Contents

Introduction	7
The call of Jesus	11
Everyone is a contemplative	13
Why meditation groups matter today	16
John Main	19
A discipline of faith made easier	22
Sharing the gift	25
First steps: first obstacles	28
Getting the word out	35
Where?	37
When?	39
How many?	41
What to do at the group?	43
Know the essential teaching	49
Other forms of prayer	53
Other faiths	54
Am I the one to do it?	5.6

How to Meditate	58
Available Resources	59
Primary Resources for beginners in meditation and for new groups	65
Sample Announcements for meditation groups	70
APPENDICES	
An Outline for a Six-Week Course for Christian Meditation	74
2. WCCM Centres and Contacts Worldwide	80
Relationship with Other Contemplative Communities	82
4. Contemplation and Unity: An Ecumenical Statement	86

