

PARISHES OF  
**ST PIUS X, ALDERLEY EDGE, ST BENEDICT'S, HANDFORTH**  
**AND**  
**SACRED HEART & ST TERESA'S WILMSLOW**  
**WEEKLY REFLECTION**

**Sunday 28th December 2025 Holy Family  
Prayer (7) Christian Meditation**

Christian Meditation is an ancient Christian practice dating back to the Desert Fathers and Mothers of the early Church. It is promoted and taught today by the World Community for Christian Meditation which was founded by the Benedictine Monk John Main at Ealing Abbey in 1974. Amazingly it has spread throughout the world and is practised in Manchester and Cheshire. A group meets weekly in Wilmslow at the Unitarian rooms. I myself have been practising for 30 years.

The World Community have this to say about Christian Meditation:

“Our meditation is simple and practical. Once learned, it may be practised anywhere, at any time. We meditate in the contemplative tradition. We do this by sitting still and upright, silently reciting a short phrase or prayer word, that is commonly called a mantra. The mantra is a faith-filled way of turning our attention beyond ourselves, a method of drawing us away from our own thoughts and concerns.

Meditation is about coming to stillness of spirit and body. Despite all the distractions of the modern world, this silence is possible for people today. To reach this stillness we devote time to the work of silence.

Meditation is what the early Christians called ‘peace prayer’. It is a gift of such depth that we must learn it gradually until we understand its full meaning. It might take some practice, but each time we meditate we enter into reality more deeply because it leads us into the love at the centre of our being. It makes us more loving people in all our relationships.

The focus of mediation for the Christian is Christ, centred on the prayer of Christ continuously poured forth from the Holy Spirit in the depth of each human being. The reality of God is deeper than all ideas of God.

Today we can recover the contemplative dimension of life that reveals the peace already present at the core of our being. The daily practice of mediation is not just for ourselves. By making us makers of peace, meditation benefits the whole human family.

## How to Meditate

Find a quiet place where you won't be disturbed  
Sit still and upright - relaxed but alert  
Close eyes lightly, breathe naturally  
Silently, interiorly, begin to recite your mantra

The mantra 'Maranatha' is recommended. Say it simply 'ma-ra-na-tha' as four equally stressed syllables, in rhythm with your breathing. Maranatha is an Aramaic word from the language Jesus spoke. It means 'Come Lord'.

When thoughts or images come at the time of meditation, return simply to saying your word. Don't try to dispel or repress distractions. Simply let them go by saying your mantra. Daily practice is important and this may start at 5 minutes, ideally developed over time to 20-30 minutes twice a day. The practice of meditation develops harmony of body, mind and spirit."

Laurence Freeman of the Benedictines says "mediation is the necessary dimension of much of Christian life today. It does not exclude other types of prayer and indeed deepens reverence for the sacraments and scripture".

And what did Jesus say about prayer? In Mathew 6:5-8 Jesus says, "When you pray, go into your room, close the door and pray to your Father in secret," and then Jesus also said, "don't show off, don't use a lot of meaningless words". Prayer should be a private time between God and the worshipper.

Father Gerry Pearce of the Redemptorist Fathers said that for decades he practised various forms of prayer but on finding Christian meditation he realised that there was no prayer better.

For further information concerning direction for Christian Meditation, please contact Kevin on 01625 584430.

Kevin H.