

## **A TALK BY FR LAURENCE FREEMAN OSB**

Fr Laurence is the spiritual director of The World Community for Christian Meditation (WCCM) a global, inclusive contemplative community. The talk will include an introduction to Christian Meditation, suitable for all who are new to meditation as well as those with more experience. It will be followed by a period of meditation.

A writer, and international teacher, Fr Laurence is the author of many articles and books including: *Light Within, The Selfless Self, Your Daily Practice, Jesus: The Teacher Within, First Sight: The Experience of Faith* and his latest book *Good Work: Meditation for Personal and Organizational Transformation*. He collaborated with the Dalai Lama on the ground breaking book *The Good Heart*.

In addition to his work in the contemplative renewal of Christianity Fr Laurence conducts dialogues and peace initiatives such as the historic Way of Peace with the Dalai Lama. He was awarded the Order of Canada in 2012 in recognition of his work for interfaith dialogue and the promotion of world peace.

**Suggested Donation £10, if possible**

**Details: Alexis Le Fevre 01460 55976**

**waterratviolet@gmail.com**

There is no need to book but if you would like to join us for a light lunch in the Minster Rooms please confirm with Alexis

To find out more about Christian meditation in Somerset and local group meetings in Wells, Glastonbury, Axbridge, Butleigh, Martock, Taunton, Norton St Philip and Ilminster, or to start a new group, please contact Julie Roberts, Somerset Co-ordinator at [julie.ann.roberts@icloud.com](mailto:julie.ann.roberts@icloud.com) or 01458 832704 or see [somerset.christianmeditation.org.uk](http://somerset.christianmeditation.org.uk)

# STAGES OF THE INNER JOURNEY AND WHY IT TRANSFORMS THE EXTERIOR ONE



A talk by Fr Laurence Freeman  
OSB, spiritual director of the World  
Community for Christian  
Meditation, with an introduction to  
meditation.

**Friday 13<sup>th</sup> March 2020 - 10.30 am**  
**The Minster Church, Court Barton**  
**Ilminster TA19 0DU**

The World Community for Christian Meditation  
[www.christianmeditation.org.uk](http://www.christianmeditation.org.uk)  
[www.wccm.org](http://www.wccm.org)

