

The Pearl of Great Price **AN INTRODUCTION TO CHRISTIAN MEDITATION**

“Again, the kingdom of heaven is like a merchant looking for fine pearls; when he finds one of great value he goes and sells everything he owns and buys it.”

Matthew 13:45

The practice of meditation, or silent prayer, has been part of our Christian tradition from the very beginning. When we practice this “prayer of the heart”, we journey to the kingdom of heaven which is within us (Luke 17:21).

In preparation for Easter, **beginning March 7**, and continuing for the following 3 Thursdays, members of the St. Laurence meditation community will present an introductory course on Christian Meditation in **AMC Room 200, from 7:00-8:00pm**. There is no charge and you may attend any/all of the sessions.

March 7: What is Christian Meditation (MT 6:5-6)

March 14: Resurrecting the Tradition (MT 6:7-15)

March 21: The Christian Path (MT 6:25-34)

March 28: Spiritual Fruits (PHIL 2:1-11)

Each session will last an hour and will consist of a short talk on the topic of the week, a 20-minute silent meditation, and end with discussion or sharing of the experience. For information on meditation in the Christian tradition, please visit www.wccm-usa.org.

INFO: Please contact Patrick King at patrickking50@gmail.com, 713-444-6014