

The Christian Meditation Group

Up until one year ago, at the start of the pandemic, the Christian Meditation Group met on the 1st and 3rd Mondays of the month from September through June, and meeting from 7:30 to 9 pm in the Worship space.

A Meditation group has been meeting at St. Dunstan's since 1995. The group includes long-time meditators as well as those new to the practice of contemplative prayer. The time together consists of fellowship, prayer, quiet music, listening to a brief taped talk, 25 minutes of silent meditation, and is followed by a brief period for discussion or questions.

We follow the teachings of the Benedictine monk, Dom John Main (1926-1982). Main was one of the monks who re-discovered this ancient tradition of contemplative prayer, (prayer of the heart, or meditation), and promoted it for modern, ordinary, men and women. It had been a very common prayer practice for everyone in the Church from the time of the Desert Fathers and Mothers of the 4th Century. This common prayer practice consisted of reading, or listening to, a passage of Scripture (*lectio divina*) followed by meditation. Although the practice is rooted in Scripture, it was lost to the Western Church from the 11th Century until its recovery in the mid-20th Century.

The group that has met at the parish of St. Dunstan's is part of the World Community for Christian Meditation - Toronto, which, in turn is part of WCCM - Canada, under the larger umbrella organisation of the WCCM, now based in France. Correspondingly, small groups meet in countries all over the world.

Meditation is a contemplative prayer discipline that calms the mind, and centres us in our relationship with God, while allowing God's Spirit to work within our inner silence and stillness. Newcomers are always welcome, and are taught the simple technique of Christian Meditation. It is open to everyone who would like to have the support of a group in which to learn, or to practice, this form of silent prayer.

Due to the COVID pandemic, all in-person sessions of the Meditation Group remain suspended, and most likely will continue be so for the foreseeable future.

Respectfully submitted,

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