

January 25, 2012

Dear Meditator,

I am writing to you to invite you to take part in *The World Community for Christian Meditation's* next *'Workshop on the Essential Teaching'*, which will be held at the

Washington Retreat Center
4000 Harewood, NE, Washington DC 20017
202-529-1111

Sunday June 10 until Tuesday June 12 following lunch.

You may check in as early as 4pm on Sunday June 10. You will need to let me know if you will be there for dinner at 6 PM. The retreat will start at 7 PM.

As you know, *'The School'* is a major development in our Community. Father Laurence has said, that *'The School' is the primary way that the teaching work of the Community will extend into the future.* *'The School's* main objective is to support and nurture meditators who are committed to the twice-daily practice of meditation and who wish to share this teaching with others in the spirit of love.

The *'Workshop on the Essential teaching'*, the first stage of *'The School'* will take place during this retreat. Some of the aims of this *'Workshop'* are to deepen and enrich your knowledge and experience of the tradition and to build up your confidence to pass on the gift of meditation to others.

An integral part of your weekend experience will be an opportunity for participants to work in groups to prepare an introductory talk on Christian meditation as taught by John Main. This talk will be shared at the Workshop by the group. You should come prepared to share your ideas about the essential points that you think are important to include in an introductory talk. Some suggestions are listed in the enclosed "School Instructions" to help you begin thinking about what you would want to include in an introductory talk of about 10 minutes. Each talk will be followed by a short feedback session and question and answer session.

Other important elements of *'The Workshop on the Essential Teaching'* are short talks on the *'Essential Teaching'* and the *'History of the Tradition'*, followed by interaction and small group discussions about *'Word into Silence'* and John Cassian's *'Conferences IX and X'* drawn together by a facilitator in a plenary session.

There will also be an exploration of the Psychological Stages of the Journey, followed by discussion.

The emphasis throughout the weekend will be on inter-active sharing of knowledge and experience, a valuable component, as many of you have been on the path for quite a while.

The instructors for this workshop are:

- Patrick King, National Coordinator for WCCM Schools in the U.S.
- Gregory Robison, Director of the John Main Center for Meditation and Inter-religious Dialogue at Georgetown University
- Dennis McAuliffe, WCCM Regional Coordinator for Region 4

If you have access to the Website, check out the School Website and the latest report www.wccm.org. Click on The School on the right side of screen, then, click on Resources in the dialog box.

For the Essential Teachings Workshop everyone is asked to manage his or her own travel expenses, as well as the cost of board and lodging. The total cost for the retreat is **\$195** which includes a single room for two nights, 6 meals, snacks and beverages, and the cost of the *'Coming Home Resources Book'*. A deposit of **\$75** is required by **April 10**. (Please make checks to WCCM Region4). The remainder of the payment may be made at the time of the workshop (cash or check but no credit cards will be accepted by the retreat center). If you do need financial assistance, let me know when you reply. It is possible we can offer some assistance.

Please send me the enclosed application by the end of March 2012. I will send you a confirmation letter once your application has been accepted. The School instructions are also enclosed to inform you of the readings needed prior to attending the workshop. If you have any questions, please contact me by phone or email (listed below).

I do hope you will join us in this first step of *'The School'* activities!

Blessings,

Nicole Meister
Facilitator, Meditation groups
Our Lady Queen of Peace, Arlington, Virginia

7016 Marguerite Court
Annandale, Virginia 22003
nicoletmeister@gmail.com