



Getting Through & Getting On ***Why Meditation is a Priority and a Gift for our Time***

***with Fr Laurence Freeman OSB of WCCM -
World Community for Christian Meditation***

***Retreat hosted by Drumalis Retreat & Conference Centre
via Zoom over three sessions Fri, 19 – Sat, 20 February 2021***

"The two doves in the logo above, the symbol of WCCM, suggest the underlying unity of the active and the contemplative lives of each human being". (Sharing the Gift)

About the Retreat: There's nothing more foolish than for people to think they know it all. Knowing what we don't know might lead to wisdom. This simple paradox underlies the whole of the human journey. Meditation allows us to be comfortable with uncertainty. In our present crisis this is a vital contemplative skill for us to learn and relearn. During this retreat Fr Laurence will introduce meditation to those who may be new to the practice and reintroduce it with fresh understanding to those who have been on this path for some time. Wherever we are on the contemplative path there will be an opportunity to experience some of the essential elements we need to grow through this crisis and to remain peaceful despite its many challenges. During this retreat we will be able to share the friendship and trust that grows out of being in silence together and understand why meditation creates community. The timings of the retreat are:

Session One: Fri, 19 Feb - 7:00 pm – 8:30 pm "First Steps in Learning to Meditate: Building it into Daily Life"

Session Two: Sat, 20 Feb - 10:30 am – 12:30 pm "Discovering Community – Coming to Peace with Ourselves and with Others – Resolving Inner Conflict"

Session Three: Sat, 20 Feb - 2:00 pm - 4:00 pm "The Stages of Meditation: Levels of Consciousness"

You are welcome to submit by email to Drumalis any question you may have for Fr Laurence in advance of the weekend - these will be forwarded to Fr Laurence and it is hoped that he will be able to answer some of these during the retreat.

About the Retreat-giver: Fr Laurence is a Benedictine monk of the Monastery of Sta Maria di Pilastrello, Italy and Director of The World Community for Christian Meditation (WCCM). His spiritual teacher was Fr John Main. After the death of Fr Main in 1982, Fr Laurence continued to teach meditation which now has begun to develop a global community. In 1991, Fr Laurence established the International Centre of the WCCM in England, now present in more than a hundred countries. Bonnevaux in France is the new International Centre of the World Community for Christian Meditation.

Cost & Booking Information: The cost of the retreat is £50. If you would like to book a place(s), please email drumalis@btconnect.com We welcome credit and debit card payments during office hours – tel 028 28272196/ 28276455 (Mon-Fri, 9 am-5 pm). Payment can also be made by bank transfer - bank details are: Name of Bank: Ulster Bank, Place of Bank: Larne Branch, A/C Name: Sisters of the Cross and Passion, A/C Number: A/C 10011910, Sort Code: 98-09-40

Once payment has been received, a receipt will be sent by email to confirm your place. Nearer the time of the retreat, usually a week in advance, the Zoom login details will be emailed to you.