

The MEDITATIO PROGRAM

Meditatio is the outreach of The World Community for Christian Meditation. It shares the fruits of meditation and engages in dialogue with the secular approach to the problems of our time.

Meditatio hosts seminars, forums and workshops, produces publications and resources on the themes of Education, Mental Health, Addiction and Recovery, Business, Inter-Religious dialogue and the Environment.

Formed in 1991, the World Community developed the vision of Benedictine Monk John Main by working to renew the contemplative dimension of Christian life and engaging in dialogue between faiths from the common ground opened by meditation.

The Canadian Christian Meditation Community (CCMC) is a grassroots volunteer community with groups across the country dedicated "to communicate and nurture meditation as passed on through the teaching of John Main, in the Christian tradition, in the spirit of serving the unity of all."

Many of us meet weekly in meditation groups (about 200) across Canada.

To find out more, visit: wccm-canada.ca
wccm.org
wccmmeditatio.org
cominghome.org.au



PRESENTERS:



Dr. Cathy Day is Director of Townsville Catholic Education Office and under her leadership, she has created and implemented a world-first Christian Meditation Program for all Catholic Schools in the Diocese.

Ernie Christie is Deputy Director in Townsville and has been a teacher for 28 years. He is the author of *Coming Home: A Guide to Teaching Meditation to Children* which is inspirational in training teachers to deliver this practice in the classroom.



It is my contention that Christian Meditation is a way of educating the heart of our children. I see that every day.
Dr. Cathy Day

Contact:

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wccm-canada.ca



Outreach of
meditatio
The World Community for Christian Meditation

Forum hosted by:
AJAX and PICKERING Christian Meditation Groups
and WCCM - TORONTO

a meditatio forum

TEACHING MEDITATION TO CHILDREN

FRIDAY, Oct. 4, 2013
9:30am to 4:30pm

OR

SATURDAY, Oct. 5, 2013
9:30am to 4:30pm



St. George's Anglican Church

77 Randall Drive, Ajax, Ontario
www.stgeorgeschurch.ca



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The Meditatio Forum focuses on one of the most important concerns of any generation: the well-being of the next generation. Research and experience show that children have a natural capacity for meditation. They enjoy it and the benefits show. Has the education profession fully appreciated the significance of this? How can we make this spiritual practice and universal life-skill available to more children, thus helping them to deal better with the challenges and pressures ahead of them?

Drawing on its experience of teaching Christian Meditation in many parts of the world. Meditatio - the outreach of the World Community for Christian Meditation - presents this forum for teachers, parents and all those involved in the faith dimension of the education of children in primary and secondary schools. There will be practical advice on how to start the program and discussion of plans for instituting pilot projects.

Cathy Day and Ernie Christie have earned international acclaim for their pioneering work of introducing meditation to children and teachers. They will speak of their experience in Australia and lead discussion on all aspects of the theme.

The forum will address the following:

- The importance of teaching Meditation to children and young adults;
- Meditation is an inclusive form of prayer and promotes growth of the whole child;
- The "Townsville Experience": from pilot programs to teacher formation;
- What children, teachers and parents say;
- How to make it work for my situation, identify potential and develop a blueprint for moving forward.

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VENUE : St. George's Anglican Church
77 Randall Drive, Ajax, Ontario
www.stgeorgeschurch.ca

REGISTER By: Sept. 15

To register, call:
MARILYN METCALFE 905-831-2945

or email:
MEDIT8RMM@gmail.com

or download registration form:
wccm-canada.ca (click: EVENTS)

**\$50 - includes forum materials,
lunch and refreshments**



TEACHING MEDITATION TO CHILDREN Meditatio Forum REGISTRATION

Friday, October 4, 2013 **OR**

Saturday, October 5, 2013

Name _____

Mr. Mrs. Ms. Rev. Dr.

Org/School/Church (if applicable) _____

Address _____

City _____ P. Code _____

Country _____

Tel. # _____

email _____

Please note any special dietary or other requirements:

I enclose payment of \$50

METHOD OF PAYMENT:

Money Order Bank Draft

Cheque - payable to: **WCCM - Toronto**

Please complete form and return with your payment by **September 15, 2013** to:

WCCM - Toronto

**4865 Sheppard Ave. E., Unit 6 - 101
Scarborough, ON M1S 3V8 CANADA**