

## **Christian Meditation, Wednesday 4:30 – 5:15P.M. at MUC**

A Christian Meditation group at Manotick United Church welcomes newcomers to a weekly meditation group meeting. This ancient form of Christian prayer is rooted in the gospel of St. Paul, it was taught by John Cassian and the 4<sup>th</sup> century desert monks, and has been practiced by Christians through the centuries. Meditation groups like ours are meeting in 114 countries around the world.

We live at a noisy time where 300 hours of new content are uploaded onto YouTube each minute of the day and we are becoming overwhelmed with information through all forms of media.

Meditation, also known as Contemplative Prayer, seeks God in silence and stillness, beyond words and thought. It is the prayer of silence and listening. This is the aim given by the psalmist: “Be still and know that I am God”.

To learn more about Christian Meditation you are invited to participate in a weekly group meeting held in the sanctuary of Manotick United Church every Wednesday from 4:30 PM until 5:15 PM. For further information call the office at 613-692613-692-4576,

For more information visit:

<http://wccm.org>

<http://www.wccm-canada.ca>

