

meditation news



Newsletter of The World Community for
Christian Meditation in the UK

Winter 2018

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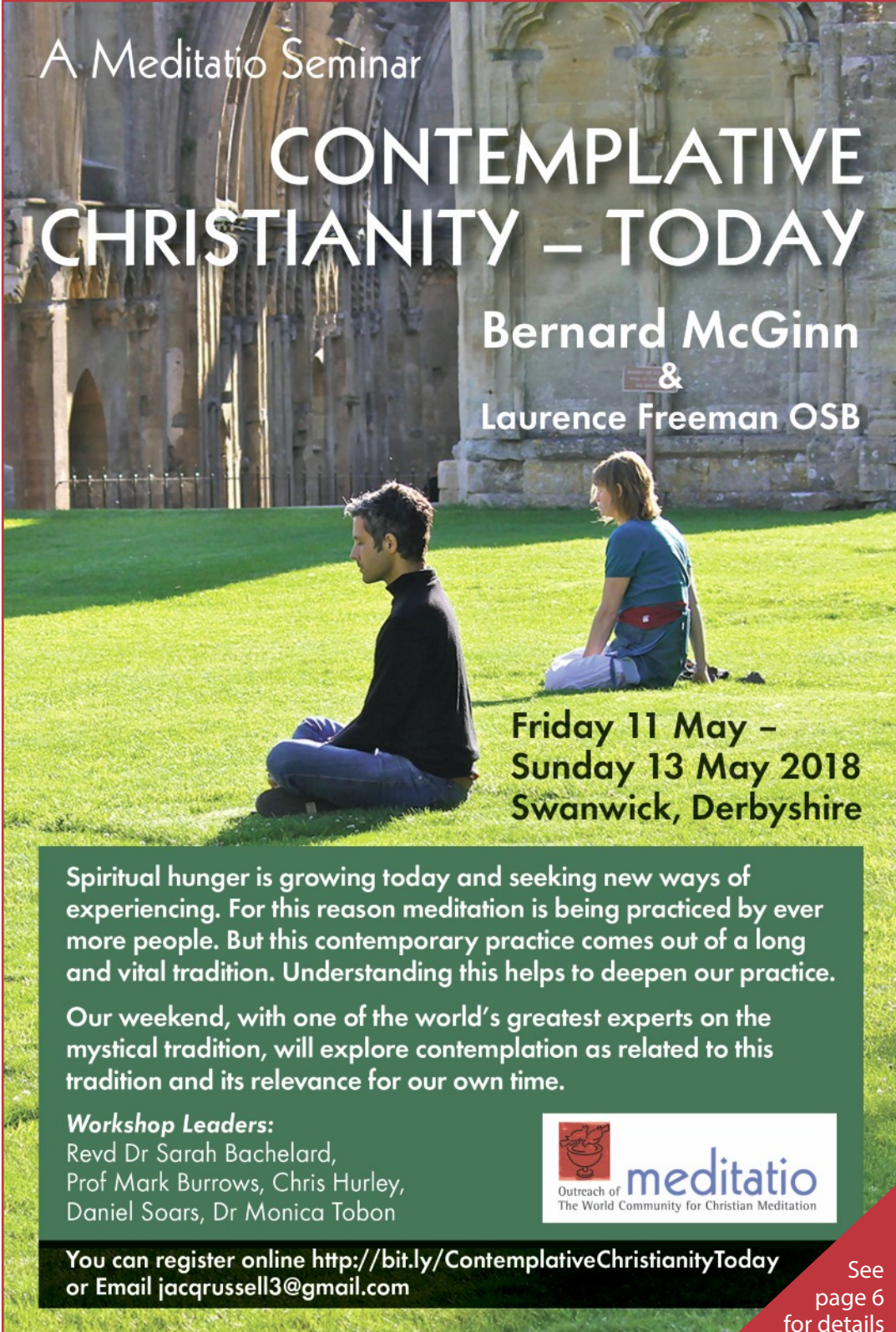
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Please send all items for the **Spring 2018** issue including events from 1 May to: uknewsletter@wccm.org to reach us by **1 March**.

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A Meditatio Seminar

CONTEMPLATIVE CHRISTIANITY – TODAY


Bernard McGinn
&
Laurence Freeman OSB

Friday 11 May –
Sunday 13 May 2018
Swanwick, Derbyshire

Spiritual hunger is growing today and seeking new ways of experiencing. For this reason meditation is being practiced by ever more people. But this contemporary practice comes out of a long and vital tradition. Understanding this helps to deepen our practice.

Our weekend, with one of the world's greatest experts on the mystical tradition, will explore contemplation as related to this tradition and its relevance for our own time.

Workshop Leaders:
Revd Dr Sarah Bachelard,
Prof Mark Burrows, Chris Hurley,
Daniel Soars, Dr Monica Tobon



Outreach of **meditatio**
The World Community for Christian Meditation

You can register online <http://bit.ly/ContemplativeChristianityToday>
or Email jacqrussell3@gmail.com

See
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for details

New UK National Coordinator – Richard Broughton

I was very glad to be appointed National Coordinator by our Council at the annual meeting in Swanwick in November 2017. It's a very exciting time for our National Community here in the UK and I am looking forward to my term of service.

The World Community will be adjusting to its new home at Bonnevaux, and here in the UK we will be thinking about encouraging and funding our own national developments. From my perspective, most important are our meditation groups right across the country who meet week-by-week to hold silence together. We continue to share the gift of meditation in many different ways and offer our community to all who are ready to hear.

Our community has a clear feeling of togetherness, and that flows from our practice of silent prayer. We follow a path of love and peace, humility, mutuality and respect rooted in Benedict's Rule. Our Trustees look after strategy and care for our finances, our Action Group coordinates events, newsletters, website, regions and special interests, and the National Council as a plenary body represents all members of our community. I'm grateful to the work of everyone who takes part and I hope that others will feel confident to come forward as their journey of meditation leads them.

My own faith story begins with a long period in a neighbourhood-centred church in Oxford, which taught me a lot about faith and scripture. I slowly became ready to take the journey of meditation, and at the right moment a WCCM group started nearby. I began to sit with them, and was amazed that the whole of the teaching of the tradition could be stated in a few sentences. My faith became richer as I found out more about the contemplative way; at each step there were teachers and guides to help.

About five years ago our family moved to Cumbria/the Lake District and made contact with the meditation community there. Silence and stillness was deeply rooted following the work of my predecessors, especially David Wood. I met with David when I started as coordinator and



Richard Broughton

have always been glad of his blessing. The Cumbria meditators have been very open to the developments that we have been able to make and our 'Pools of Silence' have deepened.

As a national community we hope to improve friendship with other contemplative networks at all levels, whilst maintaining the traditions and teaching that make the WCCM distinctive. Fr John's understanding of silent prayer as simple and open to all people is key, as is Fr Laurence's sustained presentation of a Christian faith that is radical, transforming, inclusive and loving.

It is with this background that I look forward to a term of steering our national community. I'd like it to be a place where everyone is valued and their gifts honoured and encouraged. My hope for my time as National Coordinator is summed up in Fr Laurence's humble prayer: ... may our silence be a power to open the hearts of women and men to the vision of God, and so to each other ...

Richard Broughton



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meditation news in colour

This is the third of four issues printed in colour using an extra £2,000 from the Trustees. Although National Council liked the colour version, the discussion on whether or not it is good use of our funds was split.

So what do you think? Do you have a preference for black and white or colour? Which is easier to read? Is that £2,000 well spent or are there better uses?

Please email your thoughts to cmukwebsite@gmail.com or send them to the UK Office. There is a link to the email address in the Newsletter news item on the website.

Margaret Comerford and Andy Goddard

Legacy for WCCM in the UK

We are glad to let everyone know that the UK meditation community has been bequeathed a generous legacy by Eileen Cox who died aged 70 on 20 May 2016.

Eileen had lived in Ealing, West London and had attended the Ealing group on a Thursday morning for 20 years. Gina Garrett, the group leader described her as a natural contemplative and a cheerful and friendly member of the group. She was a single woman, who had a degree in Spanish and had worked in university administration. Her friendships were important to her and she enjoyed cultural pursuits, going to films and exhibitions and reading, particularly in the sphere of psychology. She was also very fond of animals.

The recipients of the legacy are the CMT(UK) Trustees, who manage the legal and financial aspects of the WCCM in the UK. The trust's mission is to communicate and nurture meditation as passed on through the teaching of John Main in the Christian tradition in the spirit of serving the unity of all.

The process of discerning how best to spend the legacy has already begun. At the National Council in November 2017 we held a series of 'blue-sky thinking' sessions to consider the areas of our community and its work that



Eileen Cox

would benefit from the money. The Trustees and the Action Group will be looking to ensure that our community uses Eileen's legacy to continue its mission most effectively.

We all look forward to the emerging developments.

Richard Broughton

International School Retreat – April 28 to May 5 Led by Fr Laurence Freeman

In 2018 the International School Retreat will be held at the **Minsteracres Retreat Centre** which is set in beautiful surroundings in the North East of England, in County Durham. The 110 acre estate has plenty to offer including ancient woodland, pasture, lakes, walks and places for reflection. It is eminently conducive to the contemplative work we will be engaged in. Accommodation is in single rooms with wash hand basins with a good number of bathrooms nearby.

The all inclusive cost for 7 nights is £565.00. Transport to and from Minsteracres Retreat Centre will be by mini bus from either Newcastle airport, Newcastle station or the local station (Riding Mill).

A school retreat is a more intensive retreat and provides a rare opportunity to benefit from the sustained silence and stillness of meditation over an extended period. It is the fifth stage of the WCCM School of Meditation. Participants will already have a regular meditation practice and be familiar with the Essential Teaching of the Community.

It is an opportunity to grow in the silence and stillness of meditation over a week, and participants come to the whole week. They do not arrive late or leave early as this disrupts the group. Each day there are eight sitting

meditation sessions, without readings or music, with contemplative walking sessions between them. A short teaching in the morning and a contemplative Eucharist help the silence reach its full potential. Participants also have a daily fifteen minute one-to-one meeting with one of the retreat leaders.

This is a rare opportunity to go significantly deeper in the work of silence. It is not a time for study or extensive reading. Participants practice a digital fast and do not use phones, emails or computers, so that we can be fully present and undistracted together. (There is an emergency number by which we can be contacted).

To apply for one of the limited places, please send some details about why you would like to attend, together with some details about your involvement in WCCM to Jacqueline Russell jacqrussell3@gmail.com

Jacqueline Russell



School Silent Retreat –Not what you gain but what you lose.

I had the good fortune to be able to take part in the School Silent Retreat this autumn at Abbey House, Glastonbury.

Each day contained seven periods of sitting meditation divided by contemplative walking on the Abbey House lawns which are above the ruins of Glastonbury Abbey.

We had a morning talk from Liz Watson, a one to one counselling session, a *lectio divina* and a lot of silent space to be, to walk, in the house gardens, the beautiful abbey grounds and up on the tor. We also worked on *haikus* and drawings, our own and those of others.

We became a community of meditators feeling a connection to each other despite and because of the silence. We practised being present to 'what is' for a week and to me it had the effect of a stepping aside from my life and being able to see the long view. Seeing life's journey as if from the top of a high hill; like seeing the ways across the Somerset levels from the top of Glastonbury Tor.

I realised the spiritual life is in no hurry. The dots join up over many decades, across deserts and over oceans. I saw that part of the reason I was on this retreat was linked to the intense experience, 21 years ago, of breaking my neck in an accident and spending a week unconscious in intensive care where I was unable to speak but could hear the kind voices of those who spoke to me.

It was a retreat from one's everyday life, but an advance into the reality of the here and now and into the people we



really are. At the close of the week we had a short service a part of which was the placing of an object on the altar and sharing something about how the object had inspired us during the week. The objects were very varied and personal. They pointed to a revelation of the divine beauty in the mundane ordinariness of the present moment.

Abbey House closes its doors as a retreat house this year and I feel thankful that I was able to be there in the heart of Glastonbury and thanks to Liz, Eileen and Julie for all their work in organising and running the week.

As I cycled away back to Tiverton to catch the train home to Cornwall, along the canals and byways of the levels, I was filled with the thought that the meaning of life is the journey. I hope I can travel mindfully helped by this week apart.

Simon Andrews.

Celebration in Colchester



Twenty years ago, four women, Margaret, Peggy, Sheila and Valerie, came together to start a meditation group in the tradition of John Main. We didn't know each other but had each

been inspired by hearing or reading Father Laurence. We lived in Colchester, Essex, and began by meeting in each other's houses. As the group grew, we found hospitality at the Sisters of Mercy convent, later occupied temporarily by the Canonesses of the Holy Sepulchre, who also welcomed us. Since 2009, the home for our weekly meeting has been in the crypt of St. James the Less and St Helen Roman Catholic Church.

In November 2017, the group celebrated their 20th anniversary with meditation, followed by a party in the home of the group coordinator, Valerie. Great planning and rejoicing! All four members of the original group were there, including Margaret, the editor of this newsletter, who travelled to be with us.

Our weekly meditation is followed by conversation, which is sometimes spiritual, sometimes just social. We have been enriched by welcoming all Christian traditions and,

occasionally, other faiths, or none. Our regular numbers are between 12 and 16; there are others who come infrequently because of work or distance, and people who drop in for a 'taster'. Over the years, four of our meditators have died, each a loss but a good memory for those of us who knew them.

Peggy, one of the original four has started a lunchtime meeting in Lion Walk United Reform Church. Another member, David, keeps in touch with friends, where he used to live, by weekly meditation via Skype.

We go, in small groups to events at the Meditatio Centre, Clare Priory, and to Plessey Anglican Retreat House, where our regional coordinator, Chris Hurley, organises an annual retreat day.

This Christian Meditation group has been important in all our lives, forming a little *ecclesia* where we can deepen our relationship with God and with each other.

Deo Gratias!

Valerie Quinlivan

(Editor's Comment. Valerie omitted to mention that on the evening of the celebratory event she fell off a stool while trying to reach up to the top shelf in her kitchen and sustained a broken wrist and bruising. On arrival guests were faced by her lying on her bed awaiting the arrival of an ambulance which took hours. We wish her a speedy recovery and it was beyond the call of duty to file this report!)

My First Experience at the 2017 UK National Council

I arrived with an amount of restlessness and suspicion.

I left with an abundance of respect and a sense of humility.

It is one thing to be asked to co ordinate meditation groups across the area. Overwhelming as it seemed at the time, I welcomed the opportunity to do something that seemed to utilise some skills I had gathered before retiring. But the prospect of attending a "Council", with a written report to write and many, many to read, reminded me of my work of accountability, report writing, constant justifications, strategies, SMART targets, institutional agendas – a world I thought I had left in order to be more contemplative! All I want to do is to "meditate and share the gift with others!"

The long airy corridors of the The Hayes Centre at Swanwick were pleasant and gave a sense of spaciousness and hope, in that a large Christian centre such as this can still fill its rooms. We were, however, the only group there this particular weekend.

Our designated meeting room, unfortunately, did little to relax my wariness. Its brilliantly lit, laminated noisy flooring reminded me of a sports hall. My niggling mind kept shouting, "Your eyes will never survive such bright stark lights for hours on end. What are you doing here?"

Laden with my file of printed reports and an agenda, I started being introduced to people I had briefly known on a retreat or the Essential Teaching Weekend. Slowly, I started popping my head out of my imagined invisible cloak and started to take tentative steps to investigate this situation.

By the end of the first session, I recognised "hearts, not walls". I was aware that I was in the company of others who each only wanted to "meditate and share the gift with others" and who recognised that sharing the gift with others takes a multiple of skills which we can all benefit from and utilise. As the sessions progressed I felt privileged to be part of the company whose sole purpose was to "meditate and share the gift" and enable others to do this by their own sharing of talents, skills and resources. As a community reliant on donations, we are accountable for keeping focused on the Mission Statement and Trust Deed, spending time (often voluntarily), energy and resources to "meditate and share the gift with others". But instead of being in a group of high flying aspirant leaders, whose intention was to make it big at the top, I was with a group of generous, loving servants, whose intention was to empower others to make our mission accessible to as many as possible.

It was such a joyful occasion, when Pat Higgins and I requested support for creating an Interfaith Meditation for Peace event in Manchester in May. The network of ideas, advice and further contacts was both enjoyably creative and seriously realistic.

Liz Watson led us in a beautiful reflection on that wonderful sense of instantaneous joy we sometimes experience out of nowhere. Many nodded. How wonderful to be amongst those you can share such with, without being thought of as "weird".

I am a great believer in the power of words, but this weekend showed me more fully, how dangerous words can be! My mind had taken the word "Council" and created for me an image of past experience, which evoked emotional and physical tension. The reality of this Council evoked in me a sense of being "all okay, you're safe now!"

I would like to thank all those who arranged, led and attended the 2017 National Council Meeting. It was inspiring to be with you all and gave me the energy and joy to serve this community with my own skills and talents. And to Richard Broughton, our new National Coordinator, WELCOME!

Joanne Caine

Regional Coordinator for North Manchester and Lancashire

(Editors comment: The UK National Council is the annual gathering of Regional and Special Interest Coordinators, along with Action Group members and the National Coordinator and its function is to provide a forum for the community to share ideas and best practice, to network, to review the previous years activities and objectives and set priorities for the coming year.)

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**

Listen to this...

Roger Layet writes : I would like to draw your attention to a recording at <https://tinyurl.com/cmuk-cb17> on SoundCloud – a good quality recording of a talk given in Bristol by Cynthia Bourgeault. The title is *Perennial Wisdom for Troubled Times: Contemplative Awakening and Conscious Engagement*. Sounds tough, but don't be put off.

Cynthia's talk was delivered on October 31st, appropriately the eve of All Saints. I enjoyed it and very much want to hear it again. It began with what the speaker herself called some fairly wild ideas, sounding New Age-y – but do persist. It moved on towards an inspirational view of the role of contemplatives in the evolution of God's creation. It struck me as very Teilhardian. And appropriate that the leading Teilhard de Chardin scholar, Ursula King, was in the front row to hear it.

This was the second time that Cynthia had come to speak in Bristol. Before inviting her the first time, I was a little wary, given passages in her early book on Centering Prayer in which she compared – perhaps unwisely – different meditation traditions. But the joint letter of friendship signed years ago by Fr Laurence and Fr Thomas Keating, the leader of the Centering Prayer network, describes our two traditions as being rooted in the same great vineyard. They also wrote that the

differences of approach to practice are “subtle expressions of the riches of the Christian tradition, not divisions”. And my own experience of Cynthia talking at events with audiences from the different approaches was that she was completely respectful of those differences. So in practice it has been great to host her at events jointly sponsored by the local WCCM and Centering Prayer communities – and fruitful in spreading the word about our meditation practices.

And there was a particular reward this year. Cynthia's conclusion was a passionate and eloquent re-affirmation of the world's need for contemplative consciousness – and for us meditators to share the gift that we have received. Which to my WCCM ears was an utterly compelling rationale for something of which Cynthia might not even have been aware - our community's Meditatio outreach initiatives, begun several years ago now by Fr Laurence.

**SoundCloud is a website where you can listen to recordings of talks and music from a wide variety of sources. WCCM use it to make recordings of events available to a world-wide audience. For many other WCCM recordings simply search for WCCM SoundCloud. Not everyone likes listening to recordings but for others it is a valuable resource.*

'Contemplative Christianity - Today' 11 to 13 May – Swanwick, Derbyshire

In May we welcome Professor Bernard McGinn, one of the world's greatest experts on the mystical tradition, to the Hayes Conference Centre, Swanwick, Derbyshire. Prof. McGinn, with our own Fr Laurence Freeman, will lead *Contemplative Christianity - Today*, a Meditatio and WCCM UK seminar exploring contemplation as related to this tradition and its relevance for our own time. Workshop leaders will include: Revd Dr Sarah Bachelard, Prof Mark Burrows, Chris Hurley, Daniel Soars and Dr Monica Tobon.

Prof McGinn is regarded as the preeminent scholar of mysticism in the Western Christian Tradition. An internationally respected theologian, and scholar of spirituality, the history of Christianity, and Christian thought, he has written comprehensively on these subjects. He is the Naomi Shenstone Donnelly Professor Emeritus of Historical Theology and of the History of Christianity in the Divinity School of the University of Chicago. Author of many books, his magnum opus is the 7-volume series *The History of Western Christian Mysticism: The Presence of God*.

Further copies of the enclosed leaflet can be downloaded from: <http://bit.ly/ContemplativeChristianityToday> where you can also register for the seminar.

This seminar will be held in place of the National Conference in 2018.

'Finding peace within the storm': A day of silence to still the mind

Saturday 28th April, 2018 10am – 4.30pm



Facilitated by:

Julie Sinclair, Psychiatrist working with addiction.

Sally Walters, Therapist and WCCM National Coordinator for mental health.

This 'silent' day will include:

Space to reflect: short talks, readings, music.

Space for a creative outlet.

Beautiful garden and environment at:

**The Wisdom Retreat and Conference Centre
The Abbey, Romsey, Hampshire SO51 8EL**

Cost £29, to include refreshments, a vegetarian lunch and afternoon tea.

**Bookings to be made through
The Wisdom Retreat and Conference Centre
01794 830206**

Anxiety?

'Come with me by yourself to a quiet place and get some rest.' *Mark 6 v31 NIV*

At times, we can find that in the very experience of seeking the deep Christ-centred place of a 'peace that passes all understanding' which we so aspire to experience through our meditation practice, paradoxically we can also enter a place of torment and struggle. However, this can mysteriously lead to a place of growth.

The place, though, of unease or disturbance that sometimes plagues, often in a physical way as well as mental turmoil, can understandably distract from our focus for spiritual rest, making it hard at these times to appreciate the opportunity that we have available to us of a gentle healing transformation.

In the distress of suffering and frightening symptoms, it is perfectly understandable to want to grasp strategies that work when enduring periods of anxiety. These periods may of course be triggered by life's stressful circumstances. Other anxiety suffered may be more generalised, and where there seems no rest from the dreaded symptom, perhaps emptiness in the pit of your stomach, dizziness, headaches, nervousness, agitation, palpitations etc., our body produces stress hormones which pump round our system and can feel frightening. More rationally, we know the body responds as an indicator to aid us to attend to our needs. In enduring distress our body may respond in a hyper vigilant response, e.g. panic, anxiety, anger, thoughts that race, or physical symptoms may manifest in hypo vigilant response, e.g. depression, a shut down or disconnected state. In small doses anxiety can put us in touch with what we need most. The problem comes when anxiety overwhelms and blocks us. Asking for professional help, of course, may be wholly appropriate.

There are times, for us all, when meditation is difficult, particularly when the body is anxious. To expect calmness at a time of heightened anxiety may be expecting too much if our body is not familiar with regular meditation. At times, especially with this agitation it may help to 'go with the flow' of what the body is suggesting and channel the flow of movement into a constructive physical exercise before meditation



practice, e.g. a small walk prior to silence, yoga or other gentle exercise, always listening to our body for it tells a story of what we need. Preparation of our body is important in order to seek a quiet mind.

'Settle yourself in solitude and you will come upon Him in yourself.' Teresa of Avila.

A rather beautiful observation by Eckhart Tolle, which Stefan Gillow Reynolds quotes in his book, 'Living with the Mind of Christ', states:

'You are your body. The body that you can see and touch is only a thin and illusionary veil.

Underneath it lies the invisible body, the doorway into being, into life unmanifested. Through the inner body you are inseparably connected to this unmanifested One Life – birthless, deathless, eternally present. Through the inner body, you are one with God.'

Through Christian meditation, then, we have hope of better health all round in more than the physical sense through the 'doorway into being'. The journey of learning to 'let go' needs to be handled with care and respect for yourself including both body and mind. Perhaps easing yourself into an eventual longer period of meditation in shorter stages initially might help. There is no hurry or need to achieve; however, a rhythm of regular

practice will help you feel grounded.

John Main assures us that a benefit from meditation is that we notice a 'deeper emotional stability' and infinitely important 'we grow in Christ'. We need to be aware of the relationship between mind, body and soul and for our human need to feel stability in the practice of meditation. Christian meditation, therefore, is certainly a strategy not only to aid physical symptoms but primarily and fundamentally it is as we experience the practice each day that trust grows in the courage that the pilgrimage of Christian meditation will bring Christ's harmony and restoration.

Sally Walters
Special Interest Coordinator for Mental Health

Testimony to the value of online meditation

I am so fortunate to have 2 local weekly meditation groups that I go to in the UK and I have been attending one of these for over 15 years. However, I currently spend 2 x 2 months a year in New Zealand where my daughter and her family live and the nearest group is over a mountain!

So when Eileen Dutt (International Oblate Coordinator) suggested I try online meditation, I was persuaded to 'give it a go.' I had received information about the groups but really did not feel drawn to it. We each have preconceptions about anything online, particularly if you are a 'certain age', which I am!

Online meditation in the John Main Chapel offers a wonderful opportunity to belong to a group and to be part of the wider community of WCCM. A number of Oblates are hosting these groups which are taking place daily at different places and time zones around the world. I 'met' with fellow meditators, some of whom I have known for years but who live such a long way from me that we only see each other at national events. I smiled with joy to see them sitting in their homes ready to share in our time of meditation. I met for the first time other meditators and that was just a delight.

The actual process of signing in and getting started is very, very simple, though inevitably I got it wrong (I didn't follow the instructions)! But after my second attempt, I am delighted to see people pop into my screen, saying 'hello' and 'welcome.' The small group I joined was led by

Eileen Dutt so I felt at home at once. There were new faces and familiar faces all with beaming smiles, being beamed from all over the world: Australia, Norway, UK, and of course New Zealand. There is a familiar pattern that is followed, so joining in feels like putting on a pair of slippers. In actual fact I was wearing my slippers as it was my night time (in the UK, Angela was having her early morning cup of tea.)

In my UK local group we arrive and leave in silence, so there is no sharing time. With online groups there is the chance to share with others for a short while. But that is optional and if there is a need to leave immediately after the meditation, then that is fine. You can join in at home or work at a time that suits you and your microphone is switched off when you meditate, so any outside noises will not be heard. When I joined the group we had torrential rain hammering on the roof, but it could not be heard by the rest of the group.

I am probably typical of meditators who get into a daily routine and are reluctant to change habits that take so long to establish. However, I am also aware that our routines may have to change (my trips to NZ) and this way of linking up offers such a rich connection. I am also conscious that some people are very wary of the internet and accessing online services. But please be assured, this is safe and simple, just needs a willingness to 'have a go'!

Janet Robbins.

Online Meditation – Bah Humbug...

..... Or not? Have you thought about joining an Online Meditation session and then responded to yourself that it isn't for you, or that it isn't proper meditation? Or that you'd feel silly or odd? Or you couldn't fit in with the times? Or any other reason? Let me tell you that I have had all these thoughts. However, because I'm part of the leadership team in the UK I thought I should give it a go, just to see what it was all about, so that I could talk to others about it. And then, after the first session, I am an advocate. I'm hooked. I love it. It enriches my meditation times. Someone else manages the timer and I just have to enter the relevant Chapel and listen, then switch off my microphone and meditate. I can join in with some coffee time chat after the 30 minutes of prescribed time (introductory reading and prayer; meditation 25 minutes; closing reading and prayer) which sometimes I do, but mostly, I just carry on with my day as before.

You may think that the process is too difficult for you. May I suggest you just give it a go? Initially there are a couple of basic steps to go through, but the guidance notes are now developed and there are people to talk to if you run into a bit of bother. All you have to do is go to www.wccm-usa.org/chapel. And when you have gone through the initial process, you will have the tools to get

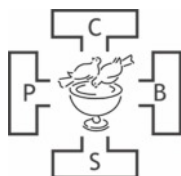
in easily the next time. For laptops and desktop computers, it is via a bookmarked page; for tablets and smartphones it is via an App. There is also a calendar that shows you (in UK local time) which groups are meeting when. I haven't yet stayed up to join the Canadian or American groups which meet around midnight but I may do someday.

So give it a try – and I expect you'll make new friends. I met a lovely lady called Nancy who lives in Nevada when I helped her out with a problem, which we resolved speedily, and then had a very nice conversation about ourselves. Who knows, perhaps I'll meet her in person one day.

Roz Stockley

Online Meditation - Getting Started

A set of instructions is available to help you get set up to join the online meditation groups. They are available on the WCCM Facebook page and a copy is available on the UK website at <https://tinyurl.com/cmuk-olmed1> to assist people without Facebook access.



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 Autumn 2018. Date and venue to be confirmed. Leaders: Saturday Northern Cell and Sunday Fr Laurence Freeman. Bookings will be taken from the beginning of May. Suggested donation for both days £25 per person, for 1 day £15 per person. A deposit of £10 per person will be requested to confirm bookings. **Please contact:** Angela Gregson: rydal2814@yahoo.co.uk 01706 563 024 or text Oblates 07792 083 942.

The next **Quarterly Oblate Community Day** will be in April at The Meditatio Centre in London. **Contact:** Gilly Withers gilly@withers.org or on 07896 742047 for details and to confirm the date.

London Cell: Meetings take place in Meditatio House, 10 Cloudsley Square. All 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): Saturdays 17 February and 7 April.
Contact: Angela Gregson for details at rydal2814@yahoo.co.uk or on 01706 563024.

Online Meditation: Meets daily at 7:30 and 18:00 open to all meditators. **Contact:** Robert Lalor lalorrobort@gmail.com for details or see the Online Meditation pages on the UK website.



Donations

If you would like to make a donation to support the work of WCCM in the UK please send cheques to:

The Christian Meditation Trust (UK)
Lido Centre, 63 Mattock Lane, London, W13 9LA

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

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If you 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

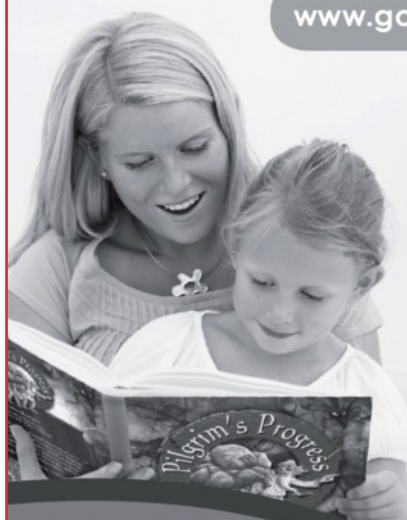


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orders@goodnewsbooks.net

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

National

Friday 11 to Sunday 13 May. Contemplative Christianity - Today: A Meditatio/WCCM UK Seminar. **Leaders:** Professor Bernard McGinn and Fr Laurence Freeman. **Venue:** The Hayes Conference Centre, Swanwick, Derbyshire DE55 1AU **Contact:** Jacqueline Russell jacqrussell3@gmail.com

School of Meditation Events:

Saturday 28 April to Saturday 5 May. WCCM International School Retreat. **Leader:** Fr Laurence Freeman. **Venue:** Ministeracres Retreat Centre, County Durham. **Contact:** Jacqueline Russell jacqrussell3@gmail.com

Scotland

Thursday 1 February. Contemplative Mind – Seeing things differently. **Speaker:** Fr Laurence Freeman. **Venue:** Wellington Church, off Byers Rd. Glasgow. **Contact:** Lynda Stark: Lynda.stark@btinternet.com

Friday 2 February. Visit by Fr Laurence Freeman to Glasgow University am followed by a visit to Primary School in East Kilbride. **Contact:** Lynda Stark: Lynda.stark@btinternet.com

Saturday 3 February 09:30 - 17:00. Day Workshop: Spirit and Liberty. **Leader:** Fr Laurence Freeman. **Venue:** Sanctuary, Augustine United Church, Edinburgh EH1 1EL. **Cost:** £35 / £20-25 concessions. **Contact:** Neill Walker, mesp2018@hotmail.com, 0131 331 4469.

Wales

Saturday 26 May 10:00 for 10:30-15:30. Journey into Silence. **Leader:** Tina Jefferies. **Venue:** Ty Mawr Convent, Monmouth NP25 4RN. **Cost:** Donation £7. Drinks provided, please bring your own lunch **Contact:** Barbara Jones 01600 772895 bar_demi@hotmail.co.uk

Northeast England

Saturday 24 February 10:00 for 10:30 to 15:30. A Day of Reflection on the Life and Religious Art of Sieger Koeder – C20th German priest and artist. **Leader:** Sue Degnan **Venue:** Leeds Trinity University Chapel, Brownberrie Lane, Horsforth, Leeds LS18 5HD **Cost:** Donation of £5 Bring own lunch – refreshments provided **Contact:** Sue Perkis 07702 692117 email wccmyorks@gmail.com

Friday 13 to Sunday 15 April. Christian Meditation and Tai Chi Embodied Contemplative Retreat. **Venue:** Ampleforth Abbey. **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486.

Saturday 5 May. Christian Meditation and Tai Chi Embodied Contemplative Workshop. **Venue:** St Antony's Priory, Durham. **Contact:** info@stantonyspriory.co.uk 0191 3843747.

Monday 14 to Thursday 17 May. Christian Meditation and Tai Chi Embodied Contemplative Retreat. **Venue:** Ampleforth Abbey. **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486.

Saturday 9 June. Christian Meditation and Tai Chi Embodied Contemplative Workshop. **Venue:** St Antony's Priory, Durham. **Contact:** info@stantonyspriory.co.uk 0191 3843747.

Friday 28 to Sunday 30 September. Christian Meditation and Tai Chi Embodied Contemplative Retreat. **Venue:** Ministeracres Retreat Centre, Ministeracres, Consett DH8 9RT. **Contact:** 01434 673248.

Friday 5 to Sunday 7 October. Silent Retreat. **Venue:** Ampleforth Abbey. **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486.

Northwest England

Saturday 27 January 10:00 for 10:30-15:30. Theme: One Love – One God. A reflective day with meditation, lectio divina and time to talk. **Leader:** Bob Morley. **Venue:** Ambleside Parish Centre. **Cost:** £10. Please bring your own lunch. **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm

Tuesday 6 February 10:00 for 10:30-15:00. Living with the Mystics. Theme: Evelyn Underhill. Leader: Jane Broughton. **Venue:** Friends Meeting House Elliot Park Keswick. **Cost:** £5. Drinks provided please bring your own lunch. **Contact:** Bob Morley 016974 72644 rgm1@live.co.uk

Friday 2 March to Sunday 4 March The Hying Retreat. **Leader:** Christian Meditation Cumbria. **Theme:** Our Community in Stillness and Silence. **Venue:** Monastery of Our Lady of Hying LA5 9SE. **Cost:** £130 (Concession rate £100 – residential). **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm

Saturday 21 April 10:00 for 10:30-15:00. Quiet Day at Dalton. **Theme:** St Columba. **Leader:** Alison MacMahon & Deirdre Hannah. **Venue:** St Mary's Church Dalton LA15 8AZ. **Suggested Donation:** £10. Drinks provided, please bring your own lunch. **Contact:** Alison MacMahon 01229 343621 ally-mac@hotmail.co.uk

Saturday 21 April 10:00 for 10:30-15:00. The Big Silence. **Leader:** Stephen Wright. **Venue:** The Quaker Meeting House Mosedale CA11 0XQ. **Suggested donation:** £10. Drinks provided, please bring your own lunch. **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm

Friday May 25 10:00-16:00. Interfaith meditation for peace to mark the first anniversary of the Manchester terror attack. (Meditation event). **Leader:** Fr Laurence Freeman. **Venue:** Manchester Cathedral, Victoria St. Manchester M3 1SX. **Contact:** Pat Higgins 0161 962 8661 patricia_higgins@hotmail.com

Southwest England

Thursday 12 to Sunday 15 July. Silent Retreat. **Venue:** Nympsfield **Contact:** Shelagh Layet Shelagh.layet10@gmail.com

Friday 21 to Sunday 23 September. Contemplation and Community Retreat. **Venue:** Sheldon, near Exeter. **Contact:** John Roberts. John.wilcott@gmail.com

London

Regional events

Every Wednesday 19:00-20:15 and Last Saturday of the Month (24 February 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 (3 February onwards) 14:00-16:00. Quiet Afternoon for those on the 12 Step Programme. **Contact:** mike@east-west.org.uk. **Venue:** please contact: mike@east-west.org.uk

Friday 8 to Sunday 10 June. The Spirituality of the 12 Steps and Christian Meditation. **Leaders:** Sr Susan McGrath SMG, Michael O'Halloran and May Nicol. **Venue:** Kairos Centre, Mount Angelus Road, Roehampton, London, SW15 4JA. **Cost:** £140. **Contact:** Michael O'Halloran michael.ohalloran@psmgs.org.uk 020 8788 4188 or May Nicol MayMBNicol@aol.com 07768 310666.

Tuesday 23 to Friday 26 October. Addiction & Grace Silent Meditation Retreat. **Leader:** Liz Watson **Venue:** Location Douai Abbey Upper Woolhampton Reading West Berkshire RG7 5TQ **Cost:** £250 **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

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:

Saturday 3 February 10:30-16:00. Science And Spirituality Creation, Evolution & Original Sin. Leader: William Joseph. **Cost:** £30 Concessions £20

Saturday 3 February 18:00-20:00. Art: Exhibition Preview Paintings From A Meditator's Garden & Other Places. David Greenwood

Thursday 6 February 18:30-21:00. Recovery & Addiction Conscious Leader: May Nicol **Cost:** Donation £10

Saturday 10 February 13:00-17:30. Movement And Meditation Waves. Leader: Chris Hurley **Cost:** £25 Concessions £15

Thursday 15 February 18:30-21:00. Retreat With The Mystics Dostoevsky: The Russian Writer as a Mystic. **Cost:** £15 Concessions £10

Wednesday 21 February 18:30-21:00. Spiritual Growth Course: An Introduction to Christian Meditation. Leader: Brijji Waterfield & Kate Coombs **Cost:** £15 Concessions £10

Saturday 24 February 10:30-16:00. Contemplative Reflections Born To Fly With Margaret Silf. Cost: £30 Concessions £20

Wednesday 28 February 18:30-21:00. Spiritual Growth Course An Introduction To Christian Meditation. Leader: Brijji Waterfield & Kate Coombs **Cost:** £15 Concessions £10

Saturday 3 March 10:30-16:00. Interfaith Seeing Through The Great Delusion. Leader: George Wilson. **Cost:** £30 Concessions £20

Wednesday 7 March 18:30-21:00. Spiritual Growth Course An Introduction To Christian Meditation. Leader: Brijji Waterfield & Kate Coombs **Cost:** £15 Concessions £10

Saturday 10 March 10:30-16:00. Retreat With The Mystics The Passion And The Resurrection In The Song Of Songs . Leader: Graeme Watson. **Cost:** £30 Concessions £20

Wednesday 15 March 18:30-21:00. Spiritual Growth Course An Introduction To Christian Meditation. Leader: Brijji Waterfield & Kate Coombs. **Cost:** £15 Concessions £10

Saturday 17 March 10:30-16:00. Contemplative Arts Portraying The Divine. Leader: Natasha Cross **Cost:** £30 Concessions £20

Wednesday 21 March 18:30-21:00. Spiritual Growth Course An Introduction To Christian Meditation. Leader: Brijji Waterfield & Kate Coombs. **Cost:** £15 Concessions £10

Saturday 24 March 11:00-15:30. Teaching On Christian Meditation How Can We Become Intimate With God? Leader: London Regional Coordinators. **Cost:** £10

Saturday 24 March 17:00-19:00. Art: Exhibition Preview St Paul Comes To London. George Musgrave

Wednesday 28 March 18:30-21:00. Spiritual Growth Course An Introduction To Christian Meditation. Leader: Brijji Waterfield & Kate Coombs. **Cost:** £15 Concessions £10

Thursday 12 April 18:30-21:00. Science And Spirituality: Science With A Heart. In Search Of A New Paradigm. Leader: Filippo dal Fiore. **Cost:** £15 Concessions £10

Saturday 14 April 10:30-16:00. Contemplative Arts Words Into Art. Leader: Linda Richardson. **Cost:** £30 Concessions £20

Thursday 19 April 18:30-21:00. Interfaith The Light In The Stone. Leader: Sarah Deco. **Cost:** £15 Concessions £10

Saturday 21 April 10:30-16:00. Retreat With The Mystics Evagrius On The Spiritual Life: Faith, Love, Knowledge. Leader: Monica Tobon **Cost:** £30 Concessions £20

Thursday 3 May 18:00-20:00. Art: Exhibition Preview In Quiet Contemplation Adele Wagstaff

Saturday 5 May 10:30-16:00. Retreat With The Mystics The God-Seeing Life: John Of Ruusbroec. Leader: Hymie Wyse. **Cost:** £30 Concessions £20

Tuesday 15 May 17:00-21:00. Contemplative Reflections One In Christ. Leader: James Allison & Sarah Bachelard. **Cost:** £20 Concessions £15

Wednesday 16 May 18:30-21:00. Laurence Freeman At The Centre Conscious Leadership. Cost: £15 Concessions £10

Wednesday 30 May 18:30-21:00. Interfaith One Person One Planet What's Possible? Leader: Maureen Goodman. **Cost:** £15 Concessions £10

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.

7 February. The Temptation of Jesus. Speaker: Dr Margaret Lane, lay contemplative, retreat leader, academic

7 March. Ask, seek, knock. Speaker: Mary Lean, spiritual director, writer

4 April. Roll away the stone. Speaker: Eileen Dutt, international Oblate Coordinator for WCCM

2 May. The walk to Emmaus. Speaker: Jill Benet, London and SE England coordinator for contemplative Outreach, cofounder of Silence in the City

6 June. Doubting Thomas. Speaker: Michael Dorey, Spiritual director, CLC chaplain

4 July. The Coming of the Spirit. Speaker: Antonio Benet, writer and philosopher

1 August. The New Commandment. Speaker: John Woodhouse, Interfaith coordinator, Westminster

5 September. Do not worry. Speaker: Fr Robin Burgess, Spiritual director, based at Ealing Abbey

3 October. I am the way the truth. Speaker: Sr Agatha Collopy, team leader of Sisters of Mercy, Bermondsey

7 November. The Kingdom of Heaven is near. Speaker: Roger Ferguson, spiritual director

5 December. Magnificat. Speaker: Eileen McDade, Spiritual Director, cofounder of Silence in the City

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;

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

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carolina.ghiuzan@gmail.com

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

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