

Christian Meditation in Canada

Through the centuries, people have sought teachers to inspire them and have formed communities of pilgrims with whom to journey. One such community is the Canadian Christian Meditation Community, founded and inspired by Fr. John Main, O.S.B.



Vendome House "...from quiet homes and first beginnings out to undiscovered ends..."

Fr. John Main started a small Benedictine community in Montreal in 1977. Soon after his arrival and word of his teaching spread, an increasing number of meditators arrived each day at the monastery to practice this rediscovered prayer of silence. His method and explanation of contemplative prayer gave lay people access to one of the great spiritual traditions of the Church. Vendome House in Montreal was the first home to the priory and meditation center established by John Main.Fr.

Bede Griffith, O.S.B., a leader in "east-west" spiritual dialogue, described John Main, after his death in 1982, as the "most important spiritual guide in the church today."



World Community for Christian Meditation WCCM

Fr. Laurence Freeman, O.S.B., continued Main's work. In 1991, the World Community for Christian Meditation (WCCM) was established. It is an ecumenical community, a "monastery without walls," a grassroots community of people who practice Christian meditation. Groups meet in over a hundred countries, in churches, homes, schools, universities, and hospitals. Many of our members are solitary meditators.

Laurence Freeman is the director and spiritual guide of the World Community. He is an international speaker, retreat leader, and author of many books. He is committed to inter-religious friendship and the renewal of the contemplative in the church and society at large.

The Canadian Christian Meditation Community (CCMC) is a part of this contemplative renewal and community encouraging groups, events and sharing resources across Canada.