



Meditation News

Newsletter of The World Community for
Christian Meditation in the UK

WINTER 2015

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National Coordinator's Note

Hi fellow meditators,

Another three months has flown past and another three months of much activity within the community. Let me share some of this with you.

In September I was in Nottingham and in October visited both the London and the Scottish regions and enormously enjoyed meeting with group members, group leaders and coordinators past and present. During November the National Council (comprised of regional and special interest coordinators and members of the Action Group and me) met to review the past year, think about the year to come and share time with each other. It was a wonderfully uplifting weekend for me and many of the participants have commented how it was both enjoyable (although hard work) and felt good to be a part of our inclusive community/family. In a separate article you can see what the UK community, as reviewed by the National Council, has been doing during the past year and what it plans for 2015.

To finish off the year, there has been planning for next year's events: regional, national and for meditation with children. Some of this planning relates to the UK Community Gathering 2015 entitled Living in Community, Growing in Love. I hope you enjoy reading the interview with our main speaker, Rev. Robert Fruehwirth, recorded later in this newsletter. During the weekend two members of the L'Arche Community, will join Robert to share their direct experience of prayer, including meditation, in action.

Let me now tell you about some changes in our community. I would like to offer the community's heartfelt thanks to Jane Serrurier, who stands down as Coordinator for Meditation with Children in order to focus her activities on implementation and training; to Brijji Waterfield, who relinquishes the role of Publicity and PR, as these activities are now carried out mainly in the regions and to Alex Holmes, who has been coordinator for Scotland for many years, who will now be focusing on events. We are fortunate that others have stepped forward into their roles, and I offer a

warm welcome to Sue Purkis who is taking over as Coordinator for Meditation with Children; to Maciej Zurawski as he moves into the role of Coordinator for Young Adults and to Lynda Stark, as Regional Coordinator for Scotland. Maciej brings to the community a wealth of technological experience. We also have the new role of UK Friends' Coordinator, a post that will oversee fundraising within our community, and my thanks go to Linda Richardson who has agreed to take on the position. You will read more about Linda later in the newsletter. Finally on changes, I would like to thank Dee O'Connell, who has decided to concentrate on local activities, for her significant contributions to this newsletter, and to introduce Christine Savage who is helping in the office one day a week.

I have made special mention above to those whose roles are new or changed. However, it is also important for me to recognise the important part each of those holding positions has in enabling the continuance and growth of our community and in fulfilling its mission. I am often amazed by the time and commitment offered

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

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**Deadline for the Spring issue:
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National Coordinator's Note - continued from page 1

to others and to the wider community remit. Please accept my sincere thanks to all of you for all that you do.

Leading up to the National Council, a thought on my mind was how many of us can often be overwhelmed by apparently significant issues where there isn't an obvious solution. How are we to cope when we find ourselves overwhelmed? I realised later that I gained much insight from the National Council. In one session we shared words of wisdom - current coordinators offering their experience to new coordinators and group leaders - and the words were all about trust, being non-judgmental and doing what is possible in your own way. I came away from the Council meeting even more confident that new ways and possibilities will be open to us all if we have the courage and confidence to accept the not knowing until the 'right' solution arises. For me, this realization at a deep level affirmed the role of the National Council, not only as a great support to the community but also to me as the National Coordinator.

As I write this, Christmas is two weeks away, but as you read it we will have celebrated the Epiphany. So I hope you had a blessed Christmastide and may I wish you a very happy and fruitful 2015. And don't forget to book your place at the UK Community Gathering!

With much love,
Roz

Daily Wisdom

Start each day with a wonderful picture from Fr Laurence's collection and an inspirational reading delivered at 6 am direct to your inbox.

You can subscribe to email delivery of Daily Wisdom and other WCCM feeds – Weekly Readings and Teachings, Lent and Advent Reflections at:
www.wccm.org/content/subscribe-our-mailing-list



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A Message Divine

*The angel of light
stood in the doorway
and asked to be received,
but he could not be heard*

*by the recipients of the
message he had come to convey,
a message which spoke of
forgiveness and love.*

*His light was bright, far-reaching
but could not be seen
by the eyes which were used
only to darkness,*

*until he began to point
to the star above the manger,
and singing his angelic praises,
he lauded God in his compassion,
when all at once ears could hear
the voices which spoke of mysteries,
and eyes were opened to see
many pilgrims approaching.*

Margrit Dahm

Study Day

Resting in Nothingness

Meister Eckhart as teacher and companion

Presented by **Liz Watson**

Saturday 14th March 2015 11.30 – 3pm

**The FitzWilliam Centre,
St Mary's & All Saints Church,
Windsor End, Bucks HP9 2JW**

Meister Eckhart wrote his mystical theology way back in the 13th century yet his teaching sheds a remarkable fresh light on the spiritual life today and offers profound insights for the path of meditation.

Please bring a packed lunch. Tea and coffee provided. Donation £15.

To book your place contact:

Jacqueline Russell – phone: 01296 488450

email: jacqrussell3@gmail.com

World Community for Christian Meditation in the UK UK COMMUNITY GATHERING 2015

(formerly known as the UK Conference)



Being in Community - Growing in Love

12 to 14 June 2015

Hayes Conference Centre,
Swanwick, Derbyshire DE55 1AU

Speakers:

Rev Robert Fruehwirth: Priest director of the Julian Centre

Carolina Ghiuzan & Kathy Kramers: L'Arche Community

Contact: Jacqueline Russell jacqrussell3@gmail.com 01296 488450 (office hours only please)

www.christianmeditation.org.uk

L'Arche Community

The International Federation of L'Arche Communities is a global organisation that supports people with learning disabilities all over the world to lead fuller lives. L'Arche Bognor Regis is a Christian Community of about 50 people where **Carolina Ghiuzan** has been a working member for 2 years. She describes herself as 'always having been inspired by community life', discovering it first within her family and later with the Jesuits whom, she says, imparted a rich example.

Five years of psychology then 'modelled my personality in the combined direction of working with marginalised people within a community'. Carolina continues, "L'Arche first occurred to me during 3 years of volunteering for the Faith and Light group, where work with people and disabilities and their families deeply motivated me."

Kathy Kramers says, "Hello, my name is Kathy and I am happy to be able to come to be with you. I live at Jericho House at L'Arche in Bognor Regis, which has been my home since 1992. I help make candles, use computers, draw and paint, and at home I like knitting.

"I was born in 1959 in Caversham, Reading. I have five brothers and sisters; my brother, Anthony, lives in Edinburgh and is also a part of L'Arche. I have meditated in our community for the past few years – we used to do it at 7 o'clock in the morning!"

Find out more at the L'Arche website: www.larchebognor.org.uk



Interview with Rev Robert Fruehwirth

***Being In Community, Growing In Love* is the title and theme of the 2015 Community Gathering in June where the main speaker is Rev Robert Fruehwirth.**

Robert was born and raised in the USA and spent his early adult life in a monastic community based around the teachings of St Julian of Norwich. We share the following interview to offer you some insight into his world.

How would you define community?

Jesus said that where two or three are gathered in his name, he is there. Good community – communion – is a relationship between people, even just two of them, that is open to God, that allows a deeper relationship with God. It is a relationship that helps the persons involved become more themselves, which I understand as growing in the capacity for truthfulness and acceptance. Truthfulness and acceptance of themselves, with their own reality and experience and of each other.

Of course, there is also the community of the earth and the cosmos, as well as the divine community in God, of God's own life of loving communion. We human beings are naturally a part of the community of creation, though we have often broken this bond and are now seeking to restore it, so that our way of being in nature is a way of being open to God and ourselves in truthfulness and cherishing. In my view, we are called to be a part of God's community and, in that, to learn how to be in communion with each other, and this restores our ability to be in communion with the rest of creation.

What is your experience of being in community?

It is important to mention my mother, then my father, and my family as I was growing up. Like most people, it was these primary relationships that defined what I would be looking for in community in adult life.

I have been a member of many transient communities, such as that of a parish, a workplace and several counselling training courses (very powerful experiences!)

My two major experiences of community, however, were first in a contemplative monastic community where I lived for twenty years, and then in a marriage to a wonderful woman, and becoming a father, over the past four years.

Beyond these communities, is that of God, which for me in a more catholic vein includes not only God in Godself, but the saints as well who are very real to me. Not in any extraordinary way, like having visions for



instance, but as influences who have shaped my life and whose thinking and writing accompany me wherever I go. I love Dante's vision of communion in God in his *Paradiso*, with all the saints in joy and light circling in something like a rose around the divine mystery. For the past fifteen years or so Julian of Norwich has been like a close friend.

How has community shaped your life?

This is almost impossible to answer, as I believe that good community, communion, in so far as we receive it, is what gives us the possibility of being alive and becoming ourselves in the first place. From the moment of conception we are held in a community of some kind, that gives us our being, and our capacity to be ourselves. We become ourselves from one another; I believe this literally in that our very capacity to be ourselves honestly and lovingly comes from the gift of other people's love.

More practically, I think the monastery gave me the chance to learn about myself and to practice spirituality very deeply and very consistently – a kind of spiritual formation that is very rare in the world today. It was a community in which I was continually challenged to confront myself and to be accepting and cherishing of myself and others. This meant learning about all that is going on within me.

Marriage and family life has been a remarkable blessing that continues to unfold, day by day, with an ever new sense of depth and richness. Marriage and family has invited me to be more loving of myself, more loving and committed to the world and to acknowledge more how much of what I call myself I receive from others' love for me. In a way that I was never able to as a monk marriage has allowed me to approach and explore the mystery of sexuality which is so deeply interwoven with spirituality. Becoming a father involves a profound sense of having my existence widened and poured out into these people, into this little household where we daily pray for God to be present.

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Turvey

A pocket of vulnerability that has great strength.

This is how the communities at Turvey – the Priory of Our Lady of Peace and the Monastery of Christ Our Saviour – have recently been described. The phrase encapsulates the essential nature of any place or person that is open to the Spirit. It also sums up the simple mystery which is the life of a true community – in this case two communities basing their daily pattern on the dynamic teaching of St Benedict's Rule.

For a community to *live* (rather than the mundane option of merely existing) it must be able to bind



together, but in a way which maintains its radical openness. Here lies the secret of transformative vulnerability. Great strength proceeding, counter-intuitively, from the renunciation of everything that the world believes necessary to bring about that condition. 'When I am weak, I am strong' St Paul declares, again confounding 'the world'. It's the same scandalous insight that underpins Father Richard Rohr's assertion that the two great paths of transformation are Prayer and Suffering. We can often neglect our prayer life, Father Richard goes on, but the opportunity to change through suffering (our times of 'weakness') never leaves us. At which point, the much-quoted Leonard Cohen takes up the tune: 'There's a crack, a crack in everything – that's how the light gets in'. And out, it's worth adding. In the places – like Turvey – of intentional community, people volunteer to be 'weak'. There is a willingness to allow the carapace of the self to be cracked open. There is an intuition that it is necessary to be lovingly (and nearly always painfully) broken in order to become whole. A mystery lived for us by Christ's passion and personally re-embodied every time we become



part of the Eucharistic gift. This is the heart of monastic life, Christian life, Life.

The two Benedictine communities of monks and nuns first came to Turvey, a few miles west of Bedford, in 1981. Before that they had been, since 1936, serving a parish and a school in Cockfosters, North London. The school still exists though the inhabitants of monastery and priory are now gone. The communities had arrived there from Antwerp, via Rouen (which the sisters left in 1902), Bicester and Eccleshall in Staffordshire. And it was at Cockfosters that the monks began to flourish. The long pilgrimage of the Word ...

I first stayed at Turvey in 2009 on the eve of becoming an Oblate of the World Community, a happy event that took place the next day in the very building where the monks

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Robert Fruehwirth – *continued from page 4*

What is your experience of meditation?

Meditation is absolutely central to my life. I have been meditating for at least thirty minutes a day, sometimes up to two hours a day since I was nineteen. It has not saved me from the pains and traumas of life, but it has given me a way of living that I think is more honest and accepting of life – a way of being more in communion with other people and with God. For years I prayed the rosary and sat in silence. I also practiced meditation, using a mantra, devoutly for many years and read John Main. I went through a period of sitting zazen. I now practice something very simple, in which my breath is my mantra. I find it really important not to get too

complicated about this, and not to examine myself for results or meanings. God happens.

What are you looking forward to from the WCCM UK Community Gathering?

I look forward to sharing reflections from my life in the hope that they trigger off something positive in others. I look forward to meeting people and listening to them, and also the experience of community and communion that will be there and meditating with a large group of people which I always find very moving. With a two year old daughter and another child due in December, I am sure a weekend away will be refreshing too – so that I can return home and be more the father and husband I am capable of being.

Turvey – continued from page 5

and nuns had first worshipped in Cockfosters sixty years before. I return often now to the Monastery of Christ Our Saviour and to the shared worship that they offer with the sisters next door. A particular draw is the programme of the affiliated Turvey Centre. Set up by Dom Gregory in 1995, this is a psychotherapy centre, rooted in the insights and tradition of Group Analysis. Regular forums are held where people interested in the meeting points of psychotherapy and spiritual practice are able to come together and listen to each other. And in this Benedictine setting, the listening is done with the 'ear of the heart'. Recent themes have included *Setting Boundaries*, *Let's Re-create: time for play* and *Befriending Chaos*. These have been times of immense richness, where we have indeed found great strength in our shared vulnerability.

An extraordinary technological advance has afforded me a new image for the paradoxical combination of apparent insubstantiality and strength that can be found in a pocket such as Turvey. Graphene is the new wonder-material of our day. Still at an experimental stage, this is pure carbon in the form of a sheet *with a thickness of only one atom*. Yet, for its weight, it has unbelievable strength – one hundred times greater than steel, to be precise. It's not in commercial use yet, but be assured that graphene is the material of the future, with a huge variety of applications envisaged.

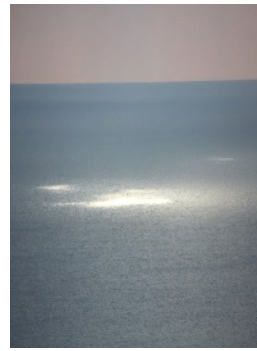
It's reassuring to know that the wisdom of the material world will inform our coming days by finding infinite resource where the eye sees hardly anything. This has been the monastic path for many centuries and we re-affirm it every time we sit down to 'do nothing' in meditation. Even more joyous is the knowledge that we have atoms in common with graphene. Carbon is the specific form in which we have incarnated. At the elemental level and beyond, perfect community waits for us to return.

Two weekend meditation retreats will be held at Turvey in early 2015:

- Starting 27 February: **Meditation in a Time of Loss** (Liz Watson/Henrietta Hollaar) 0208 579 5911 henriettehollaar@gmail.com
- Starting 20 March, **One Undivided Person – healing through meditation** (Jim Green/Edmund Giszter) 01603 633018 retreats@greenjim.co.uk

For the history of the communities at Turvey, see the fascinating series of posters at www.turveyabbey.org.uk/16_community.html

Jim Green



Meditation in a Time of Loss: a Retreat

5.00 pm Friday February 27
to 2.00 pm Sunday March 1

With **Liz Watson** and
Henriette Hollaar

*At the Monastery of Christ our Saviour,
Jack's Lane, Turvey, Bedford MK43 8DH.*

Meditation can bring a current of healing to the turbulent emotions of grief. At this weekend retreat we would like to offer a restorative atmosphere. Meditating together will be a central part of the program as well as the possibility to reflect and engage with others or take some time out for yourself.

There will be the possibility of joining the monastic community for Mass on Sunday morning.

Cost: £155.00

Please contact Henriette Hollaar for booking forms and further information: 020 8579 5911
email: henriettehollaar@gmail.com

Silence: *If we're never silent we'll never know what the silence holds.*

*Silence is a
rare bird,
scared
to the
fringes
of a land
intoxicated with
restlessness
and rush.*

*Impossible to
catch, this
illusory,
diffident, bird;
the nearer you
get, the
further she
frantically
flutters
out of reach.*

*Best
let silence
find you.*

*Warily,
timidly,
nervously
at first,
she comes,
attracted
to the scent
of
attentive stillness.*

*Inhabit stillness,
allow
stillness to
inhabit you.
Silence will
fly
deep into
your soul:
resting,
nesting,
singing
sweet
healing songs.*

Tim Sumpter

Report Back

20 years for Greenwich Group

We celebrated our first 20 years last November and the picture shows some of our current members. The group was started back in 1994 by Sr Patrick Dixon OP after she had attended a workshop on Christian Meditation at Hawkstone Hall, Shropshire. For 17 of these years Sr Marianne has led us with love and care and some members have been with us for even longer; Joyce, Don and Joan for 20 years. We marked the occasion with a shared meal, the afternoon and evening groups joining together, as we do from time to time for special occasions. We have benefited from the gracious hospitality of the Dominican sisters and have felt it an especial privilege to meditate in their lovely chapel. However, due to changes in the Congregation we may well have to move our venue or re-form in ways that are not yet clear to us. We have so much to be thankful



for and are looking to the future with hope and confidence.

Shirley Williams

Sr Patricia Mary England OP 1919 – 2013



Sr Patricia who died aged 94 in December 2013 joined the Dominican order in Stroud in 1937 at the age of 18. During her years as a nun she held several teaching positions and lived in a number of different convents and communities and she was an early adopter of the tradition of Christian Meditation as taught by

John Main. In the late 1970s/ early 1980s she became drawn to a more contemplative way of life and this resulted in her living briefly in two different contemplative communities. In 1986 she moved to Brentwood in Essex where she lived as an urban solitary for nearly 10 years. While here she started meditation groups. In the late 1990s she moved to the Dominican convent in Ealing and once again was part of a meditation group where Gina Garrett met her and here she shares the following reminiscences of her:

I got to know Sr Patricia between 2000 – 2005 at Ealing Abbey. Although she then retired to the Dominican home at Stone, we continued to correspond until shortly before her death. She was, for me, a well loved friend and mentor. She still is,

somehow. Fourteen years on the group still meets every Thursday morning. She recognised people's talents, asking Sheila Rees to take on the preparation for lectio and as I became more involved with the WCCM I facilitated the meditation. Years of being a headteacher gave her a natural authority. She was wise, articulate, highly intelligent and gentle. Although if I was slow to start the meditation she could get quite irritated as she wanted to be back at the convent for the midday angelus! She told me once not to waste precious time set aside for the Lord. All the group responded to her compassionate guidance.

I visited her quite often and we had much in common. We had long conversations on poetry, the classics of the mystical tradition and Thomas Merton. She had lived at Stone in Staffs and I at Keele University so we had mutual friends. We had both been to Australia to visit relatives. She helped me to regain a joy in everyday living after a long period of grief.

In her letters she was always interested in each of the group and she really missed us. She had a warm affection for Ealing Abbey and the monastic community. Fr Robin Burgess joined the parish ministry in 2007 and she was so pleased to hear that meditation and lectio were flourishing. Her hands got more arthritic but her mind was as sharp as ever. She ended her letters with the same message: with love, in the union of prayer and meditation.

WCCM Pilgrimage to the Holy Land - 27 September to 5 October

Let the place pass through you: A contemplative journey through the Holy Land.

At the midpoint of our pilgrimage, we sat outside the Church that commemorates Jesus weeping over the city of Jerusalem overlooking the Kidron valley and the Garden of Gethsemane. Suddenly, for this pilgrim, past and present converged.

As a group we had seen the powerful sight of the new wall imposing barriers between Palestinians and Israelis and we had been disturbed by our guide, Peter Sabella's account of the expansion of Israeli territory and the shrinking of the Palestinian. I was aware of not wanting to know about the present political situation; after all, we had come to see where Jesus walked. Finding myself standing where Jesus wept, and feeling like doing the same, I saw how close the two situations are. This gave new meaning to our guide's quotation from Rev Peter J. Miano about being pilgrims.

Tourists pass through places but pilgrims let places pass through them, allowing their hearts to be changed.

As pilgrims seeking God by engaging with places, people and situations, we encountered both light and dark more vividly than we had expected.

Two things in particular prepared us to be changed and supported us through the pilgrimage. Firstly, we meditated twice a day and secondly a powerfully evocative prayer that our guide, Peter Sabella, used at the start of each day's travel, its first words evoking the spirit of pilgrimage. It touched and motivated all of us:

O Lord Jesus Christ, you simply said two words to the Apostle Peter, and he left everything behind him and followed you.

From the very beginning he was open to the possibility of having his identity and faith challenged.

I, too, Lord want to follow you.

I am also open to the possibility of having my identity and faith challenged.

Later we learnt that he had written this prayer that reminded us of why we had come. And we needed to be reminded, because of our own resistance and scepticism which were fuelled by what we saw of the poverty of the Palestinians and the rivalry among different Christian groups at some of the sites. Some of it focused on the implausibility of some sites being historically true and perhaps some of it was the fearful human wish to hold back from encountering God.

Discovering, however, that archaeology had revealed the foundations of earlier churches and houses on the same spots and in some cases going back to the time of Jesus himself (as for example the remains of the synagogue at Capernaum and Peter's mother-in-law's house) was helpful. Seeing the historical sites as being layered, like scripture itself, was a reminder that one needed to approach it, like scripture, in the right spirit

of silence and attentiveness and to allow each layer to contribute to its meaning. Like Jesus becoming human, the spiritual meets us through the physical and recognising this gave us a very moving experience of pilgrimage in the Holy Land.

Beginning at Jerusalem and with those powerful and disturbing experiences of the present and the reminder of those in Jesus' own life, was not the chronological place to start but in fact it was a good preparation for visiting Bethany and Nazareth, and remembering Jesus' meeting with Mary and Martha and of the annunciation. This back to front arrangement helped this pilgrim discover more clearly and movingly both the necessity and the healing potential of waiting upon God ever more openly. Seeing the simple and direct devotion of Russian pilgrims at some of the shrines was a nudge to a similar heartfelt devotion.

Sitting beside the Lake of Galilee, Peter our guide gave us a powerful insight into one of the most familiar stories, Jesus' resurrection appearance to Peter in John 21. By describing to us the different Greek words that Peter used in response to Jesus he sharpened its meaning. When Peter answered Jesus, he seems, in our English translations, to be repeating Jesus' word for love but in fact is using a much weaker one and avoiding saying Jesus' word. Jesus responds by speaking in Peter's diluted language of love thus bringing himself down to his (and our) level with the hope that he (we) might be led up to his. Some of us at this point were weeping at his feet.

The spirit of pilgrimage also expressed itself in the form of a musical soundtrack that seemed to accompany us. There was the chanting from other groups at mass at some of the sites, and this was matched inwardly with hymns surfacing in our minds at particular places, often reflecting our experience. Especially striking, as we stood outside the chapel at the top of the mountain where Jesus was tempted, was hearing the haunting Muslim call to prayer rising from far below us across the Judean desert, reminding us that people have celebrated and called out to God for thousands of years and in different ways in this place and others like it.

Our final two days were necessarily restful as it was Yom Kippur. This provided time for reflection and retreat, and for encountering God through conversations with others. This too was food for the soul. One beautiful moment was the shared experience of watching the sun rise over the Lake of Galilee. Doing so on the last morning, a group of us found ourselves singing *All creatures of our God and king*, St Francis' hymn to creation. On our last evening, there was one final musical moment. At the close of the final period of reflection, a little shakily, we sang *Shalom* together.

Margaret Lane, edited by Sean Cathie

Christian Meditation UK National Council – 14 to 16 November

A Personal View

The National Council had special resonance for me this year since my illness has prevented me from being there for the last three years. It was such a joy to meet up with everyone again.

The programme was of course geared towards the practical aspects of the work of the community. This year's agenda was wide-ranging: there was a fresh look at the way we function as regional coordinators; notes from the trustees and guiding board from Roger Layet; a lovely opportunity to meet and hear about the office from Amanda Croucher; reports from various ventures such as meditating with children; the meditation companion scheme, and an in-depth look at the financing of the community. Les Glaze gave a mini presentation with the engaging title *How to be an Introvert* and we concluded the weekend with a survey of the coming year, considering how we may keep meditation activity alive and fresh within our regions. Throughout, Roz provided a lively and thoughtful leadership, knitting together these varied contributions.

But of course our gathering was much more than all this. Jacqueline Russell led us in twice daily meditations and Angela Gregson ended each day with

compline. It is a wonderful thing to drop naturally into the place of silence that we all know and value, a sense of unity and trust without a word being spoken. These were experiences of peace, yet energy.

It was also special to have times over meals where words had benefit. For me there was valued opportunity to catch up with familiar friends but also to become acquainted with people I had not met before. What wonderful people there are around. I am reminded of a quotation from Thomas Traherne: *Verily this star is a nest of Angels!* Certainly there was a sense of being in the company of loved brothers and sisters as we enjoyed the luxury of good food being served before us, aiding a convivial buzz of conversation throughout each meal.

The weekend concluded with a Meditation Eucharist conducted beautifully by Graeme Watson who peacefully accommodated nearly being set on fire by a low lying candle! Graeme's gifts of gentle, natural ministry bestowed a final, valued benediction for us all.

Altogether, a weekend that was a true experience of rich community. How blessed we are.

Anne McDonnell

Summary of the UK National Coordinator's Report 2014

In my opening letter I shared with you the reason why we have a National Council. In this article I thought you might like to see a review of the past year and what we shall be focusing on in the next year.

Our first priority from the NC in 2013 was to review and strengthen support to coordinators, group leaders and lone meditators. During the year I have been blessed through meeting many meditators and leaders and joined in their events and meditations, listening and learning from our community and sharing with them the wider aspects of the UK activities. To support us all, we continue to develop the newsletter, website and personal and group resources and respond to enquiries from many different sources, including through Meditation Companions - an offering now taking root within our community.

Secondly we wanted to reach out to those in need. Specifically: we sent 800 booklets entitled *Voices of Freedom* (courtesy of a donor) to 80 prisons and we are developing our prison outreach further; we now have stronger links with the L'Arche Community; we also responded to Christian Aid's request to help introduce meditation to a fundraising team.

The third priority related to younger meditators. We are now focusing on developing the offering through the website, related social media sites and specific young people networks.

Lastly we began to develop a network of meditators interested in introducing meditation into primary schools, offering and running training sessions for the regions, running school introductory days, sharing in running conferences and developing some Guidance Notes. Our plan for last year was to focus on building up the regional network and there are now teams operating in Scotland, Yorkshire, Bristol, Wiltshire, and the West Country, with fledgling groups elsewhere. Anyone can help in this wonderful work – just let us know who you are.

With regard to events, during the year an Essential Teaching Weekend was held in Dorset, attended by 27 people, and next year 3 are scheduled across the country, along with a Silent Retreat. Both of these events help participants to deepen their practice and understanding of the tradition, practice and journey of meditation. There were also many regional events, over 130 in total, as well as a number of overnight retreats for young meditators and as you will probably remember, the UK Conference at Swanwick, which was

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Meditation Practice

Contemplation on Lavender



There was a day of companionship, prayer and conversation hosted by the Northern Oblate cell at Turvey Abbey in late October. During a period of quiet reflection, while I was sitting with closed eyes, I saw the image of a bush sprouting leafy sprigs. This puzzled me but I stayed with it. Gradually an insight began to form in my mind. I knew in my heart that this insight was meant for the community and I felt compelled to share it. It is a contemplation on lavender.

In your mind's eye picture a lavender bush at the end of summer. Look closely at each sprig. See the grey foliage and the beautiful blue flowers and breathe in the sweet fragrance. Left to nature, when winter comes, the flowers will wither and die, the leaves will shrivel and fall off.

However, if the flowers are picked, soaked in pure vegetable oil for a number of days and then allowed to drip through a very fine strainer, what is left after the dross has been discarded is oil of lavender. This keeps its beautiful fragrance for a very long time. A few drops on a handkerchief will keep linen and clothing fresh. In your bath it will help you relax. It has healing properties and it will even keep spiders at bay.

Each meditator is a sprig of lavender. The vegetable oil is the community. Meditation is the straining process and the oil of lavender is the Love of God and the Spirit of Jesus.

Gilly Withers.


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**




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The School of Meditation in the UK

Jacqueline Russell looks back at last year and what is happening in 2015...

Last year was my first full year in the role of Coordinator for the School of Meditation in the UK (not to be confused with meditation with children - this is the school for the grownups!) and, feeling that there was a lot to learn, I joined the **School Silent Retreat** which took place in the spring at Orval Cistercian Monastery, Belgium. Intrigued by the prospect of a whole seven days without talking and, to be honest, I was a little unsure how the time would pass - I needn't have worried. Days passed in the deep peace of time given, re-found, gifted. Not slow, but not fast either - a special time, a sublime time. The pattern of the day was a morning conference, followed by a meeting with my mentor for the week, meditative walking periods and an afternoon Eucharist. The day was also graced by seven periods of meditation. It was a truly memorable time and one which will stay with me for the rest of my life. This year we will be holding another School Silent Retreat in Yorkshire in September - see below for details.

In May I attended and participated in an **Essential Teaching Weekend** held in Poole, Dorset, organised by members of the West Country regions. Essential Teaching weekends are designed for meditators who have been meditating for a while, usually a year or more, and who feel they would like to grow in their understanding of meditation and deepen their practice. The history and the psychological aspects of the journey are examined and ways in which this experience can be shared with others is explored. A feeling of community and peace resulted from the weekend with some attendees wishing to book again for the following year. We will be having three this year - see below.

And so on to this year ...

Retreat houses and spirituality centres are booked up sometimes several years ahead, consequently finding hosts and venues for 2014 was difficult with less popular and convenient times being the only choices

available. This led me to concentrate on 2015 and book in good time for some of the most popular, accessible and attractive venues. The fruit of this decision is that we have three Essential Teaching Weekends and one School Silent retreat in some of the most sought after locations and times of the year.

The schedule is as follows:

Essential Teaching Weekends:

Cost £175 - £195 inclusive all meals, drinks etc.

1 to 3 May at the St Joseph's Prayer Centre, Formby, Merseyside. This centre is near Formby Point and close to Southport and Liverpool. It is situated in beautiful grounds surrounded by the National Trust pine forest which includes a red squirrel reserve. Lots of coastal and woodland walks, the sea is just 10 minutes walk away. **Liz Watson** will be leading this weekend.

19 to 21 June at Bishop Woodford House, Ely. Right next to the spectacular cathedral and close to the university town of Cambridge. **Kim Nataraja** will be leading this weekend.

23 to 25 October at Llangasty Retreat House in the Brecon Beacons National Park in Powys. A beautiful and peaceful location with delightful views. **Janet Robbins** will be leading this weekend.

The School Silent Retreat: (cost to be advised)

4 to 11 September at the Briery Retreat Centre in Ilkley in the heart of the Yorkshire Dales, and led by **Kim Nataraja**. This retreat is open to meditators who have completed an Essential Teaching weekend. Cost to be advised.

I hope I have kindled your interest and enthusiasm to take this next step on your journey and join with us at one of these events. Please get in touch with me for a booking form or contact your local regional coordinator.

You can contact me on email: jacqrussell3@gmail.com or phone **01296 488450** (apologies for the error in my email address in the last issue)

National Coordinator's Report – continued from page 9

led by Liz, Watson, Kim Nataraja and Rev Don McGregor and attracted a large audience of about 150 people.

For 2015, there is a natural continuation of the priorities from last year, and some new ones. Our primary aims are centred upon the development of our group leaders and coordinators, that they may grow in confidence and ability within the community. We also hope to develop the next steps for working with prisons. With regard to young people, we shall be considering new ways of reaching out through the website, social media and university chaplains and, for all meditators, we will be developing some regional

website pages. With regard to children, our work introducing meditation into schools will continue, along with seeking to support staff in schools that have already introduced meditation. And we will be looking at new ways of raising funds to support the UK and Fr Laurence.

So as you can see, the community, through prayerful meditation, is not static. As we grow, it grows, and we continue to reach out where we feel called. Your prayer, and your action if this is what you are called to do, is part of a response to the Community's mission. Thank you all for what you do.

Roz Stockley

Christian Meditation UK Friends



Meet Linda Richardson – UK Friends Coordinator

As a child I was strangely drawn to holy places and moved by stories about saints, which made me a bit of an oddity growing up in a very down-to-earth family. I believe I had a mystical experience of a place of joy and love at the age of

about three or four and whilst it was an experience that faded during my years of convent education, I never stopped believing that God existed. However, for many years I didn't conform to any particular belief system.

In Cambridge I met someone through whom I was “born again” and I am still very grateful that through him I came to understand the true beauty and freedom of Christianity that I had more or less abandoned. This led me into the charismatic church, although over the years I still felt, “there has to be more than this”.

I came into conflict with the pastor of the charismatic church I attended when, one evening I led a meditation from Richard Forster's book *A Celebration Of Discipline* and was criticized for so doing. This was such a blow that not only did I leave that church, but I also lost confidence in my own personal spiritual journey.

However, over the years I continued to be committed to Christianity. What I almost didn't notice was that I was becoming more and more quiet in my prayer times, abandoning my prayer lists and turning instead to acts of worship. I read *The Way of a Pilgrim*, and *Experiencing the Depths of Jesus Christ* by Madam Guyon, and realise now that God was indeed answering my prayers but not how I expected them to be answered. I was looking for something altogether more dramatic and my ego must have been digging in its heels like a reluctant dog going for a cold bath. At the same time my friend Julia was also losing her words and images and seeking something else.

About this time we discovered the WCCM. I was completely excited and staggered that meditation was a legitimate Christian activity and instantly knew that this was the way my prayer life had been leading. Since that time, four years ago, we have been meeting to meditate twice a week and several more people have joined our group. The WCCM was the key for me to understanding that there was indeed more than this,

more than I had experienced as a Christian up to that time. Well, to be strictly accurate, *less*. I have lost so much since I began meditating: my mood swings, my irritability with my children, many of my judgemental attitudes, and the list goes on. More unnerving though was losing my images of God and the control I had over my religious ambition.

I am very grateful to the WCCM. There must be so many Christians who feel as I did, that *there must be more than this*, so I am glad to be part of the Community and be engaged in bringing this wonderful tradition back into the Christian consciousness. This is why I have volunteered to become the Friends Coordinator with some responsibility for fund raising. I am very aware that the activity of meditating is totally free, without walls and constitutions, and I want to pass on this free gift to others without a cost. However, for the Community, this does mean we have to fund certain activities like the newsletter, administrative support and postage. Discovering the community made all the difference to my spiritual journey and I believe that it is worth giving my time and money to help others to experience the wonderful benefits too.

The 2014 Annual Friends' Appeal

A Thank You from Roz Stockley and Roger Layet (Chair, CMT (UK) Trustees)

In the last issue you we shared with you the financial position of WCCM in the UK and at around the same time you received the 2014 Annual Friends' appeal letter. As you know, this appeal is an important part of fundraising, ensuring we can continue to support our growing community.

All those who responded by sending in standing orders, cheques and transferring money directly will have received a letter or email expressing our thanks. However, we would also like to take this opportunity to acknowledge your donations publicly as these are essential to us. Our support of existing meditators and our reaching out to others would be impossible without your help.

Your response to the appeal has been very rewarding to us all, evidence of how you too value the work we do and the assistance we give, and we now know that we can continue to share the gift of meditation in the coming year with greater security. Thank you again, and may you too be rewarded in many ways and in all that you do.

Book Review

The Blue Sapphire of the Mind: Notes for a Contemplative Ecology Douglas E. Christie, Oxford University Press 2013

This book is an extraordinarily comprehensive compendium of contemplative spirituality worked out within our present day context of global environmental degradation, and, possibly, impending catastrophe.

The problem with so many writings on the contemplative life is that their vision is narrow. The chief concern is the human heart finding its still centre in God. That is valuable in so far as it goes, but it is so limited. This book is a challenge to think and pray far more widely. Christie reminds us again and again that we seek the vision of God *as children of the earth*. It is in and through our being part of the natural world that we discover who we are, and who God is. And – and this is the driving passion of the book – he reminds us that this beautiful earth of ours is being very rapidly degraded.

It is timely to read and digest this book in 2015 when the world – meeting in December in Paris through the Intergovernmental Panel on Climate Change – has a chance, perhaps our last chance, to fundamentally address issues of the environmental collapse that is happening all around us, and that we are still very largely blind to. Into that debate about loss of species, about the acidification of the oceans, about rising sea levels and the devastating consequences of increasingly extreme weather patterns, Christie brings a treasure trove of spiritual insight and wisdom. To use biblical language, the book can be seen as a challenge to repentance, a challenge to pay attention to our beautiful but fragile earth in a radically new way – and

with new eyes. If this book is about anything it is about seeing clearly.

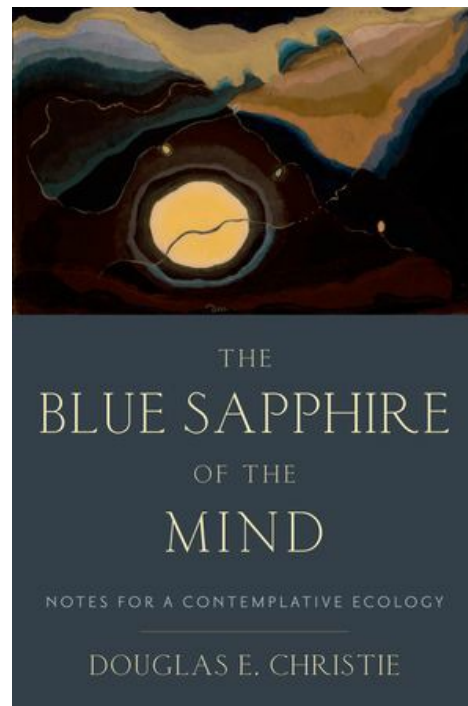
This sense that we are in a situation of potentially catastrophic ecological breakdown and loss is underlined by the author beginning his series of seven Greek words that he uses for the titles of his seven principle chapters with the word:

- *Penthos*: the Gift of Tears

The titles of the following six Chapters point to, and are richly suggestive of, Christie's concern with place. They each begin with a Greek word:

- *Topos*: at Home, Always a Stranger
- *Prosoche*: the Art of Attention
- *Logos*: the Song of the World
- *Eros*: Exchange, Intimacy, Reciprocity
- *Kenosis*: Empty, Emptied
- *Telos*: Practicing Paradise

So with a profound feel for the contemplative path, and offering spiritual nuggets of wisdom every step of the way, not least from the tradition of the Desert Fathers, Christie takes us from Tears to Paradise. And he takes us very much as an *American* scholar and environmentalist. Along with references to many American writers (Merton figures a good deal, and I found his reflections on the life and writings of Henry David Thoreau particularly interesting), he is deeply rooted in the environmental crisis of the Pacific North-West coast of America where he comes from. For example he writes movingly about the salmon returning in the Mattole River watershed of northern California. This gives the book itself



an earthed feel. This writer is not just a scholar at the desk and a contemplative in the monastery, he is also a campaigner in the woods and prairies.

There is only one hesitation. It is a big book. Including the extensive notes, bibliography and Index, it runs to 464 pages in all. It could have been shorter. Sometimes his sentences seem unnecessarily long. But any frustration with his tendency to wordiness and his sometimes rather convoluted sentences falls away in the face of his extraordinarily comprehensive knowledge of contemplative spirituality which he puts to work to help us all see more clearly, and act, before the destruction is too far gone.

Patrick Woodhouse

Events

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

National

Friday 12 June to Sunday 14 June: UK Community Gathering (formerly the UK Conference): **Being In Community, Growing In Love.** **Venue:** The Hayes Conference Centre, Swanwick DE55 1AU **Contact:** Jacqueline Russell; jacqrussell3@gmail.com

Friday 1 May to 3 May: Essential Teaching Weekend. **Venue:** St Joseph's Prayer Centre, Formby, Merseyside. **Contact:** Jacqueline Russell; jacqrussell3@gmail.com

Friday 19 June to Sunday 21 June: Essential Teaching Weekend. **Venue:** Bishop Woodford House, Ely, Cambridgeshire. **Contact:** Jacqueline Russell; jacqrussell3@gmail.com

Southeast England

Friday 27 February 17:00 to Sunday 1 March 14:00: Meditation in a Time of Loss - a Retreat with Liz Watson and Henriette Hollaar. **Venue:** The Monastery of Christ our Saviour, Jack's Lane, Turvey, Bedford MK43 8DH. **Contact:** Henriette Hollaar: 020 8579 5911 henriettehollaar@gmail.com

Saturday 14 March 11:30-15:00: Study Day: Resting in Nothingness - Meister Eckhart as teacher and companion. With Liz Watson. **Venue:** The FitzWilliam Centre, St Mary's & All Saints Church, Windsor End, Bucks HP9 2JW. **Contact:** Jacqueline Russell 01296 488450 jacqrussell3@gmail.com to book your place. Please bring a packed lunch. Tea and coffee provided. Donation £15.

Friday 20 March to Sunday 22 March: Weekend retreat: One undivided person - Healing through meditation. Facilitators: Jim Green and Edmund Giszter. **Venue:** Benedictine Monastery of Christ Our Saviour, Turvey, Bedfordshire. **Contact:** Jim Green 01603 633018 retreats@greenjim.co.uk **Cost:** Residential (incl all meals) £140; non-residential (incl lunch) £80

Eastern England

Saturday 14 March 9:30 for 10:00-16:00: Quiet Day: How Jesus Prayed led by Valerie Quinlivan. **Venue:** Pleshey Retreat House, Chelmsford CM3 1HA. **Contact:** Chris Hurley 01702 207722, chri8hurley@gmail.com (please book ahead). Drinks provided, bring your own lunch. Suggested donation £15.

Saturday 16 May 11:00-16:00: Essex Meditators' Community Day. **Venue:** 8, The Downs, Great Dunmow, CM6 1DT **Contact:** Rosemary Drew 01371 872662 rose.drew@btinternet.com Places are limited, so early booking is advised. Drinks and light lunch will be provided. Donations requested.

Northeast England

Christian Meditation and Tai Chi Retreats: **Venue:** Ampleforth Abbey, near York YO62 4EN www.ampleforth.org.uk **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486.

Friday 13 February to Sunday 15 February

Monday 29 June to Thursday 2 July

Christian Meditation and Tai Chi Workshops: **Venue:** Ampleforth Abbey **Contact:** as above.

Friday 13 March and Friday 11 September

Christian Meditation and Tai Chi Workshops: **Venue:** St Antony's Priory, Durham www.stantonymspriory.co.uk **Contact:** info@stantonymspriory.co.uk or 0191 3843747

Saturday 13 June, Saturday 11 July and Saturday 12 September

Friday 27 February to Sunday 1 March: Christian Meditation and Tai Chi Retreat. **Venue:** Minsteracres Retreat Centre Minsteracres, Consett, Co Durham DH8 9RT; <http://www.minsteracres.org> **Contact:** 01434 673248

Friday 9 October to Sunday 11 October: Christian Meditation Silent Retreat. **Venue:** Ampleforth Abbey, near York YO62 4EN www.ampleforth.org.uk **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486.

Northwest England

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

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 3 February 10:00-15:30: Theme: to be arranged

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

Friday 13 March to Sunday 15th March 2015: 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)



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)

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Events

London

Meditatio House 32 Hamilton Road, London W5 2EH Tel: 020 8579 5911
meditationnews@wccm.org

Regular events:

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

Oblate Days: Saturday 24 January, Saturday 25 April and Saturday 25 July 11:30–16:30 Contact: gilly@withers.org 01334 761980. All welcome.

Special event:

Saturday 10 January 18:30 to Friday 16 January after lunch: Study and retreat week: Living with a contemplative community - A daily rhythm of meditation, prayer, lectio divina, silence, talks, personal reflection and sharing. Speakers: Kim Nataraja, Margaret Lane, Andrew McAlister. **Cost:** according to your means (£190 - £225 for guests staying at Meditatio House / £120 - £155 if staying elsewhere). Financial support is available for students and unwaged. Limited day attendance, but booking is essential. **Bookings and enquiries:** meditationnews@gmail.com; T: 02085 795911 M: 07553 461884

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. **Cost:** £14 drop in; £72 for block of 6 classes; £8 concessions **Contact:** Lucy 07904 166123
lucybarnes@btinternet.com

Wednesdays 11:00–12:30: Open House – a space to learn about meditation

Second Wednesday of every month 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

Westminster Cathedral

Daily Meditation: 12.30–13:00 Monday to 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.

7 January: This is My Son the Beloved, My Favour Rests on Him with Eileen McDade

4 February: In the Wilderness with Fr Robin Burgess

4 March: I am the Gate of the Sheepfold with Antonio Benet

1 April: Forgive them they know not what they do with Michael Moran

6 May: Do not be afraid for I have redeemed you with Mary Lean

3 June: You are going to be baptised by the Holy Spirit with Eileen Dutt

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. 020 7231 6278 or 020 7252 2453. Prebooking necessary. **Cost:** suggested donation £10

Thursday 29 January 19:00–21:00: Be still and know that I am God. Fr Timothy Radcliffe O.P.: Refreshments from 18:30

Tuesday 16 June 19:00–21:00 (Refreshments from 18:30) & **Wednesday 17 June 10:00–16:00:** Title to be announced. James Finley.

Tuesday 30 June 19:00–21:00 (Refreshments from 18:30) & **Wednesday 1 July 10:00–16:00:** Title to be announced. Rev Dr Cynthia Bourgeault.

Publication Dates and Events

Meditation News is published quarterly in January, April, July and September and we try to get the printed copy to subscribers as early as possible in the month, governed by the availability of *Meditatio* (the International newsletter) and printing and distribution schedules. The colour web copy is uploaded to the *Newsletters* tab at www.christianmeditation.org.uk as soon as it is available, generally a week before the beginning of the month.

For simplicity we include events from the beginning of the publication month in both the web and printed versions. Space permitting we include events for at least a month into the next edition (the end of April or beyond for this one). If you want publicity for events early in a publication month we suggest including it in the previous edition; so for early July send it to us for the April edition and the details need to be with uknewsletter@wccm.org or added to the UK diary before 1 March.

Publication Team

the **meditatio** centre

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E: meditatio@wccm.org

Meditation is at the heart of
everything we offer. It is a way of
wisdom in the Christian tradition
open to all

New Programme for 2015 now available

Includes talks, workshops and teaching on meditation

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Music evenings

Yoga and Meditation

For the Centre Programme visit

www.wccmmeditatio.org



Outreach of
The World Community for Christian Meditation

Events - Stop Press

These events were received after the print edition went to press

Oblate Events

All cells are open and visitors will be made very welcome.

Let all guests who arrive be received like Christ, for he is going to say, "I came as a guest, and you received me."

Meditatio House 32 Hamilton Road, London W5 2EH Tel: 020 8579 5911

Contact: gilly@withers.org 01334 761980.

Saturday 24 January 11:30–16:30

Saturday 25 April 11:30–16:30

Saturday 25 July 11:30–16:30

Cambridge Cell: Contact: Oblate Jane Serrurier

jemserrurier@googlemail.com

Wednesday 14th January

Wednesday 4th March

Cockfosters: Contact: Oblate Rosemary Hems ro@twentyfour.org

Crowthorne, Surrey: Contact: Oblate Angela Greenwood

angelagreenwood@hotmail.com 01344 774254 07922069380

Meets last Friday of the month between 2-4pm

Hitchin, Herts: Contact: Oblate Eileen Dutt

eduttobl@christianmeditation.org.uk 07721 574767

New for 2015

Leeds Cell: Contact: Oblate Angela Gregson fapghillview@yahoo.co.uk

01706 563024

Monday 2 February

Monday 9 March

Monday 20 April

Oxford Cell: Contact: Oblate Julia Bee Julia@life-encounter.com

07929618004

New for 2015

Monday 9 February

Monday 13 April

Monday 8 June

Monday 10 August

Saturday 24 October to Sunday 25th October: Annual UK Oblate

Gathering 2015 with Fr Laurence **Venue:** Monastery of Christ Our

Saviour, Turvey, Beds **Contact:** Eileen Dutt

eduttobl@christianmeditation.org.uk 07721574757

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carolineshep@gmail.com

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lesley.easterman@btinternet.com

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