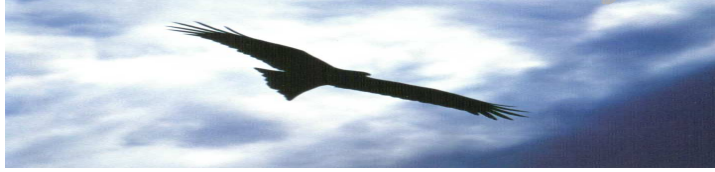


# Still Presence January Update



## West Island & Verdun

West Island at Christ Church Beaurepaire, 455 Church St., Beaconsfield  
Verdun at St. Clement's Church, 4322 Wellington, Verdun

### January Meditation Workshop



**"LIVING A MORE CENTERED  
LIFE IN 2010"**

This one-hour meditation workshop is ideal for beginners and experienced meditators, and for anyone wishing to respond to a "spiritual longing" in 2010.

**Date:** Monday, January 11  
**Time:** 7-8 pm  
**Place:** Christ Church Beaurepaire

### Conscious Living Series



**"FOLLOWING THE PATH  
WITH HEART"**

This 3-week workshop series shows you how to bring your contemplative practice to flower every day of your life. Designed for people who wish to deepen and refine their spiritual journey.

**Date:** Tues., Jan. 26, and Feb. 2, & 9  
**Time:** 7-8 pm  
**Place:** Christ Church Beaurepaire

### Inviting Peace into Our Lives



**"ONGOING MEDITATION  
PRACTICE"**

Shared silence with others is a profound gift: together we grow, and come to see and know ourselves as vehicles of the Spirit. **(No sessions April 5 & May 24)**

**Date:** Mondays, January 18 to June 7  
**Time:** 7-8 pm  
**Place:** Christ Church Beaurepaire

### Conscious Living Series



**"INNER PEACE AND  
THE WAY OF THE HEART"**

In this 3-week workshop, we practice the essentials of contemplative prayer in the context of the Season of Epiphany, and bring these lessons into our everyday life.

**Date:** Thurs., January 14, 21, & 28  
**Time:** 7-8 pm  
**Leader:** Cedric  
**Place:** St. Clement's Church

### January Mini-Retreat



**"DEEPENING SPIRITUAL  
PRACTICE"**

This 3-hour workshop provides inspiration and support to refresh your spiritual practice and bring it to a deeper level.

**Date:** Saturday, January 16  
**Time:** 9 am – 12 pm  
**Place:** Christ Church Beaurepaire

### The Inward Journey of the Spirit



**"CONTEMPLATIVE  
EUCCHARIST"**

**New!** Through inward listening, we open to experience the Divine Presence in a meditative Eucharistic service on Thursday, February 25, 7 p.m. at St. Clement's Church, Verdun.

*"Spiritual Presence is where our hearts come home."*

## ABOUT OUR GROUPS

*"A person meditates in order to be fully alive.  
We all sense the need to be open to a Reality greater than ourselves.  
In the Christian vision this Reality is to be found as a personal presence in our own heart.  
Meditation is the way to become fully in harmony with this Indwelling Spirit  
at the deepest level of our being."  
— John Main*

### Ongoing Group West Island

This group meets every Monday at 7 pm and is open to all. Each one-hour session begins with a relaxation exercise, followed by twenty minutes of silent meditation.

After a stretch break, a talk speaking to the heart rather than the head is given by either Cedric or Michael.

Sessions conclude with a creative visualization followed by a question period.

### Contemplative Eucharists Verdun

Contemplative Eucharists are offered periodically in Verdun. These are special times of listening inwardly to the Divine Presence.

### Conscious Living Series

These periodic three-week sessions meet on Tuesdays on the West Island and on Thursdays in Verdun. The format consists of silent and group meditation, and "heart talks," designed to deepen our understanding of meditation and the contemplative life.

### Ongoing Support

To encourage and support you in regular spiritual practice, we offer Mini-Retreats the third Saturday of each month. We send out an electronic newsletter quarterly, and email updates of our program monthly. To receive them, please send your name and email address to [cedric.c.cobb@gmail.com](mailto:cedric.c.cobb@gmail.com).

*"Spiritual Presence is where our hearts come home."*