

## **FURTHER INFORMATION ABOUT CHRISTIAN MEDITATION**

English Benedictine monk, Dom John Main (1926–82) revived the ancient Christian tradition of meditating on a single sacred phrase. Using such a phrase creates a means of turning our attention beyond our thoughts, our concerns, and ourselves. The phrase which John Main recommended is “Maranatha”. It is in Aramaic, the language Jesus himself spoke, and means ‘Come, Lord’. It is probably the most ancient Christian prayer: St Paul ends Corinthians with it and St John ends Revelation with it.

Meditation involves coming to a stillness of spirit and a stillness of body. The extraordinary thing is that, despite all the distractions of the modern world and our own busy lives, this silence is perfectly possible for all of us. To attain silence and stillness we have to devote time, energy and love. The mantra or incantation is simply a means of turning our attention beyond ourselves, a method of drawing us away from our own thoughts and concerns. We turn the searchlight of consciousness off ourselves. The real work of meditation is to attain harmony of body, mind and spirit, and to be with the Lord. This is the aim given us by the Psalmist (‘Be still and know that I am God’).

Over 2,300 Christian meditation groups gather in approximately 112 countries around the world. The four groups at St James’ are part of the Australian Christian Meditation Community (ACMC) which comprises nearly 500 groups. They are also part of the World Community for Christian Meditation (WCCM). If you are searching for a practical and effective way of beginning a form of contemplative prayer then this will provide an excellent opportunity. By meditating with a group we begin to share the journey with others who have already commenced on the path.

Four groups meet for meditation at St James’ each week. They are affiliated with the Australian Christian Meditation Community (ACMC) and the World Community for Christian Meditation (WCCM). You can quietly join with the group and slip away afterwards or, during the week, stay on for lunch or a cup of tea.

## **WHEN AND WHERE**

Tuesday 1:10pm – 1:50pm Church  
Wednesday 7:45am – 8:30am Crypt  
Friday 1:10pm – 1:50pm Church

## **COST**

There is no charge.

## **FOR MORE INFORMATION, VISIT:**

<http://www.christianmeditationaustralia.org/> or <http://www.wccm.org>

## **This is how we meditate:**

Sit down, sit still and upright.

Close your eyes gently.

Sit relaxed but alert.

Silently, interiorly, begin to say a single word.

We recommend the prayer-phrase “MARANATHA”.

Recite it as four syllables of equal length.

Listen to it as you say it, gently but continuously.

Do not think or imagine anything – spiritual or otherwise.

If you find you have stopped saying the mantra, simply return to it.

If thoughts and images come, keep returning to simply saying the word.

Meditate each morning and evening for between twenty and thirty minutes.