

Christian Meditation Ireland



Christian Meditation Ireland belongs to The World Community for Christian Meditation, which continues the work initiated 40 years ago by the Benedictine monk, John Main, who worked to renew and share the ancient and simple Christian path of meditation. He believed that the distresses of modern society call for a deep contemplative response, a depth to which every human being, whatever their lifestyle, is called. The ecumenical spiritual movement which he founded is thriving today, with over 2,000 groups meeting weekly in 115 countries across the world.

Our Meditation Group meets:

Date:

Time:

Venue:

All heartily welcome! No previous experience of meditation is necessary.