

# *The Shape of a Wave* *Life, Meaning and Meditation*



The World  
Community for  
Christian  
Meditation

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THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION



## *Silent Meditation Retreat at Monte Oliveto*

*Led by Laurence Freeman and Giovanni Felicioni*

Siena, Italy, Saturday 1 August - Saturday 8 August, 2009

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John Main said that meditation gives meaning, shape and purpose to our lives. Starting to meditate could be compared with dropping a stone into a pool of water and following the ever-expanding waves it creates. How do we perceive the new shapes of meaning in our lives especially in these troubled times as we move into a new social order? How do we see the eternal values of love and truth in the ordinary forms of our daily experience?

All are welcome and both new and more experienced meditators will find the retreat a renewal of their spiritual journey.

The World Community international retreat at Monte Oliveto Maggiore begins on the evening of the 1st August and concludes on the morning of 8th August. Fr Laurence will lead the retreat on the theme of "The Shape of a Wave" with a daily conference and evening contemplative Eucharist. Giovanni Felicioni will lead daily yoga. This humane, typically Benedictine balance is blessed by the beauty of the setting and the friendship of the monastic community with whose night prayer each day peacefully concludes. The spirit of silence during the day renews the spirit and the evening meal which is a time of relaxation and friendship with retreatants from different countries balance solitude and community.

**Registration:** The cost of the retreat is £480.00 for sharing a double room and £580.00 for a single room. Please return your registration form and deposit of £100 as soon as possible in order to secure your reservation. Full payment must be made by 31 May, and deposits will be non-refundable after this date. **We will charge a cancellation fee of 50% of the total retreat price for places cancelled between 1 June and 1 July 2008. After this date you will be liable for the full retreat fee. It is important that participants have comprehensive travel insurance to cover this contingency.**

**Travel:** Participants will be responsible for their own travel to Italy – either directly to Monte Oliveto, or to Pisa. WCCM will have a bus departing from Pisa airport at 14.00 hours on Saturday 1st August and returning to Pisa Airport by 14.00

hours on Saturday 8th August (leaving Monte Oliveto at 11.00 hours). Bus one way £20.00, both ways £40.00).

Pisa airport is within very easy reach of Florence by direct train. Participants should make their own arrangements for either getting to Pisa Airport and meeting the bus, or travelling independently to Monte Oliveto to arrive by 17.00 hours. There is a good train network (all timetable information is on the web: [www.trenitalia.it](http://www.trenitalia.it)), and one can travel south from Florence, or north from Rome to either Asciano-Monte Oliveto or Buonconvento – the local stations. From either of these towns you can get a taxi to Monte Oliveto. Taxi phone numbers will be provided.

Further information from [mail@wccm.org](mailto:mail@wccm.org), or +44 (0)20 7278 2070

*The 2009 Monte Oliveto Retreat will again bring meditators together from around the world to the peace of the spiritual home of the Olivetan Benedictine Congregation in Tuscany.*

## Registration Form

I WOULD LIKE TO RESERVE A PLACE ON THE MONTE OLIVETO MEDITATION RETREAT 1-8 August 2009

Name ..... Tel. ....  
Address ..... E-mail .....  
City ..... Post code ..... Country .....

Accommodation: shared double room (private bathroom) £480.00  
single room (shared bathroom) £580.00

Have you been on a silent meditation retreat before? .....

Do you have a medical condition? Please give details on separate sheet.

Do you have special dietary requirements? Please give details on separate sheet.

I enclose:

- deposit of £100.00  
 full payment of  £480.00 (double room)  £580.00 (single room)  
 £40.00 for the bus Pisa/Monte Oliveto/Pisa  
 (or £20.00 for one way only, please state which way) .....  
 a donation towards scholarship assistance .....

We prefer payment to be made by Sterling cheque or bank draft, payable to WCCM.

We can also accept payment by credit card, or Paypal.

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