



Meditation News

Newsletter of The World Community for
Christian Meditation in the UK

SPRING 2015

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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

National Coordinator's Note

Happy Eastertide fellow meditators,

It is the season when the world starts to wake up again. In my garden, daffodils are flowering and the sun, when it appears from behind threatening rain clouds, has some warmth to it. However, there can still be a chill wind and dark days to remind us that winter is only just over so I try to stay in the moment and enjoy whatever weather is being offered. And respond with sunglasses or a roaring fire where appropriate.

In my role I have the pleasure of meeting up with meditators across the country, sharing events and group leaders meetings when I am able. Recently the journeying took me to Sussex and Devon. As well as talking with group leaders about their own practice and the community as a whole, I have also been sharing our work with children and more volunteers are coming forward to help spread the good news and the experience. These visits remind me of the basics – that all we need to do is the 'work' of meditation and the gifts and benefits unfold before us. What uplifting experiences they are.

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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 Summer (July) issue:
1 June 2015**

National Coordinator's Note - continued from page 1

And so is our newsletter. In this edition, there is a sequel to Shelagh Layet's Spring 2014 article on meditation and mindfulness. In the article last year, Shelagh spoke of the similarities between the two practices; in this edition she outlines the differences. A number of you have commented on how the first article was helpful to your own understanding – so I hope this clarifies even further. Her article is complimented by Graeme Watson's clear outline of what makes our meditation Christian.

Also included this month is an article entitled *No Leaning, No Slouching*, an extract drawn from *Words for Silence* written under Rev Robert Fruehwirth's monastic name Gregory. As you know, Robert is leading our UK Community Gathering in June. I had the pleasure of meeting Robert and the other speakers, Carolina and Kathy, recently and am thrilled with their plans for the weekend. Robert is due to return to his home country, the USA, in the summer and I am so pleased we have the opportunity to hear him speak before he leaves. But back to the article: it reflects on why, in principle, we should try to remain as physically erect as possible, both in meditation and also in everyday life. I must admit to being significantly influenced by what Robert had written (I valued the whole book) and now often draw myself upright, both in meditation and in everyday life. I hope you appreciate it too.

From within our community, Sue Purkis, the Coordinator for meditation with Children writes about what is happening with the local teams and Linda Richardson outlines some of the questions a fundraiser has to consider. From the regions, Gloucestershire reports on an introductory day and there are two obituaries of stalwart and long-standing members – Nora Thompson and Ivor Lewis. And we say farewell to Dawn Williams in Devon, who is passing on the role of Regional Coordinator to Godfrey Leech. Thank you, Dawn, for your service to the community and a warm welcome to Godfrey.

Finally, I would like to refer you to an article on page 11. The article is small but my gratitude and those of the Trustees is enormous and heartfelt. Please do read it.

So that's it from me for this edition. May your Eastertide and thereafter be blessed with the gifts of the Resurrection and may you continue to be faithful to your regular meditation practice. And, if you need one, you can find the UK Community Gathering booking form on the www.christianmeditation.org.uk website or just phone Jacqueline Russell (01296 488450 during office hours) to book your place.

With much love,
Roz



Christian Meditation UK is now on Facebook at www.facebook.com/wccmuk Visit our page to see the most up-to-date information and find out about what is happening in the UK. *Like* us to receive *WCCM in the UK* information live and share the message by inviting your friends to *like* us too!



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Meditation Practice

No Leaning, No Slouching

The eternal Word of God lived a human life in Jesus. God was fully present in time. This is the core of what theologians call the incarnational principle, in which every atom of creation, every moment of time, is understood as possibly open to the fullness of God's eternal reality and life. The fullness of God's self was present in Jesus, and as a result of God's indwelling spirit, we can begin to live the moments of our lives as likewise filled with God, open to the full reality of the eternal Word. Lest this seems too exalted, so theological that it can't really help us in everyday life, I suggest that we can actually experience and learn to live this reality. We don't have to think a great deal about it (thinking in this way will likely prove unhelpful), nor do we push ourselves to feel pious emotions or to live at an impossibly high pitch of spiritual intensity. Such efforts usually end in collapse into despair, and express anyway a prominent amount of self-centred desire. The art of surrender, the process of letting go to God, is an action of release and openness and the core of the Christian and contemplative way. It is the basic reality of living in intimacy with God in which our small temporal lives flow out into an eternal reality just as Jesus' life did.

I would like to introduce one very helpful, concise practice that, if taken into ordinary life, will reveal when we have given way to self-centredness; it provides a powerful bodily metaphor for the experience of self surrender. I shall call it "no leaning, no slouching."

Human beings are not primarily thoughts or emotions. We are bodies, living in space and time. Our physical posture, how we hold our bodies, is a direct indicator of what is happening in our spirit. When we lean forward, our spirits are, as it were, lunging out of the present moment, eager to grasp the future. We have become anxious or greedy. The present moment is gone and thus our internal reality in God is gone. All that we are left with is the drama of our anxious selves lunging forward in time to get what we desire. By *no leaning*, I mean that our bodily stance is perfectly upright, which indicates presence, awareness, and selflessness. We are present in this moment to what is. We are here and now.

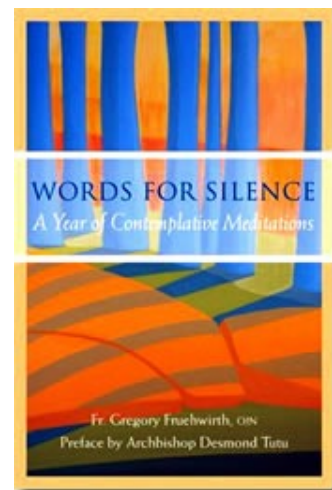
Slouching, like leaning, is also a way of denying the sacrament of the Now, a way of refusing the present moment. Instead of leaning through the present toward something else in the future, we slouch - we curl into ourselves and withdraw from reality, both present and future. This is especially tempting when we are sad or

tired. We slouch out of the present moment, away from the future. We cease to be here, upright, where communion is possible. Slouching is a refusal of the moment, a refusal of others, of our life situation. We want to get away from it all.

But can we live without leaning and without slouching? Can we live all the time in uprightness, in presence, sharp and attentive? I believe we can. What it requires is practice. We can practice neither leaning nor slouching when we listen to others, when we are walking or on errands, or when we are at our desks.

The communities in which I've been involved know from experience that if I make the effort to sit upright during a communal conversation, if I suddenly lift my head, sit aligned on my spine, and place my hands mindfully on my lap, I am making an effort to be fully present to what is being said and fully present to God's spirit in the meeting. I am opening myself up like a perfectly still, tuned in antenna for God in that moment. Neither leaning forward in anxiety to make sure my point is heard, nor withdrawing from the conversation by sullenly slouching into my chair, I am listening for the eternal Word of God incarnate in us in that moment of time. I feel intensely alive when I do this because I am intensely present, and lifted clear out of my anxious and depressive feelings. If you have read one or two books on meditation or contemplative prayer you will have noticed that it is universally advised to neither lean nor slouch in meditation, but to sit upright. This is taught in almost every meditative practice. Simply by adjusting our posture we adjust our spirits, we align ourselves with the eternal Now that just *is* this moment in time. Then just as we are advised to spend a half hour in physical exercise each day so that the rest of our lives is lived from a place of bodily health, so we are advised in every contemplative, spiritual tradition to set apart some time in each day to practice neither leaning nor slouching, so that we can live with a similar attitude, tuned into the Now, through the rest of our day.

An extract from *Words for Silence – A Year of Contemplative Meditations*, written by Rev Robert Fruehwirth, speaker at the UK Community Gathering, and published under his monastic name Fr Gregory Fruehwirth, OJN





The School of Meditation

School Retreat

Led by Kim Nataraja

At the Briery Retreat Centre
Ilkley, W. Yorks LS29 9BW

4-11 September 2015

The School Retreat is a week long residential intensive. It is suitable for people who have been meditating seriously for some time in our tradition, and have some experience of integrating meditation into daily life. It forms a very natural progression from the Essential Teaching Weekend. It is a time of silence and stillness with a daily flow of meditation, a short talk and a regular meeting with one of the retreat leaders. It offers a profound, integrated experience of both sides of the spiritual journey of meditation - of solitude and fellowship, and gently opens participants to explore how they are called to share the gift.

Cost per person £550 inclusive.

For further details please contact: Jacqueline Russell
01296 488450 or email: jacqrussell3@gmail.com

Why do Christians Meditate?

Most Christian people know very well that prayer is not just asking God, or Jesus, for help in times of need, danger or distress, although that is not a bad start. Balanced Christian prayer also includes thanksgiving for blessings received, of which the public expression is Eucharist (for thanksgiving is what Eucharist means). This naturally leads to adoration of God, and to interceding for others as much as praying for ourselves. Very often Christian prayer may begin with a simple recognition of failure or sin, and so include owning up to our failures (confession) and a resolution to make amends or do better in future. These five aspects of prayer are sometimes summed up by the acronym PACTS:

Petition

Adoration

Confession

Thanksgiving

Supplication

But this is by no means all that is meant by Christian prayer.

Christian prayer has another dimension which both underlies and integrates these five aspects. It is the prayer of the heart, the prayer of love, sometimes called 'pure prayer', in which we leave behind all thoughts, all hopes, all fears, all worldly or even spiritual concerns, in order simply to be in God's presence, to be with Jesus, in the power and within the guidance of the Holy Spirit. As John Main expressed it, *it is to be brought into the eternal prayer of Jesus to the Father*. This is the essence of what is meant by Christian meditation. And it is the most profound reason why Christians learn to practice meditation.

Be still and know that I am God. Psalm 46. 10

Graeme Watson

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

Lent Reflection - 9 March

Email from Jo: "Thanks for such a lovely evening yesterday. And this morning I've been thinking about falling asleep and failing at meditation that we spoke of last night and thought you may find it useful to read what Fr Laurence has to say in yesterday's Lenten missive."

Reply from Pippa "WOW!!! - I get it - I'm not meant to be able to do it - it is the journey!"

More on Christian Meditation and Mindfulness

Having written recently about the similarities between Christian meditation and mindfulness – what they hold in common – I feel moved to complete the picture by saying something about what distinguishes them.

Mindfulness, which derives from Buddhism, exists in many forms and is practised in different ways. It has for example been taken up by the NHS to support people who are emerging from episodes of depression and help prevent relapse. Others may seek to practise mindfulness to achieve better mental clarity, to ease pressure in a stressful world, or to find a better balance in their lives.

The essence of the practice is awareness: awareness of the body, and awareness of the mind, which includes thoughts and emotional states. The practice may begin with a body scan: careful observation of each area of the physical body, not trying to fix anything but accepting the body (state) as it is. This leads to awareness of the endless succession of thoughts and feelings that are arising. Instead of reacting automatically to this ceaseless stream, mindfulness encourages an attitude of detached attention. There is a deliberate intention to remain observant and unengaged during the allotted time of the meditation. Sometimes this is described as ‘calm abiding’ or ‘choiceless awareness’. Mindfulness meditation, as popularised by Jon Kabat-Zinn, can be practised independently of any faith or belief system or philosophy of life.

An attitude of mindfulness and the practice of attention in daily living are universal values, and have been held and practised in the contemplative traditions of both East and West.

Christian meditation however is distinct from mindfulness in being a spiritual path drawing its inspiration from a religious tradition.

There are many forms of Christian meditation. They all presuppose a faith in a higher being, commonly called belief in God. This allows for or implies a transcendent dimension of human consciousness. So without having to be able to define it, there is a sense of a spiritual realm beyond the dimensions of everyday reality.

In Christian meditation, as passed on in WCCM, the aim is to go beyond, to leave thoughts behind, ‘Do not think or imagine anything – spiritual or otherwise’, says John Main. The means to attain this end, through the repetition of a sacred word or phrase, is widely practised in many traditions. John Main quoting Cassian echoes the teaching of the desert father Abba Isaac that, ‘The mind should unceasingly cling to the mantra’ so that it ‘thus casts out and represses the rich and ample matter of all thoughts and restricts itself to the poverty of a single verse’.

The aim of mantra meditation is unitive, to leave self behind, as Jesus taught, and to become ‘One with the One who is One’ in the words of John Main. Thoughts, feelings, and images, are no longer the object of attention and are considered as distractions. The radical simplicity of Christian meditation as passed on by John Main reflects the radical simplicity of the Gospel. This radical self-emptying or *kenosis* is described by Paul in Philippians 2, ‘Let the same mind be in you as was in Christ Jesus. Though his state was divine He emptied himself taking the form of a servant, being born in the likeness of man...’

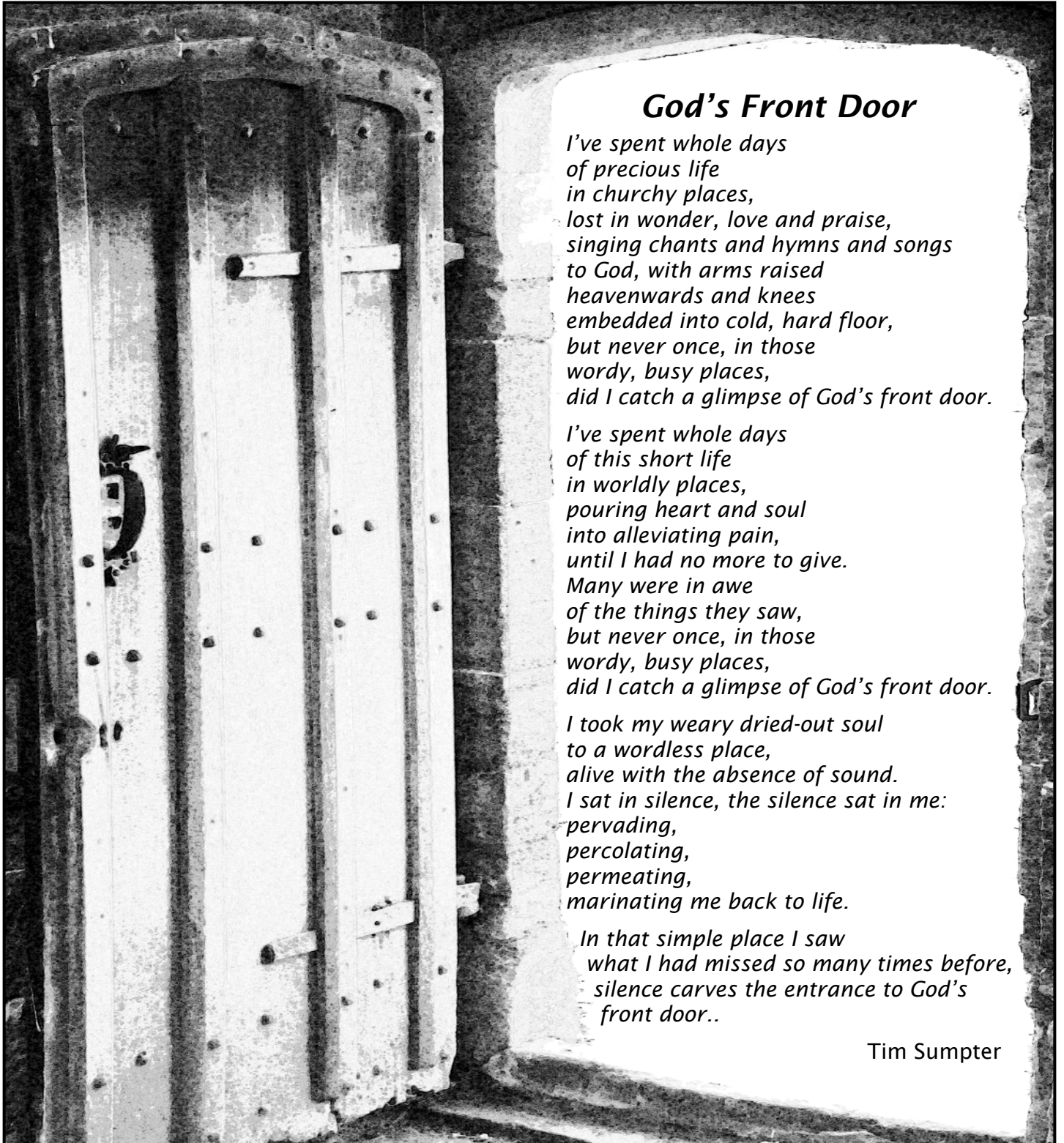
John Main develops this further. ‘The first step in this process of transcendence and union with God is made when we turn to prayer... It is a moment when we are confronted with the fact of our own existence and are challenged to accept the gift of it with utter generosity and simplicity... We have, in this moment of decision, to turn with a faith that allows us to turn away from everything. This is the abandonment, the letting go of prayer. It is casting out into the depth of God, as the ground of our being, and allowing ourselves to fall back into our source’.*

There is in our world today a great spiritual hunger, which derives from the loss of connection to the great spiritual traditions of humanity. There is a loss of connection to one’s own soul and inner life and loss of a sense of the sacred. Mental anguish and meaninglessness increase exponentially alongside the amazing advances in science and technology. However, spirituality and the archetypal are a classic resource for those who have suffered trauma or who have been failed or wounded at the personal level.

The contemplative practice of all the traditions is a place where all can come and wordlessly share and be present to the wonder of human life and of creation. Christian meditation, which derives from one of the great wisdom traditions of humanity, offers a place where a connection to soul can be made: it is open to all people who wish to come and share the silence and stillness of mind and body. There is the support and fellowship of a group dynamic which arises where two or three, or more, join regularly to share this gift and to support a daily practice in their lives.

Being centred, being present, and opening your heart to the deepest place within, where your spirit is one with the Spirit of God, the Cosmic spirit that fills the whole of creation, this is the practice of Christian meditation. Christian meditation enthuses and empowers people from the creative source within them - which is love.

* *Silence and Stillness in Every Season* ed. Paul Harris p.263



God's Front Door

*I've spent whole days
of precious life
in churchy places,
lost in wonder, love and praise,
singing chants and hymns and songs
to God, with arms raised
heavenwards and knees
embedded into cold, hard floor,
but never once, in those
wordy, busy places,
did I catch a glimpse of God's front door.*

*I've spent whole days
of this short life
in worldly places,
pouring heart and soul
into alleviating pain,
until I had no more to give.
Many were in awe
of the things they saw,
but never once, in those
wordy, busy places,
did I catch a glimpse of God's front door.*

*I took my weary dried-out soul
to a wordless place,
alive with the absence of sound.
I sat in silence, the silence sat in me:
pervading,
percolating,
permeating,
marinating me back to life.*

*In that simple place I saw
what I had missed so many times before,
silence carves the entrance to God's
front door..*

Tim Sumpter

L'Arche Founder Wins Templeton Prize

Jean Vanier, a Catholic philosopher and activist for the mentally disabled, was named on 11 March as the 2015 winner of the Templeton Prize, a £1.2m award for promoting spiritual awareness.

The 86 year old said he would give the money to his association, L'Arche, which has 147 communities around the world in which the mentally disabled live with the mentally able. "It will certainly go to help the poorer communities" he said.

In 1964 he invited two mentally disabled men to leave an abusive institution and live with him in a village near Compiègne, 60 miles north of Paris. Half a century later, the idea of L'Arche has spread throughout the globe.

Mr. Vanier's message of compassion and respect for the apparently weakest in society, the foundation said, "has the potential to change the world for the better."

Carolina Ghuizan and **Kathy Kramers**, members of the L'Arche Community in Bognor Regis, will be speakers at the **National Gathering** in June.

Report Back

Come and See!

'Hope', 'Space', 'Listen', 'Frozen', 'Peace', ...

Our *Introduction to Meditation Day* began with a word from each one of us, as we sat round in a circle on a bright frosty morning in Advent in the quietly beautiful Marist convent in Nympsfield, South Gloucestershire.

Thirty-one of us had come together for an introductory day to Christian meditation, mostly newcomers to the practice but also some who had been meditating for some time but were ready to return and re-learn the basics – for we are always beginners in Christian meditation.

I spoke about **what** Christian meditation was, where it had come from and how we could do it and I was conscious of the rapt attention in the faces around the room. Janet Robbins continued with the question as to **why** we might wish to meditate, which led into a discussion in small groups as to what fruits Christian meditation might bring to us as individuals and to our own community.

We had a short period of meditation before lunch, following which there was an opportunity to walk to



the Beacon – a high spot in the Cotswolds from which the view of the Severn valley and surrounding hills was simply glorious and in keeping with the spirit of the day.

The afternoon session opened with a conversation between myself and Fr. Donal Daly. He spoke about his own journey of meditation – which he had discovered relatively late in life – and of how it had made a significant difference to his way of being. When asked if he wished he had discovered the practice earlier however, his emphatic 'I do not!' came as something of a surprise. It had come to him at just the right time he explained, as no doubt it does for us all, as when the student is ready.....

The day continued in its comfortable rhythm, with a recorded talk from Fr. Laurence and more meditation, followed by an open forum for questions and discussion.

Again a final word from each of us, to express what we would take away with us:

'Hope', 'Challenge', 'Relationship', 'Gladness', 'Heart', ...

to name but a few.

This was the first introductory day for Gloucestershire and I was surprised by how many had wanted to attend, with several having to be turned away – indicating how great a need there is out there. I became aware that if we but do the groundwork, then God will do the rest.

Barbara Jones



The School of Meditation Essential Teaching Weekend Led by Kim Nataraja 19-21 June 2015

Have you been meditating for more than a year? Do you feel you would like to grow in your understanding of your meditation practice?

Essential Teaching Weekends explore the history of meditation and help you arrive at a deeper insight into what the experience of the practice means to you personally and to see ways in which this experience can be shared with others. Presentations illustrate the place of meditation in the contemplative tradition, the essential nature of our practice and the psychological aspects of the journey.

The style of the weekend is relaxed and informative and takes place at Bishop Woodford House, which is situated close to the famous Ely Cathedral, in Ely, Cambridgeshire. Cost: £175 standard or £195 ensuite.

For an application form please email:
jacqrussell3@gmail.com or
telephone: 01296 488450 (office hours)

Remembering Ivor Lewis



I first met Ivor Lewis when we moved to Pembrokeshire in 2004. Ivor and his wife Vicki lived in an old school house in the ancient hamlet of Nevern (on the old celtic pilgrimage route) and ran a Christian Meditation group which I attended. Their cosy lounge with a roaring log fire and a

committed group of open minded meditators welcomed me and continued to support and encourage me every fortnight when we met together in their lovely home. All were welcome - Christians, Buddhists and those exploring spirituality and meditation. It made for lively discussion after our shared silence and Ivor always selected interesting teaching material to listen to - usually from John Main, but also from Bede Griffiths and others.

Ivor was born in 1923 in Newport, South Wales and was raised within a Christian family. After leaving school, he served in the army for the entire duration of the second world war. When war ended he read history at Oxford University - and attended lectures given by C. S. Lewis! He then moved back to Wales and worked as a trainee journalist in Cardiff. His journalism career developed and he worked for several papers in London and the suburbs, most notably for The Sunday Times. However, his real love was spending several years running a local newspaper using 'new' technology and his life as a journalist was fulfilling and busy. He was involved in the very early Women's Ordination Movement and worked hard to publicise it and lived to see this come to fruition.

Alongside his journalism, Ivor grew to love yoga and practised daily. Drawn to silence, he went on a silent retreat in 1990 and there first heard about Christian Meditation through John Main's teachings. Inspired and encouraged, he came home and began to explore meditation more fully.

Ivor was 71 years old when he and his wife Vicki decided to start a local WCCM Meditation Group in 1995. They arranged for Father Laurence to come out to Pembrokeshire and lead some teaching sessions on Christian Meditation. As a result of this initiative, several small fledgling groups formed in West Wales, and Ivor became the Regional Co-ordinator for West

Wales - doing his utmost to promote Christian Meditation in the region.

Ivor was a lovely man. He had an open, seeking mind and heart, which conveyed gentleness and a quiet sparkle. For the last two years or so his health was failing, but he remained just the same and continued running the group with Vicki and doing all he could to encourage meditation. Christian Meditation changed Ivor's life and he said as much. Vicki told me that they meditated together on the morning he died - although he was unable to do his usual yoga practice that particular day!

Ivor died peacefully at home at the age of 91yrs. Vicki sounded the meditation singing bowl they had used every day together at his passing. Thank you Ivor for being you and for all you brought to WCCM and to West Wales.

*Jayne MacGregor
West Wales Regional Co-ordinator*

Meditation News Editorial Policy

The Editorial Policy guides our decisions on which articles and events we include in the newsletter.

The purpose of the newsletter is to disseminate information about Christian meditation, as passed on by John Main. We aim to encourage people in their meditation practice, to give them a sense of belonging to the community and to aid their development through the exchange of ideas.

The newsletter (and the UK website) exist to:

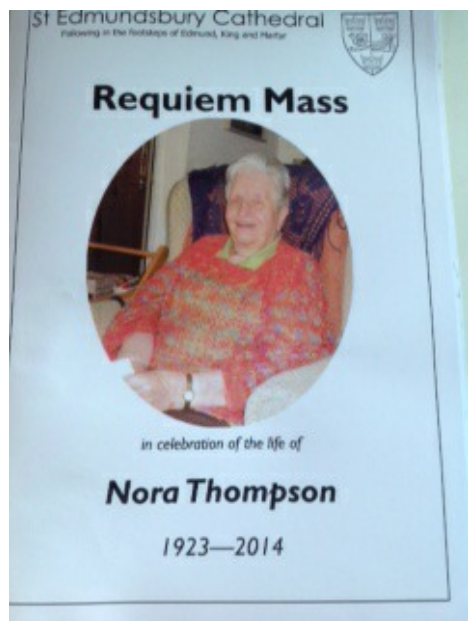
- keep readers informed about community news and developments
- provide a forum for sharing ideas and experiences relevant to the WCCM's mission
- provide information about resources and local and national events which include periods of meditation
- encourage growth, both personally and within the groups and regions
- encourage support of the community through volunteering and financial donation

Consequently, the articles we include are those relevant to passing on the teaching of Christian meditation in the John Main tradition and the events we publicise are those led by meditators who will include periods of meditation. These ensure a focus on our primary aim which could otherwise be lost.

Please do give me a call if you would like to discuss this further. And thank you for contributing.

Margaret Comerford – Editor

Nora Thompson



Nora Thompson, a meditator who lived her final years at Bury st Edmunds in Suffolk, died recently at the age of 91. She learned about the John Main tradition from a friend Pam Ford (one time Regional Co-ordinator for Surrey) and when they met up they

would meditate together and share their experience of the practice. Nora attended a weekly group hosted by Daphne McKenzie (RC for East Anglia) and Nora offered her home as a meeting place when Daphne became too ill.

In latter years, when Nora was less active, a small group would meet at her home on a Thursday evening. In fact the evening before Nora had a fall they had enjoyed an evening of meditation and shared prayer.

In her professional life Nora had worked with deaf people for many years; she was well read, enjoying reading in French, loved music and poetry and was so proud of her family. She was well loved and respected for her lively interests in all aspects of life and faith. Nora was a great prayer warrior and will continue to pray for us.

Christine Kreckler.

Goodnews Books

The Goodnews Books website has unfortunately been hacked to the extent that they are scrapping the current site and building a new one.

There will be a note on the current home page asking everyone to phone them until the new site is up and running. If you are unsuccessful in ordering your books, Cds and DVD's online, please give them a call instead on 01582 571011 and they will be pleased to help.

*John Roberts
Special Interests Coordinator - Good News Books*


Oblate Community Day

Meditatio House, 32 Hamilton Road, London W5 2EH
Saturday 25 April: 10.30 for 11.00 am to 4.30 pm

If you are interested in exploring Benedictine spirituality you will be very welcome at our Oblate Community Day. Norvene Vest in her book 'No Moment Too Small' says that Benedict's Rule teaches us how we can respond to God's presence more readily here and now. Fr Laurence Freeman writes, "John Main's deepest vision of life was that of a community of love. In this community, we experience wholeness, in ourselves, with others, and with the society in which we live." These words capture the essence of what we are about, and what we wish to share with each other on our Community Day.

Our day will provide an opportunity to meet and make friends, to share news and to be still and enjoy the peace of Meditatio House. There will be two meditation sessions, a time for lectio and a sharing on the Rule of St Benedict before we finish with evening prayers. There will be a bring and share lunch and refreshments during the day.

If you would like further information about the day, please send an email to gilly@withers.org




Christian books

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Meditating with Children

Continuing to Share the Gift



As announced in the last Newsletter I have recently taken on the role of Special Interest Coordinator for Meditation with Children in the UK, and no-one is more surprised than me to be making this announcement. When Roz Stockley rang me towards the end of last year to ask me to consider this role I asked

for some time to reflect, and it did involve some soul searching. For whilst I am fully supportive of and enthusiastic about our work in introducing meditation to children, and am involved in leading the initiative in the Yorkshire region, I by no means felt ready to undertake a more responsible leadership role. However I concluded, if Roz felt confident enough to offer me the role, I would gladly do my best to follow on the excellent work of Charles and Patty Posnett and lately Jane Serrurier in introducing children to meditation in our Primary Schools.

As you may know, in 2014 Jane made good progress in training regional meditators who were interested in becoming involved in bringing meditation to children in schools. She held regional training days and trained teachers herself at INSET (In Service Training) and Twilight events in schools. This interest in and desire to introduce meditation to children in schools continues to grow, and even in the short time I have been in the role I have received numerous enquiries from teachers, parents, parent-governors and those involved in education for more information on the subject. The joyful potential to bring this wonderful gift to children continues unabated, so it is even more important that we are in a position to respond to the call.

So if any of you know of schools that might be interested in meditation with children please do approach them yourself. Your conviction about the value of meditation will work wonders as you talk to teachers. Or where you already know of a contact that you would like someone else to phone please let me know. When talking to teachers, you may like to share the following feedback we recently received from a Head Teacher:

The meditation is just amazing. We started it in September and the children just love it. If they go on a residential they insist on doing it and know if it's been missed on a day's school trip. I've had nothing but positive comments from parents who talk about how the children use meditation techniques at home when they get anxious or upset (mostly linked with sibling upset) and arguments get sorted out a lot more easily because children come to the resolution with a clearer mind.

Teachers also say they benefit from that time in the day (we all meditate straight after lunch at 1.10 pm) just to "be" and it sets the whole class up really well for great learning in the afternoon. Our whole school community has benefited hugely from it - I wouldn't be without it.

I think this affirmation says all we need to know about the importance of this work of our community, and I hope you will share with me the task of ensuring we continue to grow the Gift.

So from now on we will endeavour to respond to all requests for help to introduce meditation to children in schools, to continue to build on and develop the regional teams for training and to sustain the links with schools into the future. And I look forward to talking with you about your involvement.

Sue Purkis
ukmeditationwithchildren@wccm.org

BEING A CHRISTIAN AND A MAMMAL

What it means to be a Human on a Living Planet
A morning led by writer and producer

Mary Colwell

Saturday 9th May 10.00 till 12.30

Westbury-on-Trym Baptist Church, Bristol

An understanding of both who and what we are is essential as we search for solutions to the most pressing problem of our time - the environmental crisis.

Who we are: spiritual beings with a capacity for communion with God. *What we are:* a mammal that has evolved alongside millions of other species on a unique planet.

Only by bringing these two together will we forge a lasting community that lives in harmony with life on earth.

Suggested donation (on arrival) £7

For more information and to book, please contact bristol@christianmeditation.org.uk or 01275 463727



The World Community
for Christian Meditation

BRISTOL
2015 EUROPEAN
GREEN CAPITAL

Christian Meditation UK Friends

Since I took on the role of Friends Coordinator a myriad of questions led me to consider how our view of fundraising can change from an unpleasant necessity into a joyful expression of unity and vitality.

One of the key aspects in sharing the gift of meditation is that it flies in the face of a consumer culture, both in ethos and in practice. There is no financial charge to join a meditation group; meditation is a free gift, and as it grows within us we are filled with gratitude that our hearts and minds are being transformed. In my experience, fundraising and fundgiving is often grounded in gratitude for what we have received ourselves. When we see that our deepest identity is found in God we are free to approach one another, rich and poor, and in this freedom, whether people respond with a "Yes", or a "No" is not as important as the knowledge that we are gathered together in community which is God's holy ground.

Inviting people to give money is an invitation to deepen communion in a different way that does not affect the central unity of meditating together but offers a new way to engage with the vision of fruitfulness. As our community reaches out in so many ways, it is a joy to be part of that burgeoning of the Spirit of God and how

much money we have is the least interesting topic, but to support our growing work it is still an important part of our concern.

At a practical level, administratively, we will be putting in place an online donation facility which will be a great step forward in making donating a straightforward action. I am also looking at the feasibility of producing cards to sell online and at events. If you think you would be able to handle the storage and dispatching of the orders this would be a wonderful help. Please get in touch.

If you have a gift, such as gardening, carpentry, baking, perhaps your particular gift could become part of your giving. Open Gardens, coffee mornings, meditation benches are wonderful expressions of our uniqueness and could be just the way in which you could help the vision of sharing Christian meditation more widely.

Finally, one of our meditators said, "I keep meeting people who want to learn to meditate. I can see that if I give up all the other things I do, I would love to spend the next twenty years sharing meditation with anyone interested. It is such a gift".

With love from Linda Richardson



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

Your Response to the Ongoing Appeal for Funds

In the last newsletter Roger Layet and I expressed our thanks to you all in relation to the Annual Appeal. I can now tell you that although the accounts for 2014 are still in draft form, through your generosity the UK has been able to restore the reserves shortfall identified to you last year.

Furthermore, the ongoing generosity of groups and individuals means that the UK Community has recently been able to donate more than £5,000 to the ongoing work of Fr. Laurence and WCCM worldwide.

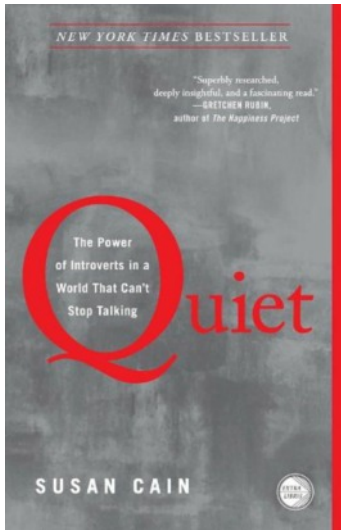
In the future and necessarily, the task of supporting ourselves and sharing our resources with Fr. Laurence will be ongoing, so we will continue to fundraise and ask for your ongoing commitment. But at the same time it is wonderful to be able to celebrate your generosity.

Thank you so much.

Roz

Book Review

Quiet: The Power of Introverts in a World That Can't Stop Talking **Susan Cain, Broadway Books 2013**



Susan Cain's research which she shares in this book shows that up to 50% of the population of the Western developed world are quiet introverted people who can be very creative but are often referred to as geeks, nerds, anoraks or swots. Cain mentions famous introverts who have changed or contributed greatly to the world; people such as Newton, Einstein, Yeats,

Chopin, Orwell and in our time Steven Spielberg and JK Rowling.

Her other breakthrough is to draw attention to the bias that exists in the West towards extroversion over introversion. Schools, workplaces and businesses, churches, organisations of all kinds tend to encourage practices that favour group thinking but Cain has identified that individuals having time to think separately before feeding back to a group is much more effective in generating a range of ideas.

The blindness to or under-valuing of quiet people in society could be seen as a civil rights issue and an

increased awareness of what they contribute would greatly improve people working productively together rather than extroverts tending to receive most of the credit and influence.

For me the key sentence is this:

If there is only one insight you take away from this book, I hope it is a newfound sense of entitlement to be yourself.

I can vouch personally for the life transforming effects of this outlook. When I read the above words I noticed a kind of pain or soreness in my heart which I had not noticed before. Staying with this sensation after a minute or two the pain completely dissolved away. Suddenly I felt complete for the first time in my life, and experienced a new sense of joy and home coming. And over time my body has been healed.

Les Glaze.

Visit www.thepowerofintroverts.com for further information about *Quiet* and Susan Cain.

Editors comment: *It is likely that a significant proportion of our meditation community are introverts and for those who are interested Les will run a workshop on the theme of this book at the Community Gathering in June.*

Internal Dialogue

'Love' said the Being.

'Obtain nourishment from me, the great one-ness, fruit of the earth, For you are part of me.'

'But wait' interrupted the ego, 'you have important things to do Or I will die.

What about the injustice I reminded you about yesterday -

Surely you need retribution?

What about the nasty neighbour, or the unjust colleague at work?

Satisfy me - then you can have peace and love.'

'Let go' said the Being. 'This is not who I am. I breathe presence, forgiveness and compassion'.

'I cannot accept these ideas' said the ego.

'For if I do, how will I compare good and bad,

just and unjust, better and worse, and strive to put things right?'

'You will not succeed' said the Being, 'For your very breath and food are conflict, desire, aversion, Retribution, justice, and all things that divide.'

'I know I am a tool in your hands' said the ego

'But you need me to survive in the world. Look at the dominance I have in your life! I have cloaked your Being with my masks And these are several!'

'I am eternal, and you are temporary' said the Being.

'I know' said the ego, 'but indulge me, just this once.....again.'

'Love' said the Being.

Bob Morley, October 2014

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

Saturday 24 October - Sunday 25 October: Annual UK Oblate Gathering 2015 with Fr Laurence Freeman. **Venue:** Monastery of Christ Our Saviour, Jacks Lane, Turvey, Bedfordshire MK43 8DH 01234 881211 **Contact:** Eileen Dutt eduttobl@christianmeditation.org.uk

School of Meditation Events: **Contact:** Jacqueline Russell jacqrussell3@gmail.com

Friday 1 May to 3 May: Essential Teaching Weekend. **Venue:** St Joseph's Prayer Centre, Formby, Merseyside.

Friday 19 June to Sunday 21 June: Essential Teaching Weekend. **Venue:** Bishop Woodford House, Ely, Cambridgeshire. See page 7.

Friday 4 September to Friday 11 September: School of Meditation Silent Retreat. **Venue:** Briery Retreat Centre, Ilkley, West Yorkshire. See page 4.

Friday 23 October to Sunday 25 October: Essential Teaching Weekend. **Venue:** Llangasty Retreat House, Brecon Beacons, Powys.

Southeast England

Mondays 13 April, 8 June and 10 August: Oblate Day (Oxford Cell) All cells are open and visitors will be made very welcome. **Contact:** Julia Bee julia@life-encounter.com

Friday 15 May 19:00 - Sunday 17 May (after lunch): An Open Path: a way which is not a way: Retreat with Meister Eckhart. **Leader:** Brijji Waterfield **Venue:** The House of Prayer 35 Seymour Road, East Molesey, Surrey KT8 0PB **Contact:** 020 8941 2313 or email info@christian-retreat.org **Cost:** £150 - Advance booking essential.

Sunday 14 June 11:45 - 17:30: Love Bade Me Welcome: A pilgrimage to Bemerton and Salisbury Cathedral. **Venue:** Meet at Salisbury Rail Station. For more information about George Herbert (rector at Bemerton) go to www.georgeherbert.org.uk For other queries contact Liz Watson T: 020 7249 8701 E: lizwatson@blueyonder.co.uk **Cost:** £10 Concessions £5 Please bring a picnic lunch.

Monday 5 October (supper) to Saturday 10 October (breakfast): Christian Meditation Retreat: The Truth Will Set You Free. **Leader:** Liz Watson **Venue:** The House of Prayer 35 Seymour Road, East Molesey, Surrey KT8 0PB **Contact:** 020 8941 2313 or email info@christian-retreat.org **Cost:** £280

Saturday 31 October 10:00-16:00: Deepening Your Meditation. **Leader:** Liz Watson **Venue:** The House of Prayer 35 Seymour Road, East Molesey, Surrey KT8 0PB **Contact/Bookings:** 020 8942 9069 mda_p@yahoo.co.uk **Cost:** £20 Please bring a packed lunch.

Eastern England

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 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

Monday 20 April: Oblate Day (Leeds Cell) 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".

Contact: Angela Gregson: fapghillview@yahoo.co.uk

Monday 29 June to Thursday 2 July: Christian Meditation and Tai Chi Retreat **Venue:** Ampleforth Abbey, near York YO62 4EN www.ampleforth.org.uk **Contact:** www.hpo.ampleforth.org.uk/booking-enquiries or Hospitality & Pastoral 01439 766486.

Friday 11 September: Christian Meditation and Tai Chi Workshops **Venue:** Ampleforth Abbey **Contact:** as above.

Friday 9 October to Sunday 11 October: Christian Meditation Silent Retreat. **Venue:** Ampleforth Abbey **Contact:** as above.

Northwest England

Saturday 11 April 10:00-15:30: The Rebirthing of God. **Speaker:** John Philip Newell **Venue:** The Barn, Rydal Hall, Ambleside Cumbria LA22 9LX **Contact:** Richard Broughton 01946 862990 cmcwccm@fastmail.fm **Cost:** £20.00 (Bring own food, drinks provided).

Tuesday 5th May 2015 10:00-15:30: Living with the Mystics. **Theme:** To be arranged **Leader:** To be arranged **Venue:** Friends Meeting House, Elliot Park, Keswick **Contact:** Bob Morley 016974 72644 rgm1@live.co.uk **Cost:** £5.00 Drinks provided, please bring own lunch.

Thursday, 11 June 10.00 for 10.30 - 17:00 with a break 12:30 to 15:00: Silence - giving birth to fullness. **Speaker:** Brother John Martin Sahajananda **Venue:** Glenthorne Quaker Retreat Centre, Grasmere, Cumbria, LA22 9QH **Contact:** Richard Broughton 01946 862990 cmcwccm@fastmail.fm **Cost:** No charge, but a recommended donation £20 is asked to support Br John Martin's work. Bring own food, drinks provided.

Saturdays 11 July, 26 September, 17 October, 21 November 10:30-15:30: Nourishing the Soul (a one year course) **Venue:** Rydal Hall, Rydal, Ambleside LA22 9LX **Contact:** 015394 32050 **Cost:** £350 for the whole course, including refreshments and lunch. Payments can be made in instalments, and a small bursary fund is available.

Saturday 1 August 2015 10:00 for 10:30 - 15:30: Day of Gathering. **Theme:** To be arranged **Leader:** Richard Broughton **Venue:** Glenthorne Quaker Centre Easedale Road, Grasmere, Cumbria, LA22 9QH **Contact:** Richard Broughton 01946 862990 cmcwccm@fastmail.fm **Cost:** Free: donations welcome. Drinks provided, please bring own lunch

Tuesday 4 August 2015 10:00 for 10:30-15:30: Living with the Mystics **Theme:** To be advised **Leader:** To be advised **Venue:** Friends Meeting House, Elliot Park, Keswick **Contact:** Bob Morley 016974 72644 rgm1@live.co.uk **Cost:** £5.00 Drinks provided, please bring own lunch.

Tuesday 3 November 2015 10:00 for 10:30 - 15:30: Living with the Mystics **Theme:** Rilke **Leader:** Margaret Ives **Venue:** Friends Meeting House, Elliot Park, Keswick **Contact:** Bob Morley 016974 72644 rgm1@live.co.uk **Cost:** £5.00 Drinks provided, please bring own lunch.

Friday 6 November 17:00 to Sunday 8 November 14:00: Boarbank Retreat **Leader:** Liz Watson **Venue:** Boarbank Hall, Allithwaite, Grange over Sands, Cumbria LA11 7NH **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm **Cost:** £125 (residential).

Events

West Midlands

Saturday 2 May 10:00 for 10:30-15:30: Suffering less, Caring more.

Based on the teachings of Fr Laurence Freeman. **Leader:** Joy Cheek
Venue: Quaker Meeting House, Colmore Road, Kings Heath, Birmingham B14 7PE. **Contact:** Joy Cheek. Tel: 0121 443 4625. Email: joycheek@hotmail.co.uk **Cost:** Suggested donation £10. Bring packed lunch, drinks provided.

Saturday 4 July 10:00 for 10:30-15:30: Pathways into Silence: the Desert Tradition. **Leader:** Br Nicholas from Glasshampton Monastery. **Venue:** Quaker Meeting House, Colmore Road, Kings Heath, Birmingham B14 7PE. **Contact:** Joy Cheek as above **Cost:** Suggested donation £20. Bring packed lunch, drinks provided.

Saturday 12 September 10:30-16:00: A day of silence and reflection with The Song of Songs. **Leader:** Graeme Watson **Leader:** St Margaret Clitheroe Church, Hall Farm Road, Duffield, Derbyshire DE56 4FS
Leader: Peter Short 07748911175 **Leader:** Suggested donation: £10. Please bring a Bible and packed lunch (drinks provided).

Southwest England

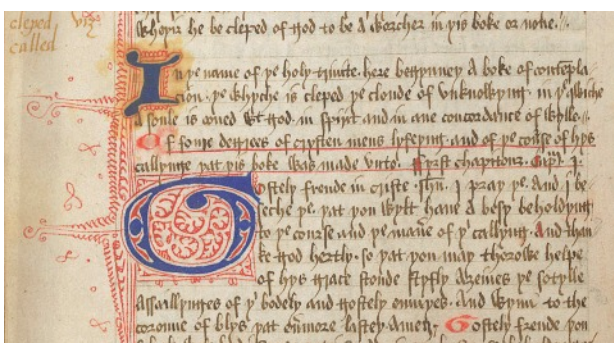
Saturday 9 May 10:00-12:30: Being a Christian and a Mammal - What it means to be a Human on a Living Planet. Part of Bristol 2015 European Green Capital. **Leader:** Mary Colwell **Venue:** Westbury-on-Trym Baptist Church, Reedley Road, Bristol BS9 3TD **Cost:** Suggested donation (on arrival) £7 (Drinks provided) **Contact:** 01275 463727 for more information and to book.

Saturday 30 May and 17 October 10:00-15:30: Quiet Days/Half Days for Meditators in Devon. Morning 10.00 - 12.30, Afternoon 1.30 - 3.30 Numbers are limited to a maximum of 7. Places are available on a first come first served basis. **Cost:** £3 to cover costs and to send a donation to the WCCM. Light refreshments provided. Please bring a packed lunch if you wish to stay for the whole day. **Contact:** Rosemary Allan-Willcox 01392 437074 r.allan-willcox@virginmedia.com

Thursday 16 July early evening OR Friday 17 July early evening to Sunday 19 July lunchtime: Silent Retreat with little input. **Venue:** Monastery of Our Lady and St Bernard, Brownhill, near Stroud.

Friday evening 2 October - Sunday lunch on 4 October: South West Contemplation and Community Retreat. **Venue:** The Ammerdown Centre Radstock Somerset BA3 5SW

Saturday 10 October 10:00-16:00: "The Cloud of Unknowing" **Leader:** Graeme Watson, organised by Dorset Meditators. **Venue:** The Dorford Centre Dorchester Baptist Church, Bridport Road Dorchester DT1 1RR **Contact:** Anita Finnigan 01305 259032 anitafinnigan@hotmail.co.uk **Cost:** Suggested donation £12. Please bring own lunch. Tea and coffee provided.



Decorated initial 'I(n)' at the beginning of the Cloud of Unknowing manuscript in the British Library (Harley 2373).

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.

Second Saturday of the Month 10:30–21:00: Stations of Contemplation: A retreat day with meditation, lectio divina, discussions and sharing meals. Led by and for the young adult meditators of the community.

Oblate Days: Saturday 25 April and Saturday 25 July 11:30–16:30

Contact: gilly@withers.org 01334 761980. All welcome. See article on page 9.

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.

Special events:

Saturday 18 April 10:30–16:30: The Body Is the Picture of the Soul.

Leader: Hymie Wyse **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

Saturday 2 May 10:30–16:30: The Light of Christ. **Leader:** Metropolitan Kallistos Ware **Cost:** £30 Concessions £20 Please bring packed lunch. Tea and coffee provided.

Wednesday 13 May 18:30–21:00: Red Earth on My Shoes. **Leader:** Margaret Hebblethwaite **Cost:** £15 Concessions £10 Light refreshments included.

Saturday 16 May 10:30–16:30: One Undivided Person Healing through Meditation: A One Day Retreat. **Leader:** Jim Green and Edmund Giszter. **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

Thursday 21 May 18:30–21:00: Milestones: Talk 2. **Leader:** Fr Laurence Freeman OSB **Cost:** £15 Concessions £10 Light refreshments will be served.

Saturday 30 May 10:30–16:30: Retreat with the Mystics: the Medieval Beguines: Love is Everything. **Leader:** Rev Dr Julie Hopkins **Cost:** £30 Concessions £20 Please bring packed lunch. Tea and coffee provided.

Thursday 4 June 18:30–21:00: Can Science Accommodate Mental and Spiritual Experience? **Leader:** Prof Bernard Carr **Cost:** £15 Concessions £10 Light refreshments included.

Events

The Meditatio Centre special events continued:

Saturday 6 June 11:00–16:00: Reaching Out. Leaders: Eileen McDade, Graeme Watson and Geoff Waterhouse **To book:** 020 8280 0049 uk@wccm.org No charge but please bring something for a shared meal.

Wednesday 17 June 18:30–21:00: The Labyrinth. Leader: Martin Garsed. **Cost:** £15 Concessions £10 Light refreshments included.

Saturday 20 June 13:00–17:30: Movement and Meditation Workshops. Facilitator: Chris Hurley **Cost:** £20 Concessions £15
Saturday 27 June 10:30–16:30: Innerkeit. Leader: Richard Woods **OP Cost:** £30 Concessions £20 Please bring packed lunch. Tea and coffee provided.

Thursdays: 2, 9, 16 and 23 July 18:30–21:00: Dancing with Your Shadow (Spiritual growth course). Leader: Kim Nataraja **Cost:** £15 or £45 for whole course paid in advance (Concessions £10 or £30 for whole course paid in advance) Light refreshments included.

Saturday 11 July 10:30–16:30: My Only Me Is God. Leader: Martin Laird OSA **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

Saturday 4 July 13:00–17:30: Movement and Meditation Workshops. Facilitator: Giovanni Felicioni **Cost:** £20 Concessions £15

Thursday 3 September 18:30–21:00: Milestones: Talk 3. Leader: Fr Laurence Freeman OSB **Cost:** £15 Concessions £10 Light refreshments will be served.

Saturday 5 September 13:00–17:30: Movement and Meditation Workshops. Facilitator: Rebecca Brewin **Cost:** £20 Concessions £15

Thursday 10 September 18:30–21:00: The Light Fantastic. Leader: Rev Don MacGregor **Cost:** £15 Concessions £10 Light refreshments included.

Thursday 24 September 18:30–21:00: Indigenous Spirituality in South Africa. Leader: Prof Chris Mann **Cost:** £15 Concessions £10 Light refreshments provided.

Saturday 26 September 10:30–16:30: Attuning the Soul to God. Leader: Robert Wright **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

Saturday 3 October 13:00–17:30: Movement and Meditation Workshops. Facilitator: Lucy Barnes **Cost:** £20 Concessions £15

Thursday 8 October 18:30–21:00: Open Questions in Science. Leader: Rupert Sheldrake **Cost:** £15 Concessions £10 Light refreshments included.

Saturday 10 October 10:30–16:30: 'Touched with Ocean' Leader: The Reverend Canon Mark Oakley **Cost:** £30 Concessions £20 Please bring a packed lunch. Tea and coffee provided.

Wednesdays: 14, 21, 28 October, 11, 18, 25 November 18:30–21:00: Finding the Way. Leader: Liz Watson **Contact:** lizwatson@blueyonder.co.uk **Cost:** £15 or £75 for whole course paid in advance Concessions £10 or £50 for whole course paid in advance Light refreshments included.

Saturday 17 October 11:00–16:00: Growing in Love. Suggested donation no more than £5 toward a simple lunch. **Contact:** 020 8280 0049 or uk@wccm.org

Thursday 22 October 18:30–21:00: Rudiments of Grace. Leader: Prof Chris Mann **Cost:** £15 Concessions £10 Light refreshments included.

Saturday 24 October 10:30–16:30: Revolutionary Communion. Leader: Rev Gary Hall **Cost:** £30 Concessions £20 Please bring packed lunch. Tea and coffee provided.

Thursday 29 October 18:30–21:00: Zen Practice. Leader: Robert

Kennedy SJ **Cost:** £15 Concessions £10 Light refreshments provided.

Tuesday 3 November 18:30–21:00: Milestones: Talk 4. Leader: Fr Laurence Freeman OSB **Cost:** £15 Concessions £10 Light refreshments will be served.

Saturday 7 November 10:30–16:30: 'Strangely Orthodox'. Leader: Rev Graeme Watson **Cost:** £30 Concessions £20 Please bring a packed lunch. Tea and coffee provided.

Saturday 14 November 10:30–16:30: What Is It about November? Leader: Fr Daniel O'Leary **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

Thursday 19 November 18:30–21:00: How to Build a Nourishing Ethos in a School. Leader: Charles Posnett and Paul Moss **Cost:** £15 Concessions £10 Light refreshments provided.

Saturday 28 November 10:30–16:30: Movement and Meditation Urban Retreat Day. Facilitator: Giovanni Felicioni and team **Cost:** £30 Concessions £25

Saturday 5 December 11:00–16:00: Advent Preparation. Leader: Fr Robin Burgess **To book:** 020 8280 0049 or uk@wccm.org Suggestion donation £10 includes a simple lunch.

Saturday 19 December 10:30–16:30: Preparing for Christmas. Leader: Laurence Freeman OSB **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

Westminster Cathedral

Daily Meditation: 12.30–13:00 Monday 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.

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.

1 July: Become as little children with Dr Margaret Lane.

5 August: Put your lamp on a lampstand with John Woodhouse.

2 September: Anyone who wants to be great must be your servant with Eileen McDade.

7 October: My house will be called a house of prayer with Sr Agatha Collopy.

4 November: Act justly, love tenderly, walk humbly with your God with Jill Benet.

2 December: Stay awake with Michael Moran.

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

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 early January, April, July and September. We include events from the beginning of the publication month in both the web and printed versions, and events for at least a month into the next edition (beyond the end of July for this one). We suggest including events early in a publication month in the previous edition; so for early September the details need to be with uknewsletter@wccm.org or added to the UK diary before 1 June.

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uknationalcoordinator@wccm.org

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ukmeditationwithchildren@wccm.org

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