



# Meditation News

Newsletter of The World Community for  
Christian Meditation in the UK

WINTER 2016

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## A Letter from Roz Stockley

Dear Fellow Meditators

This is my last letter to you all as my term of office as National Coordinator has ended. The two years sped by and I shall remember it with much fondness. During that time it has been a great pleasure to visit the regions, this year with a fruitful focus on combining group leaders' meetings with nurturing Meditation with Children teams.

As you are no doubt aware, often lots of activities go on in the regions in a quiet and unreported way. To capture these activities, once a year the Regional and Special Interest Coordinators write a short report about what has been going on and in this newsletter are some snippets from the reports we all shared.

Recently the National Council met over the weekend of 20-22 November. This is our community's chance to look at the practical side of what we do - hard work but always very rewarding - and to pray together as a leadership team. Our theme for the weekend was to reflect on how we run ourselves, recognizing that whilst we are a community we also need an appropriate organisation structure to sustain us. No need for details here as they are reported elsewhere in the newsletter. Suffice it to say that the Council was unanimous in adopting the proposed plan for the future and the UK Community is now in the hands of the Action Group.

I'd like to move on now to offer you a personal reflection on the last two years. At the risk of having repeated myself, I would like to remind you of what I have said here, and variously in newsletter articles and CD letters. Those within our Community are wonderful people to be in community with. The experience of meeting with so many lovely people across the UK has been uplifting and humbling and I'm just so sorry I didn't manage to visit all the regions. Wherever I visited I was welcomed, given hospitality, respected and treated very well - sometimes I felt like royalty - and I could only but admire what is going on locally. Even in those regions that are struggling to develop as they may want to, there was always a core of people maintaining the tradition and endeavouring to find a way forward. It made me feel both proud and inadequate at the same time. It left me and still leaves me wanting to help others to help others, if you follow me. I shall be sad not to be visiting the regions any more



Presentation at National Council by Andrew Cresswell and Sue Purkis

although I do feel that I'll be welcome if the opportunity presents itself again and I look forward to that.

To end then, I've loved being National Coordinator (even though every job has its ups and downs) and have enjoyed the privilege of meeting with you and sharing the spiritual growth in your regions and local communities. I thank you for the welcome, support and love you have given me during my two years in post and wish to acknowledge the amazing opportunity and gift of service to the Community that was offered me. And as I said at the National Council, a large part of me would like to continue but that is not possible. If I could move the clock back, would I do it again? Almost certainly, I'm a different person now to the one who took on the role two years ago and I have the Community to thank for that. And I leave knowing that the Community is in the hands of a very capable group of people who will continue to support and serve us all and the mission we all share.

With lots of love and wishing you every blessing

Roz

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*If you want to contact Roz, please note that her email has changed to: [rozstockley@copsewood.org.uk](mailto:rozstockley@copsewood.org.uk)*

## Community News

### Anne McDonnell – RC East Anglia and originator of the Meditation Companions Scheme.

Anne was christened Dorothy and only changed her name to Anne during her nursing training. The new name – completely accepted by her parents – was chosen in honour of a childhood literary heroine L.M. Montgomery's *Anne of Green Gables*, a strong-minded, independent girl, well able to compete with the boys. The change of name was a typical act, driven by her aspiration to independence of mind and her aesthetic appreciation; Dorothy had a fustiness about it which was too close to her constrained childhood in a strict Plymouth Brethren family. In fact, Anne's life could be read as a highly creative reaction to her formative years. In reaction to the kind of childhood where there was no play on Sundays and long hours were spent sitting in the Gospel Hall while men expounded 'The Truth', Anne valued freedom of thought and of spirit and was quick to detect oppression. She also had a passion and a genius for allowing children to be children and fostering the sense of wonder that makes a childhood. But she never forgot the sense of community, both in her close extended family and within the brethren assemblies, and yearned for it – and sought to create it – wherever she could. During her early twenties Anne trained as nurse in London and qualified as a district midwife, delivering eighty babies in Ipswich. But it was her next move, in her mid-twenties, which was to really develop these twin themes of community and spiritual freedom.

Anne joined the staff of a Christian therapeutic community, Greenwoods, in Stock, Essex, as a nurse. Broadly, it was a half-way house between psychiatric hospital and independent living, where 40 people with

what would now be called mental health issues lived in community with staff, working together, attending group therapy and individual counselling. Its Director,

Ron Messenger, was a charismatic leader, a former chaplain at a psychiatric hospital and one of the many great figures of the era who were instrumental in reforming the old asylums, unlocking the back wards, tearing down the walls of fear erected around the mentally distressed by the wider society and trusting people's intrinsic need for growth and belonging. Anne owed much to Ron's mentoring and his example of a liberal Christian man who was emotionally literate, passionate about valuing the dispossessed and the stigmatised – and full of fun as well. Here was a different kind of Christianity to the

dour oppressiveness of her childhood faith and here was a loving community to which she contributed wholeheartedly. She was famous for her Christmas planning, spending donated money to ensure that each resident had personal gifts chosen with them in mind. For some it was the first ever Christmas present they had received.

It was here that I met her, when I came to Greenwoods as a volunteer for a year. Tall and slim with – I noticed – lovely legs and a mass of dark hair, she had a grace about her body and spirit and a reserve which made her all the more attractive. We married and she eventually left Greenwoods to have our first child, Ben, who was followed a few years later by Amy. Anne came to motherhood in her mid-thirties, late in those days, more usual now, and it proved to be the greatest gift life had

*continued on page 3*



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Contributions to the Newsletter are warmly welcomed. Please send all items to:  
[uknewsletter@wccm.org](mailto:uknewsletter@wccm.org)

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1 March 2016**

Anne McDonnell continued from page 2

given her. She had a genius for creating magical childhood, a steadfastness and respectful strength with adolescents and gave a free, joyful friendship as they became adults.

It was now that she entered upon another great phase of her life, training to be a counsellor with Relate. She worked for many years as a therapist with couples and individuals, both privately and in a charitable counselling centre in Norwich. She was the kind of therapist who works by care, acceptance and empathy. She created space and freedom for people to discover who they were and know themselves as valuable and lovable. She sat for many hours of her middle life with people, developing, in her own way, all that she had learned from Greenwoods and from life itself.

Through these years, however, Anne missed community. Local churches could not supply what she had lost in leaving Greenwoods. Her faith was sometimes at a low ebb. Then she read *Jesus, the Teacher Within* by Laurence Freeman. At last, she found what she saw as a form of Christianity which fitted with, rather than jarred against, her experience of life. She joined a local meditation group, eventually becoming a creative group leader in her own right. Finally she had found a confluence of those two great themes, freedom and community, and she loved it. When her years of illness came, her spirituality just became ever deeper in response. She lost the last vestiges of her reserve and opened herself lovingly to all who came to her. She was able to tell all she loved how important they were to her and she died at home, held by her children and her husband.

The scent of her life, like the scent of narcissi at her funeral (beloved flowers from her beloved Scilly Isles), will always pervade our souls and her gentle care will be in all our loving. What a beautiful life it was! What a gift to so many people!

Mark McDonnell.

### Tributes from Norfolk Meditators.

Anne was first and foremost a teacher and a friend. Her first gift was to trust what I hesitatingly offered and to nurture and support my growing. Her second gift was simply to be herself. Always attentive, always gentle, always accepting. Her third gift was that of her own individual peace and faith. It was so natural and honest and it chimed with so many of us. Finally, the generosity of both Anne and Mark and the space they offered which became a place of worship and support for many. These are all great gifts for which I will always be thankful. Her example has deeply affected my life and I am sure, my death.

Joyce Welford.

I first met Anne at St Peter Mancroft Church in Norwich, during Fr Laurence's visit to spread the word about Christian Meditation in 2007. It marked the beginning of my Christian meditation journey. Anne continued to accompany me with encouragement, education, inspiration and something uniquely Anne which was a quiet dignity and grace, suffused at times with humour when appropriate. The location was often the special setting of Nogs Barn, a meditation space next to her home, with her husband Mark alongside. A resource provided by Anne and Mark with such gentle generosity. The other wonderful space was the St Catherine Chapel in Norwich cathedral where a Tuesday lunchtime meditation session was initiated by Anne and others on 1st January 2008 and has continued since.

Toni Scarisbrick

I have known Anne through the silence of sitting and contemplation for 8 years. To me she embodied all that she loved, in her still presence, her love of music, encouraging a sense of belonging and community. She transmitted a Christ consciousness which was loving and freeing, allowing my practice to grow and develop without imposition and with the gift of being creative and inspiring.

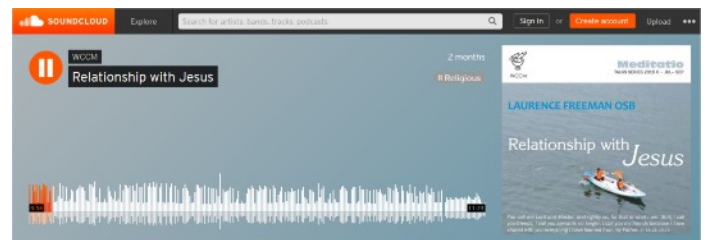
Ali Whittle

(Editor's note: There is another tribute to Anne in *Meditatio*.)

## Meditatio Talk Series CDs

Meditation group leaders worldwide receive a new CD every quarter as a gift to help them in their work of sharing the teaching of Christian Meditation. These CDs are often used in group meetings but did you know they are also available from the WCCM website? If you enter <http://wccm.org/content/meditatio-cds> into your web browser then you will see the latest Meditatio CD and also the archive of all the CDs from 2005 to the current CD.

Here you can read or download the transcript of the CD, or listen to it, or download individual tracks to your computer (you can't download the whole CD at once). While it's not possible to download either the transcript



or the audio files to a phone or Ipad or tablet, if you download them to a PC or laptop you can then transfer them to your Ipad, tablet or phone. If you would like any assistance with downloading the CDs, email me at [john.wilcott@gmail.com](mailto:john.wilcott@gmail.com)

John Roberts

## School of Meditation Silent Retreat – 4 to 11 September

*I cease to be a feather on the breath of God  
and gravity draws me down into darkness...*

(Rowan Williams: *A Silent Action: engagements with Thomas Merton* abstracted from a morning talk on the School Retreat, September 2015)

The problem about writing about a School Retreat, a 7-day silent School Retreat, is that it is very hard to find anything at all to say! The experience came under the guise of gift where for 7 days we were invited to engage totally in the silence but to be aware we were in community. To be solitary but accompanied, without speaking or even greeting others with the usual smile or nod of the head. Our silence was total apart from the short daily meeting with a spiritual guide and on Sunday when we came together to celebrate the Eucharist.

The days followed a pattern to which we quickly became familiar, meditation, contemplative walking, meditation, a morning talk, meeting with a spiritual guide, followed by more meditation, more contemplative walking. There were prayers and readings and time for *Lectio Divina*. And free time too. Freedom to walk on Ilkley Moor, and experience the *is-ness* of this famous wilderness, or freedom to sit in your 'cell' and write or draw (but not read). Some wrote Haikus; some painted; one came from the other side of the world and withdrew into his cell, into the silence.

After the first few days when the strangeness settled into a type of routine, and the ache of missing the familiar and the comfortable began to show itself less, love started flowing. Towards the end of a morning talk, whilst speaking the teachings of Jesus, "I am with you as

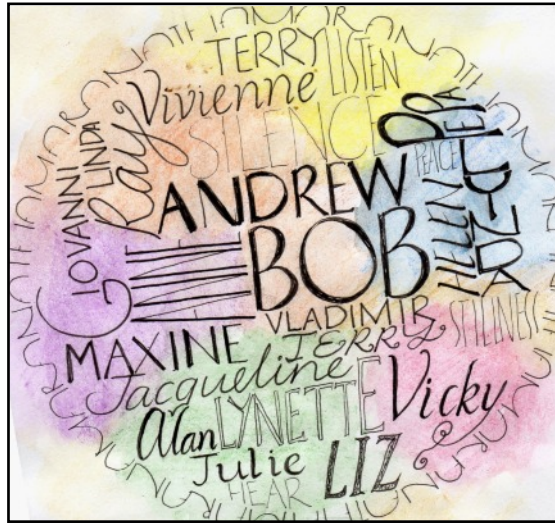
one who serves..." somehow startled the room, and the words hung in the silence. They were repeated and again the silence; and again they were repeated, and again we all just stopped. Hardly breathing, hardly thinking. The words came once more and the session ended. But the presence and the peace that shone beyond all understanding and certainly beyond description, will be with me, I hope, always.

The last afternoon and we were gently brought out of silence and invited to walk with another and listen and talk about what the week had shown. That evening,

becoming accustomed again to talking we were asked to light a candle and share with everyone. It was as if the champagne bottle had been shaken and the cork exploded with delight as we became as little children alive in the love of God and each other.

A wonder-full experience. Go if you can next year – even if, like me, you have no-thing to say.

Jacqueline Russell



A mandala by Linda Richardson showing names of retreatants bordered by our mantra

### The Haikus

I don't want treacle! It is safe now to be dark. Let me welcome them.	Early morning mist Soft footfall on silent paths Vapour trail of thought.	Just being who I am With the one who is allows love spoken being.	All these six prune seeds Fell from plate and onto spoon Once in a lifetime.
Moor top storm bodes ill torrents rage down Heber's Ghyll Wharfeside gently rill.	Deep within we quest, with prayer and meditation, Peace, refreshment, rest.	Straight stem holly tree Green leaves shining in sunlight Just so - say nothing.	Sun shines all quiet Magpies squabbling in old tree Rook calls 'Cronk!' – Silence!
Misty morning cold, Wet drips sound through branch and tree Stillness fresh to hold.	Monkey in the silk Has anyone else seen him? Or is it just me?	Craggy moorland high, God's country; heavenly sky, Peace within; know why?	Words inadequate, Maybe prayer and worship too; Just to be; with you.
The scent of leaf-mould Moss underfoot, spring, soft These I contemplate.	Mantra in keyhole A gentle inheritance Will not hear the 'click'.	Zen Catholic does Tai chi on the morning lawn A sight to behold	Mist on spiders webs Invisible yesterday Now shine like silver.
Is this what God felt As Israel turned from the Lord? She's gone and I long.	Park the beige bluebird Accelerator broken Rescue the flower.	Tiny fly dancing On a thread from this flower Then in. Drinks deeply.	Silence as we drink The kitchen explodes, erupts I leave, silence stays.
Maybe I now know Why most are quick to the toast: There's not enough jam?	I thought transcendence Would be much more Hollywood And less Ilkley Moor.	Mop the old church floor Long lines are fresh, damp, and new Wet my old brown shoes.	Sounding our mantra Trees growing on steepest banks, needs time and stillness.
It's because God speaks It is because God loves, yes no other reason	I stare at the tree The tree is just being a tree, I see; my heart breaks.	See, the vetch bears now Black pools, dry, dead, yet birthing Seeds of purple joy.	Hare, turns, stares, poised, then Easily out-pacing me Runs off, out of sight
		Roses are reddish Yes violets are blue too Smile for God Loves You	Rubber and cotton Between sole and Yorkshire moss Is my soul naked?

## UK National Council Meeting

The Community met as usual in November for the National Council annual meeting at the Hayes Conference Centre in Swanwick, Derbyshire. Along with reflections on the past year and plans for the next, a decision needed to be reached on the best way forward for the UK Community to function without a National Coordinator. This post has been generously and lovingly filled by Roz Stockley who after the agreed period of time (two years for a National Coordinator) was stepping down. Roz has given the most devoted and industrious service to the Community which will leave a gap to be filled by not one person (as has always been the case) but by an Action Group. Let me explain...

The World Community for Christian Meditation in the UK exists to 'communicate and nurture meditation as passed on through the teaching of John Main in the Christian tradition, in the spirit of serving the unity of all' (the mission statement of WCCM). We are NOT an organisation, neither are we a business, but a Community that is Spirit led and administered by people who give freely of their time. The work is undertaken for love of the teaching and the phrase 'nothing burdensome', from The Rule of St Benedict, is the background whisper that underpins our activities.

That being said, our Community has grown - evolved, some might say. What was a job that took up a few hours a week grew into one which was increasingly 'burdensome'.

Fr Laurence recently published an article in the Church Times called *Dangers of the Shallow End*, which was providentially apposite. In the article, Fr Laurence talks about growth and the 'wrong kind of growth' and in religious terms asks 'do we use the word in a spiritual or statistical sense?' He continues:

*Language, values, and the metaphors of self-understanding are intimately related. So often an organisation drifts unwittingly into an abstract, depersonalised language of metrics, targets, goals, and, weirdest of all, 'sustainability'. Once this management speak gets a hold, the system of values of the organisation begin to redefine themselves against these vague but scientific-sounding terms. The first casualty is the spirit of the community, then common sense, and, next, personal relationships. Soon the whole organisation is gripped by the need to be sustainable - and, of course, to 'grow'. This is the language of the boardroom or management consultants, but not of the Church or its tradition.*

Food for thought.

And so with 'nothing burdensome' as our theme, it was decided to split the various roles of the National



Action Group: Sue Purkis, Andrew Creswell (Chair of Trustees), Roz Stockley, Richard Broughton, Jacqueline Russel, Eileen McDade and Roger Layet.  
Inset, Roisin Williamson

Coordinator into six teams, each represented in the Action Group. They are:

- Administration: Roisin Williamson
- Communication: Richard Broughton
- Events: Jacqueline Russell.
- Meditation with Children: Sue Purkis
- Outreach: Eileen McDade
- Regional and Special Interest Coordinator Liaison: Roger Layet, assisted by Julie Roberts

The Action Group is a sub-committee of the Christian Meditation Trust (UK) Trustee Board. Our Treasurer, Raymond Lamb, sits on the board and provides financial support and information to the Action Group.

So when the new post holder takes up the role of National Coordinator in 2017, we, the UK community, should be in a better and stronger place. In the meantime, however, Roz Stockley will be staying on as an additional member (without portfolio) of the Action Group for reasons of continuity and community memory.

Decisions about organisation were necessary for the Council during the weekend gathering, but more important was faithfulness to our meditation practice. That is what was reminding us that, 'Christian community is in essence the experience of being held in reverence by others and we in our turn reverencing them'. (John Main)

*Jacqueline Russell & Liz Watson*

## Snippets from the Regional and Special Interest Reports 2015

Nationally, Jacqueline Russell has worked tirelessly to offer and facilitate three Essential Teaching Weekends and a Silent Retreat. Wonderfully they were all fully booked, showing the hunger for depth within our community. She is thinking about offering a mid week Essential Teaching Weekend next year – if that would interest you, do let Jacqueline know. Also, you may recollect that WCCM in the UK had been asked to carry out or to support a few bigger events this year and the seeds sown are already bearing fruit. (See report on the Derby diocese day.)

Regionally, individuals and groups have put on a significant number of teaching events, retreat days and weekends that have supported and encouraged both experienced and novice meditators. Specifically: some Surrey events are run at a group level rather than at a regional level – perhaps Surrey has the population density to make this possible! Cambridgeshire wrote of a book club that meets regularly – what a great idea for helping us to really attend to those spiritual books we read. The Staffordshire region reflected on the value of the 6-week courses as the best way to pass on

meditation; Cornwall spoke of welcoming holiday visitors; Gloucestershire were unable to accommodate all those who wished to attend an Introductory Day and had to plan another immediately and the London coordinators had a Reaching Out – Bring a Friend day. What riches!

Elsewhere, our community is building on the initiatives with L'Arche. The Welsh coordinators are meeting with L'Arche Brecon community, intending to introduce Christian Meditation. In London too, Henriëtte Hollaar from Meditatio House, is working with L'Arche in Vauxhall and has developed some interesting support material. And of course Carolina Ghiuzan from the L'Arche Bognor Regis is now our Special Interest Coordinator for those with learning disabilities. There has also been encouraging work in mental health – setting up meditation groups in hospitals; in palliative care, where 80 medical staff including Macmillan personnel turned up for a Healthy Living conference and in prisons as our community seeks to reach out to those in challenging life situations.

Roz Stockley

### Dorset Meditators' Day

Over sixty of us gathered in Dorchester recently to listen to Graeme Watson reflect on some of the great themes of the 14th century timeless classic *The Cloud of Unknowing* to help us on our personal spiritual journeys. We were asked to consider whether we were being called to practice contemplative prayer. We then explored the effectiveness of approaching God through a one-word prayer, uttered silently in the heart. Graeme then looked at how contemplative and active approaches to God are complementary, as shown by Martha and Mary.

Graeme writes in his book *Strike the Cloud*: 'This contemplative prayer of silence and stillness came to me as a life-giving gift and grace from God, which has brought about a springtime in my spiritual life, as it has done in the lives of thousands of other people.'

It was a wonderful day and people went home nourished and uplifted by the whole experience.

Anita Finnigan

### Jill Nettlefield

The meditation group which meets at Odiham, Hampshire is sad to announce the death of Jill Nettlefield on October 17th, aged 90.

Jill was one of the original members of the group which was set up in the 1980's and from 1998 was our warm-hearted hostess. She made many valuable contributions to our study of *The Cloud of Unknowing* back in the 1990s.

A person of wide interests, Jill was a participant in the first WCCM Pilgrimage to India where she had formerly lived. An intrepid traveller, in her eighties she holidayed in India and visited the Antarctic.

Jill was an active member of her parish church and was involved in the life of the village. She will be sorely missed.

Eve Baker / Rosemary Wimpenny.

### Good News Books

You may be aware that the website of Good News Books, the UK distributors for WCCM books, was hacked earlier this year. I'm delighted to inform you that the website [www.goodnewsbooks.co.uk](http://www.goodnewsbooks.co.uk) is now back up and running and the opportunity has been taken to refresh and update the site.



Once you are on the home page you will see the WCCM symbol, Click this and it will take you to the "Meditation and Contemplation" page. To help you find your way around categories have

been created to take you straight to sections such as *Meditation for Beginners*, *Meditation with Children* and many others. You may just wish to peruse the *Meditation*

& *Contemplation -complete list* which lists all the books, CDs and DVDs available. There's also a search facility, so if you know the name of the book or CD you are looking for, you can enter it and you should be taken directly to it. The website is constantly being updated, but if you experience any problems contact me on the email below.

So why not have a look at the new website at [www.goodnewsbooks.co.uk](http://www.goodnewsbooks.co.uk) or give them a ring on 01582 571011. They will be more than happy to help with any queries or to help get any titles that they may not stock at present.

John Roberts – SIC Good News Books  
John.wilcott@gmail.com

## Reflections on a training day in the Diocese of Derby

In September I attended a training day on Christian Meditation at St Oswalds, Ashbourne led by a team from the WCCM and organised by the Rev. Canon Alan Harper.

I was excited to attend as I have been meditating with the WCCM for the last five years and a year ago started a new meditation group in Holymoorside, Chesterfield. The practice has allowed the spirit of God to work more closely in and through my life and I am so thankful to have discovered meditation.

The day was inspiring and had a depth and quality to the teaching that impressed the group I attended with who being new to the wider work of the WCCM gained much more than they expected.

The Bishop of Derby, the Rt Revd Dr Alastair Redfern, set the scene using Acts 12 to paint the picture of a violent and controlling society in to which we are imprisoned by our human need to have and possess. Posing the question: *how do we handle the instinct to have and consume*, he pointed us in the direction of the spiritual journey and meditation as a vehicle for that journey where we can learn to be still, learn acceptance of what is and who we are, and recognise the *I AM* rather than the *I want to be* of the ego.

We were ably guided by the WCCM team, gaining information about meditation and its history, and

instruction on how to meditate with the opportunity to practice at the beginning and end of the day. There was a helpful section where the team gave their the experiences and answered audience questions.

Canon Alan and Graeme Watson encouraged us to set up new meditation groups, explaining how the WCCM supports these groups, and I talked about my experience of using the starter pack. The book *The Pearl of Great Price* shows how to teach the procedure for meditation, which has made running the group a simple task. I also spoke about how the practice of meditation has affected my own spiritual journey in such a positive way that I am wanting to advocate its use. I had the delight of a number of conversations with fellow attendees, one of whom now comes regularly to my meditation group along with a friend.

I found the section on meditation with children very inspiring, as we learnt how children can easily be helped to connect with the loving God within them, and we were encouraged to meditate with children rather than just watch, to enable the child to freely engage with the silence within themselves. Janet Robbins gave us an example of how grandparents can help their grandchildren to find the silence within themselves and engage with the wonder of the natural world as she did with her 6 month old grandson. As I look after my 11 month old grandson once a week I was eager to mirror Janet's example and have experienced a wonderful time with him in his local park, enjoying the dappled light through the trees and then having lunch on a picnic rug, sitting playing with the autumn leaves and him walking on the grass holding my hands, thank you Janet!


Later that week Bill Bazely, one of the team ministers in my Church, suggested we took the meditation into the local school at his next school assembly. We created a sacred space as directed by Sue Purkis, with a small table, cloth and battery operated candle. We turned down the assembly hall lights, Bill introduced the theme and prayer intention and I taught the mantra. We closed our eyes and trusted that 100+ primary school children would still be there when we finished the two minutes silence! Of course they were, though some had found it easier than others. I think the teachers were more anxious about some of the children's restlessness, but early days and a great start!

I have since been asked to introduce meditation and its practice into a house group in our parish and been invited to do the same with a church in Sheffield. All in all it was a thoroughly enjoyable and helpful day that has caused ripples to extend outward from the event. Thank you to everyone involved!

Maxine Rotheram

# Christian books


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## UK Oblate Weekend 24-25 October 2015

### Monastery of Christ our Saviour, Turvey

*Nourishment comes when [we] become aware of the current of life which flows through the community. These are times of grace and gift when the community lives the joy of being together in celebration, feasting and prayer...*

*Jean Vanier – Community and Growth.*

The weekend was certainly a *time of grace and gift and nourishment* for all who took part particularly for those who were able to make both days. As always the highlight of our Oblate Day is witnessing novice oblates – this year we had four - making their Final Promises of Obedience, Stability and Conversion to Fr. Laurence during the Mass. Sure signs of hope, commitment and love in a world where so many have lost their way.

*Eileen, UK Oblate coordinator*

In October I attended an Oblate weekend at Monastery of Christ our Saviour, Turvey and it was a first in what is going to be a series of firsts for me.

I didn't need to worry as I was greeted with warmth and kindness by the few people I knew and by lots of people I didn't know.

The whole of Saturday was paced nicely for the learning of Julian of Norwich and *lectio* in the morning and in the afternoon we were split into two groups to either make bread or create your own Mandala; the day also included times of meditation, sharing table fellowship and socialising with others. I was struck by the age and diversity of the people attending and their stories of how they had responded to 'their call'

I was particularly impressed with the Community, as my two friends Linda and Jane, from my meditation group, joined me on the Sunday to see me become a Postulant. They were so moved by the day's event and the genuine love and warmth that was shown throughout the day, that they understood why I want to be part of this.

*Julia Burdett, Postulant.*

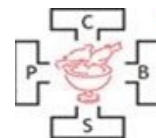
## Bob Addison

I first met Bob in January 2015 and it seems too soon to be writing an obituary of him. He knew he had advanced cancer but despite this he had a verve and determination to pursue his spiritual path until the end of his life, which came in late October.

Bob had embarked on the journey to become a WCCM oblate and I was asked to be his mentor and through this contact he shared with me the basic details of his life, his coming to greatly value the practice of meditation and then to further explore and wish for the additional dimension of Benedictine community that becoming an oblate can offer. He had been received as a postulant during a Cambridge cell meeting in January.

He was born in 1936, brought up as a Catholic, a faith which he always retained. He went to grammar school, obtained a degree in civil engineering and spent most of his career in the public sector as a water engineer. He was married and had four children.

## Monastics in the World WCCM Oblate Community



The basic element of the Oblate Community, is the "cell". This word has a long monastic tradition referring originally to the monks cave or room. With us it is used to describe presence not only physical space. The cell meets with regularity, to meditate, to share the Word, to consider their ways of sharing in the work of the wider community and where time allows share a meal together. All on the oblate path and enquirers are very welcome.

### Details of WCCM Oblate cell meetings.

#### Annual UK Oblate Gathering 2016. Saturday 26 to

**Sunday 27 November. Venue:** Monastery of Christ our Saviour, Turvey, Bedfordshire MK43 8DH **Contact:** Eileen Dutt eduttobl@btinternet.com

#### Quarterly Oblate Community Day. Saturdays 23

**January, 23 April 10:30 - 16:30. Venue:** Meditatio House, 32 Hamilton Road, London W5 2EH **Contact:** Gilly Withers gilly@withers.org or on 07896 742047

**North London:** Meets monthly at Christ the King Church, Cockfosters 19:00-21:15 For dates please contact Rita McKenna on 0208 449 5013.

#### Oxfordshire: Meetings on Mondays 8 February, 11

**April, 13 June 14:00-16:00. Contact:** Julia Bee at julia@life-encounter.com 07929618004 for details.

#### Cambridge: Meeting on Wednesday 27 January.

**Contact:** Jane Serrurier jemserrurier@googlemail.com or on 07557 476227 for details.

#### Berkshire: Meetings on Wednesdays 24 February, 30

**March, 25 May Venue:** Holy Ghost Church Parish Rooms, 51 New Wokingham Road, Crowthorne RG45 6JG. **Contact:** Angela Greenwood for details of time at angelagreenwood@hotmail.com 01344 774254.

#### Northern Cell (Leeds): Meetings on Mondays 10:30 for

**11:00-15:15. Contact:** Angela Gregson for details of venue and dates at rydal2814@yahoo.co.uk or on 01706 563024.

Bob lived in Ramsey in Cambridgeshire and in his retirement he had involvement with the School of Economic Science and Philosophy through which he was introduced to meditation but in his words 'what was missing was any Christian element'. Then a Quaker member asked if he would like to attend her WCCM group in Thrapston. 'Although it was 25 miles away I attended for many months until I thought of starting my own group in Ramsey. With much help from John Main, I ran an introductory course during Lent 2013 and our group was then formed with help from Caroline.' (Caroline Shepherd – RC Cambridgeshire.)

During 2014 Bob attended WCCM events and came to hear about the oblate path and was drawn to it and once he had decided it was for him he undertook it with great commitment and prioritised it above other pursuits. It was a privilege to accompany him for even a short time on this journey.

*Margaret Comerford.*

## Meditation with Children – Sharing the Gift

### A creative tool to introduce the discipline of meditation to children

On the 9th November meditators from across the regions met to share ideas and experiences of meditation with children. It was a heart-warming day of team building and bonding. Sister Anna Patricia Pereira, who has shared so much of her experience of meditation with children with us in the past, joined us and showed us some practical examples of how the children can be encouraged to be involved in their practice, and she has kindly offered to talk further about her ideas.

"Introducing meditation to children is, I feel, the best thing that has ever happened in schools. As a teacher I have taught guided meditation and meditated daily myself for many years and since 2010 I have practiced the WCCM discipline with the children in my schools. Over time, by sowing the seed, I have been invited to ten schools in Leicestershire to help them meditate.

"From the outset the children have embraced meditation wholeheartedly. Their enthusiasm rubbed off and sparked something in me. As a result I came up with the idea of creating a Meditation Box to encourage them to meditate at home with their parents and siblings. The children were eager to make one of their own so the teachers took it up as a project. They asked each child to bring a box and they created something beautiful. It is a tool to help them with a simple discipline which has changed and touched their lives."



#### What is the Meditation Box?

A shoe box or any suitable box

A label on the lid "My Meditation Box"

On the inside lid of the box are the instructions.

These are the instructions:

*Sit still and upright with hands on your lap, open your prayer mat put your cross on it and say or sing your opening prayer, close your eyes gently and say your*

*prayer word or mantra **MAR-RA-NA-THA** (for 5 mins or more).*

The words of the opening prayer and blessing song are included.

"In the box there is a prayer mat (a piece of colourful material which is opened and laid in front of the child to create their sacred space), a cross made with lego, a feather or pebble to quieten them before they begin to meditate (the feather can be used to stroke the palm of the hand or the pebble held gently in the hand until quiet).

"The children decorate their prayer mats and boxes in their own creative way and they are very special to them. They are used at home for personal use or with their families. It has been a very creative and loving way to present meditation as a discipline in their lives. Moreover they treasure these boxes.



"This year we began making concertina books with coloured sugar paper titled:

#### My Meditation Book

"This depicts their personal journey of how they began to meditate and how they benefit from it with drawings and writing."

Sister Anna Patricia brought along some of the Meditation Books to the meeting to show us and the messages and writings by the children were truly moving. They show us once again that children are truly at one with the Divine.

Sue Purkis

ukmeditationwithchildren@wccm.org

## Events

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

### National

**Friday 9 September to Sunday 11 September. UK Annual Conference: Going to the Heart of the Matter.** **Leader:** David Tacey **Venue:** Kings Park Conference Centre, Northampton NN3 6LL **Contact:** Jacqueline Russell jacqrussell3@gmail.com

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

### Southeast England

**Saturday 13 February 10:30-16:00. Prayer Beyond Words** **Leader:** Liz Watson **Venue:** Friends' Meeting House 6 Victoria Drive Bognor Regis PO21 2RJ **Contact:** Bennie and Frances Pieters 01243 262319

**Friday 29 April to Sunday 1 May 10:30-15:30. Meditation in a Time of Loss: a Retreat.** **Leaders:** Liz Watson and Henriëtte Hollaar **Venue:** The Monastery of Christ our Saviour, Jack's Lane, Turvey, Bedford MK43 8DH **Contact:** Henriëtte Hollaar phone: 020 8579 5911 email: henriettehollaar@gmail.com **Cost:** £155

**Tuesday 17-Friday 20 May 2016. Christian meditation as an 11th Step practice silent retreat** **Leader:** Liz Watson **Venue:** Douai Abbey, Berkshire **Contact:** Michael O'Halloran: michael.ohalloran@psmgs.org.uk

### East England

**12 March 2016 – 9:30 for 10:00-16:00. Quiet Day** **Leader:** Liz Watson **Venue:** Pleshey Retreat Centre, Chelmsford CM3 1HA **Contact:** Chris Hurley chri8hurley@gmail.com 01702 207722 **Cost:** Suggested donation £15 Please bring a packed lunch, hot drinks provided

### Northeast England

**Saturday 23 April 2016 10:00 for 10:30-15:30. The Cloud** the relevance of 'The Cloud' to all who practise contemplative prayer today **Leader:** Graeme Watson **Venue:** Quaker Meeting House, West Avenue, Gosforth, Newcastle upon Tyne NE3 4ES **Contact:** Jill and Charles Foister cmnortheast.wccm@gmail.com 0191 2855054 **Cost:** £8

### Northwest England

**Saturday 30 January 2016 10:00 for 10:30-15:30. Be still and know that I am 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:** £10

**Tuesday 2 February 2016 10:00 for 10:30-15:30. Living with the Mystics - Poetry of Rainer Maria Rilke** **Leader:** Margaret Ives **Venue:** Friends Meeting House, Elliot Park, Keswick **Contact:** Bob Morley 016974 72644 rgm1@live.co.uk **Cost:** £5 Drinks provided, please bring your own lunch

**Saturday 13 February 10:00 for 10:30-16:00. A Quiet Day With The Oblates of the WCCM** **Venue:** Bolton Road Methodist Church, Bolton Road, Bury, BL8 2NZ **Contact:** Angela Gregson:- Tel. 01706 563 024, Email rydal2814@yahoo.co.uk **Cost:** Donation £7.00 Bring own lunch. Refreshments provided.

**Friday 4 March – Sunday 6 March 2016. The Hying Retreat - Mandalas, Mindfulness, Images of God and Self** **Leader:** Jeff Thomas **Venue:** Monastery of Our Lady of Hying, LA5 9SE **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm **Cost:** £125.00 (residential)

### East Midlands

**Saturday 18 June 2016: 10:30 for 11:00-16:00. Why Meditate? - Finding Depth in your Prayer Life** **Leader:** Liz Watson **Venue:** Parish Centre, Church of St Peter and Paul, Skellingthorpe Road, Lincoln, LN6 7RB **Contact:** Peter Short 07748611175 petershort03@gmail.com **Cost:** Suggested Donation: £10.00; Catering: Drinks provided, please bring your own lunch

### Southwest England

**Saturday 16 April 10:00-16:00. The Way of Meditation : Roots in the Desert** **Leader:** Liz Watson **Venue:** St Mary's Parish Hall, Magdalene Street, Glastonbury BA6 9EJ **Contact:** John Roberts 01458 832704 john.wilcott@gmail.com **Cost:** Suggested £10 donation Lunch : Bring your own/local cafes - tea and coffee provide

**Thursday 14 July or Friday 15 July to Sunday 17 July Silent retreat** **Venue:** Brownshill, near Stroud Details see website:  
<http://www.christianmeditation.org.uk/whats-on/>

**Friday 30 September evening - Sunday 2 October lunch South West Contemplation and Community Retreat** **Venue:** Sheldon, near Exeter Details see website: <http://www.christianmeditation.org.uk/whats-on/>

### 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.

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

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

**The Meditatio Centre** St Marks, Myddelton Square, London EC1R 1XX  
 Tel: 020 7278 2070 meditatio@wccm.org www.wccmmeditatio.org

#### Regular events:

**Weekday 13.00–13.30: Meditation** – All welcome

**Mondays 19:00–19:30: Meditation**

**Mondays 19:30–21:00: Yoga.** 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 16 April 11:00-16:00. Eastertide Reflection** - A day of deepening our practice of Christian meditation in the light of the resurrection **Leaders:** Rev Graeme Watson and Eileen McDade **Cost:** Suggested donation £10 which includes lunch.

**Saturday 4 June 11:00-16:00. Reaching out again! What is this Christian meditation about?** - Bring a friend or colleague along to discover or re-discover the gift of Christian meditation. **Leaders:** London coordinators Eileen Geoff and Graeme **Cost:** There is no charge but bring some lunch to share, but not too much!

**Saturday 8 October 11:00-16:00. London group leaders' meeting** **Leader:** A Growing Community led by Liz Watson - Bring your joint leaders and potential group leaders to this day **Cost:** Suggested donation no more than £5 as a contribution to lunch.

**Saturday 26 November 11:00-16:00. Towards Advent** – Exploring Advent contemplatively through poetry and hymns - Bring your favourite poem or hymn. We shall be reflecting on Advent and Christmas through our favourite poetry and hymns **Leaders:** Rev Graeme Watson and Eileen McDade **Cost:** Suggested donation £10 which includes lunch.

## Events

### 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 January: Follow the star

3 February: Happy are those who know they are spiritually poor

3 March: Happy are those who mourn

6 April: Roll away the stone

4 May: Happy are those who are humble

1 June: Happy are those whose greatest desire is to do what God requires

6 July: Happy are those who are merciful to others

3 August: Happy those who are pure in heart

7 September: Happy are those who work for peace

5 October: Happy are those who are persecuted because they do what God requires

2 November: Love your enemies

7 December: God is with us

**Silence in the City** See [www.silenceinthecity.org.uk](http://www.silenceinthecity.org.uk) for the programme, or contact [info@silenceinthecity.org.uk](mailto:info@silenceinthecity.org.uk). 020 7231 6278 or 020 7252 2453. Unless stated otherwise all talks are at: Westminster Cathedral Hall, London SW1P 1QH. Pre-booking is necessary.

The World Community for  
Christian Meditation in the UK



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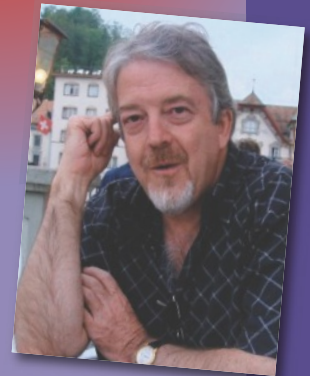
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ANNUAL CONFERENCE

Led by:

**DAVID TACEY**

For more information visit  
[christianmeditation.org.uk](http://christianmeditation.org.uk)  
or contact:  
Jacqueline Russell  
[jacqrussell3@gmail.com](mailto:jacqrussell3@gmail.com)  
01296 488450 (office hours)



## 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

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**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](mailto:uk@wccm.org)**



Friday April 29<sup>th</sup> to  
Sunday May 1<sup>st</sup> 2016

## Meditation in a Time of Loss: a Retreat

With Liz Watson  
and Henriëtte 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 programme as well as the possibility to reflect and engage with others or take some time out for yourself. We can also join the monastic community for Mass on Sunday morning.

Cost: £155.00

For further information and booking please contact:  
Henriëtte Hollaar phone: 020 8579 5911  
email: [henriettehollaar@gmail.com](mailto:henriettehollaar@gmail.com)

## Contacts

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### Keeping In Touch

If you would like to ...

- Receive Meditation News by email or post
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