



The World Community for Christian Meditation

(North Manchester and Lancashire Region)

Quiet Days in Preston Programme

Saturday 22nd June 2019

At The Xaverian Mission Spirituality Centre

169, Sharoe Green Lane, Fulwood, Preston PR2 8HE

From 10.30am to 4.00pm

During the day there will be opportunity to meet, talk, share, meditate and share ways to prepare well for meditation in the John Main tradition. Through such opportunities it is hoped that the simplicity and fidelity in practice will deepen and the confidence to share the gift will grow.

The days are intended for anyone who leads a WCCM meditation group, anyone who meditates within the John Main tradition and anyone who is interested in learning to meditate in the John Main tradition.

10.30 Meet and Greet each other over Tea/ Coffee

11.00 Meditation

11.30 Regional and National notices

11.45 Live Talk: "Being in the Flow"

12.0 Meditation

1.0 Lunch and fellowship/books on sale/ chapel available for silent prayer

(Please bring your own lunch)

2.00 Variety of afternoon activities to choose from:

Aim : To strengthen our attention on the present moment whilst in activity

3.00 Meditation

3.30 Sharing Circle and setting the programme for the next date (with sharing of tasks for our next Quiet Day)

4.00 Departures

To book a place please contact Joanne Caine by email joannecaine_101@hotmail.com

Or text 0777 642 6911

Cost £10 payable on the day