



Meditation News

Newsletter of The World Community for
Christian Meditation in the UK

AUTUMN 2014

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National Coordinator's Note

Dear fellow meditators,

As I write, the summer is drawing to a close; fruits and vegetables are being harvested, the days are getting shorter and schoolchildren and parents are preparing for a new term: the cycle of life continues. For each of us these widespread recurring patterns are overlaid with our own personal patterns of activities

One aspect of this cycle for the community in the UK is the National Conference, which was held in July in Derbyshire. Within this issue are a number of articles about the conference: a summary of the speakers' talks; a couple of commentaries on the event; a summary of the feedback we received. My own sense of the weekend was one of a community coming together to share wisdom and enjoying themselves and each other in the process. Interestingly, this led a number of us within the community to reconsider the title of this annual event – which is more of a community gathering than a conference. So look out in the next newsletter where the new name will be revealed.

Another, and very important, cycle of some of our lives is group meditation and we hear from Richard Eddleston on running a group in the University of the Third Age (U3A). In it, Richard talks about how he manages a Christian meditation group in a secular environment. And for some of you who are like Chris Hurley, where bodywork complements and supports your regular meditation practice, we have taken an article from the website which describes how meditation and bodywork complement each other and enhance 'life off the mat'.

Also in the newsletter is the annual Financial Report from Roger Layet, Chairman of the Trustees; an article from Jane Serrurier providing feedback from children on their meditation experience; Liz Watson writing on her reflections resulting from reading Karen Armstrong and a review by Stefan Reynolds on Graeme Watson's recent book *A Song of Songs – A Contemplative Guide*.

In recent editions we have been advertising for a number of roles within our community and the newsletter team thought it might be useful to feed back on the responses we have received. Firstly, I can tell you that the Treasurer's position is no longer vacant, as Ray Lamb has kindly offered to continue in the role. As you can imagine, all those who work with Ray and the Trustees are delighted by, and thankful for, Ray's decision. I am also very pleased to announce that Angela St Clair, has volunteered to help out in the office one day a week and Talya Davis has offered to assist Helen Spark in completing the necessary Gift Aid recording and reporting until sometime next year. Continuing the theme of feedback, Linda Bentick, in her new role as special interest coordinator for palliative care, has been asked for information both from the UK and from New Zealand.

There have been some changes in those volunteering to help in the community at a regional and national level. Pat Nash (Regional Coordinator for Hampshire), Mark Ball (Regional Coordinator for Kent), Mary Wilkinson

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Contributions to the Newsletter are warmly welcomed. Please send all items to:

uknewsletter@wccm.org:

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**Deadline for the Winter issue:
1 December 2014**

National Coordinator's Note *continued from page 1*

(Regional Coordinator for Somerset) and Phil Seal (Special Interest Coordinator for the Young and Contemplative) are moving on to new pastures. For Pat, who has served the community for many years in various roles, it is a move to Wales. For Mark, it is a sabbatical. For Mary, a passing on of the mantle after a good few years in the role. For Phil, it is a commitment to become more involved in academic life. I would like to offer our grateful thanks from the WCCM for their past service and gifts to the community and we wish them well in the future. Pat is succeeded by Fiona Jenvey and Mary by Julie Roberts – may they both have much joy in the roles they have taken on. Finally, thank you to Tim Cullen who has agreed to be acting regional coordinator for Kent pro tem.

And so back to the cycle of life, including its repeating events and its changes. Some of these present challenges, some joys, some sorrows. Through them all we can grow and learn to love more. Or at least that's my hope and it what keeps me going. And in this autumn cycle, may you continue to enjoy the fruits and colours of the season and the generosity that the divine has to offer.

With much love
Roz

The Christian Meditation Trust (UK) Financial Report 2013

CMT (UK) is the registered charity set up by the UK community of WCCM meditators. This article is the annual report to UK meditators of the Trust's financial position.

2013 was a difficult year. As usual, the fees charged for national events (the conference, School of meditation events) covered their costs, as planned. There was a generous response to the appeal for funds in the newsletter, helping our income (net of event fees and appeal costs) to reach £45,000. So far so good. But expenditure (excluding that on events) reached £57,000. So we incurred a significant shortfall, markedly reducing our reserves, which now stand at £34,000; a cause for concern, but not alarm. We are required by the Charity Commission to hold reserves to cover us in the event of reduced income.

Our main costs remain those of responding to and providing support to meditators, office functions and publishing the newsletter. These costs have grown as the community has grown in recent years. We also had a number of special projects in 2013 - a complete overhaul of the WCCM UK website, the printing or reprinting of leaflets new and old, and a donation of £7,000 to the work of WCCM throughout the world.

In response to the 2013 shortfall, Roz as national coordinator has, with her committee, put in place a number of cost-saving measures, and they are considering new ways of generating funds. We now plan to make a modest surplus on some events. The trustees have decided that this year we cannot afford to make our intended further donation to WCCM's wider work - a decision made with very great regret, especially as we know that WCCM itself is expecting a significant shortfall in 2014. We hope that the response to this year's appeal will enable us to resume donating in 2015.

The Charity Commission publishes financial information on all UK charities on its website - so you can see more detail there. We are charity number 1101900. Or if you have questions or comments, please email me on roger.layet@btinternet.com

My fellow trustees in 2013 were Judith Denny (Berkshire), Sarah Kirkup (Cumbria), Ray Lamb (Surrey), Charles Posnett (Bedfordshire), and Janet Robbins (national coordinator 2012-3). Pat Nash (Hampshire) retired as a trustee in June 2013 after many years of sterling service.

Roger Layet, Chair of Trustees.



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. 020 8280 0049 uk@wccm.org

Report Back

Remembering David

On a beautiful June day amongst the tranquillity of the summer greenery at Barrow Bridge Mission in Bolton, WCCM meditators from Lancashire and Cumbria celebrated the life and work of David Wood, priest, author and teacher who died in January this year.

David's lasting legacy of grace in teaching the practice of stillness in the presence of God was lovingly demonstrated in the design and organisation of the day led by Sheila Wrigley which included readings, music and meditation.

Bob Morley, who had known and worked alongside David for many years, continued his meditation group in Egremont after David had moved to Maryport. He spoke of the love and encouragement that David had gifted to those who knew him.

The reflections were interspersed with readings from David's inspirational and grounded book *God's Hotel*. The music of Vaughan Williams *The Lark Ascending*



preceded our meditation. There was plenty of time for reflection, a walk in the sunshine and fellowship.

The oneness with all things that David strove to communicate was felt throughout the day.

Mavis Bates

Letters from you

Although contributions to the newsletter are always encouraged and welcome, I have been thinking that creating a space for letters (and emails as more and more of us seem to communicate via this form) in the newsletter might allow for more interaction within the community and between you and the editorial team. So, if you have anything meditation-related you wish to raise or comment on, including any suggestions regarding the newsletter, do think about dropping me a line: uknewsletter@wccm.org

Margaret Comerford



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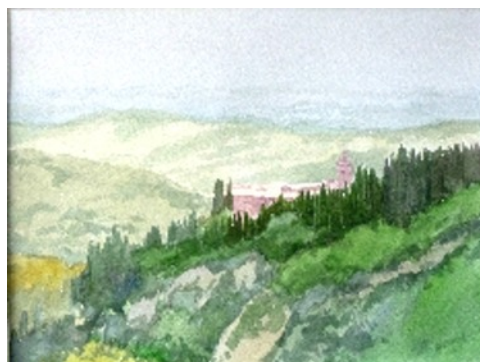
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A Meditator Paints

An exhibition of the works of
David Greenwood



6 September - 8 December

The Meditatio Centre
St Mark's, Myddelton Square
London EC1R 1XX

The paintings in this exhibition were inspired by the landscape at Monte Oliveto, Bere Island and other WCCM Retreats.

The paintings will be on sale with 50% going to The World Community for Christian Meditation.

**Viewing 9:00 - 16:30 Monday to Thursday
by arrangement with Kate Coombs:
020 7278 2070 or meditatio@wccm.org**

Reflections on the Christian Meditation Conference 4-6 July

Editor's note: For those who did not attend the conference, the following pieces and pictures will hopefully give a flavour of the speakers' contributions and provide a context to other articles by newcomers to the event. Roz's words were her personal summary delivered on Sunday morning. Thanks to Peter Jarvis for his photographs; a wider selection can be seen in colour in the web version of the newsletter.

Roz Stockley, National Coordinator



The theme of this weekend was Aware, Awake and Alive and I definitely felt aware, awake and alive during the talks.

On Saturday morning Kim Nataraja started by telling us we were drunk and only moved the spiritual

equivalent of a little finger. She spoke of the Perennial Philosophy which is at the heart of all traditions, not homogenising the differences but respecting and honouring diversity. She quoted so many mystics – my favourite being 'God is at home, it is you who have gone for a walk!' (Meister Eckhart). And we learnt about mindfulness and meditation and heard what Fr Laurence has had to say about it recently. And much, much more.



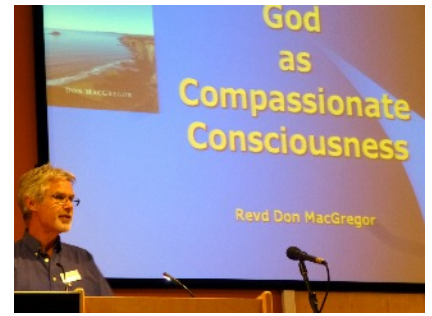
Later on in the afternoon, Liz Watson's session was without technology and she spoke unaided for an hour and I was spellbound. Drawing on *Silence and Honey Cakes* by Rowan Williams, Liz started our journey with education and asked whether children are being helped towards a fullness of life through peaceful worthwhileness or towards a shrunken humanity, which

knows about God but does not know God. Next came John Main's analogy of the homeowner and this theme was carried throughout the rest of her talk. She said that we shut ourselves up in our houses,

surrounded by things, isolated, until we begin to trust and receive the gift in every moment, if we can be present enough to receive it. Can we accept the love, accept that we are a mess and accept that some of this mess can be healed? Liz eventually moved us from that original house, through love, into one house where everyone lives in harmony together, ending with a wonderful Richard Rohr quote about spirituality being beyond politics.

And then, in the final session, we were immersed in science and consciousness, learning about Plank's Constant, the basis of Quantum physics and the energy fields through which we live and move and have our being. Who would have guessed it! We learnt what a new scientific world-view says about consciousness being the ground of our being. And this is where Don MacGregor brought God in, as compassionate consciousness. That the ground of our being is love and that we must all awaken to the fact that we are all one. We learnt about morphic fields and how, through morphic resonance, we all affect the rest of humanity. So skilfully, Don brought Jesus into his explanations, touching on the cornerstone of our faith and connecting him to the scientific worldview but still keeping the sacred – Jesus 'a fully divine being, as fully as a human being can be'.

I was enthralled with the speakers during the weekend and I wish I could have bottled all that I have heard and taken it home.



Reading for Meditation

As St. John tells us, no man has ever seen God, but we can all experience God whenever and wherever we encounter love.

Because meditation leads us into the experience of love at the centre of our being, it makes us more loving to people in our ordinary lives and relationships.

You discover in the silence that you are loved and that you are lovable. It is the discovery that everyone must make in their lives if they are going to become fully

themselves, fully human. The first step in personhood is to allow ourselves to be loved. To know ourselves loved is to have the depths of our own capacity to love opened up.

This condition of wholehearted openness to love is the condition to which you and I and every human being is called. It demands everything. But in the end all you will lose are your limitations. So may we 'attain to fullness of being, the fullness of God himself.' (Ep. 3:19)

John Main *Becoming more loving*
Saturday am - 1st Reading.

Ben Bowmaker

A monk from L'Abbaye du Bec in Normandy introduced me to the work of Fr Laurence and the WCCM in early August 2013. I'm ashamed to admit that before that, I knew nothing about either, nor had I ever meditated. That was then. What a lot can happen in a year. I am now living with the Oblate community at Meditatio House in London.

Although being involved with Christian Meditation, I had little sense of the role of the wider UK WCCM community beyond what I had read in the Newsletters. I was interested to learn more. My parents were Quakers and through them I was aware of how important it had been for them to engage with the national Quaker community. So, with the WCCM Annual UK Conference at Swanwick in Derbyshire coming up, it seemed a perfect place for me to begin learning a little more about the community and to venture out beyond the shores of Meditatio House.

After a warm welcome from Roz Stockley and the opening session had begun, I began to appreciate for myself the importance of these times of coming together. The first session was titled 'Sharing the journey'. It was led by Kim Nataraja, Liz Watson and Don MacGregor and was a sharing of experiences that had led them to find meditation and the WCCM Community.

I listened absorbed by each of the three accounts. I felt they were sharing and communicating Christianity out of their own experience. As they spoke, I found myself reflecting on my own path to the WCCM, one that involved cycling from London to Santiago de Compostela and Finisterre. I was struck by how all three in different ways, having discovered meditation and the WCCM, had then discovered community, and from community had found their path lit up. Life suddenly began to make that little bit more sense.

Why, I wondered was community so important? Looking around the hall I realised that, without community, there is no breath. There is no air. Just as a church organ can look the most beautiful and intricate



of musical instruments, the simple truth is that without air moving through pipes, no sound will be produced. The means of introducing air to this instrument is therefore essential. Without this breath, no matter how carefully the rest of the instrument is constructed, we will be left admiring something beautiful perhaps but never experiencing it. Without God's breath running through us as a community, the vision and teachings of Fr John Main could go unheard. This is how I began to experience and understand the wider community's role. I was among the people who breathe life into John Main's vision.

During the Saturday sessions, both Kim Nataraja and Liz Watson shared in their talks something of what John Main refers to in *Monastery Without Walls* as 'the release and transmission of spiritual energy'. They spoke beautifully and engaged everyone with their truth and openness. We were being made 'aware' and sharing being 'awake' in community.

Whether it was discussions during mealtimes, a sharing of experiences over a coffee or catching up with old friends and acquaintances, the conference felt 'alive'. For the discussion-group session on Saturday morning, we were invited to share from a list of about 30 statements, which phrases resonated the most for us and were most helpful in relation to our practice of meditation and prayer, and why. This was an inspired idea from the Roz and her team. In our breakaway group, there was much interesting and generous sharing - this was one of the highlights of the two days for me. It is in this experience-centred sharing that we begin to connect. Not just to one another but perhaps also to ourselves again.

It is the connection with individual experiences that becomes the breath of the community. Our sharing about contemplation, prayer life and the practice of

Reflections on the Conference continued

Ben Bowmaker – continued from page 5

meditation with the difficulties of making it part of our daily life in such a busy world could be seen as our searching for a way to enter into a more direct and personal experience of God.

I had to leave the conference early as I was to be received into the Community as an Oblate Novice by Fr Laurence at Meditatio House on Sunday morning. Although I was sorry to miss the Plenary session as well as the Eucharist on the Sunday, I nevertheless left with a full heart and touched by the kindness and warmth from the community. I left with a greater awareness and appreciation for how important the wider community is to the whole. The breath is the community, brought alive through the experience of sharing.



Thank you to Roz Stockley and her great team for making this, my first experience of the UK Christian Meditation Conference so positive and uplifting.

Silvia Guzzetti

Caring and friendly people, lengthy but very interesting talks, workshops where you are not sure what you are supposed to do. And too much. This is how I would describe my first experience at a WCCM conference. But, all in all, it was a positive one and I would certainly want to go back.

Everything started very badly with me stuck in traffic on the motorway and unable to read the navigator properly, but what a relief discovering on my arrival that Jacqueline had been able to accommodate my diet: gluten-free, dairy-free and even sugar-free. I found both the service and the food very good!

I must admit, during the two days, I felt at times a bit left out. The conference did give me the impression of a getting-together of old friends who had known each other for a while. But, if I made the effort to get out of



my comfort zone - the two people I already knew - and speak to strangers, I made some wonderful discoveries. Like Anita, whose Italian relatives live in the same village where I grew up. Would you believe it? It was like meeting a relative! As a freelance journalist I appreciated very much the historical and philosophical background to the talks while doubting the scientific foundations of 'Blue Sky God' by Don MacGregor. Sorry Don!

I thought the conference was mostly an attempt at encouraging people on a journey and it made sense.

I very much liked the idea put forward by Kim of meditation as a 'human search' because, despite being a traditional practising Roman Catholic, I have always felt I needed to be able to relate to atheists and other religions. I also liked what was said by Liz, at the end, that it is quite unlikely that meditation favours egocentrism. Certainly it hasn't been like that for me. I find the practice such an efficient way to reach out to God and other people.

For me it is true what Kim said in the first session: that we are brought up with customs and expectations which don't completely suit us. Our true self and God are more than this. For me, born and bred in Italy in a small village in the north near Lake Como, and ending up living in Loughborough 50 years later with a British husband, this is certainly true. But I have found that, throughout my life, God has always been there for me.

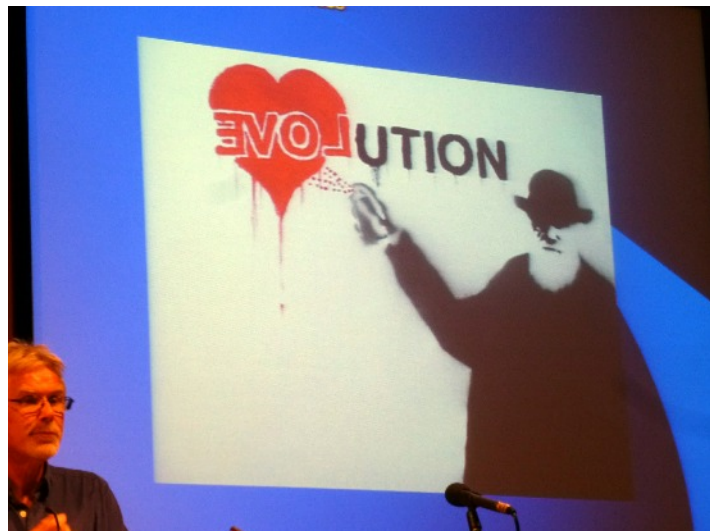
And, as I prepare myself to go back to Appiano Gentile, my village in the north of Italy, to my dad's house, so

continued on page 7

Silvia Guzzetti – continued from page 6

empty after my mother's death ten years ago I will bring with me the words which were said about that being, that essence which is out there in everything.

It will help me cope with the loss. That hole which, since my mother's departure, has always been there.



Reading for Meditation

Inner stillness is necessary if we are to be in perfect control of our faculties and if we are to hear the voice of the spirit speaking to us.

There can be no stillness without discipline, and the discipline of external silence can help us towards that inner tranquillity which is at the heart of authentic religious experience.

In meditation we take steps to achieve this stillness. We quieten our bodies and our emotions, then gradually allow the mind to become single pointed.

Stillness within one individual can affect society beyond measure.

Bede Griffiths *Be Still*
Friday evening – 2nd Reading

Feedback from the UK Conference

The conference organizers would like to share with you the feedback they received from those attendees who kindly completed the evaluation form at the end of the conference.

The attendance was 124 for the full weekend and 11 day visitors for the Saturday.

We received 89 feedback forms (nearly 70% response rate which in itself was wonderful) and an analysis of the forms showed that:

- 89 people rated the conference: good (3), very good (35) or excellent (51).
- In response to the question 'Did you enjoy/appreciate the programme format': good (6), very good (36) and excellent (46) with 1 no reply.
- In response to the question 'Did you enjoy/appreciate the programme content': good (6), very good (28) and excellent (55).
- Lastly, on the venue: good (16), very good (42) and excellent (29) with 2 no replies. Some people do find Swanwick a little challenging because there is some walking involved between bedrooms, meal and conference rooms. We do, however, endeavour to provide appropriate assistance and rooms wherever possible for those with disabilities.

On the forms we also asked for narrative feedback. Individual comments have been recorded and reviewed and are being used to help shape an appropriate programme for next year.

Our conference in 2015 will once again be at The Hayes, Swanwick, Derbyshire 12-14 June. There will be lots of information on this in the Winter newsletter but, in the meantime, please remember to put the date in your diary. I am looking forward to it already.

Roz



The Hayes, Swanwick

Readings for Meditation

The six meditations at the Annual Conference were led by Andrew Cresswell, regional coordinator for East Wales. These are the readings and music he used.



Friday evening

1st reading from the Gospel of Mary Magdalene

Then Jesus greeted them saying, "Peace be with you all. Take my peace into your Selves; be watchful so nobody leads you astray claiming 'Look there, look here for the son of man.'

I tell you that the son of man is within you all! Seek him inside; those who search diligently and earnestly shall surely find him."

Music: Thomas Tallis *If ye love me*, followed by meditation.

2nd Reading Bede Griffiths *Be still*

Inner stillness is necessary if we are to be in perfect control of our faculties and if we are to hear the voice of the spirit speaking to us.

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Saturday morning

1st reading John Main 'Becoming more loving'

As St. John tells us, no man has ever seen God, but we can all experience God whenever and wherever we encounter love.

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You discover in the silence that you are loved and that you are lovable. It is the discovery that everyone must make in their lives if they are going

to become fully themselves, fully human. The first step in personhood is to allow ourselves to be loved. To know ourselves loved is to have the depths of our own capacity to love opened up.

This condition of wholehearted openness to love is the condition to which you and I and every human being is called. It demands everything. But in the end all you will lose are your limitations. So may we 'attain to fullness of being, the fullness of God himself.' (Ep. 3:19)

Music: Hildegard von Bingen *Karitas habunda* – Love flourishes everywhere, most elated from the lowest to the highest above the stars, and most lovingly inclined towards all, for she has given the highest King the kiss of peace. Followed by meditation.

2nd reading John Main *The Spirit in silence is loving to all*

Every great spiritual tradition has known that the human spirit begins to be aware of its own Source only in profound silence.

In the Hindu tradition the Upanishads speak of the spirit of the One who created the universe as dwelling in our heart. The same spirit is described as the One who in silence is loving to all.

In our own Christian tradition Jesus tells us that the Spirit who dwells in our heart is the Spirit of love.

The meeting of East and West in the Spirit is one of the great features of our time, but it can only be fruitful if it is realized on the level of deep prayer. This, surely, is also true of the union of the different Christian denominations.

Saturday noon

1st reading from Dionysius' *Mystical Theology*

Do thou, then, in the intent practice of mystic contemplation, leave behind the senses and the operations of the intellect, and all things that the senses or the intellect can perceive, and all things which are not and things which are, and strain upwards in unknowing, as far as may be, towards the union with Him who is above all things and knowledge. For by unceasing and absolute withdrawal from thyself and all things in purity, abandoning all and set free from all, thou shalt be borne up to the ray of divine darkness that surpasseth all being.

Music: Thomas Tallis from Archbishop Parker's Psalter followed by meditation.

2nd reading from Bede Griffiths *The vision of God*

To share in the vision of God means that we have to pass beyond all concepts of the rational mind and all images derived from the senses. We must pass into the world of non-duality, in which our present mode of consciousness is transcended.

We so pass into that 'divine darkness' of which Dionysius speaks, which appears dark only because it is pure light. We must ascend to that state of 'unknowing' in which all human knowledge fades away, and we shall know truly 'even as we are known.'

In this view of the ultimate mystery of being, which is the beginning and the end of all our human aspirations, Hindu, Buddhist and Christian unite and in God all differences which appear in nature, and all distinctions known to the human mind, are transcended.

Saturday evening

1st reading Bede Griffiths *The Universe within*

There is a space within the heart in which all space is contained. Both heaven and earth are contained within it. Fire, air, sun and moon, lightning and stars – everything exists within.

When we pass beyond the mind with its measuring faculties, with its categories of time and space, we find the very ground of the universe. There all things are not dead matter; they are life and intelligence.

Western man has been turning outwards to the world of senses for centuries and losing himself in outer space. The time has now come to turn inwards, to learn to explore the inner space within the heart, and to make that long and exciting journey to the centre.

Music: Thomas Tallis *O Nata Lux* followed by meditation

2nd reading from the Gospel of Thomas – Logion 3

Jesus said:

If those who guide your being say to you: "Behold the Kingdom is in Heaven," then the birds of the sky will precede you; if they say to you: "It is in the sea," then the fish will precede you.

For God's kingdom dwells in your heart and all around you; when you know your Self you too shall be known!

You will be aware that you are the sons and daughters of the Living Father.

But if you fail to know your own Self, then you are in hardship and you are that hardship."

Sunday morning

1st reading from Julian of Norwich *Revelations of Divine Love*

We need to know the littleness of all created beings and to set at nothing everything that is made in order to love and possess God who is unmade. This is the reason why we do not feel complete ease in our hearts and souls: we look here for satisfaction in things which are so trivial, where there is no rest to be found, and do not know our God who is almighty, all

wise, all good; he is rest itself. God wishes to be known, and is pleased that we should rest in him; for all that is below him does nothing to satisfy us; and this is why, until all that is made seems as nothing, no soul can be at rest. When a soul sets all at nothing for love, to have him who is everything, then he is able to receive spiritual rest.

Music: Sanctus from Byrd's 4 part mass followed by meditation

2nd reading Rumi

*Put your thoughts to sleep,
do not let them cast a shadow
over the moon of your heart.*

Let go of thinking.

Sunday midday

1st reading Julian of Norwich

See that I am in everything. See that I do everything. See that I have never stopped ordering my works, nor ever shall, eternally. See that I lead everything on to the conclusion I ordained for it before time began, by the same power, wisdom and love with which I made it. How can anything be amiss? You shall see for yourself that all manner of things shall be well.

Music: Hildegard of Bingen *De Spiritu Sancto*. - *The Holy Spirit is a life giving force moving through all matter, the origin of every creature, purifying all things, scouring away guilt, healing all injuries, and thus a shining power to be praised, sustaining and renewing all.* Followed by meditation

2nd reading Meister Eckhart

If I were to say "God exists," this would not be true. He is being beyond being. He is a nothingness beyond being. This is why St. Augustine says "The best thing to be said about God is silence."

You must love God as not-God, not-Spirit, not-Son, not-image, but as He is – sheer, pure, absolute Oneness, without any duality.

Conference 2014 - Were YOU There?



Meditation with Children

Meditation means the world to me

It is so often the case that children have much to teach us if we but pay attention and listen to them. My hope is that in this cameo, from a small primary school, you will be touched by their experiences and fidelity to meditation.

As the school year draws to a close yet again a group of meditators from the Sacred Heart Academy School in Loughborough prepare to leave their primary school.

They will carry with them so many memories and experiences as they move to their new secondary school, but one of their treasured memories is of the meditation group which has been available to them every Wednesday for the last five years. Sr Anna Patricia Pereira has trained the older children to become leaders, so that they can take

responsibility for the meditation, prepare the room and welcome the children who come. Very often as many as 45 children will arrive: from the Reception children to Year 6 – all are welcome. The meditation lasts for 10 minutes and the younger children are then escorted back to their classrooms to begin the afternoon.

I invited the leaders to write down their experiences of meditation to share with a wider audience. These are just some small extracts from their wonderful testimonies.

Meditation is so important to me because it calms me down. It's a time to enter your heart room and let God talk to you. Before meditation I was a person who shouted at everyone and I was so stressed with homework, but now I don't fuss about doing homework, I just do it. Meditation means the world to me and I wouldn't give it up for anything.

Natasha

... I started meditation because I wanted to become a better person. After the first session I

felt more relaxed so I went the next week. When I got used to it I started meditating at home and soon became a leader. Have been meditating for three or four years now and every day after meditating I feel refreshed.

Niamh

Whenever I meditate I just feel at ease and happy because I am connected with God without anyone saying it wasn't cool or judging me by my actions ... Meditation has changed the person I am and

has helped me a lot in hard times ... Meditation is something small that can change your life immensely and I will always do meditation for that reason.

Ruby

I was happy and it gave me inner peace ... I don't feel angry at every little thing my sister does and I listen that much more. Now

I go every week when I can. I am a meditation leader and I have been doing meditation for a long time. Meditation does many things to help you, such as the fruits of the Spirit; clears your worries; clears your mind; you grow closer to God. My last and least important tip is that it helps you concentrate – even in a test!

Grace

Our thoughts on meditation are that it helps you keep on track and helps you clear your mind and you can reflect on God and get closer to him. We like meditation because it helps us think. When we did our SATs I was doing it every day.

Grace and Freya

Every time I meditate I feel the stress melting away. It is a time when I can sit, relax and meet with God ... Meditation has helped me with my school work and my life. I have tried to become kinder to my siblings and peers and because I do meditation it helped me become less stressful



Meditating with Children - continued from page 8

during SATs. It has changed the person inside me through tough and hard personal experiences which really hurt at the time.

Tilly

Meditation is a way to let go of all the noises around you and a way of communicating with Jesus. It helps you to visit your heart room ... Meditating, even for maybe two minutes a day, makes you free of stress and everything that's going on.

Charlotte

There is no need to add to their wonderful words except to thank them, and Sr Anna Pat, for sharing the benefits and fruits of meditation with you, the reader.

If you are interested in finding out more about Meditating with Children in Primary Schools please do contact me,

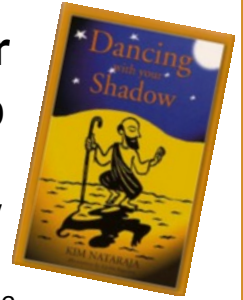
Jane Serrurier

*UK Coordinator for Meditation with Children in Schools,
ukmeditationwithchildren@wccm.org*

Dancing with Your Shadow Workshop

14 -16 November

Friday 4.00pm – afternoon Sunday



This workshop deals with the integration of the 'ego' and the 'true self' and the role of contemplative prayer.

Kim Nataraja is the workshop director. She has written extensively on the roots of Christian Mysticism and the role of contemplative prayer and has organised and led many retreats.

She has co-authored and edited:
A Journey to the Heart – Christian Contemplation through the Centuries

Kairos Centre

**Mount Angelus Road, Roehampton,
London SW15 4JA**

Cost: £135 en suite, £120 standard

To book:

T: 020 8788 4188

E: bookings.kairos@psmgs.co.uk

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



Just This Day

Since 2007, people across the world have taken part in **Just This Day**, a day for people to come together in stillness and to find that space which is without division.

Just This Day 2014 will take place on Wednesday 26 November with London events:

The Central Event (free) - 9:30 to 12:00 - St Martin-in-the-Fields including meditation led by Fr Laurence Freeman and discussion on *Stillness as a Living Value and Meditation as a Tool for Transformation*. Speakers:

- Fr Laurence Freeman OSB, Director of WCCM
- BK Sister Jayanti, European Director of BKWSU
- Mrs Emily Johnson, Schools Health and Well Being Practitioner with special interest in meditation

The Inside Story (£5.95) - 19:00 to 22:00 - St James' Piccadilly including music and discussion.

www.justthisday.org for details and to register.

Meditation Practice

Yoga and Meditation

The practice of Yoga predates both Hinduism and Buddhism but this path to wholeness has been interpreted over the centuries and throughout the world in many different ways. You may attend a class where there are candles, joss sticks, chanting and references to ancient Hindu texts. The teacher may talk of his or her own guru and the lineage of their tradition. On the other hand, you may be in a very hot room doing very strenuous exercise. Of course, there is every variation in between. It is important to find a class where you are comfortable and at ease, both physically and spiritually, and where the discipline supports your own journey to wholeness.

In the ancient aphorisms of Patanjali where yoga finds its roots, the physical practice was just one component of an eight-fold path which prepared the way for meditation. The most ancient poses we know of are just about being able to sit well. Being able to sit, relaxed but alert and without pain is a valuable skill, as modern-day practitioners know well!

These aphorisms of Patanjali describe yoga as 'stilling the restless fluctuations of the mind' and another tells us that 'postures should be steady and relaxed'. So, we do the poses with attention and focus, being in the present moment, noticing how it feels, without judgement, without trying to achieve anything. As we move and breathe we look for unnecessary tension and habits which are not useful. Over time we develop the ability to release effort and let go. The age, shape and flexibility of the practitioner are not important.

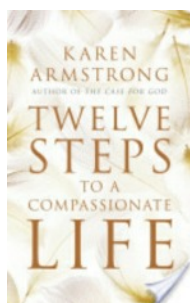
Of course, meditators will recognise the skills we are practising here. In our contemplative work we sit in the present moment, noticing and letting go of distractions, mental habits and tensions. We do this without undue effort or judgement. It is a discipline which bears fruit in our lives outside of the time of sitting.

In my own experience I find that my sitting meditation practice and my bodywork practice reflect, support and enhance each other. Without trying to achieve, but applying a kindly discipline, both aspects of this quiet work enrich my life 'off the mat'.

Chris Hurley

Twelve Steps

I have started to read a book called *Twelve Steps to a Compassionate Life* by Karen Armstrong. It feels as though it is exactly the right book at the right time. In a sense it is just a book, and just another book about love and compassion. Her message is that compassion, otherwise summed up in the Golden Rule (always treat others as you wish to be treated yourself), is at the heart of all religions and so is a point of unity among us. She uses the findings of neuroscience to emphasize that compassion is hard-wired into our brains, yet is constantly restrained by our more primitive instincts for selfishness and survival. The function of religion is to enhance our altruism and help us develop our potential for understanding and empathy. The radical culmination is the ability to love our enemy. Well, nothing new in any of that. I can't imagine John Main taking issue with the general drift of her argument. Indeed one of the many things I find so attractive about John Main's teaching is that love is a golden thread running right through it. For instance:



Our destiny is to find our own insertion point into the cosmic reality of God's love. Only then can we love as he loves because only then can we be who we are.

To meditate is to become a student of love.

The first step in conversion is allowing ourselves to be loved.

You see, once I was struck, seemingly out of the blue, by an insight which seemed to me essentially and irrevocably true: that it is simple and it is about love. Actually when I say 'I was once struck' it would be truer to say that I remember exactly when it happened and where I was when it happened; that's the way with such things. And when I said that 'it' was about love, by 'it' I suppose I understood **everything** - life, God, you, me, the whole of creation, extending beyond what I can experience, think, or imagine. Yet it is clearer and clearer to me that it is also about the mundane detail of the way we live our lives, relate to others, reject or respect, listen or turn away, judge or sympathise, defend or despise, respond with generosity or meanness, protect ourselves or open ourselves. I have also come to recognise that every time I think I may

continued on page 11

Meditation and the U3A

Spreading the news about meditation sometimes needs a bit of thinking outside the box. A couple of years ago I set up a couple of groups for exploring spirituality and meditation. One of these was through my local U3A (University of the Third Age). However, it is not appropriate to use the title Christian Meditation under the remit of the U3A. But calling it Christian meditation, Buddhist meditation, Hindu meditation, and meditation for someone of no particular faith is fine. You do, though, need to be a member of the U3A yourself.

So I advertised it as open to people of any faith and no faith. The result is that we are like any other group, with a hard core of regulars and others who come and go. I facilitate the group and I do this openly as a Christian and a member of WCCM. We have a Buddhist, a non-theist, an atheist, and a number who have been part of churches in the past but have not always had the best of experiences. We have also had a pagan. My own belief is that it does not matter if I am using a sacred word in meditation, the person next to me is being open and receptive and the person next to them is concentrating on their breathing. It is still meditation. I am a Quaker and we believe strongly that what matters is the experience, not any beliefs or doctrines.

We meet for an hour and a half once a month. We often start with a Buddhist meditation. We then discuss some spiritual topic, rather than the scriptures, though these can be brought into it. The last three months we have been wrestling with the notion of the True and False Selves, or the larger and smaller self. It is about respecting each other and not getting hung up on

particular words or symbols. We have also looked at evil, 'Who was Jesus', and of course, what is meditation? We then finish with a longer meditation that I normally introduce.

My own experience of looking at these issues across a spectrum of beliefs is that it has greatly deepened my understanding and experience, even if it is more challenging at times. Sometimes it is difficult to see things with fresh eyes, even with meditation. I have always found that going outside that box again, that being open to Buddhism or Sufism etc. that I have always returned to Christianity with deep new insights.

The great thing about doing it through the U3A is that they have an infrastructure. It is easy to advertise to members. There are procedures for room hire etc. So do give it a go. See what happens. If a group does not take off, I never see it as a failure, I am just knocking on a door to see what happens. If the time is not right for God, then so be it. My role is to offer the opportunity, God's role is to make it happen or not. Either way, you will grow through the experience.

At the first meeting we went round the room and people had the opportunity to talk briefly about their spiritual journeys to date – if they wanted. After that experience, I can promise you, you will not regret doing it. How incredibly sad it is that so many people have so little chance to express what is so important to them.

If anyone is interested and would like more information about my experiences of doing it, then do get in touch.

Richard Eddleston
riedd@btinternet.com Tel: 01159 252586.

Twelve Steps - continued from page 10

have got a bit better at loving, the next second I will see how bad I am at it - and that both are equally true!

So why this book at this time? Teachers of the spiritual journey always say you can't think of the path to God as a straight line from A to B; it is more like a cycling or spiralling or the course of a labyrinth. The dimension that has taken me longest to come to terms with is what Fr Laurence describes dramatically somewhere as the 'demonic curve'. I love it when I feel I know what I am supposed to be doing, motivation is high, challenges are adventures, and all problems are solvable. And then the demonic curve seems to turn the spiral down and I am not sure what it is all about any more. I have learned that I have to wait and trust and try not to grind my teeth too much, but that isn't always easy. Then, in

its own time, a heavenly turn comes about. Karen Armstrong's book is one of those heavenly turns for me right now. I don't yet know what it means, but it seems to 'fit', like a keystone in an arch holding the other stones in place, and I see that the arch is a form of love. Home again.

It was in a gathering of meditators in Edinburgh I heard about the book. A local group had been inspired by the *Twelve Steps* to commit themselves to the life-long task of developing compassionate lives. Thank you for sowing the seed for me!

Liz Watson

Book Review

The Song of Songs: A Contemplative Guide

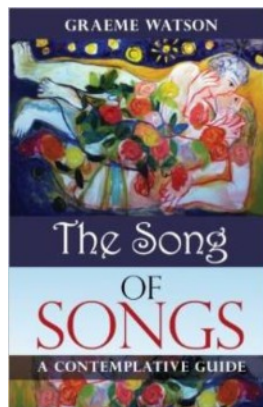
Graeme Watson

SPCK 2014

Graeme Watson's latest book, following his *Strike the Cloud*, SPCK 2011, shows him moving from the practice of meditation *per se* to that of *lectio divina*.

The text he chooses for contemplation, the biblical *Song of Songs* is, as he says, a most mysterious book. As a mystical text it has invited much commentary both in Rabbinic Judaism and in Christianity. Starting with Origen, the *Song* reached its peak of popularity as a mystical text in the Middle Ages. Graeme shows how both Rabbinic and Christian interpretation was based on taking allegorical and symbolic readings of what, at a literal level, is a love poem between a woman and a man. Since the 19th century, biblical scholarship has questioned this way of reading hidden meanings into biblical texts. However, as the literal meaning is far from clear, such critical scholarship has not known quite what to make of the text and has generally left it alone. Thus what was considered to be the height of the Hebrew scriptural corpus has, for the last few hundred years, been somewhat neglected and little read. This new book should do much to bring it back on stage.

The first half of Graeme's study looks at the different methods and perspectives of interpretation that have, and can still be, applied to the poem. The second half shows those interpretations at work as Graeme unpacks key passages through the lens of literal, allegorical and mystical perspectives. His own approach is to set the lines of the poem in dialogue with other passages of scripture, together with previous commentary (ancient and modern) and poetry in the same idiom over the ages. Graeme's book is, as the title says, a contemplative guide. As such he focuses on enough of the literal, allegorical and mystical meaning as is relevant to our lives in relationship with others, in the Church and in contemplation of God. The inspiration of the *Song*, as Graeme points out, is to show how passionate love can infuse human relations, the union of Christ and the Church, and ultimately that of the soul and God. The *Song* is part of the biblical books of Wisdom, and Graeme believes that the mystical purpose



of the text is in the awakening and training of desire: to love intensely and wisely.

As an introductory book to this very complex text there are aspects which Graeme has not looked at. He does much to reinstate the possibility of hidden meanings in the text, not least by uncovering the connection between many of the poem's images and that of Solomon's Temple in Jerusalem. It is no coincidence that the *Song* has been known as the *Song of Solomon*, even if as scholarship has shown its date to be around the second century BC some 600 years later than Solomon, the inspiration does go back to him and the spirituality of the Temple which he built. One problem is that Graeme continues to use the Bride-Bridegroom motif that has shaped allegorical and mystical readings through the ages: the Church and Christ, the soul and God, married couples. The problem is that there is much evidence within the poem that this is not the relational context of the poem. The evident relational context (rather scandalously for a Wisdom text) is that of a ruler (King Solomon) with a member of his harem. Herein lies the remarkableness of the woman - she stands out not just in her physical beauty but in her whole personality as someone desiring and deserving personal, reciprocal love. Herein lies the romance of the poem and its underlying tragedy - it is a love unrealisable between two people of vastly different social positions.

As Graeme's book shows so well, there are so many layers of meaning in this biblical poem. He uncovers and hints at many. As a contemplative guide, however, its main role is to encourage a personal engagement with the text in the practice of *lectio divina* which he describes so well in the appendix to the book. The *Song* has been neglected as a mystical text because the art of reading contemplatively - reading with the heart, the body and the mind together - needs to be recovered. The first step in spiritual reading is to bring the mind back into the heart. From there we can see further, deeper and more colourfully. The *Song of Songs* needs that kind of reading, not only for its kaleidoscope of imagery but also for the many strata of meaning which can be uncovered. As the human person is body, mind and spirit all centred in the heart (the place of the affections) so the *Song of Songs* has literal, allegorical and mystical meanings but all centred in the experience of love. Graeme has opened up this book as a resource for Christian Meditators who practise the prayer of the heart reaching out, as the *Cloud* author says, 'with the sharp dart of longing love'.

Stefan Reynolds

The Robin

Yesterday I looked out of the window and saw nothing, except a fence;
I started to meditate and spent time with the Lord and the silence.

And then I looked out of the window and saw a bird alight;
I continued to meditate and spend time with the Lord and the silence.

And then I looked out of the window and saw a robin preening its feathers;
I meditated and spent time with the Lord and the silence.

The robin's feathers I could number; its eyes glistened in the sunlight;
meditating and spending time with the Lord and the silence.

My friend the robin glowed in the sun, chirped in the warmth, grew with pride in its glory.

Today, meditation and silence and the Lord.

Tomorrow the robin's feathers will be as gold, its red breast a ruby glorifying and I shall be one with the robin and with the silence and with the Lord.

Now, I am, one.




Evelyn Blackburn

A Prayer

*Stretch my soul, Lord, to embrace
with tranquility and calm
all that life throws up - its demands,
uncertainties, challenges.*

*Grow within me the wisdom to see
the green shoots of hope embedded
in the surrounding darkness.*

Beth Parfitt




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Events

Please check the Christian Meditation UK website for changes or additional events: www.christianmeditation.org.uk/whats-on

National

Friday 17 October to Thursday 23 October: Bere Island retreat – 'The Power of the Small'. Led by Fr Laurence. While open to all, this six-day meditation retreat has a special focus for those in the medical and caring professions. See wccm.org for details and to book.

Saturday 25 October 10:30–16:00: I was like you – Oblate Open Day. An Invitation to 'Come and See' **Venue:** Monastery Christ Our Saviour, Jacks Lane, Turvey, Bedfordshire MK43 8DH **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

Southeast England

Saturday 25 October, 10:00–16:00: Perspectives of indigenous spirituality: Enrichment for our times with Fr Diarmuid O'Murchu. Our local study group on Indigenous Spirituality will mount an exhibition and contribute to the day. **Venue:** St John's Seminary, Cranleigh Road, Wonerh, Nr Guildford Surrey GU5 0QX **Contact:** Brian and Sheila Longman; sheilaannlongman@aol.com; Tel: 01483 505814 Bring a packed lunch. Drinks provided. Suggested donation: £10

Saturday 8 November 10:00–16:00: A day of silence and reflection with The Song of Songs, led by Graeme Watson. **Venue:** Church Room next to St Mary's Church, Shaw cum Donnington, Church Road, Shaw, Newbury RG14 2DR The day will be spent in hearing and exploring the text together with music, in silent meditation and in slow reflective reading (*lectio divina*). **Donation:** £10. Please bring a Bible (NRSV or AV if possible) and packed lunch (tea and coffee available). **Contact:** Judith Denny 01635 862290 or email: judith.denny@adslmaster

Northeast England

Friday 10 October to Sunday 12 October Christian Meditation and Tai Chi **Venue:** Minsteracres Retreat Centre Minsteracres, Consett, Co Durham DH8 9RT; <http://www.minsteracres.org> **Contact:** 01434 673248

Saturday 11 October 10:30–15:30: Meditating with Children in Primary Schools and Other Settings Led by Jane Serrurier, UK Special Interest Coordinator for Meditating with Children in Primary Schools; **Venue:** Leeds Trinity University, Room T14 Trinity Building, Brownberrie Lane, Horsforth LS18 5HD **Contact:** Sue Purkis on 07702 692117 / 01535 632117 or email: suepurkis@hotmail.co.uk

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

Northwest England

Friday 10 October to Sunday 12 October: WCCM Lancashire Retreat led by Bridget Hewitt and Chris Hurley. 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 Email lesley.easterman@btinternet.com

Saturday 18 October 10:00–15:30: Day of Gathering – Introduction to Christian Meditation led by Cameron Butland and Bob Morley **Venue:** Friends' Meeting House, Kirkgate, Cockermouth CA13 9PH **Contact:** Richard Broughton 01946 862990 cmcwccm@fastmail.fm **Cost:** £10. Drinks provided, please bring your own lunch

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

Tuesday 4 November 10:00–15:30: Theme: Thomas Merton

Tuesday 3 February 10:00–15:30: Theme: to be arranged

Tuesday 5 May 10:00–15:30: Theme: to be arranged

Friday 14 November to Sunday 16 November: Boarbank Retreat Led by Ruth Harvey and Elaine Gisbourne from the Iona Community **Venue:** Boarbank Hall, Allithwaite, Grange over Sands, Cumbria LA11 7NH **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm **Cost:** £125 (residential)

Saturday 31 January 10:00–15:30: A reflective day with meditation, lectio divina and time to talk. Theme: Nothing but Love Leader: Bob Morley **Venue:** The Tithe Barn, Grasmere LA22 9SW **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm **Cost:** £12.50

Friday 13 March – Sunday 15 March: The Hyning Retreat. Theme: to be arranged Leader: Stephen Wright **Venue:** Monastery of Our Lady of Hyning, LA5 9SECV **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm **Cost:** £125.00 (residential)

Manchester

Weekly groups meet on the last Saturday of each month at 1.30pm. New and experienced meditators welcome.

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

West Midlands

Mondays to 27 October 10:30–12:00: (started 22 September): A Six Week Introduction to Christian Meditation **Venue:** 12 Belmont, Shrewsbury, SY1 1TE **Contact:** Margaret Jarvis Tel: 01743–240401 or Linda Bentick Tel: 01743 243132 email: westmids@christianmeditation.org.uk

Saturday 8 November: Calm and Insight: learning the skills of prayer. Led by Br Nicholas from Glasshampton Monastery. Venue and contact details as above.

Southwest England

Friday 10 October to Sunday 12 October: Retreat: Praying the Psalms.

Shaping the landscape of the heart. Speaker: Patrick Woodhouse **Venue:** Sheldon, near Exeter **Contact:** John Roberts john.wilcott@gmail.com **Cost:** £147 per person in a shared room

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. Refreshments provided. Bring own lunch. **Cost:** £12. Booking by donation. **Contact:** Maggie Hooper Tel. 07720056310

Saturday 13 December 10:30–15:30: 'Come and See': Introduction to Christian Meditation – Janet Robbins and Barbara Jones **Venue:** Marist Convent, Nympsfield, Stonehouse, Glos. GL10 3TZ **Contact:** Barbara Jones bar_demi@hotmail.co.uk **Cost:** £10 - please bring a packed lunch, tea and coffee provided

Events

London

Friday 14 November to Sunday 16 November : Retreat workshop: Dancing with Your Shadow (see page 9). Retreat Director: Mrs Kim Nataraja
Venue: Kairos Centre, Mount Angelus Road, Roehampton London SW15 4JA **Cost:** En suite £135. Standard £120. **Contact:** Tel: (020) 8788 4188; email: bookings.kairos@psmgs.org.uk

Wednesday 26 November – Just This Day (see page 9)

09:30 – 12:00: The Central Event. Speakers Fr Laurence Freeman, B.K. Sister Jayanti, Emily Johnson. **Venue:** St Martin-in-the-Fields, Trafalgar Square, WC2N 4JJ **Cost:** free (but need to register)

19:00 – 22:00: The Inside Story. Q&A with Laura Hyde, B.K. Isabelle Gauthier **Venue:** St James, 197 Piccadilly, W1J 9LL **Cost:** £5.95 (including booking fee) www.justthisday.org for details and to register.

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

Daily Meditation: at 7:00 (8:00 Saturday and Sunday); 12:00 and 18:30 (except Wednesdays 19:00)

Mondays: 18:30: Essential Teaching – open to all but especially useful for newcomers. Led by Fr Laurence Freeman or others.

Wednesdays: 19:00: Meditation – Young adult meditators.

First Saturday of the Month 14:00–16:00: Quiet afternoon for those on the 12-Step Program

Third Saturday of the Month 10:30–21:00: A contemplative day with meditation, lectio divina, 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: 020 7278 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 starts 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 every month (except October and November when it is the first Wednesday) 18:15–19:15: Meditation in a time of loss **Contact:** lizwatson@blueyonder.co.uk Donation appreciated

Thursdays 19:00–21:00 (monthly): Living with the Mystics Study Group. **Cost:** £10. Drinks will be provided

Thursday 16 October: Ety Hillesum, facilitated by Liz Watson Book to read: *An Interrupted Life: the Diaries and Letters of Ety Hillesum*

Thursday 13 November: Thomas Merton, facilitated by Allyson Davies Book to read: *The Way of Chuang Tzu* by Thomas Merton

Special events:

6 September - 8 December: A Meditator Paints. An exhibition of the works of David Greenwood inspired by the landscape at Monte Oliveto, Bere Island and other WCCM Retreats. **Viewing 9:00 - 16:30 Monday to Thursday** by arrangement with Kate Coombs: 020 7278 2070 meditatio@wccm.org (see page 3)

Wednesdays 8, 15, 22, 29 October, 19 November 19:00–21:00:

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.

Saturday 18 October 11:00–16:00: London Group Leaders' Day:

Stages of the Journey led by Graeme Watson and Geoff Waterhouse To book call 020 8280; uk@wccm.org Suggested donation: £10 includes a simple lunch

Saturday 8 Nov 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 and 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)

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: The Eight Big Problems of Life:

vanity and pride and the breath of true freedom led by Fr 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 020 8280; uk@wccm.org Suggested donation: £10 includes a simple lunch

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

Westminster Cathedral

Daily Meditation: 12.30–1pm Monday – Friday. In the chapel in St Paul's Bookshop. All welcome.

First Wednesday Quiet Days: 12:00–16:30: The first Wednesday of each month is a retreat day held in the Hinsley Room in Morpeth Terrace, next to Westminster Cathedral.

1 October: The Pearl of Great Price. Michael Dorey, spiritual director & CLC 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. **Cost:** suggested donation £10

Tuesday 4 November 19:00–21:00: Title: The Way of the Heart – Truth, Goodness and Beauty. Fr Vincent MacNamara. Refreshments from 18.30

Thursday 29 January 19:00–21:00: Title: tba. Fr Timothy Radcliffe O.P. Refreshments from 18.30

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