



St Luke's in the City

150 years - 2009

Celebrating at the Crossroads

12th Sunday after Pentecost

3 August 2008

Rediscovering Christian Meditation...

Meditation is as natural to the spirit as breathing is to the body. Deeply rooted in the Christian tradition, it is an ancient spiritual discipline, a simple way into peace within oneself and union with the Spirit of Christ. The way to set out on this pilgrimage is to recite a short phrase or "mantra", as a means of turning our attention beyond ourselves, drawing us away from our own thoughts and concerns. The real work of meditation is to attain harmony of body, mind and spirit. This is the aim given us by the psalmist: "Be still and know that I am God."

St. Paul wrote (Rom. 8:26) that "we do not know how to pray, but the spirit prays within us." Meditation, known also as contemplative prayer, is the prayer of silence, the place where direct contact with Christ can occur, where we can enter into the presence of God within. St. John of the Cross said, "God is the centre of my soul." Julian of Norwich said "God is the still point of my centre." Meditation is the daily pilgrimage to our own centre.

If we are faithful and patient, meditation will bring us into deeper and deeper realms of silence. What we need is the humility to tread the way over a period of years, so that the prayer of Christ may be the grounding experience of our lives. As Fr. Laurence Freeman, of the Order of St. Benedict, has written...

"It is possible to live without meditating, but meditation is the wind in the sail of the soul."

Our weekly meditation group at St. Luke's is affiliated to the World Community for Christian Meditation and meets 8-9pm on Wednesdays in the Vestry to meditate together and support each other on our pilgrimage. This month we mark our first anniversary by offering again the **Beginners Introduction to Christian Meditation, on 3, 10, 17 and 24 August.**

Everyone is welcome to attend our meditation group at any time. If you have any questions, contact me on (021) 252 4664, or email: ianlothian@xtra.co.nz

Ian Lothian