



**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**

**or [bccchristianmeditation@gmail.com](mailto:bccchristianmeditation@gmail.com)**

**[wccm-canada.ca](http://wccm-canada.ca)**