



Just This Day



Just this Day is an annual day when we invite YOU to join others in meditation, putting your differences aside in the belief that doing this will bring peace and harmony closer.

Open Invitation to join us at

The School of Philosophy, 18 Chester Street, Edinburgh EH3 7 RA

Our world is busy and in turmoil. We forget we all share the same space. Families, communities and countries live with conflict, poverty and disease...

Stop for Just One Day. Go beyond nationality, religious difference or belief and remember the still silent presence where everything is united.

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| 9.50 am | Gather for Meditation |
| 10.00 am | Margaret Ann Fraser will explore The Tradition of Christianity in the light of Philosophy. |
| 11.00 am | Silent Prayer. Tony Bryer is a priest of the Scottish Episcopal Church. For Five years, until he retired in 2016 he was Edinburgh's City Centre Workplace Chaplain. He has acted as a Spiritual Guide to many people over the last 30 years. He is committed to encouraging the exploration and practice of Silent Prayer within the Christian Tradition. |
| 12 noon | Pause for Reflection. Ian Gilmour has a long-term interest in the relationship between Slavery and Song. He is currently writing up material collected from two portions of Study leave in the United States. Ian was born in Glasgow but has spent half his life in Edinburgh as a parish minister. Previously he worked in finance. |
| 1.00 pm | Pause for Peace. |
| 1.10pm | Depart |

This year's theme

The Christian mystic, on the other hand, entering into himself and enclosing himself in the "inner chamber" of his heart, finds there, deeper even than sin, the beginning of an ascent in the course of which the universe appears more and more unified, more and more coherent, penetrated with spiritual forces and forming one whole within the hand of God (from The Mystical Tradition of the Eastern Church by Vladimir Lossky).

I am so grateful to all of you who have kept faith with Just this Day as a way of discovering and sharing the unifying nature of inner quiet.

This year's focus of Christian Mysticism has been particularly chosen because I have been so touched by my visits to the Monastery of Saint Catherine on what is called the God Trodden Mountain, Mount Sinai. I have always longed to discover the thread of common intent between all religions and amongst those who seek silence and to find confirmation of the universality of the experience of God, the supreme Being who is always everywhere present but cannot be seen or heard by the outgoing senses. The quote above from Vladimir Lossky confirms for me that there is a place of inner communion and that it is possible to find it and understand our common connection at a time when so many people are at a loss to know who they are and what God is. This gives us grounds for optimism! I hope that you will come and listen to two people whose lives have been given to inner contemplation as well as keeping the door to the experience open to those who seek to find it.

Elizabeth Edmunds

The World Community of Christian Meditation will be taking on Just This Day from this year onwards. The original idea of bringing people together of all faiths and also those with no faith in the space which consciousness unclouded by words provides continues and will develop in its own way over the next years. They are represented in many different countries and Father Laurence Freeman OSB who is their Director has given great impetus to a sense of unity and common understanding among all people through meditation as a way of developing inner peace and harmony.



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www.justthisday.world