

## **Christian Meditation Group**

We meet on the third Wednesday of each month in a private house. The number attending has varied from two to nine, the ages from 'teens to eighties. Everyone is welcome, even for a one-off.

The programme lasts from 8.00-9.00p.m. We use a combination of music, a recorded talk and a reading, around a period of 20 minutes' silence.

On occasion we link with the other four groups in this North London area.

The teaching goes back to that of early Christian monks of the desert, later passed on by John Main and now by Laurence Freeman as part of the World Community for Christian Meditation. The practice is being used increasingly widely in schools across the globe.

**Rev Olive Cope**  
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