



**Fr. Laurence Freeman, OSB**

***“First Steps in Learning How to Meditate”***

Laurence Freeman is a Benedictine monk and Director of The World Community for Christian Meditation (WCCM). He is the author of many books and articles including *Light Within, Jesus: The Teacher Within* and *Selfless Self*.

**Date:** February 7, 2014  
**Time:** 7:00pm – 9:00pm  
**Location:** First Presbyterian Church of Ft. Lauderdale  
401 SE 15th Ave, Fort Lauderdale, FL  
(Chapel-in-the-Sky – 3<sup>rd</sup> floor Neumann Center)  
**Cost:** Suggested goodwill offering of \$15pp (\$20 for two)

Meditation is a universal spiritual wisdom and a practice that we find at the core of all the great religious traditions, leading from the mind to the heart. It is a way of simplicity, silence and stillness. By learning the ways of the early Christian monks – the Desert Fathers and Mothers – we have rediscovered the contemplative dimension of the Christian faith.

Central to this is the practice of meditation which shows us how to put into practice the teaching of Jesus on prayer in a radical and simple way.

It can be practiced by anyone from wherever you are on your life’s journey. It is only necessary to be clear about the practice and then to begin – and keep on beginning.

## **Laurence Freeman, OSB**



**Laurence Freeman** is a monk of the Olivetan Benedictine Congregation of Monte Oliveto Maggiore and Director of The World Community for Christian Meditation. Fr Laurence was born in England in 1951 where he was educated by the Benedictines and studied English Literature at Oxford University.

Before entering monastic life he had experience with the United Nations, banking and journalism. In the monastery his spiritual teacher was John Main with whom he studied and whom he helped in the establishment of the first Christian Meditation Centre in London.

In 1977, he went with John Main at the invitation of the Archbishop of Montreal to establish a Benedictine community of monks and laypeople dedicated to the practice and teaching of Christian meditation. Fr Laurence studied theology at the Universite de Montreal and at McGill University, made his solemn monastic profession in 1979 and was ordained to the priesthood in 1980.

After the death of John Main in 1982, he continued the work of teaching meditation that had now begun to develop a global community. In 1991, Fr Laurence returned to England to establish the International Centre of the newly formed World Community for Christian Meditation that is now present in more than a hundred countries.

He has conducted dialogues and peace initiatives such as the historic "Way of Peace" with the Dalai Lama and is active in inter-religious dialogue with other faiths as well as in encouraging the teaching of Christian meditation to children and students and in the re-appropriation of the contemplative wisdom tradition in the Church and society at large. He is the Director of the WCCM Benedictine Oblate Community. In 2010 he launched the MEDITATIO outreach programme of the Community to mark the celebration of its twentieth anniversary.

**Laurence Freeman is the author of many books and articles including "Light Within", "Selfless Self", "Web of Silence", "Common Ground", "A Short Span of Days", "Your Daily Practice", "Jesus: The Teacher Within" and "First Sight: the Experience of Faith". He is also the editor of John Main's works and a member of the Board of Medio Media, the publishing arm of the World Community.**

## REGISTRATION FORM

### Fr. Laurence Freeman OSB

#### "First Steps in Learning How to Meditate"

Friday February 7, 2014 Evening Retreat 7pm – 9pm

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Suggested goodwill offering: \$15 per person / \$20 for two  
(Make checks payable to: WCCM-USA)

Total Amount Enclosed \$\_\_\_\_\_

---

---

*Please return the above portion of this form with your registration offering to:*

*Shelley Hartman  
P.O. Box 2267  
Fort Lauderdale, FL 33303*

*For more information please contact Shelley Hartman at [hartmancaro@gmail.com](mailto:hartmancaro@gmail.com)*

