



# Meditation News

Newsletter of The World Community for  
Christian Meditation in the UK

## SUMMER 2014

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## National Coordinator's Note

Dear fellow meditators,

We care for others, love them as they are, help them from within our own resources. We do this because we are touched by the Spirit of God working within us, through meditation. In the second CD on *Aspects of Love*, the recent CD sent out to groups, Fr Laurence says that meditation teaches us first to accept ourselves. Self-acceptance then leads to self-knowledge and self-transcendence. Obviously self-transcendence looks beyond ourselves to the needs of others and often puts them first.

I was brought to meditation principally as a result of the love I experienced in the eyes of a long-term meditator many years ago in Ealing, along with the generous sharing she gave, both of herself and of the many written and spoken words of John Main handed over in a carrier bag as I left. Nowadays, I read questionnaires compiled at the end of events which often contain feedback from hearts that have been deeply touched. And it is not only the subject matter of the event that has made a difference – it is quite often how the meditators have shared of themselves that has been profound. In other arenas, sharing is done not only through being with others but, as with the meditator I spoke of earlier, through the gifts or loans of books, bookmarks and handouts.

I would like to tell you of a special sharing that the community has made. During the latter part of 2013, WCCM received a financial gift that enabled the development and limited print run of a small booklet entitled *Voices of Freedom*. These booklets contained

inspirational quotations from well known current and historical people and books, for example: The Bible, Shakespeare, Mahatma Gandhi, Dietrich Bonhoeffer, the Dalai Lama and John Main, to name a few (see selected quotes on page 13). It was intended as a focus for reflection and potential inspiration for change. The booklets also included a page on how to meditate. After some consideration within the Community, it was decided that the majority of these booklets should be offered to prisoners through the prison chaplain service. So we sent 800 to prisoners in the UK who may not have come across Christian Meditation, in the hope they would personally come to know the transformative effect this can have on our lives.

Recently, we were sent a two-page letter from one of the prisoners who received a booklet. In it he said:

*I have been reading the beautiful booklet, Voices of Freedom. This great book of quotes has helped me immensely. I have shared some of the quotes amongst the inmates and it has touched the hearts of so many people. It was only a chance encounter that I came across this. However, upon reflection, it was not a chance encounter, it must have been God's will.*

As Lao Tzu said, 'a journey of a thousand miles must begin with a single step.'

We hope that this particular prisoner, and many others like him, have begun their long and fruitful journey towards understanding the love of God through this booklet.

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Deadline for the Autumn issue:  
**1 September 2014**

**National Coordinator's Note** *continued from page 1*

For each of us there comes a point where a further journey of a thousand miles is not now possible. Of course, in this situation one can ask whether taking the first step is worth it at all and each person must make his or her own choice in this regard. But as part of the Community, we know the benefit of taking the first step at any time of our lives. So we introduce meditation to children, mid life and older folk alike. In this issue, as well as hearing about a retreat and other regional events which have been offered during the spring, we hear of how meditation is being introduced to those at the beginning of life's journey in Cape Verde (facilitated by a UK meditator) and to those approaching the end of life's span. We also introduce a new Special Interest Coordinator, Linda Bentick, who is working with those in palliative care and with long-term health needs. Linda will be there to help and support those within our Community with special needs or gifts in this particular aspect of health and she looks forward to talking with or hearing from you.

So as I sign off, I hope that your summer may be bright and your life enriched by the path you are travelling,

*With much love*  
Roz



## Donations

If you would like to make a donation to support the work of WCCM in the UK please send cheques to:

**The Christian Meditation Trust (UK)**  
32 Hamilton Road, London W5 2EH

Please include your name and address and make cheques payable to: CMT(UK)

### Gift Aid

If you are a UK taxpayer you can Gift Aid your donation, which increases the amount we receive at no extra cost to you.



If you would like to Gift Aid your donation please include and sign the following declaration.

*Declaration: I wish the Christian Meditation Trust (UK) to treat this gift and any donations made by me in the previous four years and any donations made by me in the future as Gift Aid donations. I am resident in the United Kingdom. I have paid/will pay basic rate income tax on the gross amount given.*

**If you have any queries or would like to set up a standing order or electronic transfer, please contact the UK Office Tel. 0208 280 0049 uk@wccm.org**

## My poetry in the light of meditation

Recently, a reader of the Newsletter enquired whether there was a book available containing my poetry. She said that she found my poems calming and of a meditative quality, and that she therefore read them before her meditation. I can't think of a nicer compliment.

The beginnings of my writing go back a long way when I was still a schoolgirl, and came to a halt when I had to bring up my children. Later I studied German literature at London University. It was through studying the poetry of Rainer Maria Rilke, the leading German poet of the 20th century, that I started to write again.

By then my search had already begun and it had led me to the doorstep of a lady who followed the teachings of G.I. Gurdjieff. I became a regular member of her group. There I learnt to work on my inner attention, fitting into a community which pursued a common aim and, above all, it instilled in me a deeply felt sense of awe for everything sacred.

In later years, I looked after her making sure that she had everything she needed. Shortly before her death, by another one of those strange 'coincidences', I got in touch with the Christian Meditation Centre which then resided in Campden Hill Road, Kensington. When I arrived there, I had that feeling again which tells you that you have found what you are looking for. I was given a simple introduction. Sitting still, attentively and focused, was something that was not new to me, but it just had a different name. Now I was learning the gentle way of saying the *mantra*.

I told my friend about this meeting, and her encouragement helped me to persevere in my efforts. At first, I meditated only once, and then twice a day.

My teacher and friend passed away soon after we had this conversation, but I knew that her support had been her last legacy to me, and it was through the pain of her death that I felt ready to embrace meditation wholeheartedly and to feel committed to it.

The poetry I wrote then helped me to cope with the grief I felt at her loss, and since then I have been writing steadily. Not all of my poems are of a spiritual nature, but many are, as the gentle force of meditation touches every area in my day-to-day life and gives meaning, depth and a thankful heart to everything I do and everything I am.

*Margrit Dahm*

## Walk on

The children of light  
 who walk in the shadow  
 of he who is  
 do not fear  
 the deterrent  
 which awaits them  
 at the end of each passage  
 through which they must pass  
 where friction wants  
 to raise its head  
 at every corner,  
 where effort is the food of life  
 and where joy and sorrow  
 are closely connected.

Then light will become darkness  
 and darkness turn into light,  
 joy will engulf sorrow  
 and sorrow will be their joy.

And so they walk on,  
 the children of light,  
 and nothing will harm them  
 on their arduous journey  
 from which they will not return.

*Margrit Dahm*

### STOP PRESS: Event

**Saturday 11 October 10:00-16:00: Living Prayer** - that we may live life to the full. Led by Eileen McDade. **Venue:** The Dorford Centre, Dorchester Baptist Church, Bridport Road, Dorchester DT1 1RR. **Contact:** Maggie Hooper Tel. 07720056310 maggiehooper@hotmail.com Refreshments provided. Bring own lunch. Cost £12. Booking by donation.



The following roles will become available within the community during the year as long-serving meditators feel that it is time for them to pass on the baton, or as new roles are created. Perhaps you may have the skills to carry out the role, or know of someone sympathetic to our community who may have some regular time to help. Travel expenses will be reimbursed.

### Treasurer

The role is one of budgeting, preparing regular accounts, advice and dealing with day-to-day queries that may arise. Most of the activities can be carried out from home although access to Ealing on an irregular basis is very helpful. The main bookkeeping and banking activities are carried out by other volunteers.

### Gift Aid Volunteer

Gift Aid receipts, where we reclaim tax paid by donors, have become an important source of income for the UK community. In order to make the reclaim, we need to have accurate records and fill in the appropriate government forms. There is a custom-built programme to help with this. We now need a new volunteer who is able to work, maybe once or twice a month, in the Ealing office. The right person will probably enjoy working with figures and have some general computer experience.

### UK Office Team Leader

There are a number of volunteers who kindly offer their services in the Ealing office. We would like to support their activities by finding a team leader who has some office experience, including familiarity with Word and Excel, and with good communication and listening skills. The team leader will, ideally, be able to commit to spending one day a week in Ealing.

Please do get in touch if you feel you can help in any way, either to:

**Roz Stockley** uknationalcoordinator@wccm.org, or  
**Amanda Croucher** ukadmin@wccm.org



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Meditation News is published quarterly by  
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## Report Back

# Reflections on The Great Escape

St Mary's Retreat Centre, Kinnoull, Perth 4-6 April

### Thoughts of a Novice Retreatant

I was not feeling daunted by the planned silence, but I did arrive at the retreat at Kinnoull overwhelmingly tired and stressed. We arrived early enough to chat with several people before the silence was established ... that, and the introductory sessions, worked well for me. I found the *Qigong* peaceful and challenging – it definitely deepened the subsequent meditations.

As for the meditation itself ... I just love the fact that we keep returning to *maranatha*, however many times our thoughts try to wander off ... such a vivid picture of God's loving response to us.

The silence began to surround me, and the deepest peace of the weekend for me was when I took it with me down to the river and watched the river surging through Perth. The evening prayer on Saturday was particularly beautiful and again, led to a tangible depth of silence.

The house had a peaceful feel to it ... the gardens gave an oasis of calm and all the staff were obviously used to

working quietly to disrupt as little as possible. Although I never knew that using crockery and cutlery caused so much noise.

By Sunday morning I was really ready to re-establish communication of the verbal kind and to get to know the other retreatants a little better.

My thoughts on the weekend: I enjoyed the silence, was well rested and a whole lot calmer when we left. As I had hoped, I have been kick-started back to working at the daily discipline of meditation.

Would I go again? Probably, but not for a while. Our WCCM away-days may not last so long but I find them very special.

Thank you WCCM, Alex Holmes, Graham Watts and Lynda Stark, for all the planning and all that you give of yourselves to help us grow in our Christian journey of faith!

*Sheila Talman*

### Impressions

I am a life-long Salvationist, married for 50 years with two sons in their 40s and three grandchildren.

Mind renewal: St Paul exhorts us to 'be transformed by the renewal of our minds'. For me there were several moments of 'mind renewal' during the retreat. These learning moments are very precious in themselves but also bring the challenge of allowing them to produce life-enhancing transforming changes of attitude.

In my better moments I sometimes acknowledge a great need for attitudinal change in so many areas of my life. It seems that any hardening of my attitudes is even more life-threatening than the hardening of my arteries – a process which is apparently well advanced.

In totality, the setting, solitude, simplicity, warm hospitality, imposed silence and excellence of each contribution all combined to minimise distractions and promote a sustained concentration on matters relating to His 'Kingdom'.

This is not meant to be a report on proceedings but merely a personal account. It is presented in the hopes that all readers might be encouraged to attend future events and that the contributors should have commensurate recognition for their input.

1. Attestable medical benefits are now measurable in people who meditate.

For me this was the most encouraging session (amongst several which were very useful). Graham Watts presented a factual account of the demonstrable physiological evidence exhibited in meditators even after only three months practice.

MRI scans and improved blood and DNA analysis all confirm the supplementary physical benefits that accrue from meditation. We can all testify to the well-known psychological benefits arising from meditation but to learn about the existence of this additional physical evidence, I found hugely motivating.

In rigorous scientific tests it can be shown that meditation can:

- stimulate the immune system responses
- make a positive contribution in the alleviation of depression
- be a factor in combating inflammation symptoms
- have a measurable affect in slowing down of the ageing process.

2. There is no need to escape

The concluding message I 'heard' at Graham's closing session was: there is no need to escape – we are already loved and 'nothing can separate us from the love of God.'

*continued on page 5*

**Kinnoull Great Escape** continued from page 4

### 3. 'Christ in the house of Martha and Mary'

On the landing at St Mary's Retreat Centre there is a reproduction of Vermeer's painting 'Christ in the house of Martha and Mary', his only Biblical scene. I have been to view the original which hangs in the permanent exhibition in our National Art Gallery at The Mound, Edinburgh. Vermeer gives Our Lord large hands with strong, thick craftsman's fingers – skilled hands that make light and easy yokes for us to carry.

I read the painting like a signpost on my own pilgrimage indicating the need to eschew the distractions and chose the 'one thing which is needful'. When the 'better choice' is made following Mary's example, the promise is that 'it will not be taken away.'

### 4. Assurance and goal setting

I found assurance in all of the sessions. It seems that I am not alone in my present difficulties as a would-be

meditator. Being a relative newcomer to the practice, I am easily discouraged by failures in both scheduling and in dealing with the distractions.

The scheduling is an act of the will which can be assisted by Grace and, similarly, 'taking every thought captive' (2 Cor. 10:5) is an act of the will which compassion assists.

Distracting thoughts are in themselves opportunities to make choices to join or not to join the train of thought that beckons (nay, threatens to seduce!). Each choice not to stir the mud should strengthen the habit towards achieving the default position of the still and quiet mind. It seems my life is not really about me (the false self), it is really about love (the true self).

Peter Gorrow Stuart

## Diarmuid O'Murchu in Cumbria

Christian Meditation in Cumbria hosted Diarmuid O'Murchu at Rydal in May. Diarmuid led around 40 of us through the experience of God in the midst of change, with the big question: 'Where is evolution leading us?'

In between periods of meditation, he reflected upon the evolution of humans as a species over the seven million years or so that we have existed. For 99% of that time (i.e. until around 8,000 years ago) humans were spiritually 'in tune' with the Earth and all life on the planet. From then onwards, humans developed a 'separation' or ego-self, which began to dominate over the former, spiritual 'one-ness'. For the past 5,000 years, most religions, including of course Christianity, have been based on patriarchal male dominance. These characteristics continue today.

Diarmuid suggested that, in losing our spiritual awareness (our relationship with God) we humans have taken a 'backward step' both in our development, as witnessed by the results of man's inhumanity to man and that of the planet. This has increased in relatively recent times.

He observed that there is a growing awareness of the need for spiritual revival in the human species: a coming home to ourselves as people of soul, of rediscovering the wisdom of the feminine, and in relationship (and interdependence) with everything. He described our being as 'the sum of our relationships'. He recognised that the great spiritual leaders of recent times, such as Jesus and the Buddha, knew these things, and attempted to teach them during their lifetime on Earth.

Bob Morley

## A love poem set to music

A spring day in leafy Surrey was an excellent backdrop to our day of reflection on *The Song of Songs*, God's passionate love song.

Reverend Graeme Watson, with his wife Liz, gave us a deep and moving reflection on this little understood book of the Bible. Using material from his recently published book of this title, Graeme talked on the few facts that are known of its history, provenance and significance.

The atmosphere for the day was set by the deliberately slow reading of the whole poem, broken up by passages of the *Flos Campi* suite, the Vaughan Williams setting of this poem.

As we read passages from the Bible text we were aware of how many hymns and poems and pieces of music have been inspired by these beautiful words.

The talks, *lectio divina*, meditation periods and discussions, all served to remind us that God's love for us and our love relationship with Him is there constantly in our lives, above and beyond our formal belief system, liturgy or doctrine. We were very privileged in the lovely venue of St John's Seminary, Womersley, and to enjoy such a rich spiritual experience.

Sheila Longman

## Meditation with Children

### Meditation with Children Training Day

Jane Serrurier, Special Interest Coordinator for Meditation with Children, led a training day in May at the Hamar Centre, in the grounds of the Royal Shrewsbury and Telford Hospital.

Here are some responses to the day:

**Trish Edwards, Headteacher, St Laurence CE Primary School, Gnosall, Staffs**

*I wanted you to know that this week - it being SATs week - we have used the CD and meditated with the Y6 children prior to their exam every morning. They have absolutely loved it and asked if they can do it every day, even though the SATs have now finished. The teachers involved in it have also really benefited. I am looking forward to introducing it to all the school and look forward to the INSET in September.*

**Margaret Jarvis, Regional Coordinator for West Midlands (West)**

It was on a bright sunny day that ten of us met to hear Jane Serrurier speak of the wonderful world of 'Meditating with Children' and the part we could play in this. This was our first experience of a training day and, for some, the beneficial effects of meditation on primary age school children. Jane did this with a stimulating and instructive powerpoint presentation.

It began with a recording of Fr Laurence telling us about the simple art of Meditation. There were interviews with Anglican and Catholic school chaplains, a headteacher, their experiences and the benefits. Most importantly were the interviews with the children which are a delight:

*We meditate after play and it helps calm you, especially if you have had an argument in the playground, then afterwards you just forget it. It helps me concentrate so I can do my maths better. It helps me afterwards to think of other people and be kind to them.*

The presentation was interspersed with much discussion. Our conclusion: meditation is pure gift ... a tool for life!

After meditation and a shared lunch we discussed the practicalities of introducing meditation into schools. The benefits seemed obvious, the challenges more thought-provoking:

*Are we allowed to mention God?  
Some parents may think it too Eastern.*

*How long is a meditation?*

*What about fidgety, disruptive children?*

*Will help be available whenever needed?*

The dynamics of our small group was a key feature, the very real sense of a network being built through the energies, trust and infectious enthusiasm of everyone present. One headteacher suddenly announced she would definitely like to introduce meditation into her primary school. Jane will help her with this and September could see the launch. Two others also volunteered to help.

One small detail: when planning a training day, do contact the Directors of Education both in the Anglican and in the Catholic Dioceses of your area asking them to inform their respective schools. You can do this with an email poster, and polite invitation. As you can see from the above, it can take just one headteacher to be enthusiastic for something to happen!

**James Whild**

As the saying goes, 'Life begins at the edge of your comfort zone.' When we follow the path of the intuitive spirit, opportunities are seemingly presented to us that assist our journeys. Just weeks ago, I had never heard of Christian Meditation or the WCCM, yet today I have in them a valuable ally to help share the gift of meditation with children.

Having personally felt the many benefits of meditation for a couple of years, I had a certain calling to share it. I doubted my ability to do so. In March, having finally plucked up enough courage, I invited my colleagues to join me for weekly meditation sessions on Wednesday lunchtimes at our place of work: a small but outstanding Church of England primary school in Sandwell, West Midlands. My goal was to give staff an opportunity for relaxation and mindfulness as there are few jobs more stressful than teaching. However, in the back of my mind, I had always wanted to give the same opportunity to our diverse range of children.

Following the first session with a handful of staff, I was asked by Ruth the headteacher, if I would organise some meditation with children during our annual health week in June. An exciting prospect, but knowing how to implement this and where to start was something I put to the back of my mind as it was still a few months away.

*continued on page 7*

## Extracts from a Letter from Sarah Litchfield on Fogo in Cape Verde, Africa, Lent 2014

“I find myself living in an extraordinary little community here in Fogo, in the countryside about 6km from the main town Sao Filipe. We are quite high up, half way up the flanks of the big volcanic crater that dominates the whole island. Money plays a very small role in everyday life and not much attention is paid to what might happen tomorrow. Most people work hard on the land and the rhythm of life centres on St Joseph's, the little church about half way between me and the village.

I have been working in the local schools doing the meditation with the kids, have begun a local girls football team, cleaned the church, helped with catechesis, joined the Legion of Maria, helped various kids with school work, tried to learn Kriolu, taught English and the last few weeks helped with preparations for our annual festival at St Josephs.

Due to my work with the festival I have also got to know our priest, Father Lawrence. He has now asked me to teach him English. I have given him *Word into Silence* in Spanish to read. I haven't told him yet about my idea that every school in Cape Verde could be



meditating everyday but I am just waiting for the right moment!

So you see, it is all happening, not as I thought it would, but in an utterly extraordinary way. I firmly believe that none of this would be possible if people like you weren't meditating regularly though. So you are all very much a part of all that is happening here. “

**Editor's comment:** Readers may recall a previous letter from Sarah several issues ago, this is an update..

### **Training Day** continued from page 6

It was not until May when, with two days notice, Ruth asked me if I would like to attend a regional 'Meditating with Children' training day with the WCCM which had just come through on an email from the Diocese. With nothing to lose, I made the 30-mile journey to the Hamar Centre in Shrewsbury.

The training day was fantastic. Having felt somewhat alone in my desire to share meditation with children, I discovered an entire network of people ready and willing to help. Jane led a presentation that was well organised and informative, and I know that we all left, not only feeling enthused and motivated to take things further, but also with the knowledge that any ventures in this area would be well supported.

I believe Christian Meditation will be warmly received during the scheduled health week in June. I hope this may serve as a pilot towards further practice. I am ever grateful to Jane and all those involved with the WCCM for providing some much needed encouragement and support.

## Daily Wisdom

*A big problem that all of us have to face is deciding what is really important in our lives and what is trivial, to learn to differentiate between what is passing away and what is enduring.*

*Meditation is simply a way of coming to that basic healthiness of spirit, a state wherein our spirit has room to breathe, where it is not assailed and weighed down by trivia or what is merely material; a state wherein, because we are open to ultimate truth and to ultimate love, we are summoned beyond all mere trivia.*

*John Main, Fully Alive*

You can receive Daily Wisdom, Weekly Teaching and Weekly Reading by email by subscribing to the WCCM mailing list at <http://www.wccm.org/content/subscribe-our-mailing-list>

## Meditation in Palliative Care

### Meditating with People Diagnosed with Cancer



I work as a nurse psychotherapist in the Hamar Centre at the Royal Shrewsbury and Telford Hospital. My client group consists of people aged from 18 to 80 years, who are suffering from all different types of cancer with varied prognoses.

I started introducing meditation to my individual clients and shared the fundamentals of the practice with those who were interested. They reported back to me the many benefits they were experiencing both at home and whilst undergoing aggressive chemotherapy. Some reported reconnecting with the spirit of God, others reconnected with their own personal beliefs. All benefited.

During a difficult period at the centre we experienced an acute shortage of staff. I found myself being the only therapist available to clients. How was I going to see those in need? The solution was to set up a meditation group at the Centre. With the help of our enthusiastic and dynamic administrator and her team of volunteers we set about advertising the new group throughout the hospital, although as it was the NHS I had to be careful not to advertise any particular creed.

The response was phenomenal. Thirty-five people applied to attend the course, each of whom I interviewed in person or on the phone. I explained that there were many different traditions of meditation, that I came from the Christian tradition, that I was a member of the WCCM, and referred them to further details on the WCCM website. However, I reminded them that they did not have to be a Christian to join the group. It was important to give my clients information about the tradition of meditation, which enabled them to make an informed choice about attending. Thirty people eventually confirmed their wish to attend the six-week introduction to meditation course and I set up two groups. Everyone took to it with a hunger one might see in the starving.

For each session I did a short relaxation, a spiritual reading by Fr Laurence, and Fr John Main led us into the meditation. Weeks one and two went well. On the third week I cried, for the snow was inches deep on the ground (cast your mind back to January 2013), some of the staff from the main hospital were unable to make it into work, and some clinics had to be cancelled. However, **all** the 35 new meditators attended that session. At the end of the six-week session there were many insights, and loving bonds were established in the

silence. When the course was completed the group did not want to stop.

To help to fill the gap after the course had ended, I gave them details of what was happening in the community and established a monthly session at the Centre. I continue to do new six-week sessions, but also feed those who are interested into the monthly group, which is getting rather large.

Here are some comments from clients about their experience of joining the group.

*When I was diagnosed with laryngeal cancer, I was knocked sideways and didn't know which way to turn. I was offered the chance to join in the meditation group at the Hamar Centre, but I was unsure quite what I might gain from this experience. That uncertainty didn't last long. It has opened up a whole new way of 'being' for me. The time spent in the meditation is so tranquil with a strong sense of 'oneness' with the group. The feeling of being at peace with myself, with no expectation to 'be' anything but simply me, is cleansing. I always leave the meetings refreshed and with a feeling of having been given a new start.*

*I wanted to pen a quick note to thank you for the meditation classes you have organised over the past few months. I have just realised that 'quick' and 'meditation' should not appear in the same sentence. The classes have been a lifeline to me and all the other attendees. I have found the benefit obtained from each and every class to have had a ripple effect, extending beyond me to others in need. I find myself extolling the virtues of meditation to complete strangers who have shared their troubles with me. I feel all I have experienced at the Hamar Centre will continue to flow out to others.*

*The reason that the meditation meetings are invaluable to me is, I believe, due to a combination of all the parts involved: a room in the calm and caring atmosphere of the Hamar Centre; the warmth and wisdom of the experienced facilitator; the structure of the session, including music, spiritual readings, relaxation, and meditation; together with a group of people meeting for a common purpose. For me that purpose is to find, in the supported silence of the group meditation, a*

## Relationship and Life-threatening Illness



*'There are things known and there are things unknown and in between are the doors of perception'* Aldous Huxley

To perceive things differently can feel both an advantage and a threat. Most often it is refreshing to see something differently - to be released from a familiar view into the freedom of new

interpretation. I had a simple experience of this when casually turning on the radio last week. A choir had just begun to sing the hymn 'Dear Lord and Father of Mankind'. Music means a lot to me and I would not necessarily be riveted by a hymn but these beautiful words were being sung with a complex harmony and over-riding descant that released new meaning and depth. 'Re-clothe us in our rightful mind ... in simple trust ... the silence of eternity ... noiseless let thy blessing fall ... speak through ... O still small voice ...' The mysterious presence to be found in my daily meditation was being sung and met a response in my own being. Yet how many times have I heard that hymn without such meaning revealing itself?

Similarly I saw something differently when Mark and I were walking by the sea in Aldeburgh a couple of weeks back. We happened upon Maggi Hambling's 'Scallop', a four-metre high steel sculpture erected on the beach. It is visually stunning: a large, strong depiction of a shell, recognised more familiarly as small and fragile. Seemingly washed up on the beach and holding imagery of pilgrimage, this tough structure portrays lightness and travel. Cut through the steel are words illuminated with colour and texture from the sky behind and given breath by a light sea wind: 'I hear those voices that will not be drowned.' Silence, yet 'the sound of a gentle voice', fragility and strength, are familiar paradoxes we hold together within our meditation.

However new perception is not always a creative discovery. I find, in the context of a life-threatening illness, that new ways of perceiving life are thrust upon me. This imposition demands a re-adaptation on my part that I certainly would not choose to make. A wide range of side-effects accompany my almost continuous chemotherapy, insisting that my body reacts to them. I tire easily, some drug regimes increase

my weight, others mean I lose it. A natural appreciation of food and wine is challenged by nausea and mouth ulcers, my range of physical activities are significantly reduced. Currently I am deaf in one ear. Rather like Alice in Wonderland such bodily changes can be bewildering and upsetting. 'Drink me' says the label on the bottle - but what will happen if I do? Alice's response was to drink it anyway and await the consequences. In fact this attitude releases her into a whole new world of experience that she would not otherwise have known. The discomfiting step of walking through a mirror or tumbling down a rabbit-hole, result in her leaving behind the familiar to discover a whole range of people, places and a way of relating to them that demand flexible interpretation. This of course is a story of fantasy - a dream, yet at times my own turn of events seems similarly unreal. Surely one day I will wake up?

One of Christ's most firm instructions is to 'wake up', not to an old reality or future dream but to now, the present moment. This asks for a courageous spirit. Marcel Proust writes 'A real voyage of discovery consists not in seeking new landscapes but in having new eyes.' Maintaining such an attitude alongside extreme bodily discomfort and limitation is far from easy. However I find it the only attitude that makes any sense or difference. Within the 'private room' which Jesus describes as a place where the communication of true prayer may be known, I find resources of rest and loving connection. This does not remove the frustration and pain of trying circumstances but does provide a wider context where these things may be held with acceptance and love. Learning how to live lovingly

*continued on page 10*



**Relationship and Illness** continued from page 9

with forces that seem to militate against life is to grasp a hard lesson of new perception.

Perhaps David the psalmist knew something of this experience when he wrote these words in Psalm 139. I am always moved to hear them sung to music by John Rutter:

*If I scale the heavens you are there,  
If I lie flat in Sheol, there you are ...  
I will say, 'Let the darkness cover me,  
And the night wrap itself around me,'  
Even darkness to you is not dark  
And night is as clear as the day.*

The psalmist reveals his own knowledge of a light offering new perception, not only when life is good but equally in times threatened by darkness. My continuing prayer is for that vision to be alive in my life, bringing some transformed understanding, even in the darkest days.

Anne McDonnell

**Editor's comment:** this is the most recent piece from Anne's occasional blog on the WCCM website

**Meditation and Cancer** continued from page 8

*place of peace and a chance to connect with an inner strength to support me in the days and months ahead.*

*I would like to thank the Hamar Centre for the opportunity of being introduced to meditation, which has become a very important part of my recovery and living with cancer. I had never tried meditation before I was diagnosed with cancer. I find it so therapeutic and calming. I leave all my problems and thoughts the other side of the door. My mind becomes empty, and I go home feeling so much better. Thank you.*

Reflecting on the benefits, which this group has received, has been very thought provoking and I would love to see this type of service expand nationwide. When Roz offered me the opportunity to become the Special Interest Coordinator for Palliative and Long-Term Care, this seemed to be the way to take it forward.

If you would like to find out more information at a personal level and/or explore setting up your own local group, please do get in contact with me: 01743 243132 or bentickbelinda@hotmail.com

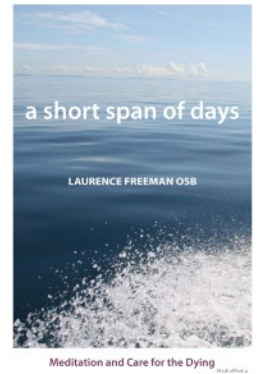
Linda Bentick

## a short span of days

Fr Lawrence Freeman OSB

How is it possible that patients at the terminus of life have been known to say: "This last year has been the best year of my life"? Death is a truth we instinctively try to avoid or deny. But when confronted with the reality of it, we can only break down and disintegrate or break through and transcend. Fr Lawrence shows how meditation opens the way to this breakthrough. In meditation, as we drop all immediate concerns and attachments and become silent, we experience loss and separation. We taste death, and our fear of it gradually loses its power over us leaving us free to see life's ultimate horizon. In that new vision we find meaning and the gift of wisdom.

Available from Goodnews Books  
www.goodnewsbooks.net price £5.50



## Meditation Companions



**Do you have questions about your meditation practice?  
Or about your spiritual life generally?**

**Meditation Companions are experienced WCCM meditators who are there for you to talk to immediately.**

**Contact Anne McDonnell  
01603 810646  
anne.mcdonnell@talk21.com**

## Thank you from Sheila Wood

What wonderful tributes to David in the Newsletter. I am very grateful to those of you who wrote them. I felt very humble – and on reading them, had a weep!

I would like to say a big thank you to all those who sent cards and letters to me after David's death. Their words, thoughts and prayers were a great consolation and upheld us as a family. Also to those people who travelled so many miles to be at the celebration service. Thank you.

With nearly 200 people in church, it made us realise how David had touched so many peoples' lives over the years. Amazing!


We enjoyed our time while David was coordinator in Cumbria: starting new groups, visiting established ones, meeting so many lovely people, and making new friends. We were privileged to be able to do that.

I'm very pleased that his teaching continues on with the CDs he made. He did enjoy making them.

Sheila Wood


# Christian books

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## An Invitation from Christian Meditation in Cumbria A Day of Gathering Celebrating the contribution David Wood made to Christian Meditation



**Saturday 9 August 2014  
10:30 – 15:00**

**At Loweswater Village Hall,  
Loweswater, Cockermouth,  
Cumbria CA13 0RU**

**Tea and coffee provided; bring your own lunch.  
There is no charge for the day.**

We have planned the day to include two periods of meditation, and a quiet time to look at David's books, CDs and some of his 'Three Hour letters' which were not included in *Dark Prayer*. In the afternoon, Cameron Butland will lead a walk with times for reflection and to look at some interesting archaeological sites. Alternatively, there are other signed walks of varying difficulty around the lake and nearby lanes.

Loweswater is in the perhaps lesser known Western Lake District. It is not accessible by public transport but members of our community will be available to provide lifts and advise about accommodation.

Contact Sarah Kirkup: 01768 341 258  
[sarah.kirkup1@virgin.net](mailto:sarah.kirkup1@virgin.net)

## Film Review : *Calvary* Director : John Michael McDonagh

**'Do not despair; one of the thieves was saved.  
Do not presume; one of the thieves was damned'**

St Augustine's words stand as the epigraph at the beginning of the compelling Irish film, *Calvary* (2013 Reprisal Films). They present us, up front, with the uncomfortable - but necessary - recognition that we find ourselves in at least two minds, and that no existential guarantees are provided. Christ's Calvary doesn't offer an easy solution; nor should any religion worthy of the name. *Calvary* certainly doesn't.

The film shows us a priest in a rural County Sligo landscape dominated by the massive presence of Benbulbin, a mountain brooding like the Spirit over the waters of the Atlantic. Father James Lavelle, brought to life in a performance of heart-aching humanity by Brendan Gleeson, is a man with a face that is lived-in, troubled, yet kindly. It tells of his grief - his (pre-vocation) wife has died - and of his struggles (he has at times been far too fond of the drink). Now he is ministering to this remote community as they stumble through what often seems - for all its green, ocean-swept beauty - a vision of human torment, predation and anguish.

We start in the intimate claustrophobia of the confessional. We see only the craggy, vulnerable features of the priest as a voice tells him that he is going to be killed. The voice belongs to the person on the other side of the partition who is unknown to the audience, (but maybe not to Fr Lavelle). He continues by saying the killing will take place next Sunday, down on the beach, if the priest will come to the appointment. Not because he is bad - any fool can think of doing that - but because he is good. This priest is going to be killed precisely because he is innocent. Who does that remind us of? The film then follows the progress of a version of Holy Week for Father James, from Sunday to Sunday. He experiences betrayal and his own (repeated) Gethsemanes. We see him falling at the stations of his own cross.

Meanwhile, around him, there is a grisly pantomime of the damned, the beautiful and the grotesque: the villagers and their visitors. The plot - only on occasion clunky and schematic - then gets played out as a kind of mash-up between *Father Ted*, *The Wicker Man*, an Agatha Christie whodunnit (or who-will-do-it) and a game of *Cluedo*. We are treated, in the classic thriller tradition, to a rich parade of stock professions/suspects: there are the Butcher, the Policeman, the Wealthy Squire, the Mechanic, the Bartender, the Repressed Outsider, the

Writer, the Doctor and the Bad Priest (Father James's weasley colleague). All of them locked in their little Hell, and all of them capable of doing it.

The film's great virtue is that the stricken meanderings of these slightly surreal caricatures are never deployed for mere comic effect. There is no cynical cruelty in the director's vision. And what holds it all together is the commanding presence of the flawed, frightened, witty, almost-defeated, courageous Father James, trying his damndest to be human. Often it feels as though there

are two films, two scripts, being woven together to tell this Passion story. The community characters vent their frantic cynicism and casual inhumanity in a series of quirky, unsettling vignettes. Meanwhile Gleeson, as the priest, becomes progressively more thoughtful, more straightforward, more naturalistic, more *real*.

At one level *Calvary* is a revenge fantasy. It articulates the rage and confusion caused throughout an entire culture by priests who have sexually abused the innocents in their care. The story is a necessary catharsis. The Priest must be vilified, he must absorb the taunts of 'gobbledygook', he must stand and be accountable for the appalling sins of others. His church

must be burned down. And yet, in the midst of his humiliation and confusion, we see this priest carrying on being an instrument of quiet grace - to the dying writer, to the traumatically widowed French visitor, to the tortured, self-loathing local squire with his infinite wealth.

Towards the end of the film, Father James says to his daughter that there is too much talk about sin and not enough about virtue: 'I think forgiveness has been highly underrated.' In the final stirring and wordless scene we are invited into the heart of that uncomfortable place where forgiveness seems both necessary and impossible. It's over to us now. If the church must be burned and the priest cast aside, then we are the only ones left. We have to acknowledge that we are both thief *and* redeemer, for Calvary, in truth, is where we are all the time.

'God is great - the limits of his mercy have not been set' says Father James at one point in the course of his struggle. The final scene of this exceptional film seems to urge that - with God dead, the church burned and priests rejected - it is now up to us to refuse to set those limits. Perhaps this is how God comes back to life. We could call it Resurrection.



## Meditation Practice

### Relaxation – A Door to Meditation

Here is a short (2-3 minutes) relaxation exercise that I've found helpful before Meditation and hope it will be useful for you too.

- To begin, from the chosen, comfortable, meditation position exhale deeply and imagine the breath is reaching your toes, ankles and knees and relax into these areas.
- Following a deep in-breath, exhale and imagine the breath is reaching the base of the spine, the stomach area, the chest and the throat and relax into these areas.
- As before, following an in-breath, exhale and imagine the breath is reaching across the shoulders, down the arms into the elbows, wrists and fingers and relax into these areas.
- Next, take a deep in-breath, exhale imagining the breath is reaching the neck, facial muscles, nose,

eyes and forehead and relax into these areas.

- Then picture the whole body, exhale deeply and be aware of any particular tensions and relax into these areas.
- Inhale and exhale gently two or three times and then focus the attention on silently saying the mantra – listening to each syllable as you say it.

Hopefully, the body will now be relaxed and ready to give attention to saying the word or prayer phrase and will be at peace.

This exercise has been adapted from a longer relaxation exercise. If anyone is interested in having the fuller version, please email: [pam@wccm.org](mailto:pam@wccm.org) or phone 0207 278 2070

*Pam Winters, Lone Meditators Special Interest Coordinator*

### A Faithful and Loyal Meditator Leaves Us



Eileen Robinson passed away on 3 April. She was a member of the Crowthorne Christian Meditation Group since its inception in the 1980s.

In the Summer 2012 edition of this newsletter, Eileen, who was then 93 years old, shared about her involvement in the WCCM Community. She had a deep abiding faith and practised Christian Meditation daily. She saw herself as an ordinary member of the group and, although she maintained that she contributed very little, she was always there and her presence brought blessings to us all.

We shall miss her.

*Gilly Withers*

### Voices of Freedom

#### Selected quotes from the booklet offered to prisoners through the Prison Chaplain Service

*Hatred never ceases by hatred: by love alone is it healed. This is the ancient and eternal law.*

Dhammapada

*To clasp the hands in prayer is the beginning of an uprising against the disorder of the world.*

Karl Barth

*We are not to simply bandage the wounds of victims beneath the wheels of injustice, we are to drive a spoke into the wheel itself.*

Dietrich Bonhoeffer

*The quality of mercy is not strain'd it droppeth as the gentle rain from heaven upon the place beneath: it is twice bless'd; it blesseth him that gives and him that takes.*

Shakespeare

*Justice is what love looks like in public.*

Cornel West

*True justice is the necessary work of sharing and liberating in others the humanity we have discovered in our contemplative encounter.*

Rowan Williams

## Events

### National

**Thursday 28 to Sunday 31 August: Bere Island Festival of Music and Silence.** Four days of music, meditation, walks, talks, dances and nature  
**Contact:** Theresa Hobbs hobbstl@gmail.com **Cost:** €200 (including B&B, lunch and dinner)

**Saturday 25 October 10:30-16:00: I was like you** - The October Oblate Open Day: An Invitation to 'Come and See' **Venue:** Monastery of Christ Our Saviour, Turvey **Contact:** Angela Gregson Tel. 01706 226 574, email fapghillview@yahoo.co.uk or write to 529 Helmsore Road, Helmsore, Rossendale BB4 4LQ

**Sunday 26 October: Annual UK Oblate Day** with Fr Laurence  
**Venue:** Monastery Christ Our Saviour, Jacks Lane, Turvey, Bedfordshire MK43 8DH Tel 01234 881211  
**Contact:** Eileen Dutt eduttobl@christianmeditation.org.uk

### Wales

**Tuesday 16 September 10:00-15:00: Introducing Christian Meditation to Children** - Regional Study Day. **Venue:** Ty'r Pererin, Quickwell Hill, St. David's, Pems. SA62 6RJ **Contact:** Jayne MacGregor, The Vicarage, Llanrhan, Haverfordwest, Pems. SA62 5BG. Phone: 01348 837750. Email: jaynemacgregor@yahoo.co.uk Bring own lunch, drinks provided..

### Southeast England

**Saturday 26 July 10:30-15:30: Living with the Mystics.** The day will be devoted to the teaching of Richard Rohr, suggested reading is *The Naked Now* **Venue:** St Nicolas' Church Guildford **Contact:** Ray or Vicky Lamb on 01483 893129 or St Nicolas' Parish Office (parishoffice@saintnics.com) 01483 564526

### East England

**Saturday 30 August 09:30-16:00: Bringing the Body to Prayer.** Simple movements and preparing the body for sitting, as well as meditation and times of silence. Suitable for all. Led by Chris Hurley. **Venue:** Pleshey Retreat House, Chelmsford CM3 1HA. **Contact:** Jean Searson jeansearson@hotmail.com 0774 6036895 Drinks provided, bring your own lunch. Suggested donation £15.

### Northeast England

**Christian Meditation and Tai Chi workshops.** **Venue:** St Antony's Priory, Durham (www.stantonspriory.co.uk) **Contact:** terry-doyle@live.co.uk or 0191 3843747

**Saturday 12 July & Saturday 13 September**

**Friday 5 September: Christian Meditation and Tai Chi workshop.** **Venue:** Ampleforth Abbey near York www.ampleforth.org.uk **Contact:** terry-doyle@live.co.uk or Hospitality & Pastoral 01439 766486.

**Friday 26 September 17:00 - Sunday 28 September 14:00: Autumn Retreat 'The Wilderness Within'.** Led by The Revd. Dr. Nicholas Buxton **Venue:** The Briery, 38 Victoria Avenue, Ilkley LS29 9BW Saturday only cost £30 including tea / coffee and lunch. Dinner will be an extra £10.00 **Contact:** Sue Giuntoni, 45 Victoria Mount, Leeds LS18 4PX Tel: 0113 258 3780

**Friday 10 October 2014 - Sunday 12 October 2014: Christian Meditation and Tai Chi.** **Venue:** Minsteracres Retreat Centre, Minsteracres, Consett, Co Durham DH8 9RT **Contact:** www.minsteracres.org 01434 673248

**Friday 10 October 17:00 - Sunday 12 October 13:00: WCCM Lancashire Retreat.** The Voice of the Wind in the Pine Trees: Thomas Merton's contemplative message for today. **Venue:** The Briery Retreat Centre, 38 Victoria Avenue, Ilkley, West Yorkshire LS29 9BW **Contact:** Lesley Easterman 01204 811050; lesley.easterman@btinternet.com

**Sunday 16 November: Christian Meditation Silent Retreat.** **Venue:** Ampleforth Abbey near York YO62 4EN www.ampleforth.org.uk **Contact:** terry-doyle@live.co.uk / Hospitality & Pastoral 01439 766486.

### Northwest England

**Saturday 9 August 10:30-15:30: Day of Thanksgiving for David Wood.** **Venue:** Loweswater Village Hall, Loweswater, Cockermouth, Cumbria CA13 0RU **Contact:** Sarah Kirkup, sarah.kirkup1@virgin.net 01768 341258 Tea and coffee provided; bring your own lunch. There is no charge for the day.

**Living with the Mystics.** Led by Bob Morley **Venue:** Friends Meeting House, Elliot Park, Keswick. Cost: £5 Drinks provided, please bring own lunch. **Contact:** Bob 016974 72644, rgm1@live.co.uk

**Tuesday 5 August 10:00-15:30:** Theme: George Fox (various)

**Tuesday 4 November 10:00-15:30:** Theme: Thomas Merton

**Friday 10 October to Sunday 12 October: Christian Meditation and Tai Chi.** **Venue:** Minsteracres Retreat Centre, near Consett Co Durham www.minsteracres.org **Contact:** terry-doyle@live.co.uk or 01434 673248.

**Saturday 18 October 10:00-15:30: Day of Gathering.** Introduction to Christian Meditation led by Cameron Butland and Bob Morley **Venue:** Cockermouth Cost: £10.00 Drinks provided, please bring own lunch **Contact:** Richard 01946 862990 cmcwcmm@fastmail.fm

**Friday 14 to Sunday 16 November: Boarbank Retreat** led by Ruth Harvey and Elaine Gisbourne from the Iona Community

### Manchester

**Weekly groups meet on the last Saturday of each month at 13:30.**

**Venue:** Parish Hall of Our Lady's Church, Raby Street, Moss Side, Manchester. M16 7JQ. **Contact:** Sheila Wood 0161 226 2354 johncotling@aol.com New and experienced meditators welcome. www.christianmeditationnorthwest.org

### East Midlands

**Saturday 19 July 10:00-13:00: Prayer and Fellowship Day.** An opportunity to meet with fellow meditators, to share experiences and to meditate together. Talk: 'WCCM on the Web' by Paul Hayward. **Venue:** St Mary the Virgin Church, College St, Higham Ferrers, Northampton NN10 8DL **Contact:** Maggi Gordon 01604 899342 / maggi.gordon38@gmail.com Please bring own lunch. Tea and coffee provided.

**Saturday 20 September 10:30-16:00: The Wounded Meditator** with Gretchen Stevens **Venue:** Sacred Heart Church Parish Centre, Carlton, Nottingham NG4 1FP. **Contact:** Peter Short petershort03@gmail.com Tel 07748911175 Please bring own lunch, teas and coffee provided. Suggested donation £10

**Saturday 4 October 10:00-16:00: The Cloud of Unknowing** - led by Graeme Watson. **Venue:** St. Mary's Church, Higham Ferrers as above **Contact:** Maggi Gordon 01604 899342 maggi.gordon38@gmail.com Please bring own lunch, tea and coffee provided. Suggested donation £7.

### West Midlands

**Saturday 12 July: Quiet Day 'Be still and know that I am God'** - Chris Hurley **Venue:** Kings Heath Quaker Meeting House, Birmingham B14 7PE. **Contact:** Joy Cheek joycheek@hotmail.co.uk 0758 204 7061.

**Saturday 8 November: Quiet Day 'Calm and Insight'** - Learning the skills of prayer. Led by Br Nicholas from Glasshampton Monastery. **Venue and contact details as above.**

### Southwest England

**Friday 18 to Sunday 20 July: Trust the Silence.** Weekend silent retreat. **Venue:** Brownhill Monastery Monastery of Our Lady and St. Bernard, Brownhill, Stroud, GL6 8AL **Contact:** Roger Layet roger.layet@btinternet.com

**Friday 10 to Sunday 12 October: Praying the Psalms.** Shaping the Landscape of the Heart; Speaker Patrick Woodhouse **Venue:** Sheldon, near Exeter **Contact:** John Roberts john.wilcott@gmail.com £147 per person in a shared room

## Events

### London

**Meditatio House** 32, Hamilton Road, London W5 2EH Tel: 0208 579 5911  
Email: meditatio@wccm.org

**Daily Meditation:** at 07:00 (08:00 Saturday and Sunday); 12:00 and 18:30 (except Wednesday 18:30)

**Mondays: 19:30: Introduction to Meditation** Led by Fr Laurence Freeman OSB or others.

**Wednesdays: Young Meditators** meet 18:00 for yoga and 19:00 meditation

**First Saturday of the month 14:00-16:00: Quiet afternoon** for those on a 12-Step Program

**Third Saturday of the month 10:30-21:00: A contemplative day** with meditation, lectio, discussions and sharing meals. Led by and for the young adult meditators of the community

**The Meditatio Centre** St Marks, Myddelton Square, London EC1R 1XX Tel: 0207 278 2070 meditatio@wccm.org www.wccmmeditatio.org

#### Regular events:

**Weekday 13:00-13:30: Meditation**—All welcome

**Mondays 19:00-19:30: Meditation**

**Mondays 19:30-21:00: Yoga** (term dates: 8 September - 15 December (not on 20 October) Cost: £14 drop in; £72 for block of 6 classes; £8 concessions. **Contact:** Lucy 07904166123; lucybarnes@btinternet.com

**Wednesdays 11:00-12:30: Open House**—a space to learn about meditation

**Second Wednesday of the month 18:15-19:15: Meditation in a Time of Loss.** **Contact:** lizwatson@blueyonder.co.uk

**Thursdays 19:00-21:00 (monthly): Living with the Mystics Study Group.**

#### Special events:

**Saturday 19 July 10:30–16:30: Saturday Speakers:** What we need is to be Silent before this Great God led by Martin Laird OSA Cost £30, concessions £20 - please bring own lunch, coffee and tea provided

**Saturday 6 September 11:00–16:00: Creative Silence:** Creative Preparations for Silence led by members of 'Young and Contemplative' **Contact:** Phil: p.j.m.seal@gmail.com

**Thursday 11 September 19:00–21:00: Mystics Study Group:** The Song of Songs facilitated by Graeme Watson. Book to read: *The Song of Songs: A Contemplative Guide* by Graeme Watson

**Thursday 18 September 18:30–20:30: A Time for Volunteers**

**Saturday 20 September 11:00–16:00: Teaching on Christian Meditation:** What is Christian Meditation led by Graeme Watson and Geoff Waterhouse. To book call 020 8280 0049; uk@wccm.org Suggested donation: £10 includes a simple lunch.

**Saturday 27 September 9:30–17:30: Finding Meaning:** A day with some special friends of the Meditation Centre. To register your interest please email meditatio@wccm.org

**Saturday 4 October 10:30–16:30: Body Workshop:** Ploughing, Turning, Sowing, Waiting led by Giovanni Felicioni and Rebecca Brewin. **Contact:** Giovanni: gravity@rolfing-yoga.com Cost £30, concessions £20 - please bring a packed lunch, coffee and tea provided

**Tuesday 7 October 18:30–21:00: Science & Spirituality:** Genes, Germs and the Mind led by Rev Don MacGregor. Cost £15 Concessions £10; light refreshments included.

**Wednesdays 8, 15, 22, 29 October, 12, 19 November 18:30–21:00: Finding the Way:** A Course on Spiritual Growth (over 6 weeks) **Contact:** lizwatson@blueyonder.co.uk Cost: £15 per evening (£10 concessions) or £75 for whole course, paid in advance (£50 concessions).

**Saturday 11 October 11:00–16:00: Education & Meditation:** Christian Meditation for Students and Young People facilitated by Charles and Patty Posnett **Contact:** Charles 07973 331038; charles@posnett.entadset.com Cost £25, concessions £15 - please bring a packed lunch, coffee and tea provided

**Thursday 16 October 19:00–21:00: Mystics Study Group:** Etty Hillesum facilitated by Liz Watson. Book to read: *An Interrupted Life: the Diaries and Letters of Etty Hillesum*

**Saturday 18 October 11:00–16:00: London Group Leaders' Day:** Stages of the Journey led by Graeme Watson and Geoff Waterhouse. To book tel: 0208 280 0049 uk@wccm.org Suggested donation: £10 includes a simple lunch.

**Saturday 8 November 10:30–16:30: Body Workshop:** Finding Simplicity led by Chris Hurley and Lucy Barnes. **Contact:** Chris 07483 570242; chri8hurley@gmail.com or Lucy 07904 166123; lucybarnes@btinternet.com Cost £30, concessions £20 - please bring a packed lunch, coffee and tea provided.

**Wednesdays 12, 19 November 18:30–21:00: Finding the Way:** A Course on Spiritual Growth. **Contact:** lizwatson@blueyonder.co.uk Cost: £15 per evening (£10 concessions) or £75 for whole course starting in October, paid in advance (£50 concessions)

**Thursday 13 November 19:00–21:00: Mystics Study Group:** Thomas Merton facilitated by Allyson Davies. Book to read: *The Way of Chuang Tzu* by Thomas Merton

**Saturday 15 November 11:00–16:00: Addiction & Recovery:** Christian Meditation as 11th Step Practice facilitated by May Nicol. **Contact:** May 07768 310666; MayMBNicol@aol.com Cost £20, concessions £10 - please bring a packed lunch, coffee and tea provided.

**Wednesday 26 November 18:30–21:00: The Eight Big Problems of Life:** Vanity and Pride and the breath of true freedom led by Laurence Freeman. Cost £15 Concessions £10; Light refreshments included.

**Saturday 29 November 11:00–16:00: The School of Meditation:** The Art of Being a Group Leader led by Kim Nataraja. Cost £15, concessions £10 - please bring a packed lunch, coffee and tea provided.

**Saturday 6 December 11:00–16:00: Teaching on Christian Meditation:** Advent Quiet Day led by London regional coordinators. To book call 0208 280 0049 uk@wccm.org Suggested donation: £10 includes a simple lunch.

**Thursday 11 Dec 19:00-21:00: Mystics Study Group:** St Ephrem the Syrian facilitated by Isabelle Glover

**Saturday 13 Dec 10:30-13:00: Body Workshops:** The body in meditation led by Catherine James and Lucy Barnes. Cost £15 concessions £10, please bring own lunch, coffee and tea provided.

**Saturday 20 December 10:30–16:00: Saturday Speakers:** Preparing for Christmas led by Laurence Freeman OSB. Cost £30, concessions £20 - please bring a packed lunch, coffee and tea provided.

#### Westminster Cathedral

**Daily Meditation: 12:30-13:00 Monday – Friday.**

In the chapel in St Paul's Bookshop. All welcome.

**First Wednesday Quiet Days: 12:30-16:30.** The first Wednesday of each Month is a retreat day held in the Hinsley Room in Morpeth Terrace, next to Westminster Cathedral.

**6 August: Feed My Lambs.** Sarah Richards, spiritual director.

**3 September: Who is My Neighbour?** Eileen McDade, spiritual director & co-founder of Silence in the City.

**1 October : The Pearl of Great Price.** Michael Dorey, spiritual director & Christian Life Community chaplain.

**5 November: Prepare the Way.** Margaret Lane, lay contemplative and authority on St Augustine of Hippo.

**3 December: Born Again.** Mary Lean, writer & spiritual director.

**Silence in the City** Unless stated otherwise all talks at: Westminster Cathedral Hall, London SW1P 1QH. www.silenceinthecity.org.uk; email: info@silenceinthecity.org.uk. 0207 231 6278 or 0207 252 2453. Prebooking necessary. Suggested donation £10.

**Tuesday 18 November 19:00-21:00: Title tba.** Fr Timothy Radcliffe O.P. Refreshments from 18:30.

## Contacts

### National

**National Coordinator:** Roz Stockley-07929 007808

uknationalcoordinator@wccm.org

**Chair of The Christian Meditation Trust (UK):** Roger Layet-

01275 463727 roger.layet@btinternet.com

**Newsletter Editor:** Margaret Comerford-uknewsletter@wccm.org

**Goodnews Books:** John Roberts-01458 832704 john@tscltd.biz

### Special Interest Coordinators

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### Keeping In Touch

If you would like to ...

- Receive Meditation News by email or post
- Receive the monthly events bulletin by email
- Find out about meditation groups in your local area
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Please send your name, address and/or email address to:

**WCCM UK Office**

**32 Hamilton Road, London W5 2EH**

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Or visit: [www.christianmeditation.org.uk](http://www.christianmeditation.org.uk)