

**SCARBORO
MISSIONS**

SERVING IN FAITH
GUIDED BY THE SPIRIT

*“..... GOD SPEAKS TO ELIJAH
AFTER STORMS, EARTHQUAKES.
.....IN THE SILENCE AND STILLNESS.”*
— John Main

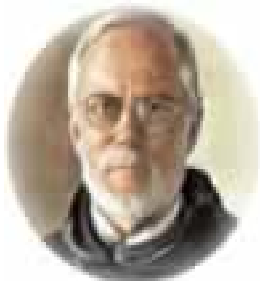
JOHN MAIN'S CHRISTIAN MEDITATION

Friday's, 11:00 a.m. — 12 noon

Scarboro Missions

2685 Kingston Road (corner Kingston/Brimley)

“The discipline of meditation will lead you to a liberty that intoxicates with the joy and peace of the Spirit and sets all your life-experience in the supremely Christian framework of hope.....Here is the Christian invitation, therefore, no longer to live at the surface, not to live at the level of glitter and triviality, but to be filled with the peace and the love of God.....”



Fr. John Main O.S.B (1926–1982) an English Benedictine monk was one of the 20th century's great spiritual master. He founded the Benedictine Priory of Montreal., pioneered the practice of Christian meditation. His genius was to recover a way into the contemplative experience for ordinary people within the Christian tradition. Through books and retreats he promoted the practice of meditation as a way for modern people to develop a deeper spiritual life.

416-261-7135 ext 266/239
www.scarboromissions.ca