The World Community for Christian Meditation

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Meditation in Prison

?I was in prison and you came to see me? (Jesus, Mt 25:36)

Christian Meditation is being taught in prison in many parts of the world. Those who bring the teaching to prisoners feel it is a special grace and privilege and prisoners report how powerfully it helps them to transform the negative and oppressive aspects of their life into a new liberty of spirit.

James Bishop, presently on parole, learned to meditate while in prison and became a Benedictine oblate of the World Community. He has written a commentary on the Rule of St Benedict in the light of his experience of prison. He has also designed and runs a WCCM **website for prisoners** and those helping inmates with their spiritual journey.

Experience has shown that meditation in prison is more sustainable for inmates if it is introduced as part of a pre-existing program such as Bible studies or restorative spiritual programs. By sharing their prison meditation experiences and by encouraging the inmates to do the same, WCCM members can create a network that strengthens everyone?s personal meditation practice.

www.wccmprison.org

These **?Meditation in Prison? pages of the WCCM Web Site** will support the continuing work and dedication of those who minister in prison and encourage those who consider starting such a ministry.

If you have experience of prison you would like to share ? or you would like please contact James Bishop through: prisonmeditation@mannex.com

MeditationPrisoners

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