

# Christian Meditation: “Silence, Stillness, Simplicity”

Andre Choquet, National Coordinator (Canadian Christian Meditation Community)

**Wednesday, March 20, 2024**

**Christ Lutheran Church, 445 Anndale Rd. Waterloo**



6 pm: Simple Soup Supper

7 pm: Holden Evening Prayer

7:15 pm: Andre Choquet on Christian Meditation

8:15 pm: Sending and Departure

*Join Anglicans and Lutherans in the north Waterloo area for the last of the Lenten Wednesday evening series on the theme “Spiritual Practices as Self-Care”, with guest speaker Andre Choquet who will share about the practice of Christian meditation.*

*André Choquet is an Actuary and a Chartered Investment Manager. He has more than 30 years of experience serving institutional investors in the areas of actuarial valuations, investments, risk management and Environmental Social & Governance (ESG) factors. The ESG topics he holds dear include climate change risk mitigation/adaptation solutions, and indigenous reconciliation.*

*In September 2023, André took on the volunteer role of National Coordinator for the Canadian Christian Meditation Community, a charitable organization registered with CRA counting about 2500 members countrywide. The theme he has chosen for his term of office is “How can we teach meditation for Life?”. Not only for a lifetime, but for the experience and enjoyment of life at its fullest. For what it was meant to be.*



*André was born in Montreal from a Québécois father and an Austrian mother. He has lived for 5 years in the Caribbean in the late 1990's (Trinidad & Tobago and Jamaica) where he was first introduced to meditation.*

*Christian Meditation, as taught by Fr. John Main, “found” him in 2017 during an interview Fr. Laurence Freeman gave on the CBC radio program Tapestry.*

*He lives in the Beach area of Toronto with his wife Annie and his two soccer fanatic sons, Alexandre (15) (Manchester United fan) and Mathieu (13) (Manchester City fan). His home church is Corpus Christi Catholic church (Rev. Faustino Kusoka) where he led a 6-week introduction course to meditation to a group of 15 parishioners in 2023.*