

THREE INTRODUCTORY TALKS ON CHRISTIAN MEDITATION

Presenter's Notes



Canadian Christian Meditation Community

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Dear fellow meditator :

While attending Christian meditation retreats, listening to talks on this practice, or reading books by John Main, Laurence Freeman or others, you have no doubt learned a lot about John Main's life and teaching. With this knowledge, you could spontaneously present his journey in a few words, explain the roots of this tradition or illustrate the practice with concrete examples. If, however, you were invited to give a talk about these aspects, you would probably find that you need quite a bit of preparation to organize your ideas and have your facts straight.

Michel Legault has prepared a wonderful resource to assist you in this task. These presenter's notes could serve as a basis on which you will attach your own examples, anecdotes and flavour.

This package includes the notes for three introductory talks:

- Talk One: John Main's Journey*
- Talk Two: The Roots of Christian Meditation*
- Talk Three: The Practice of Christian Meditation*

At the end of the Presenter's Notes for each talk, you will also find a handout intended for participants. This document will allow them to follow as you give your talk and will remain with them after your presentation. Again, feel free to modify these texts to suit your style and to take into account your audience.

The structure of the Presenter's Notes is fairly simple. On the left side, you have the same content as on the handout for participants. On the right hand side, you will find additional information for each element on the left. Make a selection as to what will be helpful for your presentation, choosing what is appropriate in your context.

You may want to start your presentation with a personal anecdote or a quote that illustrates the importance of silence and meditation in your life, or with a short testimonial on how you discovered Christian meditation.

Typically, each talk is followed by a 20 to 30 minute meditation. It is usually preferable to have the question and answer period after the meditation rather than before.

May the journey of presenting Christian meditation be a life giving experience both for you and for those who attend.

*Phil Barnett
National Coordinator
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