to the ecological crisis lies in our inner ecology. For what we are like interiorly so will we act externally.

WCCM Canada invites you - in one of the most beautiful parts of the planet – whether you meditate or not – to this conference of hope to share the journey we can only make in unity from anxiety to peace.



With Irish and English roots, Laurence Freeman was educated by the Benedictines and studied English Literature at New College, Oxford University. Before entering monastic life, he worked with the United Nations in New York, as well as in banking and journalism. He is the Director and Spiritual Guide of the World Community of Christian Meditation (WCCM), a global, inclusive, contemplative community. Fr. Laurence Freeman is a monk of the Benedictine Congregation of Monte Oliveto Maggiore.

Fr. John Main was his teacher and Fr. Laurence assisted him in establishing the foundations of the Community. Fr. Laurence is the author of a number of books on Christian Meditation. He travels extensively giving presentations and leading Christian Meditation Retreats.



The keynote speaker is **Kaveh Guilanpour**,

former senior member of the UN Secretary General's Climate Action Team and Vice-President for International Strategies at the Centre for Climate

and Energy Solutions. Other speakers include Squamish Elder Wendy Charbonneau,

Dr. Diane Tolomeo, Professor Emerita, University of Victoria and **Dr. Jason Brown**, Lecturer in Religious Studies and Ecological Humanities at Simon Fraser University. He also serves the SFU community as an Ecological Chaplain.

Venue

The University of British Columbia Totem Park, 2525 West Mall, Vancouver.

Totem Park is located in a natural setting on campus near the ocean and is a short walk to the UBC Botanical Garden.

Accommodation

Accommodation is available at Totem student residence which is located a short distance from the venue and dining hall (approx. 3 min. walk). All rooms are single and share a washroom with the adjacent room.

Online Participation

A company that specializes in audio video production will live-stream the conference talks and meditations.

All registrants will receive recordings of the talks after the event.



CHECK IN: July 5, 2024, 3 pm to 6:00pm OPENING SESSION: Begins at 7 pm CONCLUSION: July 7, 2024 with lunch starting at 12:30pm