



After three years of Covid we are still in the midst of chaos. Continuing Covid threatens our medical system once again. War in Ukraine, and rising tensions in Asia – China, Taiwan and North Korea – threaten our international order, our food, energy, and employment security. Tech Industries are laying off thousands of workers. The Green New Deal threatens our petroleum industry, and jobs. Our faltering economy faces recession, which will accentuate the inequalities produced by the Pandemic. On top of it all, we face a cost-of-living crisis pushing people into poverty, and even homelessness.

In the circumstances it will be important not to panic. Remaining hopeful, calm, and focused will be essential to navigating the perilous waters ahead and emerge safe and whole. Meditation can help. Regular practice 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.

The season 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.

.../2

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.

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

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

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