

meditation news



Newsletter of The World Community for
Christian Meditation in the UK

Autumn 2017

 www.christianmeditation.org.uk

 facebook.com/wccmuk

 uk@wccm.org

 020 8280 2283

Inside

- 2 Community News
Introductory Courses -
Roger Layet.
- 3 Community News
Online Meditation -
Robert Lalor.
- 3 Poems
Contemporary Love by
Bob Morley.
- 4 Meditation Practice
Meditation and
Discernment - Rosalind
Stockley.
- 5 Meditation in Schools
Share the Gift - Charles
Posnett.
- 6 Oblates' events.
- 7 National and local events
- 8 Contacts

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 **Winter 2018** issue including events from 1 February to: uknewsletter@wccm.org to reach us by **1 December**.

Editor:
Margaret Comerford

Events:
Pia Huber

Production:
Andy Goddard

The Christian Meditation Trust (UK) Report

Hello fellow meditators.

My name is Caroline Shepherd and I am your new chairperson for the trust that manages the legal and financial business of the WCCM in the UK. Every year about this time we file the reports and accounts for the year with the Charities Commission, and this article is my report to you with information for the year ended December 2016.

This is not a report from 'HQ' – there is no 'HQ' because the WCCM in the UK is nothing other than all the meditation groups and individuals throughout the country – you are HQ! And I am pleased to say that the number of groups registered with us rose during 2016 by 14 to 471. That means that there are more people than ever meeting and meditating together to find Christ, following the teachings of John Main and Father Laurence, and also taking part and contributing to all the activities that we do – meditating with children, outreach to prisoners, attending and participating in conferences, retreats, seminars and The School events and the newsletter. All of this costs money of course, as does the part-time office administrator we employ and our major source of income is the gifts and donations that you most generously send. Please do continue to help our wider work in this way.

In 2016 our income remained at the 2015 level. Individual donations were slightly higher than the previous year and we held a very well attended national conference, both of which contributed to our funds. Donations include both one-off and regular donations from



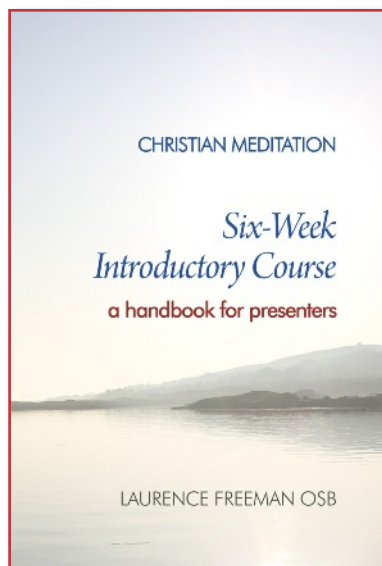
Caroline Shepherd

groups and individuals and the tax we can recover from Gift Aid (please continue to Gift Aid your contributions whenever you can). Costs continue to be managed very well by the Action Group (volunteers who take responsibility for various activities within our community) and there were some non-recurring savings during the year. The resulting net income (all income after all costs) was higher than last year to the tune of nearly £9,000.

We continue to look at how we work to make sure we use your donations properly, directly for meditating activities and not on any unnecessary admin. This all means that our accounts remain healthy and, in addition, we were able to make a donation to WCCM's wider work internationally, without any

continued on page 2

Introductory Courses



Fr Laurence notes that, like any gift from the Spirit, meditation by its nature needs to be shared. That concept is part of the mission statement of WCCM – to nurture and communicate Christian meditation.

One of the best ways of communicating the good news of meditation is to offer introductory courses. With suitable publicity, these can be

run at new venues – or in your own group, where they are a great way to refresh and grow existing groups.

Some people feel that they are not able, or not comfortable, to offer meditation to newcomers. Fr Laurence again: 'we only have to be humble enough to let go of our self-conscious fear... we have a community, a great tradition, and resources to support and help us'.

Fr Laurence's book *Six Week Introductory Course - a handbook for presenters* is a step-by-step guide for an

introductory course on Christian meditation covering the following six topics:

1. What is Christian meditation?
2. John Main
3. The Roots of Meditation in the Christian Tradition
4. The Wheel of Prayer: meditation and other ways of prayer
5. Leaving Self Behind
6. The Fruits of Meditation

The book offers a plan for the course with all the necessary materials for running the course including simple and precise instructions, templates, and links to online audio recordings. This will give meditators the confidence to share the gift of meditation from their own experience while feeling supported by a community within a wisdom tradition.

It is an excellent resource which our office will supply free to those of you considering offering a course. Call 0208 280 2283 or email uk@wccm.org

Roger Layet

CMT (UK) Report *continued from page 1*

risk to our reserves, of over £5,000. In addition, we have started to develop our outreach programme, such as providing booklets and other material for group activities, prisoners etc., for The School events and for meditating with children, along with producing colour versions of this newsletter, which we hope you are enjoying. Thank you for enabling this to happen.

Our accounts are published on the Charity Commission website (our charity number is 1101900) and you can look at the full accounts here (<http://tiny.cc/cmtuk>). If you have any queries, comments and suggestions please pass them onto your regional coordinator so they may bring them up at the National Council meeting. Alternatively please email me direct on: carolineshep@gmail.com

This is my first report to you as chairperson for the UK trust and I have held one meeting. It is an honour to be able to contribute whatever I can to the running of Christian Meditation in the UK and it's a real pleasure to be part of such a hardworking, efficient and lovely team.

All blessings in Christ (silently)

Caroline Shepherd

Hold the date!

11-13 May 2018

'Contemplative Christianity'

A Meditatio Seminar

in collaboration with WCCM UK

*Bernard McGinn
& Laurence Freeman*

The Hayes Conference Centre, Swanwick,
Derbyshire

Full details will be available on
christianmeditation.org.uk and meditatio.co.uk
shortly



meditatio

Online Meditation: An Anchor in a Turbulent World

During Easter 2015, at a particularly difficult period in my life, I was divinely led to a WCCM retreat at the Emmaus Centre in South London. I was introduced to Christian meditation by Fr Robin Burgess and my conversion was immediate and powerful.

On returning to Jamaica I tried, unsuccessfully, to form meditation groups. Mercifully, I became aware of groups that met online. This was another Godsend, for the turmoil in my life had intensified but I had been given a firm anchor. Five days a week our community of love would meet and we quickly developed deep, intimate, authentic relationships. We would share our challenges and receive loving guidance and support.

On returning to the UK not only did I not lose my community of love, it has expanded. Our multinational team added weekend groups and now, from September 18, seven new meditation groups at 7:30 am every day of the week have been launched. We aim to add another seven evening meditation groups shortly. Weekly Oblate and monthly Cell groups, facilitated by our International Oblate Coordinator, Eileen Dutt will follow. Our vision is that the sun will never set on a meditation group (24/7) and that we will have many concurrent groups in many languages. Already we have an English group and a Spanish group meeting at the same time but in different 'Chapels'.

The question has been asked: are physical groups 'better' than online groups? Thankfully Fr Laurence provides wonderful guidance to address such a question. In a recent Daily Wisdom, he wrote: 'Most of our ideas about goodness are caught up in ideas of badness. We judge



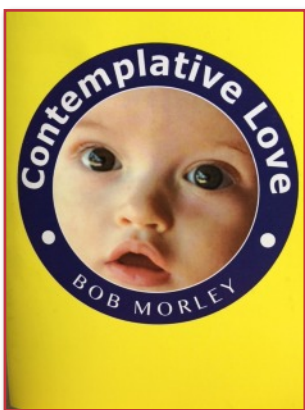
the good by contrast with the bad. This seems a fairly nonsense contrast but it is part of a way of seeing in dualities.'

Online meditation complements physical groups. The correct conjunction (as is invariably the case with a non-dualistic approach) is not 'or' but 'and'. For lone meditators, like Šárka in the Czech Republic or Vivien in Oxfordshire, the internet provides the only option to be part of a community of meditators. When we do get the opportunity to meet in person the hugs and kisses are those of dear friends, for we have spent a great deal of quality time together, we know each other very well and we love each other deeply.

If you would like to come and see, then please visit wccm-usa.org/chapel. You will be met with open arms and open hearts. If I can help in any way please email me at lalorrobort@gmail.com or call me on +44 (0)7903 584 404.

Robert Lalor

Robert is the new Special Interest Coordinator for Online Groups



Contemplative Love: Poems by Bob Morley

This collection of reflective poems is by a member of our meditation community, Bob Morley, who has lived and worked in Cumbria for many years. They were written over a period of five years 2011-2016 and some (more specifically related to meditation) have been previously published in

this newsletter. He has always been drawn to the works of mystical writers and has been searching as he says in his preface 'to know his own core being, his relationship with the Divine and for the meaning and purpose of earthly life.'

Living in a beautiful and rural part of Britain, several of the poems are inspired by his walks and observations of nature such as *Water of Life* and *Geltsdale Solitude* and he includes photos of his local area, the Eden valley and the

Lake District. For Bob, being in nature triggers a sense of wonder and an awareness of other creatures' ability to live in the now as opposed to his (and our) struggle to do so:

Hatched now, they present their time of glory. One day at most - their life on earth - they dance in random wonder. (Mayflies)

Bob explores and records his thoughts about the mystery of life, the presence and pre-eminence of Love, the experience of silence and meditation practice.

Bob's impulse to share these poems is the hope that the reader will find a spiritual connection, a personal meaning in some of the poems and it is freely given with love.

He has said he is happy to send a copy to anyone who is interested, while stocks last!

He can be contacted by email at rgm1@live.co.uk

Margaret Comerford

Meditation and Discernment

At the 2017 annual conference I was fortunate to be able to share some thoughts I had been having, prompted by a BBC radio programme called The Moral Maze. These thoughts focused on four issues, (1) the concept of virtue, sometimes called goodness or saintliness; (2) virtue-signalling, an ego driven attempt to achieve glory at another's expense; (3) how difficult it is to understand whether my words or deeds are led by altruistic or by selfish motives; (4) how do we discern the difference. During the workshop I asked the participants the question posed during the Moral Maze – "Why do you buy a Red Poppy for Remembrance Day?". Then I provided 7 possible options to illustrate that, for many people, the answer might not be as simple and superficially obvious as it at first appears.

The purpose of all this exploration was to encourage us to look at understanding our own motivations. Of course, this we all do to a greater or lesser degree. However, sometimes, unless you are naturally inclined to see the world in black or white, what drives our decisions may not always be clear-cut. Our prayer life teaches us to ask for God's guidance but, as David Wells says in *The Reluctant Disciple*, a direct prayer asking for guidance does not necessarily get answered. Sometimes we may need to follow our instinct or inner wisdom, without certainty that this is the right path. In other words, we try to discern the way forward.

Discernment is defined as the ability to judge well. By this I mean that we don't completely eliminate judging others or situations but do it in a balanced and reasoned way, not led by our ego's need to feel good but by a desire to do what is best in the circumstances. After all, judgment is usually grounded in some facts, but in the end it is often subjective.

You will probably remember the following two different biblical situations: firstly the woman charged with adultery and secondly the moneychangers in the temple. In the first story, Jesus said, "Let he who is without blame cast the first stone" (John 8:7), indicating that we all have our faults and should show compassion to others. In the second, however, Jesus was enraged by conditions being placed upon the gift of forgiveness, felt action was needed against this injustice and threw over the money-changers' tables (John 2:14). Discernment about motivation and culpability enabled Jesus to understand what response was appropriate. His different responses are an example to us.

Discernment is not ego or head led. It is a heart led response to a situation, coming from the deep centre of one's being, the heart centre. For meditators, we know that this heart centre is where Jesus lives within us today. Discernment is something that we may be gifted with,

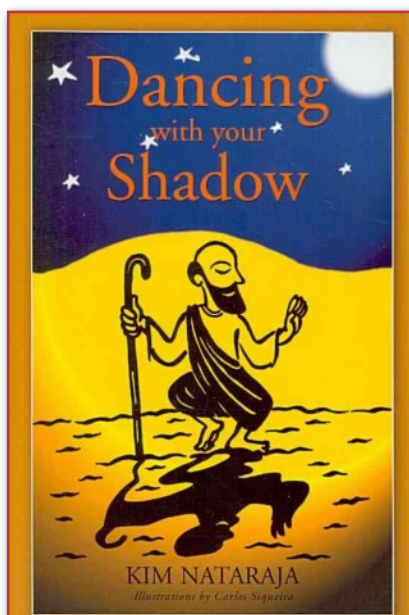
like Solomon, but for many of us this is a trait developed over time. One of the ways we do this is through meditation, through which we can become more self aware of the hidden ways our ego is motivated. In *The Heart of Creation* John Main said, "The call to meditation is a call to stop living our lives based on second hand evidence" (Daily Readings March 28). When this happens, we begin to think more clearly and cease to take as given what others say or think about the situation. We also stop worrying about how it will affect what others think of me.

In order to be more discerning, we need to look more deeply at what is driving our reaction to the situation or person. It is often not obvious and may need time

and sometimes the help of others to understand ourselves more clearly. This in itself is a big subject and Kim Nataraja's book *Dancing with your Shadow* is an excellent aid to understanding the ego and the deeper self. In it she says: "We need effective ways of purifying the emotions, the 'soul'... By purifying our emotions we will be able to reach our 'spirit', our true self and come to a balanced harmonious state of being which is guided by compassion... We need to become aware of [our] motives, the needs underlying our actions and realise that they are often reactions out of time, relevant to the past but not to the present situation" (Chapter 4).

So considering virtue signalling, discernment could help me to understand why I am criticizing someone, putting him or her down, judging him or her, trying to gain glory. It may help me to see what I am really trying to achieve. Over time it may change the way I judge or try to bring credit to myself. To cite Kim Nataraja again, she says: "The more we enter into the silence and stillness of meditation, the more we recover our intuitive understanding and begin to integrate this with our rational consciousness. By allowing each to inform the other we bring together the mind and the heart in balance and harmony" (Chapter 7).

Another way of looking at this is that through meditation we are opening ourselves up to the power of the Holy Spirit working in our lives. Isaac Pennington, a Quaker living in the 17th century, who was jailed many times for his beliefs, wrote, "Friend, it is a wonderful thing to



continued on page 5

Share the Gift : An online course for teachers

This course is an innovative way for teachers in schools to learn about meditation. Our aim is to encapsulate the essential teaching of Christian meditation in a series of six weekly lessons so that teachers can faithfully pass on the gift meditation to children and students in their care.

As you may know, many faith schools in the UK and in 28 other countries have already adopted Christian meditation into their curriculum so children across the world are meditating regularly. There is an urgent need to continue to spread the word and to support those who have expressed an interest in practising this beautiful prayer of the heart. This online course is one way of ensuring it is passed on to new teachers so that they understand the essential teaching and feel confident about sharing it in their classrooms.

With this in mind, a small Meditatio outreach team working with Fr Laurence Freeman and Ernie Christie from Australia, have developed this online course. We have had feedback on the course from some schools and over 50 members of the Community and we are grateful for their input and comments. This 6-week online course provides an alternative and supplementary means of training teachers to the traditional INSET days and twilight sessions.

As with any on-line course, the only certainty is that it will change and adapt to the audience, but we are now ready

to put it to the ultimate test in a real, live school environment, where all the teachers in the school will be trained and it will be implemented on a 'whole school' basis. We are therefore launching it to numerous Primary schools in the UK between now and the end of the year and we will continue to roll it out to the rest of the faith schools, both Primary and Secondary, during the 2017 / 2018 academic year.

The course was written and is delivered in English. But the intention is to translate it into other languages.

For further details simply email sharethegift@wccm.org and we will be pleased to give you more information about how to sign up for the course.

Charles Posnett - Meditatio coordinator "Share the Gift"

**"We do not know how to pray,
but the spirit prays within us"
Romans 8 v26**



Sue Purkis, Special Interest Coordinator for Meditation in Schools adds: 'This innovative approach to teaching the teachers about Christian meditation is a welcome addition to the training resources available to schools. As stated In-school training to teachers through INSET and Twilight after-school training continues to be the focus of WCCM UK's work with children.'

Enquiries regarding in-school training should be made as usual to Sue, at ukmeditationwithchildren@wccm.org.

Meditation and Discernment *continued from page 4*

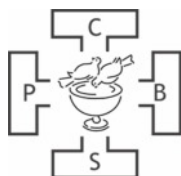
witness the power of God as it reaches the heart and demonstrates to the soul the pure way of life... Therefore we ought to wait diligently for the leadings of the Holy Spirit in everything we do. And the more we meditate the more our way of looking at the world changes."

In my own experience, the leadings of the Holy Spirit are gentle promptings. Like Elijah, we usually find the guidance of God not in the storm or the earthquake or the fire but in the still small voice of the breeze (1 Kings 19). Sometimes these promptings are nudges to look at something again, or to question why I said that something in particular, of a reflection on my conduct in a certain situation. With grace, these promptings may begin to occur before I hurt another, rather than afterwards. These promptings may also lead to action.

Instead of criticising, judging, feeling proud of myself, ignoring others, discernment opens the way to generosity of spirit, where I give of myself more fully and more openly in search of the truth of the relationship with another.

Of course, discerning the truth of a situation does not, in itself, lead to better words or deeds. However it does give us the opportunity to take better decisions, should we decide to make use of the discernment we have developed. Personally, I find it is all work in progress, with a report card that says, "Could do better", but helped by the sure knowledge that meditation helps me to grow and that God loves me as I try.

Rosalind Stockley



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 monk's 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. Places are still available. If any meditator is interested in learning about the WCCM Oblates you would be most welcome, but places are limited by the size of the room. Come and See! 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.

The next **Quarterly Oblate Community Day** will be **Saturday 27 January 11:00** at The Meditatio Centre in London.
Contact: Gilly Withers gilly@withers.org or on 07896 742047 for details.

London Cell: 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 will reopen if there is 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: Meets monthly at Holy Ghost Church Parish Rooms, Crowthorne RG45 6JG. **Contact:** Angela Greenwood angelagreenwood@hotmail.com 01344 774254 for details.

Northern Cell (Leeds): Date of next Saturday meeting to be confirmed. **Contact:** Angela Gregson for details at rydal2814@yahoo.co.uk or on 01706 563024.

Online Meditation: Meets daily at 7:30 and 18:00 for all meditators. **Contact:** Robert Lalor lalorrobort@gmail.com for details (and see page 3).

Further afield...

4th Benedictine Oblate Congress in Rome: 4 - 10 November 9 WCCM Oblates are attending: 6 from UK, 1 from Australia, 1 from China and 1 from Colombia.



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

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

Scotland

Saturday 2 December at Carmelite Monastery, Waterside Rd. Kirkintilloch, Glasgow G66 3PE and **Saturday 9th December** at Broughton St. Mary's 12 Bellevue Crescent, Edinburgh EH3 6NE. "The Light of Love". **Leader:** Alex Holmes. **Contact:** Lynda Stark lynda.stark@btinternet.com for further details.

Thursday 1st and Friday 2nd February. Visit by Father Laurence Freeman to Glasgow. 1st Feb. Wellington Church, off Byers Rd. 7:30 – 9:30pm Public talk. **2nd Feb.** Visit to Glasgow University am, followed by a visit to Primary School in East Kilbride. **Contact:** Lynda Stark lynda.stark@btinternet.com for details.

Northeast England

Saturday 18 November. 10:00 for 10:30-15:30. A Day on the Olney Hymns. Leader: Joyce Simpson. **Venue:** The Chapel, Leeds Trinity University, Leeds LS18 5HD. **Cost:** Donation £5. Refreshments provided, please bring own lunch. **Contact:** Sue Purkis 07702 692117 wccmyorks@gmail.com

Northwest England

Saturday 4 November 10:00 for 10:30-15:00. Beginning the Journey of Christian Meditation. Venue: St John Church Hall, Parkinson St, Bury, BL9 6NY **Cost:** Donation £7. Refreshments provided, please bring own lunch. **Contact:** David McKenna 07442 534860 wccm.bolton@gmail.com

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

Southwest England

Tuesday 31 October 19:15 - 21:00. Cynthia Borgeault - Perennial Wisdom for Troubled Times. Venue: St James Priory. Whitson Street, Bristol BS1 2NZ. **Contact:** Roger Layet bristol@christianmeditation.org.uk or 01275 463727

Monday 27 November 9:30 - 16:00. Quiet Day with Patrick Woodhouse. Venue: Abbey House, Glastonbury BA6 8DH. **Cost:** £28 refreshments and lunch provided. **Contact:** John Roberts 01458 832704 john.wilcott@gmail.com

Saturday 9 December. Community day at Emmaus House, Morning meditation and sharing, afternoon silence and advent prayer. Venue: Emmaus House, Sleep Lane, Whitchurch, Bristol BS14 0QN. **Contact:** Caroline Price carolineshalom.price@gmail.com

London

Regional events

Last Saturday of the Month (25 November 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@psmsgms.org.uk 020 8788 4188 or May Nicol MayMBNicol@aol.com 07768 310666

First Saturday every month (4 November onwards). Quiet Afternoon for those on the 12 Step Programme. Venue: 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

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 02 November 18:30 - 21:00. Addiction and Grace - exploring the use of Christian Meditation as an 11th Step Practice. Contact: May Nicol MayMBNicol@aol.com 07768 310666

Saturday 04 November 10:30-16:00. The Blessing - Your Lived Life. The Regret - Your Unlived Life. Leader: Daniel O'Leary **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

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

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

Saturday 25 November 11:00-15:30. Living Incarnationally. Leaders: 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. Leader: 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. Leader: 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. Leader: Giovanni Felicioni. **Cost:** £25 Concession £15 Tea and Coffee provided

Thursday 14 December 18:30 - 21:00. The Trinity: Rublev's Icon. Leader: Joris Van Ael **Cost:** £15 Concession £10. Light refreshments provided.

Saturday 16 December 10:30-16:00. Preparing for Christmas. Leader: 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.

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, 10:30 (refreshments from 10:00) – 16:15. Speaker: Cynthia Bourgeault. **Venue:** 24 Greencoat Place, London SW1P 0OJ. Limited numbers. **Cost:** suggested donation £27.50 (including booking costs.)

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 or Online Meditation

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

Contacts

UK Office

The Christian Meditation Trust (UK), Lido Centre, 63 Mattock Lane, London W13 9LA 020 8280 2283 uk@wccm.org www.christianmeditation.org.uk

Action Group

Administration: Roisin Williamson—020 8280 2283 ukadmin@wccm.org

Communications: Margaret Comerford—01799 501581
margaret.comerford@btinternet.com

Events: Jacqueline Russell—07812 152684 jacqrussell3@gmail.com

Meditating With Children: Sue Purkis—01535 632171 / 07702 692117
ukmeditationwithchildren@wccm.org

National

Chair of The Christian Meditation Trust (UK): Caroline Shepherd –
01223 360648 carolineshep@gmail.com

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

Special Interest Coordinators

Addiction: Mike Sarson—0118 962 3332 mikesarson8@gmail.com
May Nicol—07768 310666 maymbnicol@aol.com

Children: Sue Purkis—01535 632171 / 07702 692117
ukmeditationwithchildren@wccm.org

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

Learning Disabilities: Carolina Ghiuzan—07749 975368
carolina.ghiuzan@gmail.com

Lone Meditators: Pam Winters—020 7278 2070 pam@wccm.org

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

Meditation Companions: Sarah Kirkup—017683 41258 sarahkirkup140@gmail.com

Regional Coordinators

Scotland

Lynda Stark—01573 225567 lynda.stark@btinternet.com

Wales

South and East: Barbara Jones—01600 772895 bar_demi@hotmail.co.uk

West: Jayne MacGregor—01348 837750 jaynemacgregor@yahoo.co.uk

Southeast England

Berkshire and Oxfordshire: Jacqueline Russell—07812 152684
jacqrussell3@gmail.com

Hampshire: Vacancy - contact—020 8280 2283 uk@wccm.org

Hertfordshire, Buckinghamshire & Bedfordshire:

Malcolm Nobbs—01442 823971 hertsandbedswccm@gmail.com

Kent: Lena Fagan—01689 602320 lenafagan@hotmail.co.uk

Surrey: Ray & Vicky Lamb—01252 705064 vicky.lamb24@gmail.com

Sussex: Tim Cullen—01273 857998 tim_cull-54@tiscali.co.uk

East England

Cambridgeshire: Linda Richardson—01223 892074 linda@lindarichardson.net

Essex: Chris Hurley—01702 207722 chri8hurley@googlemail.com

Norfolk and Suffolk: Margaret Comerford—01799 501581
margaret.comerford@btinternet.com

Northeast England

Newcastle and the North East: Charles and Jill Foister—01912 855054
cmnortheast.wccm@gmail.com

Yorkshire: Sue Purkis—01535 632171 / 07702 692117 suepurkis@hotmail.co.uk
Sue Giuntoni—0113 258 3780 giuntoni@btinternet.com

Northwest England

Cumbria: Richard Broughton—01946 862990 cmcwccm@fastmail.fm

Isle of Man: Bernie Roberts—01624 676274 bernieroberts3@hotmail.co.uk

North Manchester & Lancashire: Joanne Caine—0161 653 8725
joannecaine_101@hotmail.com

Special Interest Coordinator Liaison: Eileen McDade—emcdade@talktalk.net

Regional Coordinator Liaison: Roger Layet—01275 463727
roger.layet@btinternet.com

Other: Roz Stockley—01258 841390 rozstockley@copsewood.org.uk
Julie Roberts—01458 832704 julie.ann.roberts@icloud.com

Newsletter Editor: Margaret Comerford—uknewsletter@wccm.org

Events Listing: events@christianmeditation.org.uk

Website: Andy Goddard—07881 988767 cmukwebsite@gmail.com

Mental Health: Sally Walters—01275 851992 sally.walters@virgin.net

Oblates: Eileen Dutt—07721 574767 eduttobl@btinternet.com

Online Groups: Robert Lalor—07903 584 484 lalorrob@btinternet.com

Palliative and Long-term Care: Linda Bentick—01743 243132
bentickbelinda@hotmail.com

Prisons: Geoff Waterhouse—ukprisons@wccm.org

School of Meditation: Jacqueline Russell—07812 152684 jacqrussell3@gmail.com
Julie Roberts—01458 832704 julie.ann.roberts@icloud.com

Young Meditators: Maciej Zurawski—07717 772614 youngadults@wccm.org

South Manchester, Cheshire & Merseyside: Pat Higgins—0161 962 8661
patricia_higgins@hotmail.com

East Midlands

Northamptonshire and Leicestershire: Canon Richard Stainer—07896 182999
canon.stainer@gmail.com

Nottinghamshire, Derbyshire and Lincolnshire: Peter Short—07748 911175
petershort03@gmail.com

West Midlands

Birmingham, Warwickshire, Rugby, Coventry, Wolverhampton, Walsall, Sandwell and Dudley: Rose Lynch and Michael Hackett—01902 790653
m.hackett124@btinternet.com

Staffordshire, Shropshire and Herefordshire: Les Glaze 01952 582656 &
Margaret Jarvis 01743 240401—westmids@christianmeditation.org.uk

Southwest England

Bristol and Bath: Roger Layet—01275 463727 roger.layet@btinternet.com
Rev Hester Jones—01275 219838 hester.jones2@gmail.com

Channel Islands: Angela le Page—01481 723915 ianange.kingston@virgin.net

Cornwall: Diana Ohlson—01288 354441 / 07837 311638 dohlson24@gmail.com

Devon: Diana Hanbury—01803 762415 diana.hanbury@gmail.com

Dorset: Anita Finnigan—01305 259032 anitafinnigan@hotmail.co.uk

Gloucestershire and Worcestershire: Francesca Townson—01684 893945
f.townson@btinternet.com

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

Wiltshire: Jeanne Blowers—01225 753187 jeanneblowers@virginmedia.com

London

London (Northeast): Rev. Graeme Watson—020 7249 8701
gchwatson@blueyonder.co.uk

London (Northwest): Eileen McDade—emcdade@talktalk.net

London (South—none of Kent or Surrey): Geoff Waterhouse—020 8392 9917
geoffwaterhouse@f2s.com