



# SILENCE IN THE CITY

with

## Laurence Freeman OSB

The Australian Christian Meditation Community (ACT)  
invites you  
to talks by Fr Laurence Freeman  
Director of The World Community for Christian Meditation

*The ancient practice of Christian meditation was revived by John Main OSB (1926-1982) and is now nurtured by Laurence Freeman who will introduce, explore, and answer questions in the light of the Christian experience of meditation as a life-path. All are welcome to this ecumenical gathering.*

- Why meditate?
- Why Christian meditation?
- How can I learn to meditate and make it fit into my busy life?
- What are the benefits, will it change me?

**Dates,** Sunday 6 December 2009 (3.30pm-5.30pm)  
**Times:** Monday 7 December 2009 (10am-4pm)

**Venue:** Australian Centre for Christianity and Culture,  
Blackall Street (cnr Kings Ave), BARTON, ACT

**Cost:** Sunday afternoon \$10  
Monday all day \$25 (BYO lunch – or café)  
Monday 1-2pm session \$5 (workers' lunch hour)

**Sunday 6pm** Fr Laurence will also speak at Sunday Dusk Service at the adjacent St Mark's Chapel, after which there will a light meal. All are welcome. **Please BYO plate of food to share.**

**ACT contact:** rod@rodpage.com phone (02) 6281 2378

**Laurence Freeman** is a Benedictine monk of the Congregation of Monte Oliveto and Director of The World Community for Christian Meditation. This is an ecumenical community for meditation based in London ([www.wccm.org](http://www.wccm.org)). WCCM is now present in 108 countries, with some 430 Christian meditation groups in Australia, including 13 in the ACT. The author of many books and articles, Laurence Freeman is active in inter-faith dialogue and has conducted peace initiatives such as the historic Way of Peace with the Dalai Lama. He travels widely to encourage the re-appropriation of the contemplative tradition in the Church and wider society.

**SUNDAY PROGRAM: 3.30pm WELCOME – Canberra Christian church leaders**

Introductory talk and meditation, **3.40-5.30pm** (followed by Dusk Service at 6pm)  
***"And the mystery is that Christ lives in you" Col 1:27***  
Meditation, or contemplative prayer, is the prayer of silence and stillness when we go beyond words, thoughts and images to the presence of God within us.

**MONDAY PROGRAM: 10-12 noon "The Meaning of Prayer"**

Is prayer just asking for things or running off our anxieties? Or is the essence of prayer so deeply involved with our humanity that we cannot be fully alive without it. Speaking from the Christian mystical tradition he has been helping to revive, Fr Laurence will speak of prayer as attention rather than intention. He will introduce the practice of meditation and suggest ways of integrating it into daily life.

**Lunchtime, 1-2pm "Meditation in a Time of Crisis: a New Beginning"**

Crisis - whether it's personal or global - is a time of risk but also an opportunity for growth. It calls for deeper insight into the spiritual nature of one's self and of the world. Above all it calls for a simple, peaceful practice which allows us to keep balanced while going deeper.

**Afternoon, 2.30-4pm "Meditation and the Christ-Centred Way"**

We live in a world of dangerous divisions - dangerous to our personal wholeness as well as to world peace. Meditation is a simple daily practice that lifts us through the conflicts into the peace of communion - from duality to Trinity. Everyone begins meditation where they are at – children or the dying can learn to meditate. Laurence Freeman speaks of the change that this contemplative dimension of prayer can start in anyone.

Further information:

[www.wccm.org](http://www.wccm.org)  
[www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)



Directions for the Australian Centre for Christianity and Culture (ACC&C)

- ACTION Bus 2, 3 or 5 (Mon-Fri) and 934 or 938 (Sun) from Civic and from Woden
- Car parking is available at/near the ACC&C.