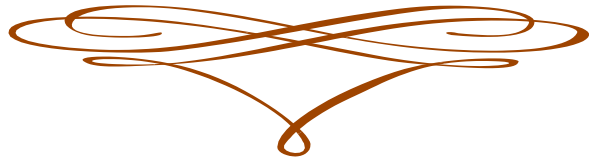


IN A WORLD increasingly aware of the need for silence and stillness, the way of Christian Meditation speaks to us with the authority of a path that is rooted in both Christian tradition and authentic contemplative experience. This ancient form of Christian prayer is rooted in the Scriptures, was taught by John Cassian and the Desert Fathers and flows through the 14<sup>th</sup> century spiritual classic “The Cloud of Unknowing”. It is a path beyond thought and imagination into the presence of the risen Christ who dwells in our hearts. The way is one of simplicity and discipline. The retreat will follow the teaching of Father John Main (1926-1982), a Benedictine monk who rediscovered this ancient way of contemplative prayer.



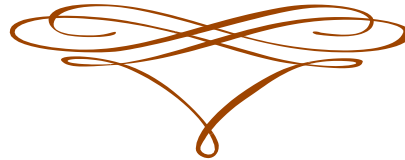
*MICHAEL MISFUD is a Catholic priest of the diocese of Melbourne. He lives the hermit life (but is not a recluse). He has experience of leading retreats for the Christian meditation community in Australia. He himself has been a Camaldolese Oblate in the Benedictine tradition since 1992. He was initiated by Dom Bede Griffiths. Since 2003 he has been chaplain to the Camaldolese Oblates for Australia and New Zealand. He is also very involved in the East-West meditation foundation, interfaith area.*



MEDITATION is a method of prayer that meets the needs of many people today. In large part this is because of the breakdown in order in today’s society, the increasing confusion concerning values, and the failure of traditional institutions, including churches, in coping with the demands of change. Through meditation people are finding refuge in solitude and silence, and the ability to cope with these issues.

The retreat will follow the following themes:

1. Silent Loving Attention to the Presence
2. The Inner and Outer Harmony – Jesus Calming the Storm
3. The Cosmic Dimension – Faith and Civilisation
4. Morning and Evening Meditation
  - Simplicity in the morning – one-pointedness
  - Evening – Complexity being integrated. The need to integrate the complexity of life.



In this retreat Michael Misfud will be discussing these issues, and offering a direction for Christian people who are both committed to prayer and to facing the challenges of the age. On the weekend there will be periods of silence and meditation. There will also be the praying of the liturgy of the hours, an ancient practice which orders one’s day around times set aside for prayer. There will be opportunity for discussion, but mostly the weekend will be governed by an atmosphere of quiet enabling the participants space to make their own creative response to the issues raised.

# CHRISTIAN MEDITATION

THE PATH  
OF  
CONTEMPLATIVE PRAYER  
FOR  
CONTEMPORARY MEN & WOMEN



WORLD COMMUNITY FOR CHRISTIAN MEDITATION

## Retreat-Seminar

**TOWARDS AN INTEGRATIVE SPIRITUALITY**

LED BY  
**FR MICHAEL MISFUD**  
ST FRANCIS RETREAT HOUSE  
50 HILLSBOROUGH ROAD,  
HILLSBOROUGH,  
AUCKLAND

AUGUST 27—29, 2010

W.C.C.M.

C/- 50 B Royal Road,  
Massey,  
**WAITAKERE 0614**

Full payment & registration required by  
Friday August 20  
Please make cheques payable to —  
WCCM (Auckland)

I wish to register for —

Accommodation      \$280 (includes meals – limit 38 people)



(Special Dietary Needs .....

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_



## TOWARDS AN INTEGRATIVE SPIRITUALITY

A Christian Meditation live-in Retreat– Seminar  
with Fr Michael Misfud.

Saint Francis Retreat House  
50 Hillsborough Road  
Hillsborough, Auckland

### Times —

**Friday** 27<sup>th</sup> August 7.00pm  
to  
**Sunday** 29<sup>th</sup> August 4.00pm

There will also be extended periods of  
silence which the retreatants  
will be asked to observe.  
Sunday Eucharist is also included  
in the programme.

### Costs —

❖ **\$280** with accommodation  
(Meals, Linen & Towels provided)



## HOW TO MEDITATE

Sit down. Sit still and upright. Close your eyes lightly. Sit relaxed but alert. Breathe calmly and regularly. Silently, interiorly begin to say a single word. We recommend the prayer-phrase **MA-RA-NA-THA**. Recite it as four syllables of equal length. Listen to it as you say it, gently but continuously. Do not think or imagine anything – spiritual or otherwise. If thoughts and images come, these are distractions at the time of meditation, so keep returning to simply saying the word. Meditate each morning and evening for between twenty and thirty minutes.

---

The World Community for  
Christian Meditation  
operates an excellent website at:  
[www.wccm.org](http://www.wccm.org).

The Community's publishing arm  
can be found at:  
[www.mediomedia.com](http://www.mediomedia.com).

The website for the New Zealand Community:  
[www.christianmeditationnz.org.nz](http://www.christianmeditationnz.org.nz)

---

**For more information phone —**

Jenny Ph 09-833-1931 or

[n.keating@clear.net.nz](mailto:n.keating@clear.net.nz)