

Christian Meditation Group

Meditation is a universal spiritual wisdom and a practice found at the core of all the great religious traditions. Christian Meditation Ireland is part of the World Community for Christian Meditation which continues the work initiated 40 years ago by the Benedictine monk, John Main, to renew and share the ancient and simple Christian path of meditation.

Our parish meditation group is open to all who wish to practice meditation. We meet every (*Insert DAY, TIME, PLACE.*) New members are always welcome. No previous experience of meditation is necessary. Contact (*Insert FIRST NAME*) on (*Insert Phone Number*) for further information or just drop in.