

**Sign-up Now for this  
Exciting 4 Part Series:  
BETWEEN SERVICES ON THE  
4 SUNDAYS OF JULY.**

*‘ Fr. John ’*

**WILL BE LEADING A PROGRAM ON:**



## Methods of Meditation

Neuroscientists have found that meditators shift their brain activity to different areas of the cortex - brain waves in the stress-prone right frontal cortex move to the calmer left frontal cortex. This mental shift decreases the negative effects of stress, mild depression and anxiety. There is also less activity in the amygdala, where the brain processes fear.

(Psychology Today, May 2010)

**Father John Groff** will be spending the month of July at **St. Bartholomew Episcopal Church—Pewaukee, WI** as preacher and teacher.

“Fr. John” has become known to many in this community as a popular and well liked priest as he has grown to know and love many people throughout the Diocese of Milwaukee. Part of what makes Fr. John such a good preacher is the gentle spirit he brings, formed by years of study and practice in the art of meditation.

Between services during the 4 Sunday’s of July, Fr. John will lead a program series (9:45 am—10:45 am) on “The Methods of Meditation.” The timing and opportunity to offer this programming could not be better. Research has shown that people who are able to develop a habit of meditation are generally: “calmer and happier than non-meditators!” and these days who would not like to find ways of being a little calmer and happier each day, much less throwing in the possibility of enhanced performance due to better concentration and functioning?

Christian meditation is rooted in the Bible and has been in use by Christians for at least seventeen hundred years. In Joshua 1:8, God says to meditate on His word day and night so we will obey it. The psalmist says "*his delight is in the law of the Lord, and in His law he meditates day and night*" (Psalm 1:2). The Bible mentions meditate or meditation 20 times.

If the Bible provides all things necessary for life then it only makes sense that meditating, and meditating on God’s word is vital to the Christian life. Rick Warren, in his well-known book, “The Purpose Driven Life,”, describes meditation this way: "*Meditation is focused thinking. It takes serious effort. You select a verse and reflect on it over and over in your mind...if you know how to worry, you already know how to meditate*" (190). Warren goes on to say, "*No other habit can do more to transform your life and make you more like Jesus than daily reflection on Scripture...If you look up all the times God speaks about meditation in the Bible, you will amazed at the benefits He has promised to those who take the time to reflect on His Word throughout the day*" (190).

Don’t miss this great opportunity to spend time with Fr. John learning about Christian meditation. Whether you are a novice or have years of experience with the methods of meditation you are sure to find this time well spent. "*Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things*" (Philippians 4:8, NASB).