



The World Community for Christian Meditation

(North Manchester and Lancashire Region)

Quiet Days in Preston (2019)

At The Xaverian Mission Spirituality Centre

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

From 10.30am to 4.00pm

Saturday 22nd June

Other dates this year:

Saturday 24th August

Saturday 5th October

Saturday 7th December

During these days 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.

Please bring your own lunch. Refreshments will be provided.

Cost £10 per person per day

If you would like to attend on any of the dates above, please contact Joanne Caine (Regional Coordinator for North Manchester and Lancashire) by either text to 0777 642 6911 or email to joannecaine_101@hotmail.com