

# Christian Meditation



Meditation is a way of coming to your own centre by coming to stillness of spirit and body. In the early Christian tradition this was called “pure prayer”.

It is simple and practical. We leave behind all thoughts and distractions and rest in the presence of God. The peace we experience bears fruit in our lives and in our relationships.

## *Prayer of the Christian Meditation Community*

*May this group be a true spiritual home for the seeker, a friend for the lonely, a guide for the confused. May those who pray here be strengthened by the Holy Spirit to serve all who come, and to receive them as Christ Himself. In the silence of this room may all the suffering, violence, and confusion of the world encounter the Power that will console, renew and uplift the human spirit.*

*May this silence be a power to open the hearts of men and women to the vision of God, and so to each other, in love and peace, justice and human dignity. May the beauty of the divine life, fill this group and the hearts of all who pray here, with joyful hope. May all who come here weighed down by the problems of humanity leave giving thanks for the wonder of human life. We make this prayer through Christ our Lord. Amen.*

**Be still and know that I am God(Psalm 46:10)**

Every Wednesday – two sessions

3:30pm (contact Lyn Burns 0468 786 106)

5:30pm (contact Jelita Hutchison 0408 701 892 or  
[jelitah@gmail.com](mailto:jelitah@gmail.com))

at The Church of the Resurrection,  
30 Ridley Road, Bridgeman Downs  
free of charge

