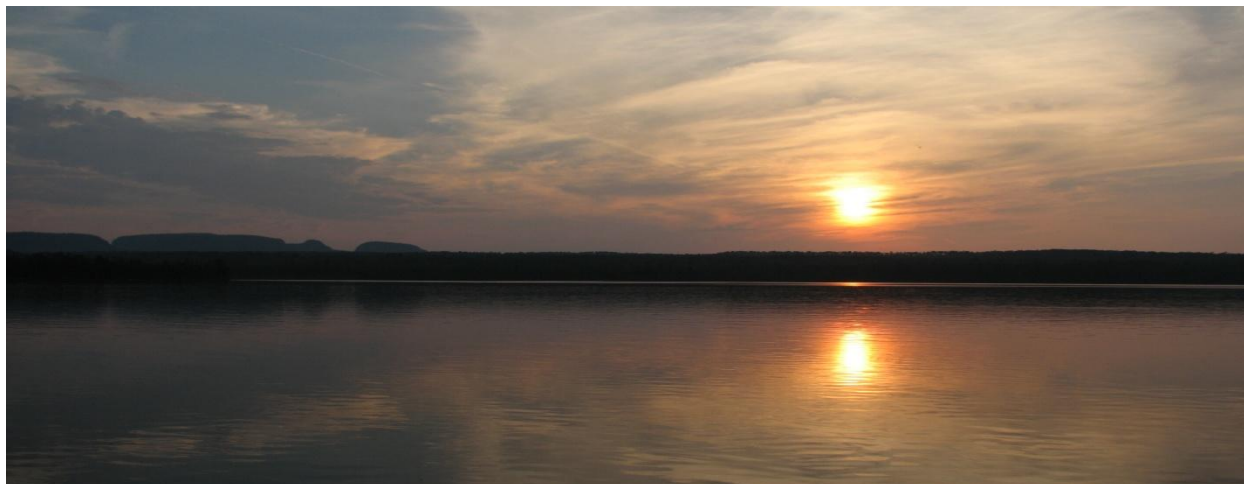


LIGHT AND SHADE ***THE UPS AND DOWNS OF LIFE***

with

Dom Laurence Freeman OSB

Director of the World Community for Christian Meditation



The canvas of life on earth is filled with brilliant light but also at times deep darkness. This is reflected in our personal journey. Meditation teaches us how to keep steady through these changes. We also learn that this light shines in the dark and can never be extinguished. This contemplative knowledge is born from experience and changes not only us but the world.

Montreal: Tuesday, 9th October

In two sessions: 2:00 - 4:30 p.m. and 7:30 - 10:00 p.m.

Concordia University. Loyola Chapel. 7141 Sherbrooke Street West

\$60 for both sessions or \$30 for each session with pre-registration.

Each session at the door \$40. Students with ID \$10

Pre-registration and information: Pat Brabant, 514-484-0845. brabant.patricia@videotron.ca



Laurence Freeman, OSB, is spiritual successor of John Main and director of the World Community for Christian Meditation (WCCM). 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.”