

2026 CCMC National Conference Retreat

REGISTRATION DETAILS

Visit <https://bit.ly/CCMC-NC2026> to register online or scan the QR code below.



Register early, as residential and commuter spaces are limited.

All are welcome —no prior meditation experience needed.

Live in: \$355 + room fees (see *next panel) - Single or double room with shared bathroom. Includes two nights accommodation (breakfast included with room fee), three meals and a cocktail reception from Friday dinner through Sunday lunch.

Commuters: \$355 (\$180 for Students) - Includes three meals and a cocktail reception from Friday dinner through Sunday lunch.

Online participants: \$130 (\$65 for Students) - You can attend the talks and meditations live.

If you require flight arrangements, contact CCMC Member Mona Agia (Voyages Régence) at monaagia47@gmail.com.

* ROOM RESERVATION

Air conditioned rooms have been blocked at Victoria University. Visit <https://bit.ly/CCMC-NC2026> or call 416-585-4524 before **February 24, 2026** to reserve a room. **Terms of reservation are as per Victoria University policy.**

\$ 112.25 **single** room/night (includes 1 breakfast) + HST

\$ 149.50 **double** room/night (includes 2 breakfasts) + HST

If reserving a double room, one of the two people is responsible for payment.

Please note the following deadlines:

- **February 24, 2026** for room reservations (room payment due July 17)
- **June 24, 2026** for Live In & Commuters registration fee
- **July 17** for Online Participants registration fee

CANCELLATION POLICY

If you need to cancel your Conference registration and request a refund, please email your request **on or before June 24, 2026** to Lise at info@wccm-canada.ca. Telephone cancellations are not eligible for a refund.

A **15%** administrative fee will be charged on all cancellations. Cancellations **after June 24, 2026** will not receive a refund, regardless of circumstances.



For further information:

Contact Lise Babin at 416-522-8488 or email info@wccm-canada.ca



*Transforming Together
in Peace*

Reconnecting humanity and the living earth



The Canadian Christian Meditation Community (CCMC) invites you to attend the

Biennial National Conference Retreat

July 24–26, 2026

Victoria College at University of Toronto,
91 Charles St. West, Toronto, Ontario

**Keynote speaker Tom Mustill
With Chief R. Stacey Laforme and
Laurence Freeman, OSB**

Presented by
The Canadian Christian Meditation Community
wccm-canada.ca

Transforming Together in Peace

Reconnecting humanity and the living earth

The 2025 theme of the World Community for Christian Meditation, “The Risk of Living Together,” invited us to rediscover the courage, humility, and openness required to build authentic human community. As Laurence Freeman reminded us, living together is a risk “because things can go wrong... conflicts and misunderstanding can arise. The ego, of course, gets in on everything”. Yet he also insists that our shared dignity and common ground offer the strength we need to take that risk with hope.

The Canadian Christian Meditation Community’s 2026 National Conference builds directly on this foundation. Our theme—*Transforming Together in Peace: Reconnecting Humanity and the Living Earth*—extends the WCCM invitation to live together by widening the circle of relationship. In a time of ecological disruption, species loss, and cultural fragmentation, we recognize that the risk of living together includes not only our relationships with one another, but also our relationship with the Earth and its biodiversity. To live together in peace is to live with the living world, not apart from it.

Contemplative practice offers a pathway into this deeper, more integrated way of being. Meditation quiets the ego that Laurence warns can distort our relationships, allowing us to encounter others—human and more-than-human—with clarity, compassion, and reverence. In stillness, we learn again that we belong to one another and to the Creation that sustains us. This contemplative awareness becomes the ground for ethical action, reconciliation, and ecological responsibility.

Our conference invites all participants to rediscover that common ground—within ourselves, with one another, and with the living Earth.



Tom Mustill is a conservation biologist turned filmmaker and writer, specialising in stories where people and nature meet.

His first book *How to Speak Whale: A Voyage into the Future of Animal Communication* has won several awards, been translated into 13 languages and was a New Yorker Best Book of 2022. His film collaborations, often with Greta Thunberg and David Attenborough, have won two Webbys, a BAFTA, two Emmy nominations, gone viral (one film was viewed 80+million times), been played at the UN, in Times Square, and on the Pyramid Stage at Glastonbury. He is an ambassador for Whale and Dolphin Conservation.



Chief R. Stacey LaForme is the former Chief of the Mississaugas of the Credit First Nation, a respected storyteller, poet, and advocate for leadership, reconciliation, and environmental

stewardship. Elected to Council in 1999, he served his community for more than twenty years, guiding important advancements in governance and cultural preservation. His leadership raised national awareness through his role in the Pan Am/Parapan Am Games, where the MCFN became the first official Host First Nation. An Honorary Senior Fellow at Massey College, recipient of the King Charles III Coronation Medal, and author of *Living in the Tall Grass*, LaForme continues to inspire understanding and unity across Canada.



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.

CCMC member **Sandra Vandervaart** will lead a workshop on non-violent communication; how our tone, body language, words and non-verbal elements impact our communication with others.

Louise Hébert-Saindon, president of Méditation Chrétienne du Québec et des régions francophones du Canada will lead a meditation workshop on “battling our inner demons” as we progress through our life pilgrimage.

Venue

Victoria College Chapel
Victoria College, University of Toronto
91 Charles Street West, Toronto, ON M5S 1K5

Accommodation

Accommodation is available at Rowell Jackman Hall residence which is right beside the venue. A limited number of single and double air conditioned rooms are available with a shared bathroom. See Room Reservation overleaf.

Rooms need to be reserved directly with Victoria University (which includes Victoria College) by February 24, 2026.

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 24, 2026, 4 pm to 6:00pm

OPENING DINNER: 6:00pm

OPENING SESSION: 7:15pm

CONCLUSION: 1:15pm July 26, 2026 after lunch