

**Christian Meditation: a contemplative way through this crisis.** The meditation Group at St Joan's is still active during this Covid 19 lockdown. A short meditation reading, and other news is being sent out weekly to all members of the group. If you would like to learn about the tradition/discipline of Christian meditation that we practice at St Joan's and would like to receive a weekly meditation to use at home during this difficult time, please contact [janmcgrory@hotmail.com](mailto:janmcgrory@hotmail.com)

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**Christian Meditation** is a time of prayer which happens without words, without movement, usually in solitude, sometimes in community, when we are at rest, comfortable, easy, and relaxed; where we have the opportunity to give our total attention to something, and that something is in the silence around us and within us.

It is not thinking, it is not praising, thanking, or asking, it is a mutual simple place of anchor that gently teaches us how to be in the present moment and it is there in that silence that we discover the moment of Christ. We become present to the presence of Christ within us.

Therefore, our aim in meditation is to move beyond the level of mental prayer. To go where the Spirit of Christ Himself is praying in our hearts... Listen to St Paul "When we cannot choose words in order to pray properly, the Spirit himself expresses our plea in a way that could never be put to words." (Rom 8: 26)

Meditation is a conversation in silence, of love that you receive, and love that you give back. Over time it changes you. It changes your whole prayer life which eventually deepens and grows to another level because we are open to silence and to rest and to presence.