

# A pearl of great price

## An introduction to the gift of Christian Meditation

A six week course starting Tuesday 19 Feb  
led by Rev Martin Parrott Chaplain,  
Calderdale Royal Hospital, Halifax  
4.00pm – 5.00pm in the Small Training Room,  
Learning and Development Centre,  
Calderdale Royal Hospital

What is Christian Meditation	19 Feb
John Main	26 Feb
The roots of our tradition	04 Mar
The wheel of prayer	11 Mar
Leaving self behind	18 Mar
Meditation as a way of life	25 Mar

You are invited to explore Christian meditation an ancient practice of prayer rooted in the Christian Tradition. It is also known as Contemplative Prayer, a prayer of listening and silence beyond words and thoughts, with the aim of simply being with God.

“Be still and know that I am God” Psalm 46:10.

*For more details see [www.wccm.org](http://www.wccm.org)*

If you would like to attend then please

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