

# Christian Meditation at St Cuthbert's

Meditation is an ancient form of prayer. Its aim is to bring the distracted mind to stillness and silence and rest in the presence of God. It is found throughout the ages of the Christian tradition, as far back as the Desert Fathers in the 4<sup>th</sup> century. St Augustine of Hippo, one of the great Fathers of the Early Christian Church, counsels us to:



*'Leave behind all noise and confusion. Look within yourself and see whether there be some sweet hidden place where you can be free from noise and argument, where you need not be carrying on your disputes and planning to have your own stubborn way. Hear the word in quietness that you may understand it.'*

In meditation we learn to take our attention off our thoughts, let go of everything that we are supposed to be doing and achieving, accept ourselves just as we are and open our hearts to the presence of God in the stillness and silence of the present moment. It is a very simple form of prayer that doesn't replace other types of prayer but can help to deepen and enrich them. Many people seeking a sense of 'the peace that passes all understanding' in their increasingly pressurized lives have discovered that a regular practice of this simple 'prayer of the heart' can help them towards a deeper sense of the mysterious presence of God within.

The **Christian Meditation Group** meets in the beautiful sacred space of the **Trinity Chapel** from **9.30 to 10.30 on the first and third Thursday of the month**. Each session follows a similar format of welcome, a short talk, the 25 minute period of meditation and a closing reading and prayer. There is an opportunity for questions and discussion and refreshments are available in Cuthbert's kitchen afterwards.

Newcomers are always most welcome to join us. If you would like more information please contact Carol Hince (01749 678831; [cjhince@btinternet.com](mailto:cjhince@btinternet.com)) or visit the World Community for Christian Meditation website [www.wccm.org](http://www.wccm.org)



***'Be Still and Know that I Am God'***