

2024 CCMC National Conference Retreat  
REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province/State \_\_\_\_\_

Postal Code/Country \_\_\_\_\_

Cell phone \_\_\_\_\_

Email \_\_\_\_\_

Name on conference badge \_\_\_\_\_

I wish to register as follows, click one:

Live in \$495  Commuter \$340

Online \$120  Students Online \$60

For shared bathroom, I would like to share with:

Another Female  or Male

Special health/dietary/medical needs

Specify \_\_\_\_\_

Optional Donation toward Scholarship Fund \$ \_\_\_\_\_

Payment can be made by

Cheque or money order payable to  
Canadian Christian Meditation Community  
3018 East 6th Avenue, Vancouver, BC, Canada V5M 1S3 **OR**

Payment can be made by credit card:

Visa  MasterCard

Amount to be charged: \_\_\_\_\_

Name as it appears on the card \_\_\_\_\_

Card Number \_\_\_\_\_

Expiry Date \_\_\_\_\_ CVV\* \*the three digits on the back of your card

## To Register

Visit [www.bit.ly/CCMC-NC2024](http://www.bit.ly/CCMC-NC2024) to register online  
**OR** complete the form and mail your completed  
registration with full payment to:

**Canadian Christian Meditation Community**  
3018 East 6th Avenue,  
Vancouver, BC, Canada V5M 1S3

with a cheque payable to Canadian Christian  
Meditation Community.

**Register early, as residential and commuter  
spaces are limited. All are welcome.**

**\$495 for Live in** - Single room and shared  
bathroom with adjacent room. Includes 2 nights  
accommodations and 6 meals from Friday dinner  
through Sunday lunch.

**\$340 for Commuters** - Covers as above except for  
2 breakfasts and accommodation.

**\$120 for Online participation** - You can attend the  
talks and meditations live.

**\$60 for Student Online participation** - You can  
attend the talks and meditations live.

Please note that registration will close:

- Thurs May 30, 2024** for Live In
- Wed June 26, 2024** for Commuters
- Monday July 1, 2024** for Online Participants

### CANCELLATION POLICY

If you need to cancel your registration and  
request a refund, please email your request  
**on or before May 30, 2024** to Maeve at  
[bccchristianmeditation@gmail.com](mailto:bccchristianmeditation@gmail.com). Telephone  
cancellations are not eligible for a refund.

A **15%** administrative fee will be charged  
on all cancellations. Cancellations **after**  
**May 30, 2024** will not receive a refund, regardless  
of circumstances.



### For further information:

Contact JoAnn at **604-318-3429**  
or email Maeve at  
[bccchristianmeditation@gmail.com](mailto:bccchristianmeditation@gmail.com)



The Canadian Christian Meditation Community  
invites you to attend the

**Biennial National Conference Retreat**  
**July 5–7, 2024**

Totem Park, University of British Columbia  
2525 West Mall, Vancouver, BC

*From Anxiety  
to Peace*

Led by Laurence Freeman OSB  
Keynote speaker Kaveh Guilanpour

Presented by  
The World Community for Christian Meditation  
[wccm-canada.ca](http://wccm-canada.ca)

# From Anxiety to Peace

*'Once meditation has become part of your life it teaches us many things about ourselves and about life and the fabric of reality. One of these is that you can meditate regardless of your mood or how things are around you. For example, you can sit and start meditating with a heavy heart and a pessimistic mind, weighed down by what Jesus called the burdens and cares of life. But then, in the simple fidelity of your silence and attention, the dark veil of anxiety lifts, the heaviness dissolves and you are reconnected to that vein of peace, like a light shining in the dark or a stream of purity in a polluted world'.*

Laurence Freeman's words about the transformative effect of meditation surely have relevance for a world suffering as we do today. We seek, often confusedly, for the wisdom and gentleness of contemplation without which we will be unable to face the realities of our crisis with hope and intelligence; human intelligence not merely Artificial Intelligence. We may feel a pessimism of the mind in the face of our earth-crisis but we are capable of an optimism of the will. This is found within the depth of human nature.

In this conference of meditators and friends of the community across Canada and beyond we will explore how this transformation of awareness takes place and highlight the sources of wisdom.

Our coming together is itself a sign that contemplative consciousness awakens a sense of community and is strengthened by our coming together. The speakers will help us see and experience this. But so will we embrace and welcome each other as we see that the anxiety that could paralyse us at this crucial stage in our evolution is certainly not the bottom line. Beyond it is the peace that passes understanding, opening new vistas to celebrate humanity's riches and to contemplate the beauty of the world, our home. We will hear of contemplatives supported by their meditation in the hard, often lonely work of climate change negotiations. We will listen to experiences of how the embrace of the beauty of nature can itself also free us to be fully alive.

We will see why the solution to the ecological crisis lies in our inner ecology. For what we are like interiorly so will we act externally.

WCCM Canada invites you - in one of the most beautiful parts of the planet - whether you meditate or not - to this conference of hope to share the journey we can only make in unity from anxiety to peace.



With Irish and English roots, **Laurence Freeman** was educated by the Benedictines and studied English Literature at New College, Oxford University. Before entering monastic life, he worked with the United Nations in New York, as well as in banking and

journalism. He is the Director and Spiritual Guide of the World Community of Christian Meditation (WCCM), a global, inclusive, contemplative community. Fr. Laurence Freeman is a monk of the Benedictine Congregation of Monte Oliveto Maggiore.

Fr. John Main was his teacher and Fr. Laurence assisted him in establishing the foundations of the Community. Fr. Laurence is the author of a number of books on Christian Meditation. He travels extensively giving presentations and leading Christian Meditation Retreats.



The keynote speaker is **Kaveh Guilanpour**, former senior member of the UN Secretary General's Climate Action Team and Vice-President for International Strategies at the Centre for Climate and Energy Solutions. Other speakers

include Squamish Elder **Wendy Charbonneau**, and **Dr. Jason Brown**, Lecturer in Religious Studies and Ecological Humanities at Simon Fraser University. He also serves the SFU community as an Ecological Chaplain.

## Venue

The University of British Columbia  
Totem Park, 2525 West Mall, Vancouver.

Totem Park is located in a natural setting on campus near the ocean and is a short walk to the UBC Botanical Garden.

## Accommodation

Accommodation is available at Totem student residence which is located a short distance from the venue and dining hall (approx. 3 min. walk). All rooms are single and share a washroom with the adjacent room.

## Online Participation

A company that specializes in audio video production will live-stream the conference talks and meditations.

**All registrants will receive recordings of the talks after the event.**



**CHECK IN: July 5, 2024**, 3 pm to 6:00pm

**OPENING SESSION:** Begins at 7 pm

**CONCLUSION: July 7, 2024** with lunch starting at **12:30pm**