



Christian Meditation

Wednesdays 745am - 815am
Thursdays 530pm - 600pm

The Lady Chapel, St Paul's Cathedral, Cuninghame St, Sale

Christian Meditation is a spiritual wisdom and a practice leading from the mind to the heart. It is a way of simplicity, silence, stillness and openness to God. It can be practised by anyone, wherever you are on your life's journey. It is only necessary to begin – and to keep on beginning.

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This practice is in the tradition of the World Community for Christian Meditation
<http://www.wccm.org/>

The logo of the two birds, one looking outward and one inward, represents the active and contemplative sides of Christian life.

