



CANADIAN CHRISTIAN MEDITATION COMMUNITY

PRESENTS

## **UNIFIED CONSCIOUSNESS: ONE MIND, ONE HEART**

WITH

### **DOM LAURENCE FREEMAN, OSB**

**DIRECTOR OF THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION**

The journey of meditation is a quest for this unified consciousness,  
our home, our true self, our original nature.

It is one with our journey into God.

We don't have to go anywhere but life provides the necessary conditions for us to awaken.

**Saint Paul University Amphitheatre, 110 Hazel Street, Ottawa, Ontario**

**Friday 10 June 2022 from 7:00pm to 9:00pm**

**– All are welcome –**

\$25 per person payable at the door.

For information or to reserve, email  
barbara\_chouinard@hotmail.com

Selection of Christian Meditation books and tapes will  
be available for sale from 3:00pm to 6:45pm.

Paid parking in lot on Hazel Street east of Main or on  
nearby streets.

#### **COVID-19 NOTE**

Saint Paul University requires that you be fully vaccinated and provide proof of vaccination before being allowed on campus.

This event is the opening session of the Canadian Christian Meditation Community 2022 National Conference. Visit [www.wccm-canada.ca](http://www.wccm-canada.ca) for details.

*Territory Acknowledgement and Welcome by Albert Dumont, Ottawa's English Poet Laureate*

*Introduction of Father Laurence by Pastor Martin Malina, National Coordinator*

*Keynote Address by Father Laurence*

*Night Prayer and Meditation*



Dom Laurence Freeman, OSB, is spiritual successor of John Main and director of the World Community for Christian Meditation. Father Laurence is a Benedictine monk, international speaker, retreat leader, and writer active in inter-religious dialogue and peace initiatives as well as encouraging the teaching of Christian Meditation to children and students. He is dedicated to working for the recovery of the contemplative wisdom tradition in the Church and society at large. In 2009, Father Laurence was appointed Officer of the Order of Canada "for his contributions as spiritual leader and director of the World Community for Christian Meditation and as a proponent of peace and inter-religious dialogue and understanding." He currently lives in Bonnevaux, France, at the Center for Peace.

A Canadian citizen, Dom Laurence Freeman makes his first visit to Canada since the pandemic to speak about the crucial importance of this time to restore our divided world. And, how the practice of meditation lays the foundation by the unifying of mind and heart.

This is the particular moment in history we share and we cannot evade it. However dire it seems, it can unite us for the better. In a crisis comes opportunity. In a dark night comes dawn.

*Laurence Freeman, January 2022*