



# Meditation News

Newsletter of The World Community for  
Christian Meditation in the UK

WINTER 2017

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The World Community for Christian Meditation in the UK

## ANNUAL CONFERENCE

# *The Horizon of Christ*

LAURENCE FREEMAN OSB

16–18 JUNE 2017

High Leigh Conference Centre, Hoddesdon EN11 8SG

Cost £175 shared room, £225 single.

Day visitor £75 (Saturday only).

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)

## Community News

### Listen to the depths within your own heart

A day on Thomas Merton with Bridget Hewitt organised by groups in Dorset on 1st October 2016.

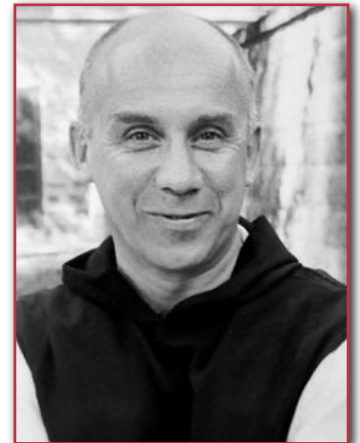
Meditation is, by its very nature, a uniquely personal and individual activity. There is however much to be gained from meditating within a group and more so from attending a day such as the one led by Bridget Hewitt (a member of the WCCM) on the teaching of Thomas Merton. Bridget was an excellent speaker, her enthusiasm for the writings of Merton was infectious and the depth of her knowledge was incredible. Information about Merton's life and works was interspersed throughout the day with contemplative activities and periods set aside for meditation.

The activities included a 'Lectio' style study of one of Merton's teachings where, in silence, we became aware of the words which were speaking directly to us. The passage Bridget chose for this spoke of a 'cosmic dance' wherein by taking God seriously we were somehow freed from our own 'self-importance' and 'tragic seriousness' to a life of 'joy and spontaneity'. There was also the chance to share our responses and we began to consider how these teachings would relate to present day situations such as the war in Syria.

For me, one of the most enlightening activities of the day was when Bridget gave us all a photograph of a countryside path to reflect on as if it were our own life's journey. Mine showed a rocky foreground stretching down towards a dark and foreboding wood – frankly a rather depressing outlook. Thankfully, as the exercise was opened out for discussion a fellow meditator noted that while our pictures may show where we were going they could just as easily be photographing where we had been. It was with some relief that I could then imagine myself glancing back to where I had already walked before heading onwards and upwards on my way.

In many ways, we learnt that Merton himself had trod quite a rocky path before turning to the monastic life. From someone who had categorically stated in his younger years "I believe in nothing" Bridget introduced

us to a man who came to live in 'awareness of the cosmic dance' and to move 'in time with the Dancer'. By the end of our Meditation Day we had come to discover someone who recognised the depths within the human heart and who was able to profess the belief: "Our real journey in life is interior: it is a matter of growth, deepening, and of an ever greater surrender to the action of love and growth in our hearts"



Lauretta Kerridge

### Reflections for Lent and Eastertide

Fr Laurence writes a daily reflection during Lent which can be used to support your meditation practice or as a Lenten study. Receive these by email by signing up on the WCCM homepage in the *Support for your daily practice* section about halfway down the page: click on *Subscribe Here*, add your details and select *Receive Seasonal Reflections (Lent/Christmas)*.

For Ash Wednesday 2016 Fr Laurence wrote:

*Lent is an opportunity whose meaning we have to recognise before it can prove useful to us. Obviously it doesn't mean drawing attention to ourselves. It does not mean deliberate self-induced pain or hardship any more than an athlete's training is done to hurt. Lent is about improving our spiritual fitness and agility which is achieved by measures of chosen moderation, self-restraint and, with a little innovation, pushing further into the realm of consciousness.*



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

**Editor: Margaret Comerford**

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**Deadline for the Spring 2017 issue  
(events from 1 May): 1 March 2017**

## UK National Council Meeting

Our annual UK Council meeting where Regional and Special Interest Coordinators and Action Group members gather to reflect on the developments of the past year, spend time together as a community and look to the future took place at The Hayes Conference Centre at Swanwick from 18-20 November.

For the past year the UK meditation community has functioned without someone occupying the National Coordinator role and this has worked by delegating some aspects of the role to Action Group members, most of whom have taken on responsibility for a specific area such as Outreach, Events, Communications, Liaison with Regional Coordinators and Special Interest Coordinators, and Meditation with Children.

As someone who has attended the Council for a few years now, it does seem to be a gathering that affects and energises those that come. This year there were some new attendees and one of them shared the following on how she felt: 'After 17 years of meditation, (coming to) numerous conferences and retreats, this weekend I felt I belong to this wonderful family. This family full of love, happiness and caring. This was my first meeting as a regional coordinator and I look forward to the next.'

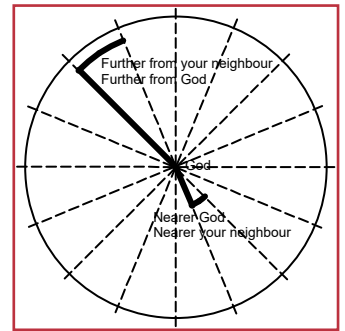
There is something mysterious about what draws one to want to deepen ones involvement with the community, moving from what for many starts as a private, individual practice to a desire to connect with others by meditating together in a group and then moving outward to share the gift with others and wanting to participate and serve the community in some way. There was talk over the weekend on the new WCCM venture, Bonnevaux, near Poitiers in France which will provide an international home and retreat centre for our community. We were fortunate to hear more about it from Andrew Cresswell (currently the Chair of the CMT UK trustees) as he, assisted by his wife Delyth is to become the first manager of the centre. The project has arisen out of considerable reflection about succession planning for the WCCM and how to support the community globally. It will develop into a centre that will facilitate teaching and nurturing of leadership skills in the next generation. It will also provide a home for the Oblate community.

Along with the business items on the agenda this weekend, provision was made for a more contemplative session led by Liz Watson on *The Nature of Spiritual Community* where she teased out what were the features of such a community in contrast to other groupings we may choose to be involved with.

She identified the shared tradition of prayer and the transcendent dimension as very important, the starting with ourselves, of becoming aware of something beyond ourselves but then turning outward to others. Both the individual and the common good was important in


spiritual community. She stressed the mutuality, that in our community as well as looking to a teacher such as John Main and Laurence Freeman, we can all be teachers to each other. She quoted from John Main's *Community of Love* and introduced us (well to me, anyway) to a wonderful concept by a teacher of the 6th century Dorotheos of Gaza which spoke of people travelling in isolation towards a central point and as they approached nearer they also got closer to others on a similar journey or path.

*'Imagine that the world is a circle, that God is at the centre and that the radii are the different ways human beings live. When those who wish to come closer to God walk towards the centre of the circle, they come closer to one another at the same time as to God.'* (Instructions VI.)



During the weekend we shared in Morning and Evening Prayer, in meditation and culminating in a Eucharist led by Graeme Watson on the Feast of Christ of King.

Margaret Comerford



The World Community for Christian Meditation  
in the UK

### Essential Teaching Weekend

With Eileen McDade, Geoff Waterhouse  
& Graeme Watson

The Emmaus Centre

**Friday 21 - Sunday 23 April 2017**

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](mailto:jacqrussell3@gmail.com)  
or phone 01296 488450 (office hours only please)

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## Noggs Barn: “At the still point of the turning world”

These words from T S Eliot’s *Four Quartets* are written in flowing script over the long wall of glass which makes up one side of Noggs Barn. The barn itself is a modern construction envisioned and then built by Mark McDonnell and his late wife Anne. Set in the countryside a few miles west of Norwich, it is a place full of light, gently defined by open spaces, plain surfaces and simple natural materials. Above all, this is a place of welcoming silence and peaceful hospitality, reflecting the “still point” of its adopted mantra, and recognising that this place of stillness also exists at the heart of each and every visitor to Noggs.

Anne died on November 1st, 2015. She had for many years been the WCCM regional coordinator for East Anglia. After the Barn was completed in 2007 (some months after a blessing and Eucharist conducted by Father Laurence when it was still half-built), Anne hosted a weekly meditation group at Noggs. The group continues and is considered by Mark as the beating heart of the Barn and everything that goes on there. Accompanied by an advisory group of ‘Noggs Guardians’, he is nurturing the continued unfolding of the original vision. At the core of this is the desire, as Mark expresses it, “to encourage personal growth, spirituality and thoughtful reflection on life through hospitality and friendship”.



In practice, this means that the Barn is currently being used by counsellors and psychotherapists to provide both individual psychotherapy and professional

development and training courses. In addition Noggs hosts men’s groups as well as retreat days and away-days for the leaders of charities, healthcare institutions, churches and other groups concerned with spiritual and psychological growth and health. Mark also stresses that the Arts are an integral part of the Noggs vision – a commitment reflected in a recent well-attended workshop on visual art and meditation. This beautiful and peaceful space, surrounded by gardens and ancient trees, is also available to people who simply want to spend some time in the reflective silence of an individual retreat.

It all adds up to a place which is steadfastly putting into practice the radical truth indicated by John Main’s celebrated words, “Meditation creates community”. Most people who have attended a meditation group, particularly when it has an extended life such as the one at Noggs, will verify Father John’s insight through their own experience. The life of such a group, and the shared life that it brings forth, both give the lie to the lazy

assumption that meditation is merely a private and individualistic project. But beyond that unfolding discovery, Noggs Barn is also beginning to provide a model for how such a place, and such a vision, might find ways of connecting to the wider world, and so extend the experience and meaning of *community*.



In doing so, it is reflecting the concerns and the activities of *Meditatio*, the outreach aspect of WCCM. *Meditatio* has been successful over recent years in responding to the contemplative impulse, wherever it is manifesting, or wants to manifest – which is everywhere. Specifically, programmes have been supported which offer the practice of meditation as something which can be central to the lives of people working in the fields of health (particularly mental health), business, education, science and the environment. The outreach and the invitations coming from Noggs Barn are doing something similar. The interest is not in whether the groups, organisations, communities or individuals who participate in the life of Noggs are *believers*, or even avowedly *spiritual*. The vision is more ambitious and authentic than that: to connect with all those who, whatever their field of activity, are committed to genuine growth by paying attention, in simplicity and trust, to *what is*.

So, another way of understanding Noggs is as a new form of monastery, serving its community, continuing to expand the meaning of hospitality. A visitor leaving the Barn will notice a number of large ceramic pigs snuffling by the side of the path. They’re a tribute to the ancient working piggeries that were on the site before this new building. And a reminder – as the prodigal son found out – that there is great wisdom to be found in every situation, if you’re prepared to fully be there.

The open invitation to re-connect with the “still point” is not so that we can stop and disengage. It is so that we can join in, and join in fully. Eliot’s poem continues:

*And do not call it fixity,  
Where past and future are gathered. Neither  
movement from nor towards,  
Neither ascent, nor decline. Except for the point,  
the still point,  
There would be no dance, and there is only the  
dance.*

All enquiries about using Noggs Barn (including residential options) via [mark@noggsbarn.org](mailto:mark@noggsbarn.org) or telephone 01603 810646. [www.noggsbarn.org](http://www.noggsbarn.org)

## The UK School Retreat 2016

I have written before about the very special occasion that is the School Retreat, where for 7 days one is invited to enter into deeper and deeper silence and meditation. The days flow into each other with a morning talk given by the retreat leader, and a one to one daily interview with one of the retreat helpers and seven sessions of meditation. There is free time in the afternoons for walking or for Lectio Divina, or simply just to be – away from the computer/emails/electronic devices and general busyness that can dominate our lives.

Helen Mitchell, an Anglican Priest who came last year to the retreat in the Yorkshire Dales, returned again this year. She wrote the following for her parish magazine and is happy to share her impressions of the retreat with us:

*At the beginning of November, I went on a week's silent retreat organised by WCCM, the World Community for Christian Meditation. We were guests at a convent near Stroud in the beautiful Cotswold hills, which were ablaze with autumn colour. There were twelve of us on the retreat and as well as seven half hour periods of meditation together every day, we had a talk each day on St Teresa of Avila, especially her book on prayer, the Interior Castle. We maintained the silence all the time, meals were taken in silence too and in our free time in the afternoon, I had some lovely walks in the countryside.*

*We were encouraged, if we wished, to write poems in the Japanese form of the Haiku, which has a set form; it is a three-line poem of which the first and third lines have five syllables and the middle one seven. I found I had written a series, forming a diary of the challenge and varied experience of prayer over the week, which are given below. It was a wonderful week. I would encourage anyone to make such a retreat if they can and would be happy to talk to you about it. It is always a time of great grace.*

### Haiku

#### 1. Silence

*A grace-fall of leaves  
blankets the earth, stills the mind  
blessing with silence.*

#### 2. Unmasking

*I seek you O God,  
but, unmasked, my wrathfulness  
instead confronts me.*

#### 3. Struggle

*Though the castle calls  
the many-headed dragon,  
ego, bars the way.*

#### 4. Aridity

*Ah Teresa! Sweet,  
sweet visions of love, but I  
with Therese, am dry.*

#### 5. Icon/Consolation

*Golden depth of love.  
Tender embrace enfolding.  
Small hand on my cheek*

#### 6. Presence

*Flame! Red, russet, gold  
The week of the burning bush.  
Wait here. The Lord comes.*

The dates for next year's School Retreat are 29th September to the 5th of October 2017 and will be led again by Liz Watson. The Venue is the popular Abbey House in Glastonbury which as well as its own attractive gardens, offers free access to the adjacent historic grounds of Glastonbury Abbey. [www.abbeyhouse.org](http://www.abbeyhouse.org)

A flyer with all the information is being prepared and will be advertised in the next edition of this newsletter and the web site, but please get in touch with either Julie Roberts or me should you wish to make an early reservation or simply to find out more.

Jacqueline Russell

Contact details please check the Special Interest Coordinators on the back page, under School of Meditation



## 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)  
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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If you would like to Gift Aid your donation please include and sign the following declaration.

*Declaration: I wish the Christian Meditation Trust (UK) to treat this gift and any donations made by me in the previous four years and any donations made by me in the future as Gift Aid donations. I am resident in the United Kingdom. I have paid/will pay basic rate income tax on the gross amount given.*

**If you have any queries or would like to set up a standing order or electronic transfer, please contact the UK Office Tel. 020 8280 2283 [uk@wccm.org](mailto:uk@wccm.org)**

## Lancashire WCCM Weekend Retreat

The retreat was held at The Briery Retreat Centre, Ilkley from the 14th to 16th October 2016 and the theme of the weekend was "Obedient to Love."

Cameron Butland, the Bishop of Carlisle's Chaplain and the Diocesan Spiritual Adviser, led us with five talks beginning with a reading from chapter 15 of John's Gospel including verse 12 "This is my commandment, that you love one another as I have loved you."

We began our exploration of this command by looking at the life of St Anthony of Egypt, who was born around 261 A.D., and therefore lived during the time when Christians were persecuted. Anthony came to see his busy life as a threat to the inner life of prayer. He renounced wealth and followed Jesus' example taking himself into a deserted and lonely place. Anthony was the first to practice silent contemplative prayer which has led many others to follow this way of life from the 3rd century right up to the present day. Those who went to Anthony for guidance were told to be "obedient to love"

During the weekend Cameron unfolded for us the ways in which others have been obedient to love in living a contemplative life including the Celtic Saints who brought Christianity to this country and those in modern times like George Macleod on Iona. All of them knowing God's amazing love for his children, showing it by being obedient to love by having a loving heart, loving life, loving community and loving prayer.

The rest of the programme for the weekend fitted perfectly with Cameron's talks which included times of meditation, body work, prayer, sacred dance, a challenging talk from Terry Doyle about his work with Syrian families in Redcar & Cleveland and conversation during meals.

I came for the first time to this annual weekend after being told by a regular attender that it sets him up for the year. I fully agree with this assessment and hope to be there next time.

Susan Garner

## Doreen Frances Grisbrooke

21/10/25 – 24/06/16

Doreen was one of the founder members of the Swindon meditation group. She lived her life in the Franciscan traditions of hospitality, mysticism and renewal.

In 2005 the group was in urgent need of a new home and our tribute to

Doreen is not only for her wonderful qualities but also because she and her husband Thomas gave our group the home we needed.

Doreen gave us a place that we could return to again and again, where we were always welcomed, free to be as we needed to be and a place of safety where we could come to do this vital work. We will always be thankful for this generosity and for a place that set the tone of what meditation is all about.

All homes are a reflection of those living there and for us there is no doubt that the quality which we found grew out of Doreen's own spiritual journey with meditation.

When life changes as it does now for the Swindon group, we go on with thankful hearts for what we have been given. We allow this to strengthen our own spiritual paths so that we may also grow in wisdom and be able to reach out to others as Doreen did.

*Deo Gratias.*

Heather Deverell and Pat Travers



## Singing Bowl

*Begin the song exactly where you are,  
Remain within the world of which you're  
made.*

*Call nothing common in the earth or air.*

*Accept it all and let it be for good.  
Start with the very breath you breathe in now,  
This moment's pulse, this rhythm in your  
blood.*

*And listen to it, ringing soft and low.  
Stay with the music, words will come in time.  
Slow down your breathing. Keep it deep and  
slow.*

*Become an open singing-  
bowl, whose chime  
Is richness rising out of  
emptiness,  
And timelessness  
resounding into time.*

*And when the heart is full of quietness  
Begin the song exactly where you are.*



Malcolm Guite – [www.malcolmguite.com](http://www.malcolmguite.com)

From *The Singing Bowl* published by  
Canterbury Press

## Outreach

### Meditation and its place with People on the Margins of Society

This new aspect of *Meditatio* has evolved to answer the call for WCCM to be more relevant to a wider cross section of society and especially to those people who feel estranged from mainstream society for whatever reason ie homelessness, addiction, mental health, loneliness, isolation, refugee and asylum seeking, dementia, etc. Accordingly, Fr Laurence agreed to be keynote speaker at a very interesting conference held at Teesside University on July 13th 2016 entitled A Contemplative Response to Austerity. (There is a report on this conference in the Autumn issue of *Meditatio*.)

The conference was fully booked and brought together a range of people from various agencies, church and faith groups, as well as interested meditators from our community. The day also provided a valuable development opportunity for *Meditatio* and WCCM as the conference was promoted as a partnership between ourselves and also the Church Urban Fund (CUF), Caritas, Catholic Social Action Network (CSAN), Depaul UK, a homelessness Charity and the University of Teesside.

I would offer for consideration that both *Meditatio* and WCCM look to develop the potential of this conference and its successful partnerships with such agencies that work for the betterment of society through tackling social justice issues. As our logo of two doves on a chalice represents both the inner and the outer dimensions of our prayer and working lives, it seems to me that this new specialist dimension of our community could focus on the bringing of a contemplative response to some of the social issues of our day thereby strengthening this balance of action and contemplation as well as taking our work into the margins of society where we have much to offer and where it is also much needed.

As such, I would propose for consideration that we explore staging more conferences, workshops and themed retreats in partnership with agencies working for social change ie CUF, CSAN & Depaul as I feel that our values and gifts have much to offer. This could also expand our community into a wider sphere of influence which can only be a good thing. This vision may also complement the vision of the Bonnevaux venture and can bring new life and energy into our community.

I suggest that you click on the following links to ascertain some of the work I have been involved with and let the

Spirit guide you into insights of how Meditation and its place with People on the Margins of Society can unfold.

I would love to see us develop Meditation groups across London's Homeless Hostels for instance, and I feel that we could stage a Conference on a Contemplative Response to Homelessness at St Mark's in Islington to precipitate the development of such thereafter. We could very easily partner with CUF, CSAN & Depaul plus

any other agencies willing to work with us on this. As I see it, we could teach people how to meditate in our tradition in order for them to start a regular group in a specific hostel, foodbank etc... We could also provide volunteers from our community to help develop a network of groups across the city which is after all, the homeless capital of Europe. Such a venture could very easily expand to other towns and cities across the UK.



Photo Credit: Gary Knight via flickr, CC BY 2.0

- <http://www.cuf.org.uk/facing-up-to-poverty>
- <http://www.cuf.org.uk/tackling-homelessness-together>
- <https://www.cuf.org.uk/homelessness-are-we-really-helping>
- <https://www.cuf.org.uk/web-of-poverty>
- <http://www.meditatio.co.uk/contemplative-response-to-austerity-videos-now-available>

One item of potential interest for our community for instance from the above is the important role of how Meditation can help in healing the Poverty of Identity and Poverty of Relationship as outlined in CUF's Web of Poverty link.

There is much talk these days also on the themes of Wellbeing, of tackling loneliness and isolation, of learning how to age better .

I feel our community has much to offer in these fields also.

Food for thought and discussion at the very least.

*Terry Doyle*

*(Editor's comment: Terry submitted this report to the recent annual National Council held in November, but to me, it merited wider circulation and so with his permission it is reprinted here.)*

## A Year with John Main 1976 – 77



Ealing community 1976 (WCCM Gallery)

"That prior of yours [John Main] is a fool!" I was on phone duty at Ealing Abbey and a vague sense of panic began to seep in. What do I reply?

"It's me," said John Main. He was phoning

to ask if I was OK. He was a caring father to his lay community as on St Benedict's Day he noticed I was not at dinner and sent someone to my room. I had fallen asleep.

Months earlier I had asked Fr John if he would teach me to meditate. "Yes," he said, "Come and live with us." So I left my bed-sit and joined the Lay Community. I meditated with Fr John and the community for nearly a year, then they moved to Montreal. "Come with us," suggested Fr John, but I felt I had to teach another year at Gunnersbury Catholic School for boys where I had just completed one year.

During my time at Gunnersbury I was struggling with trying to keep order in the classroom. Fr John said he wished he could help me, but he didn't know how. He said when he was teaching, the boys knew that he loved them and they loved him back.

Teaching tends to absorb your life and so I did not get a clear run at learning to meditate. Fr John knew I had not progressed far and he said he had let me down. Although Fr John had been away at times teaching meditation elsewhere, it was not his fault but rather my teaching situation that held me back.

With his clear, sparkling blue eyes and warm voice, Fr John was a great storyteller. He would entertain the lay community in the evening. One time he spoke about giving a talk to a group before moving into a time of meditation. The peace was shattered by a man suddenly standing up and saying, "Let me out, I can't stand it." Meditation is not for everyone.

Another time Fr John and some friends were on a pilgrimage and as they walked they enjoyed a few beers along the way. The animated conversations and laughter would get louder and louder and someone would remind the group, "Shhush, we are on a pilgrimage." This process would happen again and again. Fr John enjoyed life.

He and a friend once borrowed a sports car and went off for a drive. After a number of hairy moments they arrived back and John's friend stated, "Intellectuals shouldn't drive fast cars."

My instructions regarding meditation from Fr John were as follows and I can be fairly sure they are accurate as I wrote them in my diary at the time:

- Be faithful to your mantra.
- Be as a child, expecting nothing.
- Maranatha [is] a rubble clearer, ploughing away the rough ground.
- Do some yoga.
- Body is not brother Ass.
- Breathe in – *ma ra* (evenly). Breathe out – *na tha*.
- Listen to my tapes.

If I get to heaven I expect to find John Main sitting in a chair with a fair sized group around him, all smiling. Fr John was such good company, and when a group with him in it broke up all would be looking forward to the next time they would spend time in his company.

Following Fr John was a huge task and Fr Laurence, greatly influenced by him, has successfully achieved that. I also spent a year with Laurence and the community in Montreal. What a blessing, a year with John Main and later a year with Fr Laurence, but there is the rub! That guarantees nothing. Not enlightenment as you might expect, rather, we all have to sort ourselves out. Only ourselves and the Lord can sort things, this much I have learnt. And does meditation help? I believe it does. "Lord, open my lips and my mouth shall declare your praise."

John Williams.

## 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**

## Book Review

### The Virgin Eye: Towards a contemplative view of life

Robin Daniels, Instant Apostle, October 2016

To read this book is to be invited into one man's vision of a God-centred quest for human fulfilment in the midst of our contemporary world with all its noise and pressure.

It is epic in scope and clearly organised; the argument unfolds gently without overfacing the reader. The headings, index and chapters signpost the reader's attention and prompts one to navigate in search of guidance for a felt need.

The book is a textual equivalent of what Robin called 'an inner journey to an inner kingdom where I can better enjoy being myself.'

Robin had a gift for pithy, gnomic utterance; crystalline insights shine out from the flowing prose and are often clinched by alliteration: 'Rage is a by-product of rush'; 'shifting from scarcity and survival to surfeit'; 'children pressed by tests and timetables become adults stressed by targets and tailgating'. His prose is lucid, beautifully poised and so expressive of the quality of life he proclaims. Occasionally a playfulness adds charm. I liked and smiled at 'uplook, inlook and outlook'. Or the understated humour of 'intuition is visionary, it sees round the corner of our life. But it is only one member of our inner board of management'. Both of these

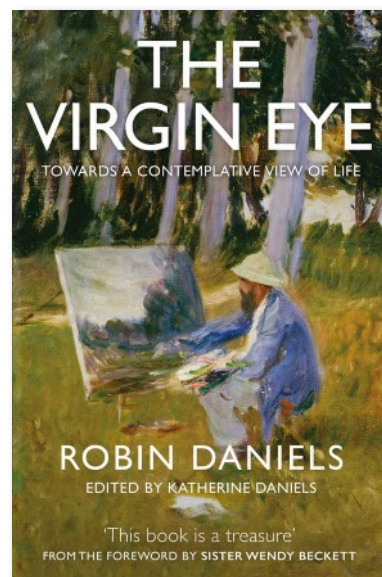
quotations speak of the ease with which he traversed that borderland between the inner life and the worlds of social and material existence. At times he strikes a memorable image such as the trellis, as support to the climbing rose, applied to the relationship between ethics and an individual life. This is a work of spiritual companionship and the writer comes across as a man at ease in his world where *chronos* and *kairos* are one.


The points made are illustrated by well chosen quotations from the saints and from great literature. These are, as Sister Wendy Beckett highlights in her foreword, a real richness and evidence of an extraordinarily adventurous reading life. There are indications of a generous-hearted discovery of meetings of minds and a refusal to make stereotyped judgements as to which authors might be thought to belong in a book of spiritual guidance. The range is truly impressive and brings in the testimony of writers across many different times and literary genres. These voices act as a chorus of witnesses; in their variety they persuade the reader that the Way here taught is a great highway to human fulfilment. I have found much to treasure, much to ponder, much I shall return to.

Joyce Simpson

More on Robin Daniels and his widow Katherine's work can be found on [www.mindfulnessforchristians.com](http://www.mindfulnessforchristians.com)

The *Virgin Eye*, ISBN 978-1-909-72852-3, is available from Good News Books price £9.99 <https://tinyurl.com/mn-tve>





# Christian books

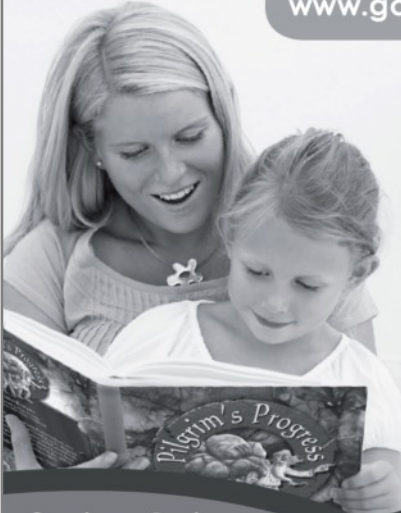
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The World Community for Christian  
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## Events

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

### National

**Friday 16 June to Sunday 18 June. Annual Conference: The Horizon of Christ.**

**Leader:** Fr Laurence Freeman. **Venue:** High Leigh Conference Centre, Hoddesdon, EN11 8GG. **Cost** £175 shared room, £225 single room, £75 Saturday day visitor. **Contact:** Jacqueline Russell for more information.

**School of Meditation Events** (see page 3):

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

**Friday 21 to Sunday 21 April 2017. 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.

### Southeast England

**Saturday 18 March 10:30-15:30. Day of Reflection: The contemplative heart.**

**Speaker:** Beth Parfitt. **Venue:** St Paul's Parish Rooms, St Paul's Church, St Paul's Hill, Winchester SO22 5AB. **Contact:** Kathleen Freeman: klvfreeman@aol.com; 07951 897570 **Cost:** £10 suggested donation. Bring your own lunch - tea and coffee provided.

**Saturday 8 April 10:30-15:30. Living with the Mystics: St Ignatius of Loyola**

**Speaker:** Dr Peter Tyler. **Venue:** St Nicolas' Church, Guildford GU2 4AW.  
**Contact:** Ray or Vicky Lamb 01252 705064 or St Nicolas' Parish Office parishoffice@saintnics.com 01483 564526. **Cost:** £10 suggested donation. Bring your own lunch - tea and coffee provided.

**Wednesday to Saturday 17-20 May Addiction & Grace Silent Retreat** with

input from Liz Watson. **Venue:** Douai Abbey, Upper Woolhampton, Reading, West Berkshire RG7 5TQ. **Contact:** Michael O'Halloran michael.ohalloran@psmgs.org.uk 020 8788 4188

### East England

**Tuesday 21 February 10:30 for 11:00-15:30. Stilling the Body for Prayer.**

**Leader** Chris Hurley. **Venue:** Clare Priory, Suffolk. **Contact:** Kathy at Clare Priory 01787 277326 clarepriory@clarepriory.net **Cost:** Donations. Drinks provided, please bring your own lunch.

**Thursday evenings in Lent from 2 March 19:00-20:30. Introduction to**

**Meditation Course. Venue:** Clare Priory, Suffolk. **Contact:** Margaret Comerford 01799 501581 for details.

**Saturday 25 March 9:30-16:00. Quiet day** led by Eileen McDade. **Venue:** Pleshey

Retreat House, Chelmsford CM3 1HA. **Contact:** Chris Hurley chri8hurley@gmail.com 01702 207722. **Cost:** £15 suggested donation. Bring your own lunch – drinks provided.

**Wednesday 3 May 18:30-21:00. Paying attention** (evening session). **Leader:** Fr

Laurence Freeman. **Venue:** Clare Priory, Suffolk. **Contact:** Kathy at Clare Priory 01787 277326 clarepriory@clarepriory.net **Cost:** £10

**Thursday 4 May 10:30-15:30. Paying attention** (day session). **Leader:** Fr

Laurence Freeman. **Venue:** Clare Priory, Suffolk. **Contact:** Kathy at Clare Priory 01787 277326 clarepriory@clarepriory.net **Cost:** £20

### Northwest England

**Tuesday 7 February 10:00 for 10:30-15:30. Living with the Mystics: Dietrich**

**Bonhoeffer** led by Chris Thomas. **Venue:** Friends Meeting House, Elliot Park, Keswick. **Contact:** Bob Morley 016974 72644; rgm1@live.co.uk

**Friday to Sunday 10-12 March. The Hyning Retreat. Leader:** Margaret Silf.

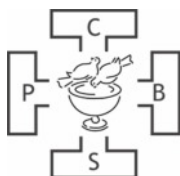
**Venue:** Monastery of Our Lady of Hyning, LA5 9SE. **Cost:** £130 (Concessions £100) residential. **Contact:** Richard 01946 862990; cmcwcmm@fastmail.fm.

**Friday to Sunday 28 – 30 April. The Wayless Way of Meister Eckhart. Leaders:**

Anthony Finnerty with Terry Doyle. **Venue:** The Briery Retreat Centre, 38 Victoria Avenue, Ilkley, West Yorkshire LS29 9BW. **Booking:** Lesley Easterman, lesley.easterman@btinternet.com 01204 811050

## 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.



**UK Oblate Coordinator:** Eileen Dutt  
eduttobl@btinternet.com or 07721 574767

**WCCM Oblate cell meetings:**

**Annual UK Oblate Weekend 2017. Provisional dates:**  
**Friday 10 to Sunday 12 November** (to be confirmed).

**Venue:** Monastery of Christ our Saviour, Turvey, Bedfordshire MK43 8DH

**Contact:** Angela Gregson on rydal2814@yahoo.co.uk or 01706 563 024 for further details

**Quarterly Oblate Community Day. Saturdays 22 April & 29 July 10:30 - 16:30. Venue:** The Meditatio Centre, St Marks, Myddelton Sq, London EC1R 1XX **Contact:** Gilly Withers gilly@withers.org or on 07896 742047

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

**Oxfordshire:** Meeting on **Mondays 6 February, 3 April, 12 June 14:00 - 16:00. Contact:** Julia Bee at julia@life-encounter.com 07929618004 for details.

**Cambridge:** **Contact:** Julia Burdett at juliaburdett@hotmail.co.uk or 07722 074939 for details.

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

**Northern Cell (Leeds):** Meetings on **Saturdays 25 February, 8 April 10:30 for 11:00-15:30. Contact:** Angela Gregson for details of venue at rydal2814@yahoo.co.uk or on 01706 563024.

## Events

### Northeast England

**Friday 24 March to Sunday 26 March & Tuesday 30 May to Friday 2 June. Embodied Contemplatives - Christian Meditation and Tai Chi Retreats.**  
**Venue:** Ampleforth Abbey, near York YO62 4EN. **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486

**Friday 26 May to Sunday 28 May. Embodied Contemplatives - Christian Meditation Christian Meditation and Tai Chi Retreat.** **Venue:** Ministeracres Retreat Centre, Ministeracres, Consett DH8 9RT. **Contact:** 01434 673248

**Saturday 13 May, Saturday 8 July & Saturday 9 September. Embodied Contemplatives - Christian Meditation and Tai Chi Days.** **Venue:** St Antony's Priory, Durham. **Contact:** info@stantonyspriory.co.uk 0191 3843747

### Southwest England

**Tuesdays: 7 February to 14 March 17:15-18:30. A six week introduction to Christian Meditation.** **Venue:** Isle of Avalon Foundation, Miracles Room, 2-4 High Street, Glastonbury, Somerset BA6 9DU. **Contact:** Julie 01458 832704 julie.ann.roberts@icloud.com somerset.christianmeditation.org.uk  
**Cost:** Suggested donation: £2 per session

**Saturday 22 April. The Journey of Meditation – Breaking through from Illusion to Reality.** **Leader:** Kim Nataraja. **Venue:** Wells & Mendip Museum, Wells BA5 2UE. **Details and to book:** John Roberts, 01458 832704, john.wilcott@gmail.com **Cost:** £12 Refreshments provided. Bring own lunch or plenty of local cafes.

## Publication Dates for Events

Issue	Published	Events Included	Copy Date
Winter	End of January	February to May	1 December
Spring	End of April	May to August	1 March
Summer	End of July	August to November	1 June
Autumn	End of October	November to February	1 September

Please send events to the UK office [uk@wccm.org](mailto:uk@wccm.org) to be added the calendar. You can use the link on the website *What's On* page that will provide the email address.

## Keeping In Touch

If 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](http://www.christianmeditation.org.uk)

Email: [uk@wccm.org](mailto:uk@wccm.org)

Or contact:

**WCCM UK Office**

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

**Tel: 020 8280 2283**

### London

**First Saturday of the Month (4 Feb, etc) 14:00-16:00. Quiet Afternoon for those on the 12 Step Program.** **Venue:** please contact [mike@east-west.org.uk](mailto:mike@east-west.org.uk)

**Last Saturday of the Month (25 Feb, etc.) 14:00-16:00. Addiction and Grace Meditation Group.** **Venue:** Kairos Centre, Mount Angelus Road, Roehampton, London, SW15 4JA. **Contact:** Michael O'Halloran michael.ohalloran@psmgs.org.uk 020 8788 4188 or May Nicol MayMBNicol@aol.com 07768 310666

**Meditatio House** 10 Cloudesley Square, London N1 0HT Tel: 020 78378567 meditationnews@gmail.com [www.wccm.org/content/wccm-centres](http://www.wccm.org/content/wccm-centres)

#### Regular events:

Daily Meditation: at 7:00 (Saturday and Sunday 8:00); 12:00 and 18:00  
 Mondays 18:00: Essential Teaching - open to all but especially useful for newcomers

**The Meditatio Centre** St Marks, Myddelton Square, London EC1R 1XX  
 Tel: 020 7278 2070 [meditatio@wccm.org](mailto:meditatio@wccm.org) [www.meditatiocentrelondon.org](http://www.meditatiocentrelondon.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](mailto:lucybarnes@btinternet.com)  
 Wednesdays 10:00–12:00: Yoga and Rolf Movement Class  
 Fridays 10:00 – 11:30 Yoga and Meditation

#### Special events:

The Meditatio Centre programme for 2017 was not available when Meditation News went to press. Please see [www.meditatiocentrelondon.org](http://www.meditatiocentrelondon.org) for up-to-date information.

### 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 January - Into the Desert Speaker: Dr Margaret Lane

1 February - The Call. Speaker: Jill Benet

1 March - The Sower. Speaker: Michael Moran

5 April - The Tenants in the Vineyard. Speaker: Eileen Dutt

3 May - The Greatest Commandment. Speaker: Mary Lean

7 June - The Spirit Within. Speaker: Antonio Benet

5 July - The Parable of the Great Feast. Speaker: Michael Dorey

2 August - The Pharisee and the Tax Collector. Speaker: John Woodhouse

6 September - The Samaritan Woman. Speaker: Robin Burgess

4 October - The Road to Damascus. Speaker: Agatha Collopy

1 November - The Prodigal Son. Speaker: Roger Ferguson

6 December - The Light of the World. Speaker: Eileen McDade

### Silence in the City

The Silence in the City programme for 2017 was not available when Meditation News went to press. 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.

## Contacts

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Julie Roberts—01458 832704 julie.ann.roberts@icloud.com

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