

meditation news



Newsletter of The World Community for
Christian Meditation in the UK

Spring 2018

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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 **Summer 2018** issue including events from 1 August to: uknewsletter@wccm.org to reach us by **1 June**.

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Congratulations to WCCM Oblates Gilly Withers and Charles Posnett



Many congratulations and very best wishes to Gilly Withers and Charles Posnett, who were married on Saturday, 17th February, 2018 at The Church of the Holy Ghost in Crowthorne, Berkshire. The Nuptial Mass was celebrated by Fr Laurence Freeman and Parish Priest Fr Marcus Brisley.

Gilly and Charles are long standing active members of our community and both lost their previous partners in 2015. Family, friends, parishioners, fellow meditators and oblates gathered to attend this beautiful contemplative ceremony. A convivial reception followed, completing a truly joyous day full of love, delight and friendship. We wish them many blessings in their lives together.

Angela Greenwood

National Coordinator's Notes



I would like to start by thanking Charles and Jill Foister, who are stepping down as regional coordinators in the North East. They have been coordinators for more than ten years and are passing on a strong community. I am sure many of us who've been supported and encouraged by Charles

and Jill over their long period of service will want to pass on our very best wishes.

The presence of meditators in all of our local regions is the basis and foundation of our community; people meet to meditate together and support each other in more than 400 groups right across the UK. We combine our groups into local regions comprising one or two counties, and I am hoping during my time as National Coordinator to help our local regions be more active and cohesive. We're looking to offer and share the gift of silence with the people around us, in and beyond the faith communities where we live.

We can be confident that all humans are naturally contemplative, but the knowledge and understanding of silent prayer has been almost lost within our churches and in the wider world. The pattern of silent meditation that we practice is vital to our society; our community makes it known and available to people as they become aware of their own thirst for depth and peace. A contemplative understanding of faith is rarely offered by the established denominations and it is communities such as the WCCM which keep it alive.

I look forward to being in contact with all UK regions, to hear how their local community works together, and how they can offer the gift of silence more widely. I'd like to compare my own experiences here in Cumbria and bring out similarities and differences with their situations.

The Contemplative Christianity Seminar at Swanwick on May 11/13 will offer some great teaching on meditation and practice. It is the only national gathering in 2018 and will be a time for us to talk together about our community and its local stories and plans.

Finally I would like to highlight a speaking tour by Rev Dr Sarah Bachelard also in May. As well as leading a workshop at the seminar, she will be speaking at a number of venues in the North and the West of England, and at Silence in the City in London (see Events pages). She is a contemplative and thoughtful theologian; a member of the WCCM, and a founder of Benedictus Contemplative Church in Canberra.

Richard Broughton – National Coordinator

Eileen Cox's Legacy The next steps

Our trustees, CMT(UK), have received the monies from the generous legacy of Eileen Cox and are now working to set up a means of inviting, assessing and monitoring grant applications.

The trustees are mindful of the need to administer the legacy responsibly and are talking with a faith-based agency with a view to using their expertise in the practical aspects; the agency is very experienced in disbursing grants and aid to Christian and other groups across the UK and would look after the paperwork on our behalf. As I write, the trustees are about to meet to consider the criteria for grants, based largely on the feedback and ideas expressed at the National Council in November 2017.

We hope everything will be in place soon! We will then invite members of the community to apply for a grant, supported by a detailed proposal. Unlike other grant processes, our community would not necessarily be looking for a financial pay back – we will offer grants on the basis that the recipients are creating an environment where the work of meditation would be spread more widely. However, any money disbursed must be accountable and auditable.

Recently I've received several notes of appreciation about the work of the WCCM in the UK; the community has made a great difference to the lives of many people. The legacy will help us to continue to share the gift of meditation widely and effectively.

Richard Broughton



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meditation news in colour

Thank you to those who responded to the request in the last issue for feedback about the printing of *meditation news* in colour. Your comments have been given to the Action Group for their consideration.

Reflections on the Beauty of Stillness

'It is stillness that creates love.' - Do Hyan Cho

Our Christian Meditation Group is a wonderful opportunity to simply be still, to allow ourselves to be touched by silence, and to discover the immense inner riches that flow from stillness.

As we sit with the loving intention to enter the silence together, we discover that the stillness changes us, for the stillness is bringing us back to the stillness that we already are. Stillness brings us to the centre and heart of all things. Stillness is medicine and healing.

The Christian Meditation Group is an invitation to step away from all that is moving, from all the comings and goings of life, and to come to that which is unmoving, constant and ever the same.

As we know, the mind will find all kinds of reasons why we should not be still, for the mind does not like stillness, for its very nature is to be active. The busy mind prevents us from reaching a much deeper dimension of being, which is far richer than the mind could ever imagine.

As we open to true silent prayer, it can take a while for the mind to come to rest, but in being very gentle with the thoughts that arise, they gradually dissolve, so that our awareness can truly come to rest, and abide in the stillness of stillness.

When we abide in stillness, we are abiding in the source of rejuvenation, and deep contentment, and deep

knowing are experienced. In stillness intuition flowers and creativity is born.

Eckhart Tolle wrote that "You are never more truly or fully yourself than when you are still". When we are still, inner energies wake up in us and we experience a deep aliveness and peace.

It is said that "Silence is the language of God and everything else is a bad translation", while John O'Donohue wrote that "Nothing resembles God so much as silence".

To enter the stillness of stillness, is to discover for ourselves, that absolute silence is absolute love and natural great peace.

We directly experience for ourselves, that when we see through the eyes of stillness, the eyes of spirit, we live in a house of wonder. We see the wonder of existence exactly as it is. We see how everything is wondrously arising, moment by moment.

In the gospel of Thomas, Jesus said "Heaven is spread upon the Earth but men do not see it". Meditation opens our eyes, the eyes of our deepest being, to see Heaven spread upon the earth, in all its wonder.

Ann Hellyer

The School of Meditation

Essential Teaching Weekend

With Liz Watson, Julie Roberts & Richard Broughton

Boarbank Hall, Cumbria

Friday 14 - Sunday 16 September 2018

Have you been meditating for more than a year? Do you feel you would like to grow in your understanding of your meditation practice?

Essential Teaching Weekends explore the history of meditation and help you arrive at a deeper insight into what the experience of the practice means to you personally and to see ways in which this experience can be shared with others. Presentations by teachers in the community illustrate the place of

meditation in the contemplative tradition, the essential aspects of our practice and the psychological aspects of the journey.

The style of the weekend is relaxed and informative and takes place at Boarbank Hall, which is set in beautiful grounds overlooking Morecambe Bay. You will be accommodated in a comfortable single room with shared bathroom facilities. Lift.

Cost: £85.00

(from Friday registration at 4pm, until after lunch on Sunday)

Help with travel costs available if needed.

For an application form please email: jacqrussell3@gmail.com 01296 488450



Meditation in Wandsworth Prison

I have run what must be over 300 meditation sessions in Wandsworth Prison. It is an old Victorian prison which looks grim outside and even grimmer inside. The staff are under a huge amount of pressure and everyone works as hard as possible to make life better for the prisoners, but it is very difficult. I think it is the largest men's prison in the country.

We recently celebrated 200 attendances at the prison but for the last couple of years we've run two sessions. I say "we" because my wife, Allison, who is a chaplain at the prison, assists me. There are various wings of the prison and each one has a prisoner who is a chaplaincy rep who goes round telling the prisoners about the activities on offer. There is usually a waiting list for the meditation sessions because we are not allowed more than 20 people.

There are one or two other prisons offering meditation. Pentonville is one, but it is slightly different there. They have much longer sessions for teaching because prisoners have 'free-flow' periods when they are allowed out of their cells.

I had to go through quite a long security process to get in, and then I was given a permanent pass. I can't open prison cells but I can move freely around the prison. You obviously have to be on your guard and we are given training. There are certain things you shouldn't do or say, and you mustn't give information about your private life.

I have never felt afraid, though. I've always had the sense that other prisoners would help me if there was any trouble.

There are some difficulties about teaching meditation in a prison. The session time allowed at the prison is limited and prisoners have to be collected and returned from their cells which is very time-consuming. There is seldom more than 30 minutes with the prisoners and this includes the 20 minutes of silence. There are nearly always some attending who've never meditated before so I've had to learn the art of introducing meditation very succinctly.

The most surprising thing is the depth of stillness and silence while we're meditating. I lead other groups outside the prison but there is something special about the meditation in the prison.

The positive feedback from the prisoners is the really encouraging thing. For some it's been life-changing, especially for those fighting addiction. Others have said it is the first time that they have actually been able to sit down and be still. Some of the prisoners have been just so grateful that it has helped them sleep at night which has been precious for them.

Most of those who came are Christians and it's advertised as a Christian Meditation group but we have prisoners of other faiths and none, and all are welcome if they believe it will help them.

The prison officers have been supportive, especially given the extreme pressures they are under. In fact some officers have requested that a group be run for them, but this hasn't been possible at present due to the difficulty of finding a time when this could take place.

Prison is a very stressful environment. Meditation helps prisoners to be calmer, to be able to cope better, to take

one day at a time, to be more positive. This then impacts positively in the prison and the one-to-one relationships with the officers improve.

I was brought up in a Christian home and attended a Methodist church where I learnt that faith and action work together, one coming from the other. As I have grown in my faith, I've come to realise that action needs to come from the promptings of the heart, the Spirit within, so I've seen the need for regular and disciplined periods of meditation.

There are those who meditate for a while who experience certain fruits of peace and relaxation through meditation without really feeling they have had an encounter with God. But meditation is a discipline, it is work and over time, without seeking it, we do inevitably experience the stillness in which we know God.

Anthony De Mello's *Awareness*, John Main's *The Way of Unknowing*, Brother Lawrence's *The Practice of the Presence of God* and Eckhart Tolle's *A New Earth* are books that inspire and comfort me.

There have been many people in my life who have assisted me on my spiritual journey, but I remember many years ago, on the last day of a silent retreat, watching a video in which the Jesuit priest Anthony De Mello spoke about awareness. His message was that most of us - even though we don't know it - are asleep, never truly understanding the loveliness and the beauty of human existence. He seemed to be speaking directly to me. It certainly woke me up.

I joined a meditation group 14 years ago. I was finding intercessory prayer in church very difficult - praying for all the hungry, all the wars, and so on, and it made my head spin. I had a Roman Catholic spiritual director who suggested meditation and I found a local group in Clapham so I went along, and it felt like coming home, praying with other people in silence. That was a good introduction into 'word prayers' after. Eventually I set up my own ecumenical group.

What I love about it is that it goes beyond words. We get a real mix of people and we don't talk about what we believe - we just pray together.

Meditating is of course praying and it is often referred to as the prayer of the heart but when I use word prayers my thoughts often turn to praying for more love, tolerance and peace in the world.

I believe that more and more people are seeking to live a spiritual life - many outside the structures of the existing institutionalised religions. This gives me assurance that God is still meeting people where they are, and guiding them towards trying to make the world a better place.

If I found myself locked in a church for a few hours, I'd like to have Anthony De Mello as my companion, and if I could spend a week on retreat with him all the better.

Geoff Waterhouse is the Regional Coordinator for London (South) and Special Interest Coordinator for Prisons. He worked as a civil servant in the Ministry of Justice for 42 years and this article is an extract from an interview that featured in the Church Times in Autumn 2017.

Musings from a Regional Coordinator

Margaret Comerford - Norfolk and Suffolk

Almost two years ago I moved from Norwich, where I had lived for 13 years, to Saffron Walden in North West Essex and around the same time I agreed to take on the role of Regional Coordinator for Norfolk and Suffolk. My rationale was that although I was now further away from Norfolk, I was much nearer Suffolk and know and love the county. The geographical location of Saffron Walden is interesting in that it is very near where the counties of Essex, Hertfordshire, Cambridgeshire and Suffolk meet. So a few miles in any direction you find yourself in a neighbouring county. This has



provided a blessing in that the nearest meditation group, 15 minutes or so away in Linton, Cambridgeshire, which I attend, was started by Linda Richardson (and others) now the Regional Co-ordinator for Cambridgeshire. So I felt connected to the WCCM community immediately, despite my move.

Another blessing, which highlights the benefit of links made within the community, was soon being contacted by Chris Hurley, RC for Essex whom I had met 20 years ago when I lived in Colchester. She gave me contact details of a friend who

had attended her meditation group but who had subsequently moved to a village near Sudbury in Suffolk.

The friend, Jane, I soon learned attended the Catholic parish based at Clare Priory and she also attended a meditation group there started by Fr Ben O'Rourke OSA (author of the popular book on silent prayer *Finding your Hidden Treasure*). Clare Priory has for several years run a programme of contemplative events and also offers retreats and Jane had recently been asked to join the planning team for this programme. She already had ideas of expanding the number and variety of speakers on offer and she and I soon saw that there was a good fit between what the venue was already providing and speakers linked to WCCM. Jane had recently attended the annual WCCM retreat at Monte Oliveto and was keen to start and lead a meditation group. So I was able to encourage her and offered to do an introduction to Meditation course at Clare Priory during Lent 2017. This resulted in the formation of a new group, facilitated by Jane, held weekly at Clare Priory.

Reflecting on the above development, I feel that it was one of those occasions when I sensed that things happened with very little effort on my part. More that I was a channel and that I just had to make a few connections, facilitate and allow something to flow and it did!

I also felt that Clare Priory was an ideal venue for a meditation group as being the base for a parish and having an events programme, it was visible and accessible to people who visited the priory for whatever reason.



Last year the events programme included several yoga and movement days led by Chris Hurley, a first visit by Fr Laurence to the priory in May when he led two sessions and a day by Graeme Watson.

It is a lovely place as I hope the pictures show and very special in that it started its life as an Augustinian priory in the 12th century, was dissolved in the 16th century, but was returned to the Augustinians in the mid 20th century. There cannot be many foundations where this has occurred. Our project in Bonnevaux is aiming to be another project where a site is being re-dedicated to its original purpose.



And the Silence will be Broken

I tell you, if they keep quiet, the stones will cry out. – Luke 19:40

Editor's note: Alex Holmes has written previously about his experience working as a human rights monitor in the West Bank and shortly after his return to Britain he met a young Palestinian woman seeking asylum in the UK. This triggered in him the desire to learn more about the issue of refugees in Europe. And so he went to Calais where he has spent 5 of the last 15 months and for most of that time he has been living with young Eritrean and Ethiopian would-be UK asylum seekers in the Calais Catholic Worker House.

To quote him...

The contemplative practice of Christian meditation is, in Rowan Williams words, 'a deeply revolutionary matter.' It frees us from ourselves, from our ego: 'we do not detach ourselves from things in order to attach ourselves to God, but rather we become detached from ourselves in order to see and use all things in and for God.' - Thomas Merton/New Seeds of Contemplation.

It frees us to accept: 'accept each other just as Christ has accepted you so that God will be given glory' (Romans 15.7). It frees us to love, awakening us to a greater and greater capacity to love. And what is it to love? 'All who choose to love and say it with their life are led to ask themselves one of the most compelling questions of all: how can we ease the pain and the torment of others, whether they are close at hand or far away?' - Brother Roger Schultz, founder of the Taizé Community.

Here are some reflections on his time in Calais.

The silent first hour



Silence; that first precious contemplative hour of the day. The guests in the Calais Catholic Worker House, young Eritrean and Ethiopian refugees, are sleeping, the

chapel still. Sometime into the hour, the sound of shoes being slipped off, a faint rustle as the net curtain that separates the chapel from the dining area is parted, the slightest draught of air and Robel falls prostrate before the image of the Trinity. He gently intones his prayers then too falls silent. Sometime later, perhaps half an hour later, he gets to his feet, holds his hands above the flame of the candle to receive its holy warmth, rubs them together, then places them on the image of the Trinity and gently kisses it. He does the same to the images of The Virgin Mary, and of St Mikale. As he leaves the chapel,

I recall his arrival in the autumn, traumatized, discharged after five days in hospital following a beating to his head by the CRS, the French Riot Police.



Falling into silence

There is nothing to say or do except to shake hands and say you are welcome and would you like tea.

Three young Eritreans. An occasional word is said but largely the three sit silently at the table. Gebre, sitting between his two friends, has just learned his mother has died. In this moment, what do your friends say to you? That December day, decades ago, when I'm told aged 12 that my father has died and I'm allowed to choose a friend to be with me, what did my friend say to me? How do you deal with the reality of death in the raw cold days and the raw cold nights of the *Green Hotel** thousands of miles from the place where your mother has died? Deaths and sadness roll in. A fifteen year old Afghan boy, Abdullah, has been killed on the motorway trying to get to the UK and join his brother. Days later, Biniam, an Eritrean name meaning "Lucky Son", met the same tragic fate. Friday past, fifteen year old, Almaz, drew a picture of an eye. Her final addition, a single tear line. Out there in the street, drizzle. I have to fight back my tears.

The silence of trauma

A phonecall. Could we take a 17 year old into the house? Omar was "found" by *Secours Catholique* (Caritas in France) whilst doing fieldwork. He was in tears. He'd arrived in Calais just 4 days earlier. He's brought to the house and walks in clutching a black bin bag half-filled with clothes. He has a streptococcal skin infection on his hand and neck. His face is frozen, expressionless, locked in shock. For two days he remains silent. Then something shifts and on the third day his face lights suddenly into a broad smile.

A reverential silence

The thin spread of pines and winter-bare trees of the *Green Hotel* offer minimal protection from the horizontal rain squalling relentlessly from the south-west. A huddle of young Eritreans are nursing a fire into life. They have firelighters, dry pine needles and a quantity of firewood,

continued on page 7

And the Silence will be Broken continued from page 6

sawn up pallets, delivered by one of the volunteer associations working with refugees in Calais. A boy emerges from sleeping under an igloo of sleeping bags and plastic. A huge smile on his face, he says something and has everyone laughing. His plastic igloo has kept him dry. He gratefully accepts hot tea which he sweetens with two heaped dessert spoons of sugar. There's chat and laughter and an unquestionable sense of community.

Away from the fire, the sound of a hammer driving in nails. Two guys are making a *krar* (a traditional Eritrean 5 or 6 stringed instrument). Later someone appears with a bicycle: the brake cables will be the strings.

Towards midday, people start to filter towards "The Church" for Sunday worship. "The Church", a room-sized area bounded by a low wooden wall, once, perhaps, a safe play space for children, has no protection from the driving rain. The *diakon* (Eritrean Orthodox deacon) is struggling to light a candle. Others gather round him to provide shelter but the elements defeat them. We sit waiting on the peripheral wooden wall. Called to prayer by the *diakon* on the dot of midday, we form into standing rows and worship begins. Everyone bar me is bare-headed. Beneath the shrill whine of the wind and the flapping of the thin plastic ponchos worn by some of the worshippers, and the sound of the traffic on Autoroute 216, there is deep focus and a profound stillness. The puddle in the centre of the "Church" has doubled in size.

An hour into the worship, the *diakon* goes through an elaborate ritual of blessing water in a plastic bottle and then walks along the rows sprinkling each of us with the holy water. We end prostrate on our knees, in deep reverential silence, our foreheads pressed to the sodden ground.

The silence of exhaustion.

Mid-afternoon, the doorbell rings once again. Three guys and a young woman stand on the pavement outside the front door. I know them from the *Green Hotel*. "Charge, charge" says one of them. They need to charge their phones. Jamila, the young woman, has been tear gassed by the CRS. She asks for a shower. Another of the guys points to his head: "Panadol?" he asks. His head aches badly. He tells me he is so tired. I fetch him two paracetamol. Within moments, his head on his arms on the table, he's asleep, exhausted. His friends, quietly sipping their tea, stare silently at the screens of their charging phones. Safety and respite for now; later, they

will return to the night time cold and sleeplessness of Calais' wastelands.

Night time silence

Night time again. A complice of contemplation. The house is quiet by 10pm, much earlier than usual. News had come through that Tesfalem had reached the UK. There is a buzz in the house, a renewed motivation.

"Tomorrow UK" is tonight's mantra. An early rise is planned in the hope of repeating Tesfalem's success. Earlier in the day, Dawit who lives in the *Green Hotel*, wrote this: *"Life is wrong, Life is walking. I hope, good always in my heart. Seven times down, number eight up. Life is a struggle, I will be successful. I pray to God to save me. I will win as God is with me. At last my life will be peaceful."*

Alex Holmes



*The *Green Hotel* is a sparsely wooded two acre recreational area sandwiched between suburban houses on rue du

Groupe Normandie Nieman and Autoroute 216, a short stretch of motorway on a high embankment taking lorries to and from the port. It is the Calais home for some 100 Eritrean refugees hoping to get to the UK.

Meditation Companions



**Do you have questions about your meditation practice?
Or about your spiritual life generally?**

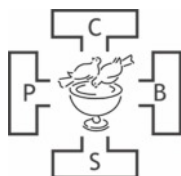
Meditation Companions are experienced WCCM meditators who are there for you to talk to immediately.

Contact Sarah Kirkup

017683 41258

(during office hours)

sarahkirkup140@gmail.com



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. Friday 12 to Sunday 14 October. Venue: The Monastery of Christ our Savior, Turvey, Bedfordshire MK43 8DH

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.

Pamela Ford

At the annual UK Oblate weekend in Turvey Abbey, Fr Laurence celebrated the Eucharist, during which we had an opportunity to remember Oblates who had died in 2017. Pamela Ford was among those cherished friends. I reflected on fond memories of times spent with her. We first met in late 1998 In Campden Hill Road – the first London Meditation Centre. She represented the meditation group in Sutton, while I led a group in Birmingham. I was immediately drawn to Pamela, I liked her enthusiasm and her desire to promote the practice of meditation. She would celebrate the gifts of members of the group and their desire to know more about the practice.

Pamela was particularly broad minded and loved reading and exploring different traditions, she loved Orthodox spirituality and also Buddhist teaching on meditation and was quite a fan of Fr Robert Kennedy. All this wisdom was gladly shared with her group and the friends she formed along the way. This was particularly remarkable as she had been brought up in a narrow evangelical family, but it was meditation that enabled her to step out and explore.

On my return to London our paths crossed again. As Oblates we worked together coordinating the UK oblate community. We also met socially... we would meet in central London for lunch and wide ranging conversation. I learned of Pamela's love of the arts and music, Lunch time recitals at St John's, Smith Square, were a favourite.

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.

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

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 19 May and 7 July. 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.

She had longed for a career in classical music, and to go to university but in those days circumstances did not permit and so she became a very skilled nurse and in the end a nurse Tutor.

In spite of differing approaches to spirituality Pamela remained close to her family, and I felt I knew her brother and his family through Pamela's vivid descriptions. I also felt privileged when she was happy to attend my son's Deaconate Ordination in Westminster Cathedral.

As she and her groups aged, she became aware of the need for afternoon groups for people who did not like to go out in the evening. This group continued up to the last months of her life. Her group always sent regular financial contributions to the UK funds. And she did not forget the community in her will. Pamela will be sorely missed by her many friends in and outside the meditation community.



Rita McKenna

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:** Laurence Freeman OSB. **Venue:** Minsteracres Retreat Centre, County Durham, UK. **Contact:** Jacqueline Russell jacqrussell3@gmail.com

Friday 14 to Sunday 16 September. Essential Teaching Weekend. **Venue:** Boarbank Hall, Allithwaite, Grange over Sands, Cumbria LA11 7NH. **Cost:** £85. Help with travel costs available if needed. **Contact:** jacqrussell3@gmail.com or 01296 488450.

Scotland

Friday 7 to Sunday 9 September. Retreat: "The things that Matter" an exploration of Ety Hillesum's spiritual journey. **Leader:** Liz Watson. **Venue:** St Mary's Monastery, Hatton Road, Kinnoull, Perth PH2 7BP **Cost:** £150. **Contact:** Lynda Stark Lynda.stark@brinternet.com

Sunday 7 to Tuesday 9 October. Retreat. **Leader:** Liz Watson. **Venue:** St Mary's Monastery, Hatton Road, Kinnoull, Perth PH2 7BP **Contact:** Lynda Stark Lynda.stark@brinternet.com

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

East England

Friday 7 September evening. Word into Silence. **Leader:** Laurence Freeman OSB. **Venue:** Clare Priory, Ashen Road, Clare, Suffolk CO10 8NX. **Cost:** Donation. **Contact:** Kathy Reddick, clarepriory@clarepriory.net or 01787 277326 or <http://www.clarepriory.org.uk/events.html>

Saturday 8 September Day session: Word into Silence. **Leader:** Laurence Freeman OSB. **Venue:** Clare Priory, Ashen Road, Clare, Suffolk CO10 8NX. **Cost:** suggested donation £30. **Contact:** as above

Northeast England

Friday 27 April 10:00 for 10:30-16:00. The work of love in the face of doom. **Leader:** Sarah Bachelard. **Venue:** Millenium Hall, Riding Mill, Northumberland NE44 6DR. **Cost:** £10 please bring own lunch. **Contact:** jillfoister@gmail.com / T 01912855054

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.

Saturday 23 June 10:00 for 10:30-15:30. Meister Eckhart and the contemplative path. **Leader:** Anthony Finnerty, Chairman Eckhart Society. **Venue:** Leeds Trinity University Chapel, Brownberrie Lane, Horsforth, Leeds LS18 5HD. **Cost:** Donation of £10. Please bring own lunch – refreshments are provided. **Contact:** Sue Purkis 07702 692117 email: wccmyorks@gmail.com

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

Friday 5 to Sunday 7 October. Embodied Contemplatives – Christian Meditation Silent Retreat. **Venue:** Ampleforth Abbey York YO62 4EN <http://www.hpo.ampleforth.org.uk/booking-enquiries>. **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486.

Northwest England

Thursday 26 April 10:00 for 10:30-16:00. The work of love in the face of doom. **Leader:** Sarah Bachelard. **Venue:** Carver Church, Lake Road, Windermere LA23 2BY. **Cost:** £20 (concession rate £5) drinks provided, please bring own lunch. **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm

Tuesday 1 May 10:00-15:00. Living with the Mystics: Evelyn Underhill. **Leader:** Jane Broughton. **Venue:** Friends Meeting House, Elliot Park, Keswick. **Cost:** £5 Drinks provided please bring own lunch. **Contact:** Bob Morley rgm1@live.co.uk; Tel 016974 72644

Friday, 25 May 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

Saturday 23 June 10:00-16:00. Quiet Day in collaboration with the Unitarian Christian Association. **Venue:** Dean Row Chapel. Dean Row, Chapel Road, Wilmslow Cheshire SK9 2BX. **Cost:** none but donations welcome. Lunch provided. **Contact:** Pat Higgins 0161 962 8661 email patricia_higgins@hotmail.com

Tuesday 7 August 10:00 for 10:30-16:00. Living with the Mystics. Isaac Pennington. **Leader:** Chris Thomas. **Venue:** Friends Meeting House, Elliot Park, Keswick. **Cost:** £5 Drinks provided please bring own lunch. **Contact:** Bob Morley rgm1@live.co.uk; Tel 016974 72644

Saturday 11 August 10:00-16:00. Day of Gathering. **Leader:** CMC team including Rev Cameron Butland. **Venue:** Shap Memorial Hall, Main Street, Shap, Cumbria CA10 3NL. **Cost:** Donation of £10 or £5. Drinks provided, please bring own lunch. **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm

Southwest England

Wednesdays from 25 April and continuing on 2,9,16,23,30 May. Christian Meditation Beginners Course. To follow the regular Wednesday meditation session. **Venue:** St. Mary's Church, Silver Street, Ilminster, Somerset TA19 0DU. **Contact:** Susan Lendon; susanlendon@talktalk.net; Tel 01460 52504

Wednesday 9 May 19:15-21:00. Contemplative Christianity for Today's World. **Speaker:** Rev. Dr. Sarah Bachelard. **Venue:** Bath Royal Literary and Scientific Institute, 16-18 Queen Square, Bath BA1 2HN. **Cost:** Suggested donation of £10. **Contact:** Bristol@christianmeditation.org.uk or 01275 463727.

Thursday 21 June 19:00. Annual Meditation and Meal. Bring and share supper, preceded by meditation for meditators in Bristol, Bath and thereabouts. **Venue:** Clifton Cathedral, Bristol. **Contact:** Roger Layet roger.layet@btinternet.com

Thursday 12 to Sunday 15 July. Surrender to Love. Three day silent retreat. **Venue:** Nympsfield near Stroud Glos. **Cost:** £172, burseries available. **Contact:** Shelagh Layet shelagh.layet10@gmail.com

Friday 21 to Sunday 23 September. Our Soul's Desire: Contemplative Prayer in Daily Living. Weekend retreat. **Speaker:** Rev Cameron Butland **Venue:** Sheldon, near Exeter. **Cost:** £170 for shared room, burseries available. **Contact:** John Roberts john.wilcott@gmail.com

Saturday 6 October 10:00-16:00. Dorset Meditators Day "Mindfulness, Meditation and Mysticism. **Leader:** Stefan Reynolds. **Venue:** Dorford Centre, Dorchester Baptist Church, Bridport Road DT1 1RR. **Cost:** Donation £12 Please bring own lunch. Tea and coffee provided. **Contact:** Rosemary Bassett T 01305 262615. rosemary.bassett42@gmail.com

Stop Press:

Scotland:

Christian Meditation Days - "With Eyes of Love"

Cardross - Saturday May 12th or Edinburgh - Saturday June 9th

See website *What's On* listing for full details: <https://tinyurl.com/cmuk-weol>

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 (5 May 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 per session Contact: Lucy 07904 166123 lucybarnesyoga@icloud.com
Wednesdays 10:00–12:00: Yoga and Rolf Movement Class
Fridays 10:00 – 11:30 Yoga and Meditation

Single events:

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. Conscious Leadership. **Speaker:** Laurence Freeman **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

Saturday 2 June 10:30-16:00. Interfaith Seeing Through The Great Delusion. **Leader:** George Wilson. **Cost:** £30 Concessions £20

Thursday 7 June 18:30-21:00. Health & Meditation Presence In Relationship. **Leader:** Susan Groves. **Cost:** £15 Concessions £10

Saturday 9 June 11:00-15:30. Teaching On Christian Meditation God Can Be Grasped By Love, By Thinking, Never. **Leader:** London Regional Coordinators. Bring your own lunch

Wednesday 13 June 18:30-21:00. Poetry Four Quartets. **Leader:** Ashley Ramsden & Flora Pethybridge. **Cost:** £15 Concessions £10

Saturday 16 June 10:30-16:00. Contemplative Reflections Talking About Death. **Leader:** Liz Watson. **Cost:** £30 Concessions £20

Thursday 21 June 18:30-20:30. Book Launch The Wisdom Of Love In The Song Of Songs. **Leader:** Stefan Reynolds

Saturday 23 June 13:00-17:30. Movement And Meditation Trees. **Leader:** Giovanni Felicioni. **Cost:** £25 Concessions £15

Wednesday 27 June 18:30-21:00. Contemplative Arts Theatre: Julian Of Norwich Meditation. **Cost:** £15 Concessions £10

Saturday 30 June 10:30-16:00. Retreat With The Mystics: Meister Eckhart'S Book Of The Heart. **Leader:** Prof Mark Burrows. **Cost:** £30 Concessions £20

Saturday 7 July 10:30-16:00. Poetry The Lord's Prayer - Seven Sonnets, Seven Meditations. **Leader:** Revd Malcolm Guite. **Cost:** £30 Concessions £20

Saturday 7 July 17:00-20:00. Art: Exhibition Preview Selected Brush Drawings From Notebooks 2 – 68 Maria Lancaster

Saturday 14 July 10:30-16:00. Contemplative Reflections God Is Your Centre **Leader:** Martin Laird. **Cost:** £30 Concessions £20

Monday 16 July 18:30-21:00. Interfaith Zen Meditation. **Leader:** Fr Robert Kennedy. **Cost:** £15 Concessions £10

Friday 27 July 14:00-16:00. Art Exhibition: Creative Photography

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 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

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 19 May 10:30-16:00. The Work of Love in the Face of Doom. **Speaker:** Rev Sarah Bachelard. **Cost:** Suggested donation £30.

Submitting events

If you have a meditation event that you would like publicised in *meditation news* or on the UK website, please send the details to:

events@christianmeditation.org.uk

There is a link on the *What's On* page on the website. Please include consent to publish the contact details in the newsletter and website.

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

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UKNationalcoordinator@wccm.org

Chair of The Christian Meditation Trust (UK): Contact the UK Office—

020 8280 2283 uk@wccm.org

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