

# TIMETABLE



**The World Community for Christian Meditation (Country)**

**The School of Meditation**

**ESSENTIAL TEACHING WEEKEND**

Name of Venue | Address of Venue

Friday (date) – Sunday (date)

## **FRIDAY (DATE)**

- 3.30-4.30 pm - Registration
- 5.00 pm - Meditation
- 6.00 pm - Evening Meal
- 7.30 pm - Welcome
- 7.45 pm - **SESSION 1: *Sharing our Meditation Journey***
  - Night Prayer with Meditation
  - Silence overnight until breakfast

## **SATURDAY (DATE)**

- 6.30 am - Contemplative Walk and Meditation (optional)
- 7.15 am - Morning Prayer with Meditation
- 8.00 am - Breakfast
- 9.00 am - **SESSION 2: *The Contemplative Tradition***
  - (Teaching and Discussion)
- 10.30 am - Morning Tea
- 10.50 am - **SESSION 3: *The Essential Teaching***
- 12.00 pm - Midday Meditation
- 12.30 pm - Lunch

- 1.30 pm - **SESSION 4: Workshop 1**  
 - Practice talks /Small group sharing
- 3.00 pm - Afternoon Tea followed by free time/rest/ personal reflection
- 5.15 pm - Contemplative Walk
- 5.30 pm - Meditation
- 6.00 pm - Evening Meal
- 7.00 pm - **SESSION 5: Workshop 2**  
 - Exploring our knowledge and understanding of the Essential Teaching
- 8.00 pm - Night Prayer with meditation  
 - Silence overnight until breakfast

**SUNDAY (DATE)**

- 6.30 am - Contemplative Walk and Meditation (optional)
- 7.15 am - Meditation
- 8.00 am - Breakfast
- 8.45 am - **SESSION 6: The Spiritual Journey**  
 - (Teaching and Discussion)
- 10.00 am - Morning Tea
- 10.20 am - **SESSION 7: Workshop 3**  
 - Sharing the Gift  
 - (Discussion on Resources, Leading Groups, WCCM and Outreach, Stages of the School of Meditation and Passing on the Teaching)  
 - Presentation of the book *Sharing the Gift*
- 11.15 am - **CLOSING:**  
 Liturgy of the Word and Meditation
- 12.30 pm - Lunch and Departures