

# MEDITATION

*Sitting meditation inspired by Zen*

Tuesdays 17.45-18.15 (except Feb 18<sup>th</sup> and 25<sup>th</sup>)

Possibility of personal introduction at 17.15.



# MEISTER ECKHART

*Reading and discussion*

Tuesdays 18.30-19.45

Jan 14<sup>th</sup>, Jan 28<sup>th</sup>, Feb 11<sup>th</sup>, March 4<sup>th</sup>, March 18<sup>th</sup>

Reading from *The Talk of Instruction* by Meister Eckhart.

Master Eckhart, thinker and mystic in Medieval times.  
Silence and detachment links Meister Eckhart  
to meditation. [www.eckhartsociety.org](http://www.eckhartsociety.org)



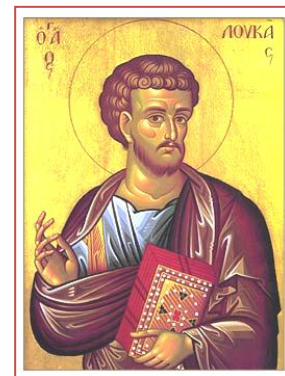
# LUKASEVANGELIET

*Läsning och samtal*

Tisdagar 18.30-19.45

21 jan, 4 feb, 27 feb (torsdag), 11 mar, 25 mar

Lukas berättar den förvånande historien om Jesus.  
Läs och hör vad han säger.



*Fr. Björn Engdahl OP*

*Dominican, Eckhart-reader and experienced in meditation*



# Studium Catholicum

Ritarikatu 3A, 00170 Helsinki

Info [bjorn@dominikan.nu](mailto:bjorn@dominikan.nu)