

meditation news



Newsletter of The World Community for
Christian Meditation in the UK

SUMMER 2017

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UK Annual Conference 16th to 18th June



Fr Laurence Freeman addressing the UK Annual Conference at High Leigh

Next issue

meditation news is published quarterly by The World Community for Christian Meditation in the UK. Contributions are warmly welcomed.

Please send all items for the **Autumn 2017** issue including events from 1 November to: uknewsletter@wccm.org to reach us by **1 September**.

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The UK conference this year was held at High Leigh Conference Centre in Hoddesdon, Herts.

High Leigh is a truly beautiful place, a large imposing Victorian manor house, set in acres of lush parkland. We were blessed not only with the most gorgeous weather each day, but also with Father Laurence, our guest speaker, who chose as his theme the enigmatically titled "The Horizon of Christ".

He began the series of talks by describing a heart-stopping and sinister horizon as he was driving along the A40 into west London the previous Wednesday. There, on the horizon of the city skyline was the tall, dark,

smouldering horror of Grenfell Tower. This appalling image served as a symbol for a theme running through his talks of the dangerous gulfs in our political and personal lives between rich and poor, the haves and have-nots, power and powerlessness with its corresponding feelings of desperation and injustice.

The talks though, were not infused with doom and gloom. Far from it and with a very different horizon in view – the horizon of Christ – they always contained Laurence's trademark characteristics of optimism and hope. Saturday afternoon's talk included a presentation

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UK Annual Conference *continued from page 1*

of the beautiful new centre at Bonnevaux – a completely different kind of symbol and it was touching to feel Laurence’s infectious enthusiasm for this faith-filled venture towards a further horizon.

He spoke at length about friendship and community and how, as we journey further towards the infinite, yet ever receding, horizon of Christ through our daily commitment to meditation, all people become friends, the ones we haven’t known or recognised, the refugee, the foe, the stranger, for all are included. None is outside the horizon. In this context, it was perhaps apt that we shared High Leigh with a small group of Pentecostals from Brixton, whose joyful, foot-stomping praise sessions, complete with tambourines and dancing, rang

out daily through the building and across the lawns. A greater and more beautiful contrast to our silent practice would be hard to imagine.

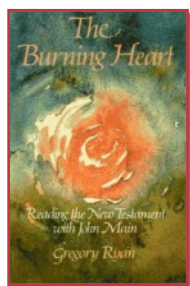
The schedule included a wide range of workshops given by members of the community, which provided a nice balance to the lecture format of the talks.

Saturday evening was a time to cement and to make new friends. It was a time for conviviality and laughter. We had much to talk about and share. We bought drinks and sat out on the terrace until late on such a glorious summer’s night.

The conference ended with a Eucharist where a collection was taken, appropriately, for the Grenfell Tower disaster fund which raised £866.50.

Tim Cullen

Annual Conference Meditations: Introductory Readings



John Main marked many passages in his New Testament, highlighting words of encouragement and guidance that he used in his own teaching. In *The Burning Heart*, Gregory Ryan matches those pieces of Scripture with extracts from John Main’s writings on the same verses, enabling familiar words to be illuminated and revitalised by John Main’s insight. A selection of these were used to introduce the periods of meditation at the Annual Conference.

The meditations were prepared and led by Jacqueline Russell

Friday evening

Reading: *For the same God who said, ‘Out of darkness let light shine’, has caused his light to shine within us, to give the light of revelation – the revelation of the glory of God in the face of Jesus Christ. (2 Corinthians 4:6)*

John Main’s comments:

Christ is light. He is the light that gives range and depth to our vision. He is also, in his fully realised human consciousness, the eyes with which we see the Father in the divine perspective. Without his light our vision would be tied to the partial dimension and our spirit could not soar above itself into the infinite liberty and crystal clarity of the unified state. Our consciousness would, however wonderful, remain an observer on the periphery of his space, unfulfilled by union with his consciousness, uncoordinated with his Body. Without his Spirit dwelling in our mortal bodies and opening up the infinite dimension within our spirit, we would be like people restricted by their own innate limitations from moving freely in the liberty they have been given. But the light that transforms our weakness, that makes our limitations the crucible in which his power is brought to perfection, has been freely given, poured into our heart as

the pure effulgence of the Father, for Christ is the radiance of the Father. The light we need to empower our vision is not less than this radiance, the glory of God itself...

For those of us humbly treading the pilgrimage of prayer into this experience of light this is the only fundamental knowledge we need...

Saturday early morning

Reading: *Awake, sleeper, rise from the dead. And Christ will shine upon you. (Ephesians 5:14)*

John Main’s comments: *To awaken is to open our eyes, and we open them, as St Benedict said, “to the divinising light”. What we see transforms what we are.*

Each time we meditate we take a step further into this wakefulness, this state of being in light. And the more fully we integrate the basic Christian experience into our ordinary daily life the more deeply wakeful we become. This makes our life a journey of discovery, an exploration, a constantly renewed miracle of created vitality. To meditate is to put an end to dullness, to fear, and above all to pettiness... the man or woman who is awake knows without doubt s/he is awake. But the person who is dreaming also believes s/he is awake. In that state, the images of a dream convince us that they are the realities we know as real when we are awake. We enter wakefulness, as the meditator knows, by letting go of images and by learning to wait for the Reality – for “Christ to shine upon you.

Saturday lunch time

Reading: *All I care for is to know Christ, to experience the power of his resurrection, and to share his sufferings, in growing conformity with his death, if only I may finally arrive at the resurrection from the dead... He will transfigure the body belonging to our humble state, and give it a form like that of his own resplendent body, by the very power which*

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Annual Conference Meditations *continued from page 2*

enables him to make all things subject to himself. Therefore, my friends, beloved friends who I long for, my joy, my crown, stand thus firm in the Lord. (Philippians 3)

John Main's comments: One thing we learn in meditation is the priority of being over action. Indeed, no action has any meaning, or at least any lasting depth of meaning, unless it springs from being, from the depths of your own being. That is why meditation is a way that leads us away from shallowness to depth, to profundity. Learning to be is learning to begin to live out of the fullness of life. That is the invitation. It is learning to begin to be a full person. The mysterious thing about the Christian revelation is that as we live our lives fully, we live out the eternal consequences of our own creation. We are no longer living as if we were exhausting a limited supply of life that we received at birth. What we know from the teachings of Jesus is that we become infinitely filled with life when we are at one with the source of our being and enter fully into union with our Creator, the One who is, a God who describes himself as 'I Am'.

Saturday evening

Reading: No wonder we do not lose heart! Though our outward humanity is in decay, yet day by day we are inwardly renewed. Our troubles are slight and short-lived; and their outcome an eternal glory which outweighs them far. Meanwhile our eyes are fixed, not on the things that are seen, but on the things that are unseen: for what is seen passes away; what is unseen is eternal...

We groan indeed, we who are enclosed within this earthly frame; we are oppressed because we do not want to have the old body stripped off. Rather our desire is to have the new body put on over it, so that our mortal part may be absorbed in life immortal. God himself has shaped us for this very end; and as a pledge of it he has given us the Spirit. Therefore we never cease to be confident. (2 Corinthians 4:16 - 5:6)

John Main's comments: The vision of the unseen and the confidence that comes from being absorbed in the immortal is what meditation is all about. We know with an unshakable conviction when we die to self that what we stand on, that is eternal. This is to know that our being may pass through stage to stage of life, through many deaths, but we can ever slip out of being. God never withdraws the gift he has given and to have given us our being is to have made it immortal. That is the essential preparation we need in experience to face our own death without fear, without false consolation, with open minds and open hearts. (Death the inner journey).

Saturday evening - after meditation

Reading: Our mortal part may be absorbed into life immortal. (2 Corinthians 5:4)

John Main's comments: In the Christian vision of eternal life – which means full realisation of all potentiality – nothing is rejected or wasted. Even our most fragile and ephemeral dimension, our body, is to be 'saved' from the entropic processes that so frighten us...

Sunday morning

Reading: With this in mind then, I kneel in prayer to the Father, from whom every family in heaven and on earth takes its name, that out of the treasures of his glory he may grant you strength and power through his Spirit in your inner being, that through faith Christ may dwell in your hearts in love. With deep roots and firm foundations, may you be strong to grasp, with all God's people, what is the breadth and length and height and depth of the love of Christ, and to know it, though it is beyond knowledge. So may you attain to fullness of being the fullness of God himself. (Ephesians 3:14-19)

John Main's comments: This is a marvellously comprehensive description of the destiny that each of us has, as Christians, as human beings. Our destiny and call is to come to a fullness of being which is the fullness of God himself. In other words, each of us is summoned to an unlimited, infinitive development through the way of faith and love, as we leave the narrowness of our own ego behind, and enter into the ever-expanding mystery of God's own self.

...Jesus has told us that his Spirit is to be found in our hearts. Meditating is uncovering this truth as a present reality deep within ourselves at the centre of our lives. The Spirit that we are invited to discover in our heart is the power source that enriches every aspect and part of our life the Spirit is the eternal spirit of life and of the almighty Spirit of love.

Sunday morning after meditation

With deep roots and firm foundations may you be strong to grasp, with all God's people, what is the breadth and length and height and depth of the love of Christ, and to know it, though it is beyond knowledge.

The extracts from The Burning Heart by Gregory Ryan are used with the permission of the publisher Paulist Press.

Annual Conference Recordings

Fr Laurence's talks were recorded by Agape Ministries and will be available from them on CD or by download. Contact archie@agapeministries.co.uk or visit their website www.agapeministries.co.uk for details.





Discovering Peace in a Chaotic World **WCCM West Midlands Group Retreat at Noddfa,** **19th-21st May 2017**

The WCCM West Midlands group spent a very peaceful and enjoyable weekend at our biannual retreat at Noddfa Centre in Penmaemawr, Conwy in North Wales.

The retreat was led by Julie Roberts, whose theme was 'Discovering Peace in a Chaotic World'.

Julie gave us some interesting and supportive ideas on finding awareness and the present moment in everyday life, on coping when life gets really challenging and on nurturing and deepening our meditation practice. There were many helpful tips, thought provoking suggestions and plenty to reflect on and take back to everyday life. We also had an inspiring reflective poetry reading on Saturday evening.

Noddfa is a very special place. The sisters are very welcoming and hospitable, the gardens are beautiful and the beach was windy and wonderful. The Eucharist on Saturday afternoon with meditation afterwards is something I always look forward to. This was my second visit and it was lovely to be back. I particularly liked the two labyrinths in the gardens; great for practising the walking meditation we had been introduced to in one of Julie's sessions.

I would like to thank Julie for her wise words and inspiration, and particularly for sharing her own experiences of a challenging life journey with us, also Margaret Jarvis for all her hard work in making the weekend such an enjoyable one.

As always, it was a joy to spend time and share the journey with other meditators. I always enjoy meeting up with people I have met at previous retreats and our West Midlands group meetings, and also meeting new friends. There is something about meditation that breaks down barriers and helps you feel you have known someone for years, even if you've only just met them.

In the past I have often found it difficult to stay with a regular meditation practice at home, but since returning from the retreat, my practice has felt much more stable and revived, so thank you very much Julie and Noddfa!

I am looking forward to our next retreat.

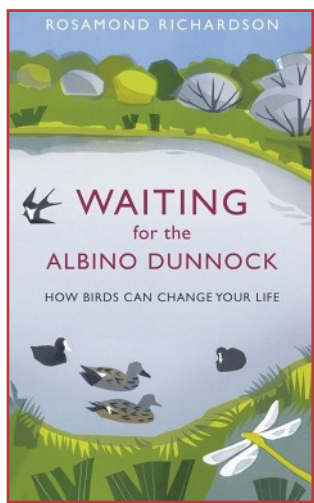
Cath Corbet
Pictures by Peter Jarvis

Rosamond Richardson, 1945 - 2017

Rosa, who died on the 8th of May, was a member of the meditation community for many years. Fr Laurence Freeman wrote about her in one of his daily Lent messages for 2017:

"Rosamond Richardson has written several books about the countryside, on the cultural history of wild flowers and trees and about food. She loves to walk. She writes from a place you trust and would like to know better. Her talk was about birds and meditation, though she never mentioned meditation.

"Surprisingly, it was only recently that she discovered the world of birds. During a time of personal pain this new world brought her an expansion of awareness, a new relationship with the natural world (that Aquinas said is the 'primary and most perfect revelation of the divine') and with a new source of healing. As a true herbalist will tell you, if you know anything about nature, you will always discover more about how nature itself is the source of health.



"Rosamond's new book is *Waiting for the Albino Dunnock: How Birds Can Change your Life*. Her writing about the countryside and the bird world she has discovered there conveys to us, her readers, more of the full experience of creation than any TV wildlife documentary. It shows how words are more powerful than a thousand pictures, though in our media-frenzied world we believe the opposite. She is, as she confesses, a busy and

curiosity-driven personality. She took up running. But birds introduced her to contemplative walking and to the joys of still, patient, silent waiting.

"In her talk I learned that the verb 'to saunter', meaning to walk in a slow, relaxed manner, to stroll or amble, derives from the French 'sainte terre' or 'holy land'. The pilgrims who walked to the Holy Land to visit the sacred sites where Jesus lived, taught, suffered and died, sauntered there... The burgeoning number of modern pilgrims on the Camino to Compostela... are rediscovering this.

"Everything in modern culture is about speeding up. This has many advantages, of course. But we lose much in the process. Slowing down opens up. Discovering nightjars taught Rosamond this. They are nocturnally active birds with a vast range of dramatic song. Sound-recordists have analysed nineteen hundred notes to the minute, showing how limited is our human hearing. Visually too: 'Unearthly his streamlined beauty, a bird the size of a small hawk, spectral, elegant and mysterious.'

"To walk slowly is not to stop. To be still is not to be unproductive or disconnected. Rosamond has learned much from Thoreau, the 19th century American radical

naturalist who knew the spiritual value of walking, whose ancient wisdom is caught in the Latin adage *solvitur ambulando* – roughly translated as 'sort it out by walking'.

"So try sauntering. If you feel too restless and stressed to meditate, go for a walk first.

And to help you say the mantra, listen to the birds, morning and night."

Rosa was received into the Roman Catholic Church by Fr Laurence over ten years ago. At that point she was responsible for building a connection between the meditation community and Eye Abbey in Suffolk, one of the earliest Benedictine foundations in the country. Rosa was great friends with Kate Campbell who had bought the Abbey (the remains of the Priory House, in fact) in the 1960s and had lived there ever since. Kate had considered leaving the beautiful property and its extensive grounds as a permanent home for the WCCM. Although that didn't come to pass, over the next decade the Abbey became a focus for meditators from Norfolk, Suffolk and beyond. Two Easter retreats took place there and for a number of years a monthly meditation group met in an ancient 'upper room' at the top of the Priory House. Those who spent time at Eye, enjoying the hospitality of Kate and her towering wolfhound, the beauty of her late husband's paintings that hung on nearly every wall, the glory of the gardens and the long-established peace of the place – all have received a gift from Rosa. Her generosity of spirit cannot be forgotten.

Here, in a passage from her book on birds – the last of her forty-eight books – is something of what Rosa learned, and encourages us to learn, from waiting and from silence:

Yes, you could call it ornitheology. As I sit waiting-for-God-or-birds in a bleak bird hide, where the hush resembles the silence of an abandoned church, it doesn't matter all that much whether the birds turn up or not. One of the reasons I've come to love waiting for them (and it is a love affair) is that it continues to take me away from empty chatter, from the tentacles of technology, from the slow poison of the world's ways. I continue to discover how much I like – and need – periods of solitude and silence. The wildness of birds draws me to them, untamed creatures who prefer hidden places, keeping themselves to themselves, away from the human race, independent of us. Beings who sing an otherworldly music, to communicate in ways we can only attempt to decode.

They live in the now, in their bird world, in their isness, among us but mostly invisible, like God – or what we falteringly call God for lack of words to express what lies beyond the limits of consciousness.

Rosa - rest in the Peace that you already knew.



Jim Green

New UK Online Meditation Groups - Your Invitation to Participate

I am writing to share with you a new and enriching aspect of our life in the community that meditation creates. As a WCCM Oblate (and international coordinator for the WCCM Oblate community) I am very conscious that community both expresses and enriches our meditation. I would like to invite you to discover a new way of enjoying and sharing this that many diverse meditators around the world have found - the online meditation community....

Background

WCCM USA have developed an **Online Chapel** for use by meditators throughout the world. They meet daily to meditate, listen to readings, and discuss their journeys. The USA experience has been very successful and has grown to 15 groups meeting regularly each week with participants as far afield as Australia, Canada, Central and South America, Germany and the UK. The groups are not all alike, there are some solely for oblates, some for teenagers, and some for those whose native language is Spanish, some have times for general conversation, and there are groups meeting every day of the week.

Proposal

Some of us in the UK have been introduced to the meetings over the last few weeks and enjoyed the experience very much. We see this as a wonderful opportunity to meet, talk, encourage and support each other in our practice, and to grow and develop the Community of Love that we enjoy so much.

Invitation

We propose to set up on-line groups in the UK and Europe, and invite all who may be interested to get in

touch. Interested meditators should provide the following details please:

- i. Name
- i. Home address
- iii. Phone numbers – home and mobile
- iv. Email address
- v. Day(s) of the week preferred
- vi. Time(s) of the day preferred.

The computer skills required are minimal and help and advice can and will be provided, but online access is required. There are some online meditators in the USA who will soon become centenarians so please do not be put off by the technology; we expect we can guide you quite simply through the steps required, and help you to enjoy the regular contact and experience of the meetings. We hope to start on-line by the end of September next. Should you have any questions please contact by email, phone or text: **Robert Lalor lalorrob@gmail.com 07903 584404**

Next steps

Please reply to Robert and once we have had time to assess interest we intend to set up meetings for the most popular days and times, send joining instructions together with the log-on procedure, and provide details of the start dates of the first meetings.

I would further clarify that this is an idea for the whole community in the UK (open to guests from overseas who find the times suitable), and the oblates are putting it forward for all as their contribution to the community life. Peace and Love

Eileen Dutt, International Oblate Coordinator



Outreach - Sharing the Gift of Meditation

Sharing the gift of meditation is at the heart of what we do as a community. This takes many forms, from

individual meditators simply telling a friend, to groups offering introductory courses, to those who on behalf of our community reach out to specific groups of people. Indeed, if you look at the back cover of this newsletter you will see that we have Special Interest Coordinators working in areas from Addiction to Young Meditators. And of course we are blessed with the Meditatio centre, set up 5 years ago, to promote outreach internationally.

At the last National Council meeting the recurrent word seemed to be outreach which came up in a variety of discussions. It was felt really important to raise awareness within the community of the many different ways and different organisations with whom we might share the gift of meditation, with a view to putting together a list. There were quite a few ideas and some of the suggestions are listed below.

Some of you may have already set up your own outreach initiative and would welcome the opportunity to share with our community the work you have been doing and connect with others with similar interests. This not only helps to raise awareness, but helps us to encourage each other by knowing there is someone else involved in a similar project.

How we might take the list of suggestions forward was discussed at the April Action Group meeting. We agreed that although it is useful to have a list so that we can share ideas, the motivation to reach out starts in the heart of a community member and we cannot actually make that happen. Maybe you have identified an area of need and feel that with a bit of support and some financial resources there is something you could do.

Imagine what could happen if we raise awareness of possibilities for outreach by:

- compiling and sharing ideas
- putting people with the same interests in touch
- supporting those who want to take an idea forward.

Farewell to Sr Marianne



On 14 Dec 2016 about a dozen of the Greenwich Meditation Group met to say a fond and sad farewell to Sr Marianne Speigle at the Sacred Heart Convent in Hyde Vale. Sr Marianne who was moving to Germany had led this group for about 22 years.

The day commenced in the chapel with 'Godly Play' led by a group member. This challenging play was followed by a shared lunch when past members were recalled and also a memorable time at Worth Abbey with Sr Marianne.

The day ended with a time of meditation and then tea and our final farewell.

Geoff Waterhouse.

Here's the list of outreach suggestions started at the National Council:

1. Contacting secular groups
2. Contacting priests and churches
3. Working with the homeless and marginalised
4. Building on the introductory courses
5. Working more with Meditatio
6. Working with Seniors/Retired in care homes
7. Anonymous sharing like poems left in park boxes.

If you have ideas, are involved in a new initiative, or know what you could do with a bit of support and some financial resource, Eileen McDade, our Action Group member responsible for Outreach is waiting to hear from you (emcdade@talktalk.net) or please contact any Action Group member, or the appropriate Special Interest Coordinator.

Julie Roberts (on behalf of the Action Group)

The World Community for Christian Meditation is a contemplative, ecumenical community.

The International Office of WCCM is looking for a proactive

FUND RAISING MANAGER

To apply to Trusts and Foundations for our new Retreat Centre & outreach projects

We need someone with

- ❖ Proven experience in the field
- ❖ Good writing and communication skills
- ❖ Excellent administration skills
- ❖ Database skills (training will be given)

This is a part-time position and the salary will reflect the skill set of the successful applicant.



Closing Date for applications 31 Aug 2017

Apply for further details to

E: welcome@wccm.org

Registered UK Charity No. 327173

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@gmail.com**

National Oblates Retreat at Douai Abbey, March 24-26 2017

'Living as an oblate in 2017'

A weekend where the divine met with the human, and the sacred with the ordinary.

We were reminded, as we joined with the brothers in chanting the words of Psalm 145 at evening prayers, (and distracted by the stress of travel and the cares of the world) to put our trust in the Lord:

*My soul give praise to the Lord.
I will praise the Lord all my days,
Make music to my God while I live.*

*Put no trust in princes, in mortal men in whom
there is no help.
Take their breath away and they return to clay
and their plans that day, come to nothing.*

*Happy are those whose help is the God of Jacob
Whose hope is in the Lord their God. (Psalm 146 v
1-4)*

The Divine Office is chanted 5 times each day in Latin by the Douai monks. They walk together into this awe inspiring Abbey church, a majestic symbol of the community's faith in God and of their trust in Him to lead it into the future. It is indeed a sacred space. But far more than bricks and mortar and creative architecture... the community has survived through centuries of change and turmoil since its inception in 1615 in Paris.

It is a living example of the faithfulness of the Lord to protect and bless his children.....and His coming kingdom.

And the Psalms continued to remind us of this all weekend as we listened and prayed with the monks throughout the offices.

*The Lord is faithful in all his works.
Yours is an everlasting kingdom;
Your rule lasts from age to age. (Psalm 145 v 13)*

12 oblates from around the country and affiliated to different Benedictine monastic communities including Eileen Dutt and myself from the WCCM, met to explore the theme of "Living as an Oblate in 2017".

It was recognised at the beginning of our discussion times together, that the increase in the number of oblates is far greater than the growth of monastics. Father Gervase, director of the oblates set out the theme of the weekend:

*The oblate is a crucial link, a mediator between
the monastery and the world. It is a place from
which the oblate can shape Christian life by living
out of the monastic programme of spiritual
growth and commitment to Christ.*

So, our vocation as oblates is to reach out into all areas of life bringing monastic values of prayer, hospitality, healing and peace. Indeed to walk in the steps of Jesus.



Retreat leader Fr. Gervase OSB with the oblates

We explored the notions of 'solitude, inner quiet and contemplative prayer,' aspects which we are very familiar with in the WCCM through our daily meditation. We reflected too on the need to guard our hearts / create boundaries in this world of over stimulation and rapid change and which prevent us from resting in the peace of the Lord and listening to where He would lead us.

So too we looked at the service which we offer to others, showing a reverence for others and relieving them of their burdens. The nitty gritty details of our daily lives will be different for us all. We live out our faith in different communities...family, neighbourhood, work, church as well as in the WCCM. And soon Bonnevaux will become a global witness of our Benedictine life.

It is a challenge not only to sustain our spiritual practices of prayer and reading the Rule but also how to make our mark.

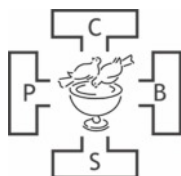
The question I am left with after the weekend is ...

*How can I live out my calling to be a Benedictine oblate within the WCCM within the communities in which I live and worship?
I do not wear the clothing of a monastic, I am not a writer or a speaker, I am not a priest, I am not ...
But, I would like to be a witness*

Norvene West writes:

The call which emerges from the Benedictine commitment to witness and conversatio is to be people not of perfection but ones in progress. Our call is not to tranquility, but to willingness to be sorely tried and passionately caring. Our call is not to certainty and not even to success but rather to be foolish for Christ, for we are a people willing to rely on the living God for yesterday, today and tomorrow. And that in itself is a glorious witness to the world in which we live.

Pam Connolly (a work in progress!)



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 are welcome.

International 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 Fr Laurence Freeman. The weekend is open to all meditators. The suggested donations are: £15 per person per day or £25 per person for the weekend. 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.

The next **Quarterly Oblate Community Day** will be a Saturday in January 2018 - date to be arranged - at The Meditatio Centre in London. **Contact:** Gilly Withers gilly@withers.org or on 07896 742047 for details.

London Cell: We opened this cell in Spring 2017 so it is in an embryonic stage. Meetings take place in Meditatio House, 10 Cloudsley Square. Meditators welcome.

Contact: Eileen Dutt eduttobl@btinternet.com - m. 07721 574767 for further details.

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

Oxfordshire: The Oxfordshire Cell is closed for the foreseeable future, but is open to the possibility of continuing if potential newcomers express an interest. For further details, please contact Julia Bee at julia@life-encounter.com Many thanks.

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

Berkshire: Meetings on **Wednesdays 30 August, 27 September, 25 October 12:30 - 15:30** at Holy Ghost Church Parish Rooms, 51 New Wokingham Road, Crowthorne RG45 6JG. **Contact:** Angela Greenwood angelagreenwood@hotmail.com 01344 774254.

Northern Cell (Leeds): Meetings on **Saturday 21 October 10:30 for 11:00-15:30.** **Contact:** Angela Gregson for details of venue at rydal2814@yahoo.co.uk or on 01706 563024.



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)

Gift Aid

If you are a UK taxpayer you can Gift Aid your donation, which increases the amount we receive at no extra cost to you.



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

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

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

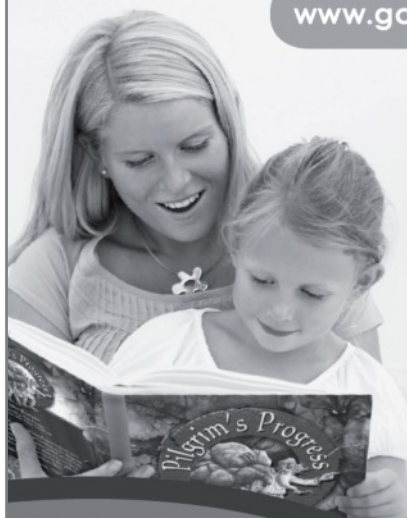


Christian books

WCCM UK DISTRIBUTORS

See online the range of books, talks, and DVDs

www.goodnewsbooks.net



- Resources for schools & churches
- Sale or return book-packs for events

Opening times:
Office: 9 – 5 Mon – Fri
Shop: 10 – 4 Mon – Fri

Goodnews Books
St John's Church Complex
296 Sundon Park Road
Luton, Bedfordshire
LU3 3AL

01582 571011
orders@goodnewsbooks.net

Saturday 3rd June

*The people are strolling,
The Shard clips the sky,
Red buses rush along the road,
Red arrows screech up high.*

*There are man-buns and tee-shirts,
Bikes ridden with care,
Minis and maxi skirts,
Girls with long shiny hair.*

*Rainbow prams and babies
Happy, smiley faces,
Cafe culture fills the streets,
Coffee and buttered croissant treats.*

*The atmosphere's electric,
The visitor queues are hectic,
Folk are basking in the sun.
Children race on shiny bikes
There's room for everyone.*

*I'm on my way to a mindful day
In Islington's busy street,
The exhibition's a new one
To allow like minds to meet.
The stands are full of mindful books
Yoga, tai chi, crafts
Buddha and retreats.
There are many peaceful teachers
Loving kindness fills the air,
You'd expect to see dear Thich Nhat Hanh
The Dalai Lama too
WCCM could one day be there?*

*There's a table full of mantras,
Beautiful oils to smell,
Candles, kneelers, chakras,
Lots of healthy food,
Talks of being quiet,
Shiny singing bowls,
How to garden mindfully
Everything for the soul.*

*I've been to many conferences
Run by WCCM
I've learnt a lot of silence
Enjoyed the wisdom there,
But the exhibition of mindfulness
Had such a lot to share.*

*I left my sunny London up-lifted by the day
That night guys with bombs and knives
killed innocents – let us pray.*

Chris Hill



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

National

School of Meditation Events:

Friday 29 September to Thursday 05 October The School of Meditation - School Retreat 2017. This is fully booked. To be notified if a place becomes available email: julie.ann.roberts@icloud.com

Wales

Thursday to Sunday 27-29 October. Letting Go: Silent Retreat. Leader: Eileen McDade. **Venue:** Llangasty Retreat House, Brecon, Powys. **Cost:** £150. **Contact:** [Barbara Jones bar_demi@hotmail.co.uk](mailto:Barbara.Jones.bar_demi@hotmail.co.uk) 01600 772895

Southeast England

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

Northeast England

Friday 18 August. Embodied Contemplatives - Christian Meditation and Tai Chi Day. Venue: Ampleforth Abbey. **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486.

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

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

Northwest England

Tuesday 1 August 10:00 for 10:30-15:00. Living with the Mystics: Helen Waddell. Leader: Joy Thompson. **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

Wednesday 11 October 10.00 for 10.30-3.30. Contemplative Living in Daily Life. Leaders: Cameron Butland and Terry Winterton. **Venue:** Glenthorne Quaker Centre, Easedale Road, Grasmere. **Cost:** £20 (£5 concessions). **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm

Tuesday 7 November 10:00 for 10:30-15:00. Living with the Mystics: Christian Encounters with 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: Stefan Reynolds. **Venue:** Boarbank Hall, Allithwaite, Grange over Sands, Cumbria LA11 7NH **Booking:** Richard 01946 862990 cmcwccm@fastmail.fm **Cost:** £130 (£100 concession)

Saturday 2 December. 10.00 for 10.30 -3.30. Celtic Harp, Celtic Spirituality and Meditation. Leader: Julie Darling. **Venue:** Carver Church, Lake Rd, Windermere, LA23 2 BY. **Cost:** £20. **Booking:** Richard 01946 862990 cmcwccm@fastmail.fm

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 29 July 10:30 - 16:00. A Quiet Day in Carole's Garden. Leader: Carole Dixon. **Venue:** Walford Grange, Walford, Nr: Leintwardine, Shrops SY7 0JT **Cost:** suggested donation £5. Drinks provided, please bring your own lunch. **Contact:** [Margaret Jarvis westmids@christianmeditation.org.uk](mailto:Margaret.Jarvis.westmids@christianmeditation.org.uk) 01743 240401

Southwest England

Saturday 9 September. All day. Resting in Nothingness: Meister Eckhart as teacher and companion. Leader: Liz Watson. Venue: Epiphany House, Kenwyn, Truro TR1 3DR Cost: £25. Contact: Diana 01288 354441 email: dohson24@gmail.com

Friday 22 September to Sunday 24 September. Mindfulness, Meditation and Mysticism – and how they are related. "Contemplation and community" retreat. Speaker Stefan Reynolds Venue: Ammerdown Centre, near Bath Cost: TBD 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.

Tuesday 31 October, evening (time to be confirmed). Evening Talk. Speaker: Cynthia Bourgeault. Venue: St James Priory, Whitson Street, Bristol BS1 2NZ. Contact: roger.layet@btinternet.com

London

Regional events

Last Saturday of the Month (26 August onwards) 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

First Saturday every month (5 August onwards). Quiet Afternoon for those on the 12 Step Programme. Contact: mike@east-west.org.uk. Venue: please contact: mike@east-west.org.uk

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

Meditatio Centre St Marks Church Myddelton Sq London EC1R 1XX Contact: 020 7278 2070 meditatio@wccm.org / meditatio@wccm.org www.meditatiocentre.london.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:

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 Movement and Meditation 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

Wednesday 11 October 18:30-21:00. Human Healing within the Science and Religion Dialogue. Led by Dr Gillian Straine. Cost: £15 Concessions £10. Light refreshments provided

Thursdays 12, 19, 26 October and 9, 16, 23 November 18:30-21:00. Finding the Way - A course on Spiritual Growth. Led by Liz Watson. Cost: £15 per evening or £75 for whole course paid in advance. Concessions £10 per evening or £50 for whole course paid in advance. Please contact the office to book for this course, No online booking is available.

Saturday 14 October 11:00-15:30. London Group Leaders' Meeting. Cost: Suggested donation: £5 as a contribution to lunch.

Saturday 04 November 10:30-16:00. The Blessing - Your Lived Life. The Regret - Your Unlived Life Led by Daniel O'Leary Cost: £30 Concessions £20

Wednesday 08 November 18:30-21:00. Mind Full or Mindful? Led by Stefan Reynolds. Cost: £15 Concessions £10

Saturday 18 November 10:30-16:00. John of the Cross and Teresa of Avila. Led by Peter Tyler Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided

Saturday 25 November 11:00-15:30. Living Incarnationally. Led by the London Regional Coordinators Cost: Suggested donation £10 includes a simple lunch

Thursday 30 November 18:30-21:00. Reported by Angels at Every Hour. Led by Rev Nicholas Buxton. Cost: £15 Concessions £10. Light refreshments provided

Saturday 02 December 10:30-16:00. A reflective day for Advent based around the life, work and witness of Thomas Merton. Led by Fr Dan Horan. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided

Saturday 09 December 13:00-17:30. Movement and Meditation Urban Retreat. Led by Giovanni Felicioni. Cost: £25 Concession £15 Tea and Coffee provided

Saturday 16 December 10:30-16:00. Preparing for Christmas. Led by Laurence Freeman OSB. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Westminster Cathedral

Daily Meditation: 12.30–13.00 Monday to Friday. In the chapel in St Paul's Bookshop. All welcome.

First Wednesday Quiet Days: 12:00–16:30: The first Wednesday of each month is a retreat day held in the Hinsley Room in Morpeth Terrace, next to Westminster Cathedral.

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

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. Contact: info@silenceinthecity.org.uk;

Saturday 4 November. Speaker: Cynthia Bougeault Venue: Greencoat Place. Limited numbers. Suggested donation £25.

Keeping in Touch

If you would like to ...

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

Visit: www.christianmeditation.org.uk

Email: uk@wccm.org

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

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ukmeditationwithchildren@wccm.org

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01223 360648 carolineshep@gmail.com

Goodnews Books: John Roberts—01458 832704 john.wilcott@gmail.com

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Clergy: Fr Robin Burgess—020 8998 4710 rmeburgess@aol.com

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carolina.ghiuzan@gmail.com

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Marginalised: Terry Doyle—07971 105082 terry-doyle@live.co.uk

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