

St Andrews Meditation Group

As we are all so different from each other, how delightful it is that God gives us many various ways in which we can communicate with him. Some people find that there are too many words used in prayer and too little quietness, even in our own homes. To those people, a time of silently being with God can become the deepest prayer they know, though in fact, the need for silence is a universal one.

At St Andrews we have a small group belonging to The World Community for Christian Meditation, which has 20 groups in North East London, and is found in over 100 countries around the world, including wonderful work done with children. The community is no new-fangled thing as its practice can be traced back to the earliest centuries of the Christian Church. In the last 30 years, there has been a growing awareness that a contemplative way of life is not just for the special few but for everyone according to their own tradition.

Our local group meets for about an hour once a month, usually on a Wednesday evening at 8pm. The heart of that time is twenty minutes silence surrounded by music and very interesting pre-recorded talks by several world leaders in Christian meditation, about various aspects of the practice such as its value.

You would be most welcome to come to our group on any occasion with no commitment whatsoever to future attendance. If you are interested, please phone Olive Cope on 0208 363 8221 to confirm the date and time of the next meeting.

Olive Cope