



WCCM
AUSTRALIA (SA)



Each week the session will include a video presentation by Father Laurence Freeman, Director of The World Community for Christian Meditation, a global community, followed by a time of Meditation and Q&A.

LEARN TO MEDITATE

A Four-week Introductory Course

Come to me all you who are weary and burdened and I will give you rest. (Mt 11:28)

Meditation is as natural to the spirit as breathing is to the body. It opens and renews our humanity and teaches what fullness of life truly means. And it is simple. Join this practical course and learn more about peace and your true self – and meet friends for the journey.

at St Saviour's Anglican Church, 596 Portrush Rd,
Glen Osmond

Wednesdays 1, 8, 15, 22 July 2026, 7.00 - 8.15 pm

For more information and to register contact: Dianne Schaefer – dianneschaefer@yahoo.com.au