



Meditation News

Newsletter of The World Community for
Christian Meditation in the UK

SPRING 2016

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 020 8280 2283

The World Community for
Christian Meditation in the UK



GOING TO THE HEART OF THE MATTER

Must all religious people now be
mystics?

9-11 SEPTEMBER 2016

Led by: **DAVID TACEY**

Kings Park Conference Centre,
Northampton NN3 6LL

Cost £175 shared room, £225 single.

Day visitor £75 (Saturday only)

For more information visit

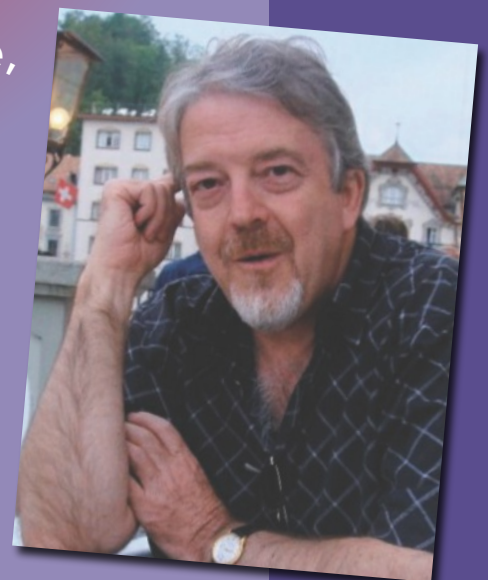
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jacgrussell3@gmail.com

01296 488450 (office hours)

ANNUAL CONFERENCE



Community News



**We've
moved...
but not
too far!**

From the 1st April the UK office moved premises to:

**Lido Centre,
63 Mattock Lane,
London,
W13 9LA.**

Please send any correspondence to this new address.

The new phone number is: **020 8280 2283**

The email address remains: **uk@wccm.org**



The World Community for Christian Meditation
in the UK

Essential Teaching Weekend

With Eileen McDade, Geoff Waterhouse
& Graeme Watson

The Emmaus Centre

Friday 19 - Sunday 21 August 2016

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 by teachers in the community illustrate the place of meditation in the contemplative tradition, the essential aspects of our practice and the psychological aspects of the journey.

The style of the weekend is relaxed and informative and takes place at The Emmaus Centre in West Wickham, Kent. The accommodation is in single rooms with shared bathroom facilities. Situated in lovely Kent countryside close to Bromley.

Cost: £175.00

inclusive from Friday 3pm (registration) to Sunday after lunch.

To apply email: jacqrussell3@gmail.com
or phone 01296 488450 (office hours only please)

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The School of Meditation

HOPE FOR THE FUTURE

Meditation in Schools



A Meditatio Seminar
Wednesday
29 June 2016
9.00 am – 4.00 pm
Registration from
8.15 am
Heythrop College,
University of London,
Kensington Square,
London W8 5HN

There has been a remarkable response from schools to the practice of meditation. The Seminar will bring together teachers, religious leaders and others who will share how they have introduced meditation in schools and their hopes for the future. Practical and sustainable ways and resources will be offered.

**Speakers – Dr Rowan Williams ,
Fr Laurence Freeman OSB & Others**

Registration Details

Cost £90.00 includes lunch

Early Bird registration before 1 April 2016: **Cost £75.00**

Concessions offered – please apply by email

Book Online:

<http://bit.ly/meditatio-hopeforthe-future-register>

or Email: meditatio@wccm.org or Tel: 020 7278 2070



Outreach of
meditatio
The World Community for Christian Meditation



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Christian Meditation in the UK

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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 2016) issue:
1 June 2016**

UK Annual Conference 2016: An interview with David Tacey

David Tacey is Emeritus Professor of Humanities at La Trobe University, Melbourne, and Research Professor at the Australian Centre for Christianity and Culture, Canberra. He is an interdisciplinary scholar and public intellectual who has written extensively on spirituality, religion, youth experience and mental health.

David grew up in central Australia alongside Aboriginal cultures, and has a life-long interest in indigenous issues. He has written on Aboriginal spirituality and on the suicide epidemic in Aboriginal cultures.

He completed a PhD in literature and psychoanalysis at Adelaide University and undertook post-doctoral studies in psychology and religion in the United States on a Harkness Fellowship.

He is the author of fourteen books, including: *Religion as Metaphor: Beyond Literal Belief* (2015); *The Darkening Spirit: Jung, Spirituality, Religion* (2013); and *The Spirituality Revolution* (2004). His books have been published internationally and translated into Chinese, Korean, Spanish, Portuguese and French.

In September David will lead the 2016 Annual Conference: *Going to the Heart of the Matter – Must all religious people now be mystics?* We asked him some questions...

Q: You gave the John Main Seminar in New Zealand in 2015. How did you respond to your first encounter with WCCM?

A: I enjoyed the experience very much, as I knew I would. I like being around people who meditate and take the inner life seriously, as that is the wavelength I am familiar with. It also takes people deeper into the heart, and after a lifetime spent in universities, where people are mostly cognitive and conceptual, it makes me feel at home.

I had crossed paths with Laurence Freeman several times before, and admired his vision and energy, and it was a pleasure to work with him in a retreat setting.

Q: Who have been the most important influences on your thinking over the years?

A: I think the most important influence on my life was my grandfather, a mystical kind of man from Ireland. His family emigrated to Australia because they were having trouble surviving in Ireland, and were barely scratching a living from the land. They came out to find gold; no gold was found, but they stayed. In fact, they were too poor to pay their way back!

The second most decisive influence on my life was contact with Aboriginal people. We moved to Alice Springs in central Australia and although I was young I immediately sensed the spiritual depth and integrity of indigenous people. They impacted on my experience profoundly, and their receptivity to nature, land and people, which they refer to as *dadirri* (deep listening)

changed my life and made it richer. I was delighted to see that Father Laurence speaks about *dadirri* in his talks on the inner life.

Q: The conference in September is subtitled 'Must all religious people now be mystics?' What do you mean by the word 'mystics' there?

A: The subtitle '*Must all religious people now be mystics?*' is from Iris Murdoch in one of her books on metaphysics and morality. What she means is that religion has fundamentally changed in Western societies. It was once about belief in revealed truths and scriptures, based on the authority of the churches and passed on from one generation to another.

There is a sense in which that is no longer the case. The churches have lost much of their authority, as the world gets increasingly secular and disbelieving. So religion has to dig deeper, so to speak, and touch us in other ways. Instead of 'belief', we now look to experience to guide us. What this experience is is different for different people, but faith requires more than external authority and tradition; it needs an inner life, an inner glow. This touches on the realm of mysticism, insofar as mysticism is based on the experience of the sacred. But let's keep the word 'mystics' in inverted commas! When I use this term, it is almost tongue in cheek in some ways, but it can be suggestive.

In the past, we received sacraments, rituals and directives through the mind and head, and if we were lucky, these filtered down to the heart over time. Some of us were thus able to verify what we had been taught by our experience. But today this works in reverse: now we need to have some experience to justify believing anything at all. With tradition becoming weaker and authority waning, many of us have to start with the heart, rather than the head.

Faith is harder to obtain, but when we get there, it is genuine and true, and it will stay with us through thick and thin. So there are advantages to the present situation, precarious and challenging though it is. If faith is lit from within, instead of from without, it lives in our hearts as a presence which can light our way. I see this as returning to the situation of the early church, first century.

Q: Who is your favourite mystic?

A: My favourite mystic is Meister Eckhart, whose work I read and re-read. Although centuries old, he speaks almost uncannily to our need today to find the sacred at the depths of our common experience. He finds the extraordinary in the ordinary, and I feel that is what we are called to do today. At least, that is my calling, and I try to carry it out as best I can.



Eileen Byrne 1933-2016 – WCCM Patron

This is an edited version of the eulogy delivered at Eileen's funeral at Wimborne on 18th February 2016, put together by one of her nephews Matthew Parfitt.

Eileen Byrne was an artist, a teacher, a contemplative, and a much-loved sister and aunt. She was a great influence on me, as well as many, many others. For someone who took vows and entered a convent in her twenties, (the Notre Dame de Sion order in 1959) her life was surprisingly varied and rich, but she never abandoned her basic calling: she followed where the Spirit led her, along a zigzag path that drew her ever closer to the still point at the centre, her true home.

She lived in six different countries: England, France, Italy, Israel, Canada, and the United States. She had good friends all over the world. Though not in every respect fearless (she hated flying), she was never afraid to start afresh in a new place because she had a deep trust in God and her fellow humans, and her own



The Byrne sisters as children. From left: Teresa, Kathleen, Eileen, and Mary.
About 1943

resourcefulness. Her needs were not great: though she enjoyed the creature comforts — in modest quantities —, she never sought to accumulate things.

During her childhood Eileen came down with scarlet fever, and spent six weeks in an isolation hospital in Banstead. Her sister, Mary, remembered the day she came back home: "When I arrived home, full of excitement, Eileen was sitting on the dining room floor, not moving, just staring into space. It took her several days to start talking and playing again and she suffered the after effects of the separation for a long time. One of those was that she was always homesick if she went away on her own for the night to stay with friends." I (Matthew) never thought to ask Eileen about it, but I wonder how that experience might have influenced her choices in later life: she seemed to relish solitude and companionship equally.

As Sister Marie-John she was based initially at Acton Burnell, the Notre Dame de Sion convent school in Shropshire. There she taught art to the girls, oversaw the novices, and made stained glass and pottery. Later, Eileen lived in convents in Rome, Paris, Nazareth and, shortly after the Six Days War, Jerusalem.

Eileen's life took a decisive turn when she returned to England, and was living with a small group of nuns in Ealing. Nearby, Fr. John Main had established a

Benedictine community based on Christian Meditation and Eileen became a member of his first Christian Meditation group and began to practice daily.



Eileen Byrne with Matthew Parfitt on her birthday May 2015

Around this time, we (the Parfitt family, that is her sister Mary,

brother-in-law Tony and six children who had emigrated to Canada) began to see more of her when she came to Canada to spend summers teaching art at Camp Kinkora, a family camp in the Laurentian mountains, run by the Diocese of Montreal. After a few years, she moved permanently (permanently by Eileen's standards!) to Canada. And when Fr. Main and Brother Laurence Freeman decided to start a new priory in Montreal, Eileen helped to facilitate the move and arrange things with the Bishop.

Even then, I felt very lucky to have Eileen nearby, just a bus ride away, our only relative on that side of the ocean. There were six of us, all teenagers or young adults, and she took great interest in each of us as individuals. Each of us felt like our relationship with her was unique and special. She would give us her full attention and time, inviting us to see a film or eat dinner with her singly, never treating us as a mob of kids, but as separate individuals with particular gifts and aspirations. We each felt we had a mentor in her, encouraging and sympathetic and kind.

She had a great sense of humour, always quick to laugh. I always laughed when I was with her. Canadians tended to expect a nun from England to be prim and proper and



Eileen with Teresa and their parents, Stuart and Winifred Byrne.

Eileen Byrne continued from page 4

pious, and were usually relieved and disarmed when she proved to be down-to-earth and funny — and could laugh at herself too.



Mary Parfitt and Eileen, 1971, at Sion Convent in France.

In 1976, she officially cut her ties with the Sisters of Sion, and became an associate of the Benedictine community. A few years later, she began a new chapter when she moved to New York, with no particular prospects. But she'd been painting portraits in Montreal, and wanted to see if she could make a go of it in New York. So she found an employment agency and asked for a job.

The first one didn't

work out, but the second certainly did: she became caregiver for the children of Kenneth Tynan's widow, Kathleen, on Manhattan's Upper West Side. We would hear stories about the movie stars and celebrities that she met at the Tynan's: often they found her all the more charming because she had no idea who they were! But she became devoted to the Tynan children, Matthew and Roxana, and they to her.

Fr. Laurence Freeman moved the World Community's headquarters back to London after John Main's death, and Eileen too moved back to England, and for several years ran the guest accommodation at the headquarters of the World Community for Christian Meditation in Kensington. After retiring in 2005, she continued to paint and lead meditation groups in the various places she made her home.

More than anything else, Eileen devoted her life to prayer — and for the last 40 years to Christian Meditation. She taught or introduced Christian Meditation to me and to many others, and supported and encouraged us in daily practice. And she was a committed practitioner herself. It became central to her way of life and her faith. Sitting in silence and stillness, listening to the mantra and the breath, letting go of thought, tuning into the joy and love at the centre of creation, she found her true home in a present and a Presence beyond this life and this death.

This is how Eileen wanted to live and how she did live — very faithfully and fearlessly. But I will miss her beautiful smile with her head tilted to one side, her laughter and her bright eyes. Rest in peace, Eileen. Maranatha.

Matthew Parfitt

Tribute to Eileen Byrne

In 1988-9 I took on the role of Director of the Christian Meditation Centre in Campden Hill Square in London and after a few years Eileen took over as Director from me. In the years following I continued to work spreading the teaching of John Main in Gt Britain and Ireland and came to know Eileen as a dear and valued friend.

She had some wonderful gifts of mind and heart, to say nothing of her culinary efforts which delighted so many community members and visitors to the Campden Hill Centre. Her great strength was in her even tempered personality as well as her cheerfulness and inner peacefulness; a fruit of her meditation practice.

In thinking of Eileen's death and the loss to us I am reminded of this quote by the Scottish poet Thomas Campbell 'to live in the hearts of those we have left behind is not to die'. Eileen's greatest gift to us was the gift of her friendship, the generous gift of herself to others and her love. Her beautiful spirit lives on in our hearts.

Paul Harris, Ottawa, Canada.

Be Passers By

*Jesus said, "Be Passers By".
What did he mean?
Is this love in action?
Do we 'pass by' on the other side?
Ignoring the other?
Be sure, this is not so.
For we are in relationship
With all there is around,
Aware, though mostly not.
So maybe it means
Be Love at this moment
Whatever we encounter.
But then let go (this is so hard)
To love at the next moment,
Paying full attention to
Whatever comes our way next.
"Do not cling to me" — so hard for Mary
To let go of the lovers' touch.
What we need to realise is, that
Love once given stays eternal.
Letting go is not rejection —
That's the ego's tricks —
Not the selfish claws clung tight
Or the leech's draining grip.
'Tis a release into freedom
For all to love the more.
And when we ourselves pass by
Through death's dark vale to life
We know the love is always there.
And the ones we have passed by
We hope they know this too.*

Bob Morley, September 2015

Meditation Practice

Christian Meditation as a way to practice Step Eleven in a Twelve Step Programme

I am certain that I came to meditation and keep coming because I am a recovering Alcoholic. Without any doubt the Twelve Step Programme of Recovery is the most powerful spiritual directive in my life. The alcoholic me, opinionated and arrogant, would have rejected Christian Meditation because of 'Christian' in the title. I might easily have rejected the twelve steps which certainly saved my life, for a similar reason. However, like so many other alcoholics I was given 'the gift of desperation' which stripped away my arrogance leaving me bare. This rock bottom made me willing to pick up suggestions and take actions that I would have dismissed before.

The programme of AA consistently describes the twelve steps as spiritual and living a full life sober, (as opposed to abstinent) as a spiritual life. To get and stay sober I had to admit my powerlessness, abstain from my addiction and ask for help and guidance. It was tough to face my responsibility, even tougher to admit my wrongs not just to God but to another human being. I was desperate, which helps, and willing to silence the inside voice shouting 'yes but...' I had to face my responsibility squarely, stop blaming others and get right sized. Though it was difficult and it hurt, I could do it because I was supported by the unimaginable love found in Twelve Step meetings. I believe that this work began the shift from head to heart thinking and is precisely how I opened up to healing my spirit. This is fundamental to my belief in meditation as an important way of letting God, as I define God, into my life. It is because I am damaged that I let the light in. I find (or perhaps I want to find so I do) that great spiritual leaders know this and spend more time with the damaged than those who seem to get it right.

The penultimate step in AA states that to achieve lasting sobriety and to grow spiritually, "we sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out".

After nine or so years of sobriety I still practise this step by beginning my day with prayers found in the Big Book. The Big Book talks about the difference between asking or affirming, and listening, but I didn't know how to switch my brain off. Like so many others I felt I ought to try 'meditation'. It was certainly fashionable. By then I had a group of AA friends whose sobriety I admired, and from the beginning I had totally embraced the suggestion 'if you want what I have, then do what I do'. So my first introduction to meditation came when I went

with a group of friends to Cockfosters to hear a Father Laurence. I had no idea what to expect.

At my school, the head teacher always ended daily assembly with the words, "be unafraid, and with a quiet mind". I have no idea if these words were hers or taken from somewhere, but they have stayed with me for fifty years. I dreamt of realising this simple hope but it seemed beyond my reach. My relationship with my mind, was like having a permanent shadow. I spoke about 'it' as separate from me. I had driven it very hard to achieve what I thought I wanted. It was critical, demanding and for ever on an 'ought to' pilot. I was

attached to 'it' but it never switched off, and it often seemed punishing and cruel (to the 'other' me) and to others. I wanted to quieten this mind to allow room for something more loving to flow in. I saw how meditation offered a practice that might still the thinking side of me, so that love would have 'root room' and

heal my brokenness .

I immediately liked what Father Laurence said about using a mantra. He said that as we couldn't detach or uncouple this saboteur-mind a solution was to keep it occupied by giving it an exercise of silently repeating a word. I completely got that.

My friends had the idea of a weekly meditation group using Christian meditation as the umbrella while incorporating the Twelve Step programme of recovery in its core. All would be welcome, but it was conceived primarily as a weekly meditation group for people in recovery. I have found that people in recovery demonstrate the listening skills, are open minded and understand the healing power of attention and the importance of being faithful to a practice. These are all assets for new meditators. We have been truly blessed in finding a venue that provides the perfect atmosphere and where we are loved and welcomed.

I attached myself to this new 'band of brothers' . I went because I wanted what they had. I felt safe. I cannot emphasize the importance, for me, of starting this journey 'together'. I still prefer to meditate in a group. We have evolved a format that includes 'faith sharing' after meditation and this part begins with a reading from a collection of thoughts by Bill W. We built this in from the outset. At this time we share about the tape we have played, or anything that has come up in meditation.

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Step Eleven continued from page 6

This regular, but ever changing, group is the anchor to my meditation practice. It recharges my enthusiasm and is a safe place to talk of my anxieties. I am not alone. 'We can do what I can't' is fundamental to Twelve Step recovery. We learn to listen to each other in AA meetings, and we do the same in our weekly Meditation group. Without this weekly support, I would find it very hard to be faithful to a daily practice. There has been a group held on the first Sunday of every month at Meditatio House in Ealing. We now include a yearly residential weekend, and this year we are attempting a silent retreat. This will be my first. I smile when I read the title of the retreat which refers to the desert fathers. How I have changed!

I am not the person to say how regular meditation has benefited me. Others see the difference in me. If you ask me why I still do it, I would say 'because the people I want to be like do it'. Of course that is not the whole story. It is a journey and I am on the journey with people I love and respect. I try not to analyse, not to think too much about it. Just 'do it' would be my suggestion and keep doing it, even when you think you are getting nothing out of it because you are; you just cannot see it yourself. Ask those around you. As we say in AA, just 'Let go and let God'.

Sophia W

The 12 Steps of AA: <http://tinyurl.com/aa-12-step>

Meditation Companions

It is a privilege to follow in Anne McDonnell's footsteps to co-ordinate this group. The Companions have all been meditating for many years and so have a wealth of experience to call upon. Their purpose is to listen to those of us who sometimes struggle with our meditation practice – to encourage, to be alongside, and perhaps make suggestions so that we can persevere. It is not uncommon for meditators to stall, whether beginners or old hands, and sometimes it is so helpful to be able to make immediate contact with someone who has experienced this themselves, and overcome it.

As I spoke to all the Companions recently I felt a mixture of delight, admiration and respect for their dedication to the practice as well as being insightful listeners and empathisers. We are just so lucky that Anne started this and they are happy to continue.

If you would like to talk, or write to, a Companion, please contact me and I'll be happy to introduce you.

Sarah Kirkup

Phone: 017683 41258

Email: sarahkirkup140@btinternet.com

'Discipline and Freedom - learning from the Desert Fathers and Mothers'

Retreat leader—Liz Watson

2pm on Tuesday 17 May
until after lunch on Friday 20 May 2016

WCCM – Silent Christian Meditation Retreat
as an 11th Step Practice

Douai Abbey, Woolhampton, Berkshire

Contact Details

Michael 07815 314 518 or May 07768 310 666

Email: 11thStepChristianMeditation@mail.com

£200 per person

Retreat is not associated with the community at Douai Abbey

Picture used with permission

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 Sarah Kirkup
017683 41258
sarahkirkup140@btinternet.com**

Art Exhibition at the Meditatio Centre

‘Re-membering and Becoming’ 6 June - 29 July

Jane Townsend

I had to give the title and an image for this exhibition a long time before I knew what I was exhibiting. When, more recently, I was asked to say a bit about my work I realised what I wanted to say was not so much about

individual paintings as what the exhibition represented to me and the journey I have taken to get to this point. The ‘becoming’ (so far), a marker on my pilgrim’s progress. It is more to do with the creative process, a re-membering of parts of myself, becoming whole and who God wants me to be. For me it is a healing process, one where painting links to meditation, the prayer of the heart.

Whilst I have exhibited with a group, East Finchley Open (www.eastfinchleyopen.org.uk), this is my first solo exhibition. It shows examples of my work from a distinct period of my life - one where I started painting and meditating up until now. It is also a ‘coming out’, both in acknowledging a God given gift and my relationship with God. So it is that WCCM is the most appropriate, safe place to share and explore these ‘be-comings’.

I was brought up and confirmed in the Church of England and taught at Sunday school. I had won prizes for art work as a child but both art and God were off the agenda once I left school and was pushed into the world of work. However, the seeds of a future life had been sown.

I worked as a medical secretary, travelled, worked on a kibbutz and went to art school (and specialized in 3-D design and jewellery). Then marriage, divorce, single parenthood, community arts work, running a charity, counselling and arts psychotherapy training and research work followed.

There were connections to the arts and spirituality through my later work but particularly with my Jungian analyst who worked with dreams. Whilst I no longer see the analyst I still record my dreams and the painting ‘Don’t sit on your Creativity’ references a dream.

However, it was through illness that God found me. I contracted meningococcal septicaemia and the doctors

told my daughter and friend they would do all they could but to be prepared that I would not survive. The thought of dying never occurred to me as I lay in the hospital bed unable to move and in much pain. I hadn’t prayed for a

long time but this was a time when I did!

Clearly I did survive but, due to this infection, I went on to develop M.E./Chronic Fatigue Syndrome. This is where chronology of events becomes muddled and I’ve come to understand that God’s time is very different to calendar/clock time. Initially I was mostly housebound, often bedridden but there was a ‘knowing’ that this was where God wanted me. It was a time of appreciating a simple life and small achievements; the view from my

kitchen window, being able to lift a kettle. It was also a time when my meditation journey started. On my first visit to Burrswood (www.burrswood.org.uk), a Christian hospital and place of healing, a chaplain suggested I meditate twice a day. Burrswood is set in beautiful grounds and inspired paintings like ‘Walk with Me’ and ‘Reflections’.

My analyst told me of WCCM and pointed me in the direction of a meditation group. A phone call to the WCCM office arranged support for me to get to a Quiet Day Father Laurence was giving at Southwark Cathedral. Friendships and the ‘monastery without walls’ began to become a reality.

There has been much opportunity for reading/study but also of writing - keeping a journal and poems appeared e.g. ‘Winter Moon Time’ (poem and painting).

There have, and continue to be, many struggles and dark nights of the soul but help can be reflected in paintings; ‘Trust in Me’, ‘Find Me in the In-between’, ‘Which direction?’.

This period of time has often felt like an extended retreat, a withdrawal from the world and a gradual re-entry.

Thank you Lord.




GOODNEWS
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Lido Centre, 63 Mattock Lane, London, W13 9LA

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

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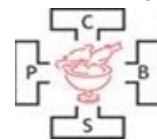


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Declaration: I wish the Christian Meditation Trust (UK) to treat this gift and any donations made by me in the previous four years and any donations made by me in the future as Gift Aid donations. I am resident in the United Kingdom. I have paid/will 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 2283 uk@wccm.org

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. Leader: Father Laurence

Venue: Monastery of Christ our Saviour, Turvey, Bedfordshire MK43 8DH **Contact:** Angela Gregson - rydal2814@yahoo.co.uk – more details will follow in due course

Quarterly Oblate Community Day. Saturday 23 April

10:30 - 16:30. Venue: Please confirm the venue
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: Meeting on **Monday 13 June 14:00-16:00.**

Contact: Julia Bee at julia@life-encounter.com 07929618004 for details.

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

Berkshire: Meeting on **Wednesday 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.

Keeping In Touch

If you would like to ...

- Receive Meditation News by email or post
- Receive the monthly events bulletin by email
- Find out about meditation groups in your local area
- Find out about the Lone Meditator Network

Visit: www.christianmeditation.org.uk

Email: uk@wccm.org

Or contact:

WCCM UK Office
Lido Centre, 63 Mattock Lane, London, W13 9LA
Tel: 020 8280 2283

Events

Please check the Christian Meditation UK website for changes or additional events:
//tinyurl.com/cmuk-event

National

Friday 9 to Sunday 11 September UK Annual Conference: Going to the Heart of the Matter - Must all religious people now be mystics? **Leader:** David Tacey
Venue: Kings Park Conference Centre, Northampton NN3 6LL **Contact:** Jacqueline Russell jacqrussell3@gmail.com 01296 488450 office hours **Cost:** Shared room - £175 per person; Single occupancy - £225; Saturday day rate - £75

School of Meditation Events:

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

Friday 19 August to Sunday 21 August. School of Meditation Essential Teaching Weekend. Leaders: Eileen McDade, Geoff Waterhouse & Graeme Watson **Venue:** Emmaus Centre, West Wickham, Kent, **Cost:** £175.00 inclusive. Accommodation in single rooms with shared bathroom facilities

Thursday 3 November to Thursday 10 November. School of Meditation Retreat. Leaders: Stefan Reynolds with Terry Doyle **Venue:** Brownshill Monastery, Stroud, Gloucestershire GL6 8AL **Cost** per person £475.00 inclusive. Limited bursaries available, please enquire.

Southeast England

Friday 29 April to Sunday 1 May. Meditation in a Time of Loss: a Retreat. Leaders: Liz Watson and Henriëtte Hollaar **Venue:** Monastery of Christ our Saviour, Jack's Lane, Turvey, Bedford MK43 8DH **Contact:** Henriëtte Hollaar 020 8579 5911 henriettehollaar@gmail.com **Cost:** £155 See notice on page 11.

Tuesday 17 May to Friday 20 May Silent Christian Meditation Retreat as an 11th Step Practice - Discipline and Freedom - learning from the Desert Fathers and Mothers. Leader: Liz Watson **Venue:** Douai Abbey, Woolhampton, Berkshire **Contact:** Michael 07815 314 518 or May 07768 310 666 11thStepChristianMeditation@mail.com **Cost:** £200 per person. Closing Date for applications: 2 May 2016 See notice on page 7.

Friday 20 May to Sunday 22 May. An Open Path: A Way Which Is Not a Way - Retreat with Meister Eckhart. **Leader:** Brijji Waterfield **Venue:** House of Prayer, 35 Seymour Road, East Molesey, Surrey KT8 0PB **Cost:** £140 - Advance booking essential
Contact: info@christian-retreat.org 020 8941 2313

Friday 10 June to Sunday 12 June. Being Present- A meditation retreat to discover the stillness at the heart of every moment. **Leader:** Liz Watson **Venue:** House of Prayer, 35 Seymour Road, East Molesey, Surrey KT8 0PB **Cost:** £140 - Advance booking essential **Contact:** info@christian-retreat.org 020 8941 2313

Saturday 1 October 2016 10:30 - 16:00. Fully Alive. Leader: Kim Nataraja **Venue:** House of Prayer, 35 Seymour Road, East Molesey, Surrey KT8 0PB **Contact:** E: brijji.waterfield@gmail.com or call 07980 581351 **Cost:** £20 Please bring a packed lunch

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 (concessions £10)

Saturday 11 June 2016 10.00 for 10:30 - 15:30. The Hound of Heaven - the Poetry of Francis Thompson. **Leader:** Dr Amina Alyal **Venue:** The Chapel, Leeds Trinity University, Brownberrie Lane, Horsforth, Leeds LS18 5HD **Contact:** Sue Purkis 07702 692117 suepurkis@hotmail.co.uk or Sue Giuntoni 07761 564089 giuntoni@btinternet.com **Cost:** Donation £5. Refreshments provided but bring own lunch

Saturdays 11 June, 9 July and 10 September. Embodied Contemplatives - Christian Meditation and Tai Chi Days. Venue: St Antony's Priory, Durham. <http://www.stantonypriory.co.uk> **Contact:** info@stantonypriory.co.uk or phone 0191 3843747

Monday 27 June to Thursday 30 June. Embodied Contemplatives - Christian Meditation and Tai Chi Retreat. Venue: Ampleforth Abbey, near York YO62 4EN <http://www.ampleforth.org.uk> **Contact:** Hospitality & Pastoral pastoral@ampleforth.org.uk 01439 766486

Saturday 24 September. Embodied Contemplatives - Christian Meditation and Tai Chi Day. Venue: Ampleforth Abbey, near York YO62 <http://www.ampleforth.org.uk> **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486

Wednesday 26 October. Embodied Contemplatives - Christian Meditation and Tai Chi Day. Venue: Minsteracres Retreat Centre, Minsteracres, Consett DH8 9RT <http://www.minsteracres.org> **Contact:** 01434 673248

Friday 28 October to Sunday 30 October Embodied Contemplatives - Christian Meditation Silent Retreat. Venue: Ampleforth Abbey, near York YO62 4EN <http://www.ampleforth.org.uk> **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486

Northwest England

Saturday 7 May: 10:00 for 10:30-15:30. John at the foot of the cross - A Quiet Day. **Leaders:** Rev'd Canon Cameron Butland, the Bishop's Chaplain and Deirdre Hannah **Venue:** St Mary's Church, Church Street Dalton-in-Furness, Cumbria LA15 8AZ **Contact:** Alison MacMahon 01229 343621 ally-mac@hotmail.co.uk

Friday 14 October to Sunday 16 October. Obedient to Love - looking at the links between the prayer of St Anthony of Egypt, the Desert Mothers and Fathers and our meditation practice today. **Leaders:** Cameron Butland with Terry Doyle **Venue:** At the Briery Retreat Centre, Ilkley **Contact:** 01204 811050 lesley.easterman@btinternet.com

East Midlands

Saturday 18 June: 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

Saturday 7 May 10:00-14:00. Quiet day Leader: Geoffrey Barton. **Venue:** The Quaker Meeting House, Devizes, Wiltshire **Contact:** Jeanne mailto: jeanneblowers@virginmedia.com. Bring something to share for lunch.

Saturday 21 May 10:00 for 10:30 - 15:30. Let Your Inner Self Grow Strong (Ephesians 3: 14-21). Leader: Sr. Anna O'Connor **Venue:** House of the Open Door, Childswickham House, Childswickham, Broadway, Worcestershire WR12 7HH **Contact:** Barbara Jones 07957 945421 bar_demi@hotmail.co.uk **Cost:** £20 (includes lunch)

Saturday June 4. The spirituality of Teilhard de Chardin. Speaker: Ursula King **Venue:** St. Alphege's Hall, Bath **Contact:** Roger Layet 01275 463727 bristol@christianmeditation.org.uk

Thursday June 16. Meditation and Meal - Bristol/Bath region's annual bring and share supper. **Venue:** Clifton Cathedral, Bristol **Contact:** Roger Layet 01275 463727 bristol@christianmeditation.org.uk

Monday 28 November 2016. Quiet Day Leader: Beth Parfitt. **Venue:** Abbey House, Glastonbury

Events

London

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 10:00–12:00: Yoga and Rolf Movement Class
Fridays 10:00 – 11:30 Yoga and Meditation

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 23 April 10:30–16:30. Marginal Christianity – Three Visions of Radical Renewal. **Leader:** Mark Burrows **Cost: £30 Concessions £20** Please bring a packed lunch. Coffee and tea provided.

Thursday 28 April 18:30–21:00. Rumi – The voice of the Heart. **Leader:** Duncan Mackintosh **Cost £15 Concessions £10/** Light refreshments provided

Saturday 7 May 10:30–16:30. Body, Mind and Wholeness. **Leader:** Josephine von Zitzewitz **Cost £25 Concessions £15** Please bring a packed lunch. Coffee and tea provided.

Thursday 12 May 18:30–21:00. Kabbalah and Meditation – An Introduction to Jewish Mysticism. **Leader:** Prof Les Lancaster **Cost £15 Concessions £10** Light refreshments provided.

Saturday 14 May 10:30– 16:30. Contemplation and Scientific Horizons in our Time. **Leader:** Diarmuid O'Murchu **Cost £30 Concessions £20** Please bring a packed lunch. Coffee and tea provided.

Thursday 19 May 18:30-21:00. Breath of Breaths. All is Breath: The Contemplative Dimension of Hebrew Wisdom Literature. **Leader:** Monica Cardona **Cost £15 Concessions £10** Light refreshments provided.

Saturday 21 May 10:30–16:30. Meditation and Addiction: A Daily Reprieve. **Leaders:** Lynda Kaye, May Nicol & Terry Doyle **Cost £25 Concessions £15** Please bring a packed lunch. Coffee and tea provided.

Thursday 26 May 18:30–21:00. Making Time for Matter, Mind and Spirit. **Leader:** Prof Bernard Carr **Cost £15 Concessions £10** Light refreshments provided.

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!

Wednesday 8 June 18:30–21:00. Meditating with Meister Eckhart. **Leader:** Anthony Finnerty **Cost £15 Concessions £10** Light refreshments provided

Saturday 11 June 10:30–16:30. Celtic Spirituality: I Arise Today. **Leader:** Antonia Lynn **Cost £30 Concessions £20** Please bring a packed lunch. Coffee and tea provided.

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

Wednesday 22 June 18:30–21:00. Music and Meditation. **Leader:** Liz Bradley & Ken Aiso **Cost £15 Concessions £10** Light refreshments provided.

Saturday 18 June 10:30–16:30. Hildegard of Bingen: Visions of the "Living Light". **Leader:** Julie Hopkins **Cost £30 Concessions £20** Please bring a packed lunch. Coffee and tea provided.

Wednesday 29 June 9:00–16:30. Hope for the Future: Meditation in Schools. **Venue:** University of London, Kensington Square, London W8 5HN See page 2.

Saturday 9 July 10:30–16:30. Teilhard de Chardin: Living in the Divine Milieu. **Leader:** Prof Ursula King **Cost £30 Concessions £20** Please bring a packed lunch. Coffee and tea provided.

Special events (continued):

Thursday 8 September 18:30-21:00. Ecology and Spirituality. **Leader:** Prof David Tacey **Cost £15 Concessions £10** Light refreshments provided.

Saturday 17 September 10:30–16:30. Asymmetry of the Brain and Human Meaning. **Leader:** Dr Iain McGilchrist **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.

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

Silence in the City See www.silenceinthecity.org.uk for the programme, or contact 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.



**Friday April 29th to
Sunday May 1st 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

Contacts

Action Group

Administration: Roisin Williamson—020 8280 2283 ukadmin@wccm.org.uk
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 ukmeditationwithchildren@wccm.org
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 Julie Roberts—01458 832704 julie@inspired.uk.net

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 geoffwaterhouse@f2s.com

Stop Press...

**From Friday 8 April Meditatio House has moved to:
 10 Cloudesley Square,
 London N1 0HT**