

About Meditatio

Meditatio is the outreach of The World Community for Christian Meditation. It shares the fruits of meditation and engages in dialogue with the secular approach to the problems of our time.

Formed in 1991, the World Community develops the vision of John Main by working to renew the contemplative dimension of Christian life and engaging in dialogue between faiths from the common ground opened by meditation.

Meditatio hosts seminars, forums and workshops, produces publications and resources on the themes of Education, Mental Health, the Environment, Business and Finance, Inter-religious dialogue and Citizenship.

To find out more visit www.wccm.org or E: meditatio@wccm.org

Other events hosted by Meditatio on Meditation and Addiction

Meditatio Seminar: Meditation and Addiction – The Way Through Tuesday 30 Oct 2012 in London

Meditatio Workshops on Meditation and Yoga and Addiction and Recovery Various venues 25–29 Oct 2012

Christian Meditation as an 11th Step Practice
Residential Weekend Retreat Facilitated by May Nicol & others
26–28 April 2013 in London

To find out more please email
meditatio@wccm.org
T: Kate on 020 7278 2070
M: 07980 581351
or visit: wccmmeditatio.org

**Christian Meditation
as an 11th Step Practice**
Regular groups meet Contact:
MayMBNicol@aol.com



Outreach of
The World Community for Christian Meditation



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meditatio

MEDITATIO
WORKSHOP.10

MEDITATION & Healing in Recovery

Led by Fr Nicholas Broadbridge, Benedictine monk
and Mike Sarson, Founder of East–West Detox
Saturday 24 November 2012 – 10.00 am to 4.00 pm
St Cassian's Centre, Hungerford,
Berkshire



MEDITATION

& Healing in Recovery

Saturday 24 November 2012

10.00 am to 4.00 pm

(Registration from 9.30 am)

Cost £35.00 includes lunch and refreshments
St Cassian's Centre, Wallingtons Road, Kintbury,
Hungerford, Berkshire RG17 9SR

**This day is for those who are open to holistic
ways of working with recovery from addiction
and addressing the underlying problems through
meditation, healing and forgiveness.**

Workshop Leaders

Father Nicholas Broadbridge, Benedictine
Monk from Douai Abbey, Berkshire
runs various workshops including Inner
Healing and Healing of Memories. These
workshops attempt to discover the initial cause of the
addiction and consist mainly in talking about Forgiveness
and Love and which he suggests should follow an 11th
Step practice of prayer and meditation.



Mike Sarson is founder of the charity East-
West Detox which offers a unique choice
of holistic interventions for the prevention
and treatment of addiction including
meditation for relapse prevention.

Mike worked as a Counsellor with the Berkshire NHS
Community Drugs and Alcohol Team for 18 years before
setting up the charity 17 years ago.

All enquiries: E: [meditatio@wccm.org](mailto:E:meditatio@wccm.org)
T: 020 7278 2070 M: 07980 581351

Registration Form

Meditatio Workshop 24 November 2012

Name _____

Position _____

Address _____

City _____

Postcode/Country _____

Tel _____

Email _____

Please note any special dietary or other requirements

I would like to attend the Workshop and enclose
payment for £35.00 (includes lunch)

Method of Payment

Cheque – payable to WCCM Meditatio

Credit Card Information Visa Mastercard

Card No: _____

Expiration _____

Start Date _____

Security Code _____ (last 3 digits on back of card)

Signature (required) _____

Print name _____

Please complete form and return with your payment to:
Meditatio Workshop:

Meditation and Healing in Recovery

WCCM Meditatio, St Marks

Myddelton Square, London EC1R 1XX

Or email the form to: kate@wccm.org