News Release

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FOR IMMEDIATE RELEASE
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University of St. Thomas' Center for Faith and Culture Hosts Seminar on Meditation and Contemplation

WHAT: The University of St. Thomas' Center for Faith and Culture and The World Community for Christian Meditation present a weekend seminar with Fr. Laurence Freeman, OSB, titled "Not as the World Gives Peace [John 14:27]…The Parting Gift and Meditation."

WHO: Fr. Laurence Freeman, OSB

WHEN: 7 p.m. Friday, Oct. 27 through noon Sunday, Oct. 29

WHERE: Nold Education Center Auditorium
St. Mary's Seminary, 9845 Memorial Dr.

BACKGROUND: The great social and psychological distresses, violence, and division of modern society call for a new and deeper contemplative response. In this seminar, Fr. Laurence will explore the human condition as illuminated by the experience of meditation. Each human being, whatever his or her circumstances, is called to a contemplative peace, and is capable of it. Meditation, the prayer of the heart, can change the world.

Fr. Laurence is a Benedictine monk of the Monastery of Christ the King in London. He is the director and spiritual guide of the World Community for Christian Meditation. Inspired by his mentor, Father John Main, Father Laurence works to recover Christianity's own contemplative tradition. He travels worldwide teaching the unique role of meditation as a spiritual discipline. Fr. Laurence is a prolific author whose books include: *The Light Within*, *The Selfless Self* and *Jesus the Teacher Within*.

COST: $95 per person before Oct. 15; $110 thereafter.

FOR MORE INFORMATION: Contact Cynthia Sapio at 713-686-6844 ext. 229 or at sapio@stthom.edu. Visit the World Community for Christian Meditation Web site at www.wccmtexas.org.

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