



WCCM
THE CANADIAN CHRISTIAN
MEDITATION COMMUNITY

Christian Meditation

SILENCE, STILLNESS AND SIMPLICITY

Saturday, February 28, 2026

St. Edmund's, 545 Mahon Avenue, North Vancouver

10am–2pm | Doors open 9:45am

Bring a bag lunch, coffee/tea provided | By donation

**Join us and learn about Christ-centered meditation and
deepen your existing practice as part of your Lenten journey.**

Dare to be silent, still and simple for a few hours.

“Be still and know that I am God.” Ps. 46:10.

**For more information, contact Frances at 604 775 8225
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