



Meditation News

Newsletter of The World Community for
Christian Meditation in the UK

SPRING 2017

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In Memoriam: John Cotling

It was a very sad day when, on 19th February 2017, John Cotling passed away, at the age of 87.

A warm hearted, kind and wise man, with a great sense of humour, he was the originator of Christian Meditation groups in and around the Manchester area.

John was born and bred in Manchester. He left school and started work at the age of 14. As well as doing two years National Service, in the Army, he worked as a cabinet maker and transport manager.

He also did voluntary work for The St Vincent de Paul Society (the SVP). (In 1982, his SVP duties took him to Tamil Nadu in India, where he met with Bede Griffiths).

Amongst other things, John loved football and dancing. His own football team was Manchester United, but he loved watching any team play the 'beautiful game'. He learnt ballroom dancing from a woman who ran the play club that he attended during the war - many of the other children had been

evacuated, but John's mum preferred the family to stay together in Manchester. As a consequence, John was quite accomplished when it came to dancing, and so he was sought out as a dance partner, in the dance halls, that were popular after the war.

John's main passion in life was his, and other people's, spiritual journeys.

He had been on a spiritual path for many years, but it was when he came across John Main's teachings that his path was truly illuminated.



John would say, that when he sent off for the original Christian Meditation audio tapes, by John Main, in the 1970's, he was a little sceptical. However, once he heard them, he said, he knew that he had found an authentic spiritual teacher. And, like John Main himself, John then spent the rest of his life dedicated to this path.

With the encouragement of John Main, John Cotling started the first lay Christian Meditation groups in the UK - the same year as John Main left for Canada, 1977.

Over the years, since then, John set up, and ran, many weekly Christian Meditation groups, as well as a monthly group and regular retreats. He was actively involved in this work right up to the time he passed away.

John loved discussing, learning and teaching on spiritual matters. He read broadly, and listened to many teachers, including John Main, Eckhart Tolle, James Allen, Bede Griffiths and Eknath Easwaran.

He also had the privilege of meeting, in person, some great spiritual teachers including John Main, Bede Griffiths and the Dalai Lama.

John used to tell a story of how he was driving the Dalai Lama, one cold UK morning. The Dalai Lama was sat, with his aide, in the back of John's Volvo. His holiness turned to his interpreter and said something in Tibetan to indicate that he was cold. John saw this in his rear view mirror, turned round and asked if he wanted the heating turned up. The Dalai Lama looked very surprised and asked his aide if John spoke Tibetan!

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In Memoriam: John Cotling *continued from page 1*

A Benedictine Oblate, John lived for the last 13 years with his long term friend, and fellow Oblate, Sheila Wood.

John felt, living in such a supportive environment with Sheila, that he had almost been on retreat for 13 years. This had given him much time to meditate, to reflect on, and to contemplate his favourite subject - meditation and spiritual awakening.

In turn, John was always keen to share, and to pass on his wisdom to others around him - although he would be too modest to say this himself.

Over the last forty years, John has introduced many people to Christian Meditation, and he has changed many people's lives. He will be sorely missed by all who knew him. A great, humble man.

Graham Williams

Memories

Not a man for jeans and trainers but always a suit or at least a jacket!

Almost all the talks John played were by John Main whose friend he was and whose thinking on any subject, he knew so very well.

John's easy going retreats at Hynning and Pantasaph were a delight.

His dedication to John Main's simple meditation instructions was and is an inspiration to us all.

John called meditation the 'Work'. I am sure John would wish us to continue it.

I will miss John as a dear friend.

Michael Jackson

A great light has gone out in my life, God bless you John.

Kath Dunning

John was my mentor on the Oblate path, he was a very special person who spoke from his personal experience. He was a man who lived and walked in God's presence.

Angela Gregson



John was a kind, gentle and good humoured person. His heart went out to others as is evident by his work for Christian Meditation and the St Vincent de Paul Society. He had a well justified admiration and devotion to John Main. For me John was a great inspiration, he had a 'presence' about him and always a wise word. He made you feel comfortable somehow and everyone who met him admired him.

Kevin Hanrahan

The World Community for Christian Meditation in the UK

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Contributions to the Newsletter are warmly welcomed. Please send all items to:
uknewsletter@wccm.org

Editor: Margaret Comerford

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**Deadline for the Summer 2017 issue
(events from 1 August): 1 June 2017**

A Time to Mourn: A Time to Dance

John Cotling, First Group Leader in the Uk

John Cotling, a longtime meditator and pioneer group leader, who turned his living quarters into a Christian Meditation Centre, died of a heart attack on February 19 in Manchester at the age of 87.

Laurence Freeman in his book: *A Short span of days* says: "At death's door only one person can go through at a time, but it makes a great difference to know that on this side of the door there is a loving presence to accompany you to the presence that welcomes you on the other side." That loving presence was John's best friend, Sheila, who accompanied John in his last days with support, affection, and love.

I first met John at a UK Christian Meditation group leaders conference in Liverpool 29 years ago in 1988 and subsequently expanded that friendship on my speaking tours of the UK in the 1980's and 1990's. John and I became close friends through our common interest in John Main's "prayer of the heart."

We also both recognized that we had been given a great gift in the teaching and practice of Christian Meditation but that gifts are meant to be given away. In addition we were both totally committed to John Main's keen insight that the best way to share this gift was through weekly meditation groups that would mutually pass on the teaching.

John was a great inspiration as well to me because of his pioneering work in starting the first lay Christian Meditation group in the UK in September of 1977. That group still continues in Manchester today and will celebrate their 40th anniversary this year.

In recounting the beginning of the group, John once said to me: "I first came into contact with meditation through a School of philosophy. But because its tradition had a Hindu base, I didn't feel comfortable and subsequently gave up the practice. Then one Sunday while reading a Catholic newspaper, I noticed an advertisement for free introductory cassette tapes on Christian Meditation by a monk, named John Main".

Those talks had an immediate effect on John. He added: "My three talks arrived and the authenticity of the content and the commitment of the speaker led me to listen to the talks intently over and over again. I quickly knew in my heart that I had finally found a true teacher of prayer."

He explained to me that: "Even now John Main's talks which we play at each group meeting, still inspire me

with the freshness and authenticity that struck me the first time I heard them. To me they are a tremendous legacy for future generations. Fr. John teaches with the courage and conviction of one who was commissioned by the Spirit, to share with those of like mind and heart this path of contemplative prayer. I do believe the group has enjoyed longevity because of the simplicity of his vital teaching".



After starting the group in Manchester, John's journey led him to become the Christian Meditation coordinator in the North of England, starting various groups, and becoming an active volunteer and leader for over 25 years in the St. Vincent de Paul Society and their work with the poor. In 1983 after reading that a Benedictine monk, Bede Griffiths had stated: "John Main is the most important spiritual teacher in the world today", John made a

pilgrimage to India to visit Bede at his Shantivanam ashram in India. In addition John supported financially many programmes in the International Christian Meditation community affiliated with the WCCM.

John insisted that his involvement in the meditating community was simply the fruits of the practice. He once said to me: "After 20 years, and in hindsight, I believe it is the *practice* that is by far the most important element in meditation. Only practice, as Fr. John says, verifies the experience within you. Only the practice teaches us what faithfulness, patience and charity are really about. The daily practice of meditation brings one to inner peace, love for others, and oneness with God".

When I asked John once about the importance of the weekly group he responded: "One of the most important gifts of treading this path of prayer has been meeting fellow group travellers on the way. As John Main says "the group is a community of love". We need the support and encouragement of others on this spiritual journey and thus inter-connectedness is such a blessing in the group setting. I think I am beginning to understand that this communion found within a group, necessarily leads all of us to love, service and compassion for others".

Thanks John for your perseverance, faithfulness and fidelity to the teaching As St Thomas More once said: "We shall merrily meet in heaven."

Paul Harris

(Paul Harris is a Patron of the WCCM, former Canadian Christian Meditation coordinator, and author/editor of seven books on the teaching of Christian Meditation and John Main)

WCCM Day in Cambridge - October 2016

In October there was a WCCM day in Cambridge. Caroline Shepherd spoke in the morning and Malcolm Guite, priest and poet, came in the afternoon. He is a fantastic speaker and the day was a great success. One of the poems he presented was "The four voices" and

Linda Richardson had responded to this with her own paintings which were presented alongside. Here is the poem with thumbnails of the paintings; larger copies in colour are at <http://tiny.cc/cmuk-4v>

Four Voices - Malcolm Guite



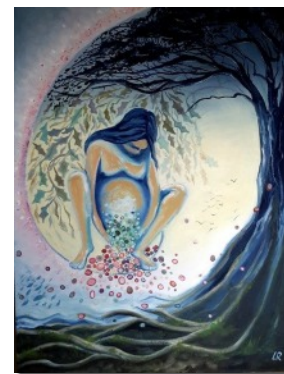
*I am the salamander and I shimmer in the fire
I thrive within a living flame, desiring to desire,
I burn away the dross in you, and teach you to aspire
I am your salamander if you'll kindle me a fire.*



*I am the sylph who loved you once, a creature of the air
I whisper just behind you but you never find me there
I am the one you stifle when you give in to despair
But I could breathe you back to life if you would give me air*



*I am the dying naiad in your long neglected well
I sing the very springs of love whose flow you fear and quell
The sacred river rises here, if you will say the spell,
And listen for my weeping as it echoes from your well.*



*I am the sleeping Adam whom you buried in the earth
But give me fire, air and rain, and I will give you birth.*

Poem: Malcolm Guite. Pictures: Linda Richardson

A Changed Experience of On-Line Meditation

I had tried online meditation previously and, personally, I didn't like it. It seemed to be too distant and contrived. I had always enjoyed the intimacy of meditation with others in the same space. But this has now changed: let me explain.

My sister Elaine lives in Canada and we meet up irregularly, but usually at least once a year. In addition, in more recent times we have begun to video call to catch up on news. As you can imagine, our lives and our spiritual histories are very different, although as we have aged we have both become more contemplative – she with the rosary and me with the mantra. For the last few years, when we have met up, we have been sharing our morning contemplative time. Elaine starts with saying her rosary silently and then naturally drifts into the quietness, which I inhabit (with distractions) from the beginning.

My last visit to Canada was Christmas 2016. Near the end of the visit, as we had so enjoyed our quiet time, I suggested the possibility of meditating together online,

which we have been doing on a Monday ever since. The time difference creates a bit of a challenge but we endeavour to have a fixed time each week, which helps. I asked Elaine how she felt about this experience and she wrote:

"I enjoy meditation time with Roz. Settling into a chair with a shawl around my shoulders and relaxing into meditation is a great way to start a day. Couple that with doing it with a friend or relative, at the same time (and space if actually together) adds yet another dimension. Whether sitting in the same room or connecting via Skype or FaceTime, there is an added sense of serenity and is very comforting. We have recently got into the practice of getting together via FaceTime once a week and it seems to connect us on a higher level and understanding and certainly makes me feel closer to her."

So I would commend your efforts to start meditating online – my view of the practice has certainly changed and I will continue to meditate with Elaine whenever we can.

Roz Stockley

Opening the Doors to Meditation

The weekly meditation group I coordinate in Colchester, Essex, has been, for me, a source of spiritual and social support for the past twenty years. When I travel, I try to tap in to a similar local community. This has sometimes led to frustration when details of time or place have not been updated online or in local notices. This summer I was lucky. I found online the name, the Rev. Cristina Rathbone, associated with a John Main meditation group which meets weekly at noon in the Cathedral Church of St. Paul, in central Boston, USA. Cristina responded to my email enquiry with a welcome, and added, *I should let you know that the majority of our group are homeless men and women, which makes the meditation experience a little bit different -- and even richer than usual, in my humble opinion!*

It was a big, light church. In the chancel was a large carpet and a circle of chairs. I was early but people were already there. There was an obvious distinction between the well-dressed women of the group and the men and women who had come in from the street. However, they all seemed to know each other and there was easy chat between them; or with those street people who were not sunk in their own protective silence.

When the Rev. Cristina came in, a familiar pattern was followed – a reading, music, the prayer and 20 minutes' silence, ending with another reading.

Just before we started, an elderly Afro-American woman, who had been full of chat, got up abruptly, said *Goodbye and See you next week*. I had to smile: she had found her own comfort in the group and judged she didn't need any more. One of the men was seated on the ground and soon leant back on his bedroll and fell asleep, providing a gentle background of snores. All the rest of the group were still and silent. Afterwards, everyone said quiet goodbyes and went their ways.

Cristina invited me into the office for a coffee. She was about to go to Georgetown University to give an introduction to Christian Meditation. I also discovered that she had spent five weeks at the Shantivanam that summer and we exchanged delighted impressions of this Christian ashram, where Bede Griffiths lived and died. Cristina's title in the Cathedral is *Missioner*, and, indeed, that is what she is, in the gentlest and clearest way; and the meditation experience was, as she said, *even richer than usual*.

Valerie Quinlivan

Shining Dark

Some thoughts after attending the South West meditation retreat at Sheldon during which Alex Holmes presented the talks. His talks enlightened so much because he spoke very much out of his life experiences:

In our interactions we cannot avoid feelings of attraction and aversion.

If these biases remain unconscious they then will dictate our actions.

These biases are crystallised in our little egos.

If we are to be free to love 'as God loves', which is the only way love can be expressed, clearly because God is love, we must be free from the distractions of our egos.

In order to love out of the centre of our being we have to be able to recognise the partial nature of our egos. What the ego imagines 'love' to be is really a self serving phenomenon, conditional and based only on self improvement and self advancement; this is not love.

To develop deeper awareness, which is self knowledge, we must work at it. The work we must do is the work of silence and stillness; the work of meditation.

In the stillness, with faith, the eye of the heart will be able see our interior landscape and we will then have the possibility to live out of our true self.



The School of Meditation School Retreat Led by Liz Watson

with Eileen McDade and Julie Roberts

29th September - 5th October 2017

Abbey House, Glastonbury, Somerset BA6 8DH

This week long silent retreat will take place at Abbey House which is set in the beautiful and historic grounds of Glastonbury Abbey. It is suitable for people who have been meditating seriously for some time in our tradition, and have some experience of integrating meditation into daily life. It forms a very natural progression from the Essential Teaching Weekend.

It is a time of silence and stillness with a daily flow of meditation, a short talk and a regular meeting with one of the retreat leaders. It offers a profound, integrated experience of both sides of the spiritual journey of meditation - of solitude and fellowship, and gently opens participants to explore how they are called to share the gift.

Abbey House is very welcoming and offers simple, comfortable accommodation - www.abbeyhouse.org

Cost per person £545.00 inclusive.

For an application form contact: julie.ann.roberts@icloud.com 01458 832704

Limited bursaries available, please enquire.

Simon Andrews

Mental Health Week : May 8 – 14

WCCM needs, at the very least, to be a community that talks about mental health and recognises where space needs to be created to acknowledge the struggle many face to maintain this.

The Mental Health Foundation advertising the Mental Health Week in May asks a question: 'Are we surviving or thriving?' It asks what we can do to bring about change in our own lives and also our communities to help us gain awareness of need and to consider our own personal resource, to aid support towards good mental health. What steps can we then take to look after our mental health and how can we build resilience to cope with the demands of the many complexities of life?

50% of adults will experience some form of mental health problem. If you are suffering or have suffered from a mental health difficulty your symptoms may feel overwhelming and all-consuming. It is hopeful, although not always easy in practice, to think that a mental health diagnosis does not have to define us, and that the symptoms don't have to be 'who we are'. Father Laurence writes, 'Meditation is a leaving behind of all slavery, of all limitations. It is an entry into the freedom of God, into the freedom of the life of the Trinity'.

There is evidence-based research that suggests that there are effective benefits that contribute to good mental health for those who are members of a spiritual community. In the community of WCCM we unite in the practise of Christian meditation which enables us to be ourselves and simply 'be' in the presence of God. Meditation strengthens us with the presence of God. The journey entering into the meditative experience can transform self esteem, bring peace to possible stigma related to mental health and reaffirm Jesus' sure love for us. Jesus said, 'Behold, I have engraved YOU on the palms

of my hands; your walls are continually before me.' Isaiah 49:16

In practice then, how does this work, when the darkness of depression and anxiety hit and we find it hard to gain fresh hope or redeem pain from our pasts? James Finley, a former Trappist monk who studied closely with Thomas Merton, writes, 'some of the deepest and most profound aspects of the meditative path to God occur in the midst of the 'dark night' experience, in which the grace we seek is granted in the very depths of our ongoing powerlessness to attain it'. He continues, 'In the meditative experience, we taste first hand the eternal newness of the present moment'. This breath of God is a pure connection with Him.

Jesus said, 'Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls'. Matthew 11:29

Father Laurence says in a seminar on Meditation and Mental Health – Health of the Soul, 'if we keep the ultimate goal of human wholeness in clear view – and meditation as a healing way towards it – we will see an essential and self evident truth underlying all human happiness. It is that what matters most in the human journey and our coming to healing, health, and wholeness at all levels of our humanity, is love.'

As we then approach 'Mental Health Week' in May let us consider how we can support others in difficulty and, importantly, to resource ourselves in activity that creates a good balance in our lives, remembering the importance of finding stillness and peace in daily Christian meditation.

Sally Walters - SIC for Mental Health



25 years of Quiet Gardens

This year the Quiet Garden Movement (www.quietgarden.org) celebrates 25 years of nurturing outdoor space for prayer and contemplation by publishing a new course, Quiet25, to help people explore the benefits of silence.

The Quiet Garden Movement is a global network of over 300 gardens in homes, churches, hospitals and schools. Quiet Gardens are made available by local hosts for people of all ages to experience silence, and spend time in prayer and contemplation.

"The Quiet Garden Movement is about giving people permission to step back and experience a sense of stillness and wonderment," said founder Reverend Philip Roderick. "We are delighted to offer the Quiet25 course as part of our ongoing work to help nurture silent space in our busy lives. It invites us to use the ancient Christian traditions of contemplation, meditation and prayer, which are known to deeply nourish mind, body and soul. Unhurried and undistracted time spent in the beauty of a

natural environment, particularly wandering slowly or sitting and reflecting, focuses the mind in a way essential to wellbeing".

The Quiet25 course takes people on a journey through a range of contemplative exercises and practices to explore silence and will be run by local groups. Over 5 weeks it introduces people to experience times of silence together in natural surroundings and explore the health and spiritual benefits of taking a regular time of quiet in nature.

On 20 May 2017 between 11.00 am and 5.00 pm, the Quiet Garden Movement will gather at St Johns Church, Waterloo, London SE1 8TY for 'God is in the Garden', a celebration of the accomplishment of the past 25 years. Speakers include: Rev Lucy Winkett (Rector, St James's Church, Piccadilly), Rev Dr Andrew Walker (Director, St Marylebone Healing and Counselling Centre) and Revd Philip Roderick (Director, Quiet Garden Movement).



Meditation as a healthy practice

(This piece was written in response to an extract from Fr Laurence Freeman's 'Jesus, the Teacher Within' pp 212-213 selected as the Weekly reading on 29.01.17 Ed.)

In contemporary life great emphasis is placed upon speed. Quick wins, learning a language in ten days, saving time by doing things online.

An obsession with doing things faster.

Slow is bad, speed is an end in itself. Focus on the outcome rather than the process of getting to it.

Meditation is the antithesis of that obsession and so feels a little alien to people like me who have come to it late, having spent a lifetime in the world of speed.

Slow is good, there is no end in a conventional sense. The thing of value is the journey rather than the destination.

So what made me think of this from the passage? (referred to above)

It was the pre-reflective discouragement one feels from attempting to meditate and becoming distracted. I am used to mastering things quickly. Mastery of a thing

generates a positive feeling and a craving for more. Failure to master a thing generates the opposite and thus a desire to stop with the inner voice saying that whatever it is, it is not for me and I should go and master something else. I meditate. I get distracted. I need to refocus. I get distracted again. The process gets easier over time but there is no mastery. It is just not that kind of thing.

Once you fully grasp that it becomes easier. Fully grasping it, though, is not having someone explain it to you. If an intellectual understanding was enough then I would not be involuntarily depressed. It is rather something you come to by practicing the experience and by thinking and feeling its impact on you.

I have had to resist my programmed inclination to not meditate. I have had to persevere. I have had to grasp that it is not like doing my grocery shopping online. It is more like the difference between learning and getting a qualification. The difference between driving to visit an aunt and going for a walk in the sunshine completely without purpose other than the joy of it.

The writer wishes to remain anonymous.

The Complementary Arts of Infinite Tai Chi and Christian Meditation

*Be still like a mountain and flow like a great river
Taoist Proverb*

If you are looking for a way to reduce stress, consider Tai Chi. It is sometimes described as "meditation in motion" because it promotes serenity through gentle movements, connecting the mind and body and setting the spirit free in dance like expression. Originally developed in ancient China for self-defence, Tai Chi and its sister practice of Chi Kung (energy cultivation) evolved into a graceful form of exercise that is now predominantly used in the West for stress reduction and to help a variety of other health conditions.

Some would say that Tai Chi and Chi Kung are ideal ways to bring the mind and body into harmony and greater stillness in preparation for our seated meditation practice. Others who have embraced the wholesome discipline of regularly surrendering into the practice of the Arts would go further and know what the ancient Taoist monks came to realise, that wholehearted one pointed attention can lead to the union of opposites, the Yin and the Yang, the Light and the Dark, the Form and the Formless, through Motion and Rest.

In my experience, the WCCM have always been open minded and forward thinking to encourage the practice of disciplines like Tai Chi, Chi Kung and Yoga as at the very least, taking care of the body helps us to be less focussed upon its aches and pains during the time of our seated meditations. Moreover, Meditatio in London is now offering a programme of workshops to explore how Bodywork can enhance our journey of Awakening which can only be a good thing at whatever level you wish to experience.

All Mystical practices remind us that Ultimate Reality, God or the Tao, is Realized through the Union of supposed Opposites. There are many ways to come to such realisation. Certainly, embracing the Way of the Embodied Contemplative, can be one such way to this Truth.

Terry Doyle

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**

Contemplative Love

Bob Morley offers a personal view of mankind's direct relationship with God, revealed as a result of contemplation.

Over the centuries (and indeed, millennia) of our recent history, I believe mankind has inherited an intuitive awareness of 'That of God' (or spirit, or source) as our origin and destiny, and to which we belong. This has led to the development of religions, many of which portray certain charismatic humans, through faith, as representatives of, or even to be, God.

I believe this very human desire to serve a go-between, whose physical presence was once reality, has snowballed in some religions, in particular Christianity, to a hierarchical power and control regime of go-betweens, distancing the Self from God to an ever greater degree. Sometimes the go-betweens have used the written word as an additional barrier to direct communion with God. It is much easier, for the human mind, to worship something rather than no-thing.

But a very small minority of people have retained that original intuitive awareness of God, that unknown but ever-present mystery of being. This awareness is enhanced by regular and frequent periods of contemplation; stillness and silence and emptying of mind. Today these people are called mystics.

Through the ages, they have wrestled with this 'knowing', often against the background of religious knowledge deemed 'correct' or 'orthodox' by the hierarchy of go-betweens. I believe the 'common thread' which links all mystics, past and present, is their direct experience of God, as Love. Often the spiritual journey which takes them to this 'knowing' is painful or distressing, as it involves the ultimate letting go, in contemplation, of all that has gone before, at a cost of 'not less than everything'. It is indeed the 'pearl of great price'. Any pre-conceived idea or image of God, whether based on religion or not, is revealed as completely false. Furthermore, many, if not most, mystics come from a

background of commitment to an institutionalised religion, which makes the 'letting go' even more difficult. This 'letting go' does not mean rejection. But it does mean non-dependence.

My understanding is that, in the time outside contemplation, our minds and bodies are re-ignited into the active life, the 'doing', rather than the 'being'. We need the active life, and our ego to survive this temporary earthly life. But without regular and committed times of contemplation, the presence of God seems to fade away (masked by the ego), even though it is ever-present. But with the commitment, we find that more and more, our 'doing' has, as its source, our 'being'. Our actions become congruent with who we are. It becomes clearer and clearer – we are Children of God – Children of Love.

I believe this is the message that Jesus of Nazareth felt empowered to share with all he encountered. For me, this ordinary human being who was extra-ordinarily gifted in insight, shows us how to live this temporary, earthly life.

Of course, this is a personal opinion, and others may have an equally valid, different point of view.

Bob Morley

WCCM SoundCloud - An Audio Resource

Did you miss a favourite speaker? Are you are looking for copies of the group CDs or recordings of talks and retreat reflections? Visit the *WCCM SoundCloud* at <https://soundcloud.com/wccm>

You can listen online using your browser or on your phone or tablet by downloading the *SoundCloud* app. You can download many of the tracks for listening offline, perhaps with your meditation group. (Hint: click on the ...*More* button to access the *Download* command.)



A link to the *WCCM SoundCloud* is in the *WCCM* links menu on the UK website, along with a link to the group CDs.



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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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. Saturday 11 & Sunday 12 November 10.00 for 10.30 - 16.00.

Venue: Monastery of Christ our Saviour, Jacks Lane, Turvey. Beds MK43 8DH. **Leaders:** Saturday Cockfosters Cell and Sunday Father Laurence Freeman. The week-end is open to all meditators. The suggested donations are: £15 per person per day or £25 per person for the week-end. It is necessary to book as places are limited, even if you do not require accommodation. A £10 non-refundable deposit is requested to confirm your booking. Please contact Angela Gregson either by a text message with "Oblate weekend " to: 07792 083 942 and you will be given details of where to send your cheque, or email: rydal2814@yahoo.co.uk or tel: 01706 563 024.

Quarterly Oblate Community Day. Saturdays 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

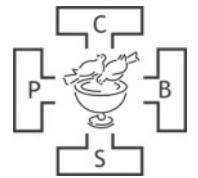
North London: Meets monthly at Christ the King Church, Cockfosters 19:00-21:15 **Contact:** Rita McKenna on 0208 449 5013 for dates.

Oxfordshire: Meeting on **Monday 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 6 May & 1 July 10:30 for 11:00-15:30. Contact:** Angela Gregson for details of venue at rydal2814@yahoo.co.uk or on 01706 563024.



London Oblate Cell

A small group of us met on 15th February to rekindle a monthly cell meeting. We are planning to meet on the 4th Wednesday of the month, initially at 10 Cloudsley Square London N1 0HT and then hopefully at the Meditatio Centre at St Marks Myddleton Square EC1R 1XX.


We begin the day at 10.30am with coffee and a 11.00am start with exploring a passage from the Rule of St Benedict. We will follow with midday prayer and meditation and a shared lunch. (Please bring something to share- soup, bread, cheese etc enough for the number attending.)

Afterwards we will have shared lectio and finish the day at 2.30pm. The Rule and lectio readings will be chosen and led by those who are coming.

The next meeting dates are Wednesday 24th May and Wednesday 28th June.

If you are hoping to come please let Elaine know . Her email is elainerawlinsosu@aol.com. Doing this means Elaine can let you know should there be a need to change a date at short notice.

Cell meetings are open to all meditators. For further information contact Elaine or Eileen at eduttobl@btinternet.com.




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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 jacrussell3@gmail.com 01296 488450 (office hours only please)

School of Meditation Events:

Friday 29 September to Thursday 05 October. The School of Meditation -

School Retreat 2017. Led by Liz Watson with Eileen McDade and Julie Roberts. **Venue:** Abbey House, Glastonbury, Somerset BA6 8DH. **Cost** per person: £545.00 inclusive. Limited bursaries available, please enquire. **Contact:** For an application form please email: julie.ann.roberts@icloud.com or telephone 01458 832704.

Southeast England

Friday 22 September 7pm (supper) to Sunday 24 September 4pm. Silence speaks: A Christian Meditation Retreat. Leader: Liz Watson. **Venue:** The House of Prayer 35 Seymour Road East Molesey Surrey KT8 0PB. **Cost:** £150 – advanced booking essential. **Contact:** houseofprayer@hotmail.co.uk 02089412313.

East England

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.

Saturday 3 June 10:30-15:30. 'Strike the Cloud': Understanding and practising the teaching of the Cloud of Unknowing. **Leader:** Graeme Watson. **Venue:** Clare Priory Suffolk. **Contact:** Kathy at Clare Priory 01787 277326 clarepriory@clarepriory.net **Cost:** £15. Bring packed lunch.

Northeast England

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.

Saturday 20 May 10:15-15:30. "The Rebirthing of God" with John Philip Newell. **Venue:** Leeds Trinity University Chapel, Horsforth, Leeds. **Contact:** Sue Purkis suepurkis@hotmail.co.uk 07702 692117. **Cost:** £15. Bring own lunch - refreshments provided.

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

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

Friday 18 August. Embodied Contemplatives - Christian Meditation and Tai Chi Day. Venue: Ampleforth Abbey. **Contact:** as above.

Friday 13 October to Sunday 15 October. Embodied Contemplatives - Christian Meditation and Tai Chi Day. Venue: Ampleforth Abbey. **Contact:** as above.

Northwest England

Tuesday 2 May 10:00 for 10:30-15:00. Living with the Mystics: St Therese of Lisieux. Leader: Edwina Campbell. **Venue:** Friends Meeting House, Elliot Park, Keswick. **Cost:** £5.00. Drinks provided, please bring your own lunch. **Contact:** Bob Morley 016974 72644 rgm1@live.co.uk

Saturday 24 June 10:00 for 10:30-15:30. Living from Our Fullness: the role of Prayer and Meditation. Leader: John Martin Sahajananda. **Venue:** Glenthorne Quaker Centre, Easedale Road, Grasmere, LA22 9QH. **Donation:** £20.00 or what you can offer. Drinks provided, please bring your own lunch. **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm

Tuesday 1 August 10:00 for 10:30-15:00. Living with the Mystics: Brother Lawrence. Leader: Jo Grundy. **Venue:** Friends Meeting House, Elliot Park, Keswick. **Cost:** £5.00. Drinks provided, please bring your own lunch. **Contact:** Bob Morley 016974 72644 rgm1@live.co.uk

Tuesday 7 November 10:00 for 10:30-15:00. Living with the Mystics: Christian Zen Leader: Richard Broughton. **Venue:** Friends Meeting House, Elliot Park, Keswick. **Cost:** £5.00. Drinks provided, please bring your own lunch. **Contact:** Bob Morley 016974 72644 rgm1@live.co.uk

Friday 17 to Sunday 19 November. Boarbank Retreat. Leader: Stephen Reynolds. **Venue:** Boarbank Hall, Allithwaite, Grange over Sands, Cumbria LA11 7NH **Booking:** Richard 01946 862990 cmcwccm@fastmail.fm **Cost:** to be announced.

East Midlands

Saturday 23 September 10:30 for 11:00-16:00. Silence with God - the Gift and the Challenge. Leader: Angela Ashwin. **Venue:** Parish Centre, Sacred Heart Church, 99 Carlton Hill, Carlton, Nottingham, NG4 1FP. **Cost:** Suggested Donation: £10.00. Drinks provided, please bring your own lunch. **Contact:** Peter Short 07748611175 petershort03@gmail.com

West Midlands

Saturday 13 May 10:00-15:00. Meditation and Workshop Day. Leader: Rev. Anna O'Connor. **Venue:** The House of the Open Door Childswickham House, Childswickham, Near Evesham, WR12 7HH. **Contact:** Vicky Ward email: vickymward@gmail.com 01386 881472. **Cost:** £25 (Deposit £10).

Southwest England

Thursday to Sunday 20-23 July. The Attentive Heart Silent retreat. **Venue:** Marist Centre, Nympsfield, Glos. **Cost:** £169 (bursaries available). **Contact:** shelagh.layet10@gmail.com 01275 463727.

Friday to Sunday 22-24 September. Mindfulness, Meditation and Mysticism – and how they are related. "Contemplation and community" retreat. **Speaker:** Stefan Reynolds. **Venue:** Ammerdown Centre, near Bath. **Cost:** £210 (£200 for shared room). **Contact:** John Roberts john.wilcott@gmail.com 01458 832704.

Saturday 14 October 10:00-16:00. Dorset Meditators Day - "Sacrament of the Present Moment". Leader: Liz Watson. **Venue:** Dorford Centre, Dorchester Baptist Church, Bridport Road DT1 1RR. **Contact:** Anita Finnigan 01305 259032 anitafinnigan@hotmail.co.uk **Cost:** Donation £12. Please bring your own lunch. Tea and coffee provided.



Meditation News

Newsletter of The World Community for Christian Meditation in the UK

Meditation News is published quarterly by
The World Community for Christian Meditation in the UK,
Lido Centre, 63 Mattock Lane, London, W13 9LA

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www.christianmeditation.org.uk

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Events

London

First Saturday of the Month (6 May, etc) 14:00-16:00. Quiet Afternoon for those on the 12 Step Programme. Venue: please contact mike@east-west.org.uk

Last Saturday of the Month (27 May, 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

Tuesday 9 May 14:00 to Saturday 12 May after lunch. Addiction & Grace Silent Retreat with input from Liz Watson Venue: Location Douai Abbey Upper Woolhampton Reading West Berkshire RG7 5TQ **Cost:** £200 **Contact:** Michael O'Halloran michael.ohalloran@psmgs.org.uk 07815 314 518 or May 07768 310 666

Meditatio House 10 Cloudesley Square, London N1 0HT Tel: 020 78378567 meditationnews@gmail.com 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 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
Wednesdays 10:00–12:00: Yoga and Rolf Movement Class
Fridays 10:00 – 11:30 Yoga and Meditation

Single events:

Thursday 4 May 18:30-21:30. Meditation and Loss (Meditation in a Time of Loss) **Led by** Liz Watson. **Cost** £10 Concessions £5 Light refreshments provided

Thursday 11 May 18:30-21:00. Haiku Poetry **Led by** Prof Peter Jaeger **Cost:** £15 Concessions £10 Light refreshment provided

Saturday 20 May 10:30-16:00. Contemplation for an Age of Artificial Intelligence **Led by** Dr Marco Schorlemmer **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

Saturday 27 May 11:00-16:00. The Fountain of Poetry: Faith and language **Led by** Canon Mark Oakley **Cost:** £30 Concessions £20 *Please bring a packed lunch. Coffee and tea provided.

Saturday 3 June 11:00-15:30. An Introduction to Christian Meditation. **Led by** the London coordinators Eileen, Geoff and Graeme. **Cost:** There is no charge but bring some lunch to share, but not too much!

Thursday 8 June 18:30-21:00. Living From our Fullness: the role of prayer and meditation. **Led by** Br John Martin Sahajananda **Cost:** £15 Concessions £10. Light refreshments provided.

Saturday 10 June 10:30-16:00. Sacred Poetry and the Gift of your Voice. **Led by** Ashley Ramsden **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Thursday 29 June 18:30-21:00. Living your Truth: Tapping your Deeper Purpose. **Led by** David Lorimer. **Cost:** £15 Concessions £10. Light Refreshments provided.

Saturday 1 July 10:30-16:00. The Cloud of Unknowing. **Led by** Graeme Watson **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Saturday 08 July 10:30-16:00. Light Sitting in Light. **Led by** Martin laird. **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Single events (continued):

Saturday 15 July 10:30-16:00. Business and Meditation: A Spiritual Compass for Leaders Navigating Chaos **Led by** Martin and Dierdre Quieri **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Wednesday 13 September 18:30-21:00. Meditating with Zen Master Dogen Kigen (1200-1253). **Led by** John Gaynor. **Cost:** £15 Concessions £10. Light refreshments provided.

Saturday 16 September 10:30-16:00. Exploring the Spiritual Path with Dante and his Divine Comedy. **Led by** Kim Nataraja **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Saturday 23 September 10:30-16:00. Who do you Trust? **Led by** Jim Green and Edmund Giszter. **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Saturday 07 October 13:00-17:30 AUTUMN: Grounding... "accepting gravity... is the origin of lightness". **Vanda Scaravelli** **Led by** Wojtek Karczmarzyk and Lucy Barnes **Cost:** £25 Concession £15 Tea and Coffee 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.

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

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.

Saturday 6 May 2017 11:00-16:00. The Need for Contemplation in a Post-Truth World. **Leader:** Laurence Freeman OSB. Refreshments provided. **Cost:** Suggested donation £20.

Saturday 10th June 11:00-16:00. Title TBC. **Speaker:** Martin Laird. Refreshments provided. **Cost:** Suggested donation £20

Keeping In Touch

If you would like to ...

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

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Or contact:

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