

# meditation news



Newsletter of The World Community for  
Christian Meditation in the UK

Summer 2018

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## Contemplative Christianity - Today



Fr Laurence Freeman - Revd Dr Sarah Bachelard - Prof Bernard McGinn

## Next issue

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

Please send all items for the **Autumn 2018** issue including events from 1 October to: [uknewsletter@wccm.org](mailto:uknewsletter@wccm.org) to reach us by **1 September**.

### Editor:

**Margaret Comerford**

### Events:

**Pia Huber**

### Production:

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**Contemplative Christianity - Today**, a weekend seminar organised jointly by Meditatio and WCCM in the UK, was held in Swannick, Derbyshire in May. The keynote speakers were Prof Bernard McGinn from the University of Chicago and Fr Laurence Freeman, Director of the WCCM, with workshops led by Revd Dr Sarah Bachelard, Prof Mark Burrows, Chris Hurley, Daniel Soars, and Dr Monica Tobon.

The subjects of Prof McGinn's talks were *What is Mysticism?*; *Contemplative Insights from Early Christianity*; and *Prayer in Meister Eckhart and Julian of Norwich*. Fr Laurence spoke on *The Influence of Grace*. Each talk included a lively Q&A session.

The workshops covered: *Being a Contemplative Church* (Sarah Bachelard); *Penetrating beyond expectations: Poetry as a Probing of the Depths* (Mark Burrows); *Bringing the Body to Prayer* (Chris Hurley); *Christian Non-Dualism* (Daniel Soars); and *Evagrius on Creation* (Monica Tobon).

A review of the weekend by Janet Robbins is on page 5 and the readings used during the meditation sessions follow on page 6.

The talks were recorded and will be available online towards the end of August; details will be on the WCCM UK website.

See  
page 5  
for details

## Exciting Opportunity in Middlesbrough!



Meditatio are pleased to announce they are partnering with the national Homelessness Charity Depaul UK and the Catholic Diocese of Middlesbrough to offer the opportunity for 3 people from our meditation community to spend some time living and working from the John Paul Centre in the heart of Middlesbrough. The required funding is currently being sourced to provide a small stipend and living costs for the successful applicants.

The vision is to establish a daily meditation programme from the centre whilst at the same time receive professional training from Depaul to be able to work as volunteers on their Positive Pathways Project which seeks to serve the town's most marginalised adults. The project will be supervised by Terry Doyle who is an Oblate with WCCM and also employed by Depaul.

The vision has the full backing of Fr Laurence and offers the chance to nurture and share our meditation practice as handed down by John Main to both Positive Pathways clients as well as the wider public, whilst also embodying the symbol of the WCCM, ie two doves on the chalice;

one representing the inner work of healing through prayer and contemplation, the other representing the natural outpouring of compassionate social action in our communities.

The John Paul Centre is a hub of social action in that it houses various charities that work alongside Middlesbrough's most vulnerable adults ie people who might be rough sleeping, or lost in destructive addictive behaviours, or have mental health issues, or are lonely and isolated, or maybe asylum seekers and refugees. The Positive Pathways Project seeks to encounter and build wholesome therapeutic relationships with people who can be difficult to engage with and has recently secured funding through the help of the Anglican Church Urban Fund CUF, and is now ready to expand it's level of support and engagement with the help of the right volunteers.

This will be a challenging yet hugely rewarding opportunity for anyone who feels the call to share the gift of meditation as well as the very real and gritty work of getting alongside people living on the very margins of society.

If you feel you would like to know more about this opportunity then please contact Terry Doyle by email on [terry-doyle@live.co.uk](mailto:terry-doyle@live.co.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](mailto:sarahkirkup140@gmail.com)**

## Positive Peace

*"We all tend nowadays to think of silence as the privation of sound: it is sound that is the privation of silence."*

Gerald Vann

*Our world emits its mind-enmeshing noise  
Of motors, mopeds, manifold machines  
(Technology's engendered, endless toys)  
That all escape for contemplation screens,  
Until drenched ears are inundated by  
Distraction's everlasting tinnitus —  
A constant clamour that we re-apply  
As though such daily Din contented us.  
Yet stillness opens up an inward earth  
Whose vacancy can serve no sense's need,  
But gives each soul attainment's greater worth  
If only habit's mastery may heed —  
Since SILENCE, more significant than Sound,  
Is spirit's listening-post on God's own Ground.*

Giles de la Bedoyere

## Sharing The Gift Of Meditation - Your Opportunity To Apply for a Grant



WCCM exists simply to share the gift of meditation, a gift it received through the teaching of John Main. How we do this is formalised in its mission statement, which reads:

***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.***

So far the general work of WCCM in the UK (newsletter, events, running the office, etc.) has been financed mostly by donations, for which we are very thankful. This will continue to happen – we will appeal for funds again in September to cover these costs. However, during 2017 the UK community received a generous legacy in excess of £230,000 from Eileen Cox, a dedicated member of a group in Ealing, West London. After much consultation, the leadership teams in the UK have decided to put this aside and not spend it on ongoing costs. Rather there is a desire to honour Eileen's generosity by extending the reach of meditation in the UK, so that more people can discover the life-transforming gift that was so precious to her. In essence, WCCM in the UK wants more people to find out about meditation, help them develop their own personal and group practices and through this, reach out to the wider world.

Eileen's legacy means that we are now inviting community members to think more broadly and deeply about how best they can help fulfill the WCCM mission, by asking themselves the following three questions:

1. *What is your passion, or your vision? Is there something, whether quite small or really ambitious, that you would love to be able to do, to reach others with the practice of meditation?*
2. *Have you shared your ideas with anyone else?*
3. *Do you need some funding to carry it out?*

If your answer to these questions is yes, continue reading to find out how to obtain the paperwork associated with applying for a grant. As well as application forms, this contains information about the criteria you may wish to consider and the process involved. If you need help in developing the germ of an idea, you can speak to any of Liz Watson, Richard Broughton and Roz Stockley and their contact details are on the back of the newsletter. In any event, we'd love to hear from you and we will endeavour to support you to help spread Eileen's legacy across the wider community.

The two documents entitled 'Sharing the Gift of Meditation – A New Opportunity', one subtitled General Information and the other subtitled Grant Criteria and Guidance, include background and grant criteria. There are also application forms. All of these can be downloaded and there is a link from the website [www.christianmeditation.org.uk](http://www.christianmeditation.org.uk) under the *Apply for a Grant* menu. We can also send you a paper version – contact [UK@wccm.org](mailto:UK@wccm.org). If you have any questions in the first instance, please do make a call to one of the three people mentioned above.

This is an exciting time for our community – so do let your imagination take hold and help us to share the gift of meditation more widely.

*The Trustees of WCCM in the UK*



### meditation news

Newsletter of The World Community for Christian Meditation in the UK

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### meditation news in colour

Thank you to those who provided feedback about the printing of *meditation news* in colour. We received comments in favour of both colour and black and white.

The Action Group appreciated the positive comments about the newsletter and considered the feedback. We have decided to continue printing in colour for the time being. We noted the comments about red not being the most sympathetic colour for a meditation publication, however this is the colour chosen by WCCM for *Meditatio* and community websites and we wish to retain that common identity.

## Interfaith Meditation for Peace



*The essence of community is a deep recognition of and deep reverence for the other.*

*Fr John Main, Word into Silence*

Over 100 meditators met on Friday 25th May in Manchester Cathedral for a day of meditation, celebration of unity and prayer for peace. The cathedral itself provided a beautiful space for everyone to meet. The event, which coincided with the anniversary of the bombing of the Arena in 2017, was a loving and contemplative response to the atrocity and a demonstration of the unity and spirit of the city.

Fr Laurence gave a keynote speech which powerfully addressed the theme of Peace and Reconciliation. He led the gathering in silent meditation, offering the World Community's understanding of silence but inviting all to follow their own teaching.

The Faith Network for Manchester aims to bring people together from all faith groups across the city. A team of seven representing different faiths gave short readings from diverse sources as the Dhammapada, Steven Pinker, Thich Nhat Hanh and John Main: each on the theme of peace and unity. Nidhi Minocha gave us a Hindu chant, and from their own



## Manchester Cathedral – Friday 25 May

writings Sarfraz Malik read his own poem 'Reach out to your brother in love' and Maria Ellis of Peace Talks Oldham read her beautiful prose 'Voyage of Uncertainty'.

We broke for lunch and conversation, and in the afternoon we were led by Caroline Uchima from the World Peace Prayer Society in the International Flag

Ceremony for Peace. Country by country, continent by continent, we all prayed that peace prevail in each nation of the world, the participants parading the national flags in turn. Fr Laurence brought forward a flag representing



the whole earth, and we carried the flags around the cathedral in a contemplative walk.

After the flag ceremony everyone returned to their places and joined again in silent meditation. Fr Laurence finished the day with concluding remarks suggesting that our response to terror should be to focus on the good and the truthful in the world, and to seek love, joy, peace and fidelity.

It was a moving event and well appreciated; all made possible by the efforts of Pat Higgins, Joanne Caine and many local helpers. The love and peace, stillness and energy released by the day show how local meditators from our community can join together with others. Events such as this one affirm our commitment to silence and meditation, to contemplation and action.

*Richard Broughton*

## Mysticism in Daily Life – Our Annual UK Conference 11-13 May 2018

The whole weekend was rich in companionship and fruitful times of meditation. Workshops and quiet times were offered throughout the weekend and it was beautifully held together by Liz Watson, who was Master of Ceremonies. Jacqueline Russell, our Events organiser and Kate Coombs from Meditatio (with whom it was jointly run) looked after us from the moment we arrived and the weather was kind enough for us to enjoy the outdoor walks around The Hayes Conference Centre in Derbyshire.

Renowned author and professor of spirituality Bernard McGinn led the conference. The key questions he posed for us all were both intriguing and in many ways both reassuring and liberating *“What Is Mysticism and is it for every Christian?”*

Professor McGinn is a theologian, historian, and scholar of spirituality, affiliated with the University of Chicago, where he is Naomi Shenstone Donnelley Professor Emeritus of Historical Theology and of the History of Christianity in the Divinity School and the Committees on Medieval Studies and on General Studies. **He is also a meditator and that seems to be as important, if not more important than all the academic credentials!**

The focus of his talks was exploring the relevance of mysticism for living today.

Professor McGinn wanted us to understand that the mystical element in religion is not a thing of the past. The mystical, he explained, was the search for a deeper, even direct, consciousness of God in our daily lives. The great mystics of the Christian tradition did, indeed, sometimes receive special gifts, such as visions and extraordinary spiritual manifestations. But, he went on to say, “Such gifts were always secondary and totally dependent on God. The essence of mysticism is a deepening experiential love for God which allows for a greater and more effective love of neighbour. Looked at from this perspective, mysticism is as necessary—and as possible—today as it has been in the past”. This was such a joy to hear!

Professor McGinn referred to the many people today who have been overtaken by the busyness and what I might say is a one dimensional approach to life. He indicated that this may make it more difficult for us to appreciate the loving generosity of spirit that is essential in trying to live a mystical, or contemplative life. He explored the synergy between the mystical and the contemplative life. He recognised that many “non-religious” people (in the sense of organized institutional religion), will claim that they are not religious, but are deeply spiritual. He believes that there is a hunger for a deeper contact with God that is very pertinent in current society.

We then heard about the two great Christian mystics that had been influential in Professor McGinn’s research.



These were Meister Eckhart and Julian of Norwich and he talked of them both speaking to us directly, particularly today, about the meaning of the search for God.

Professor McGinn left us with his belief that the practice of everyday mysticism is essential for the church today. It was a very uplifting exploration of the mystical life, and how it can be grounded in today’s society.

### Father Laurence’s talk on Grace

We were then treated to a wonderful and memorable talk by Father Laurence, who began by saying that the word “Grace” appears 170 times in the New Testament! He continued the theme referencing John Cassian, who joyously reminds us that as fallible human beings, we are capable of constant renewal. “The Grace of God is abundant”. Father Laurence went on to talk about our meditation practice making sense of the Beatitude (Blessed are the Poor in Spirit). This is the paradox in which we live our Christian life, out of the knowing and the unknowable. He described the way in which Grace takes us away from discontent to genuine delight, making us joyful, Graceful. “Where the spirit is, there is liberty”. Reading from Galatians and Ephesians, Father Laurence summarised that, “It is for freedom that we are set free”.

Here are some of the notes I made during his talk. They were heart felt.

- To know our potential and how we can offer it in the social, economic and political world in which we live.
- Liberation is the death of the ego.
- Those full of Grace can speak the truth to power.
- God’s Grace makes us free.
- Grace accompanies us, intervening, without interference.

*Janet Robbins.*

## Seminar Meditation Readings

### Saturday Morning: John Main (1926 – 1982)

The greatest difficulty is to begin, to take the first step and launch out into the depth reality of God revealed in Christ. Once we have left the shore of ourself we soon pick up the currents of reality that give us our direction and momentum. The more still and attentive we are, the more sensitively we respond to these currents. And so the more absolute and truly spiritual our faith becomes. By stillness in the spirit we move in the ocean of God. If we have the courage to push off from the shore we will not fail to find this direction and energy. The further out we travel the stronger the current becomes, and the deeper our faith. [Monastery Without Walls, p226]

### Augustine of Hippo (354 – 430)

Late have I loved you, O Beauty, so ancient and so new, late have I loved you! And behold, you were within me and I was outside, and there I sought for you, and in my deformity I rushed headlong into the well-formed things that you have made. You were with me, and I was not with you. These outer beauties held me far from you, yet if they had not been in you, they would not have existed at all. You called, and cried out to me and broke open my deafness; you shone forth upon me and you scattered my blindness. You breathed fragrance, and I drew in my breath and I now pant for you; I tasted and I hunger and thirst; you touched me, and I burned for your peace. [The Confessions, Book 10: 27]

### Saturday Lunchtime: John Main:

Saying the mantra is learning to die and learning to accept the eternal gift of our being – both in the one act. It is learning that all death is a death to limitation and that if we can die to self we rise to an infinite liberty of love: because love is the creative energy of the universe and also the creative centre of our own being. To find that centre we must go beyond our own self-centredness, we must die to everything that is passing away. As we make this journey and share it with others we enter into the truth that reality is not a final achievement but is a dynamic experience of passing from self to the other. Only when we have lost our life can we find it. [Community of Love, p 186]

### Meister Eckhart (1260 - 1327)

If therefore the heart is to be in a state of preparedness to receive the All Highest, then it must rest in nothingness, and that offers the greatest of all possibilities. Since the detached heart is at the highest point, then it must rest in nothingness, for that is where the greatest receptivity exists. Let me draw an analogy from nature. If I wish to write on a wax tablet, then whatever has already been written on it, however noble it might be, prevents me from writing on it, and if I wish to do so then I must first erase whatever is on it. The tablet is never better for

writing on than when it is clean. It is exactly the same with God who, if he wishes to write in the highest way on my heart, must first remove everything from my heart, whatever can be called this or that, so that he is left with a detached heart. Then God can work within it in the highest way and according to his highest will. [Treatise On Detachment]

### Saturday Evening: John Main

Meditation is like the practice session of an athlete. The iron discipline leads to utter freedom of movement in the art of the performance when the discipline itself is transcended. The difficulty of not understanding this is that it leads people to say things like, 'I meditate a bit. In my own way. I say a word occasionally. When it feels right. What's all this fuss about utter commitment?' To this mentality, indeed, saying the mantra for the full period of the meditation seems like a substantial union with the essence of utter rigidity and self-restriction. It seems, they might say, like putting the Holy Spirit in a strait-jacket. But, as anyone who has practised this discipline knows, you cannot even begin to try to put the Holy Spirit in a strait-jacket. Although you can begin to say the mantra, from beginning to end, you say it until you can say it no longer and then, if there is a strait-jacket around, it is the Holy Spirit who puts you in it; the strait-jacket of unavoidable liberty. In the utter silence there is only God, there is only oneness and it is the oneness that is 'all in all'. [Word Made Flesh, p.11]

### Julian of Norwich (1342 – 1420)

Our prayer brings great joy and gladness to our Lord. He wants and awaits it. By his grace he can make us like him in inward being as we are in outward form. This is his blessed will. So he says, 'Pray inwardly, even though you feel no joy in it. For it does good, though you feel nothing, see nothing, yes, even though you think you cannot pray. For when you are dry and empty, sick and weak, your prayers please me, though there be little enough to please you. All believing prayer is precious to me.' God accepts the goodwill and work of his servants, no matter how we feel. It pleases God that by the help of his grace we should work away at our praying and our living, directing all our powers to him until in the fullness of joy we have him whom we seek – Jesus. [Showings, 41]

### Sunday Morning: John Main

The only analogy I know that does justice to this way of wisdom and vision is of falling in love. When we have fallen in love – and if we are still falling, letting go of ourselves – the beloved changes before our eyes while remaining the same in all appearances to others who are not caught up in the vortex of love. Loving the other

*continued on page 7*



## Finding peace within the storm.

A day offered on April 28th led by Sally Walters (UK WCCM mental health coordinator) and Julia Sinclair (WCCM member and consultant psychiatrist.)



There is often challenge in daily living, in finding a centre of peace in life's turmoil. Whether it be disturbance due to ongoing circumstances, troubled mental health or fears

from uncertainty. This silent day, held in the beautiful venue of Wisdom House, Romsey, Hampshire, aimed to reflect on personal resource and offered space for Christian meditation, opportunity to express feeling through creativity and some periods of spiritual direction.

Julia highlighted that our anxious thinking can intrude and ruminate with worry. She gave us ideas to decrease the power of these thoughts over us, creating some distance from them, therefore alleviating them and keeping them in perspective.

Together we ventured and asked:

- How do I separate myself from that which overwhelms me?
- What gives strength/peace – if I can only see it?
- What are safe places for me - and how can I find it when needed?

This time of exploration brought encouragement in a variety of ways: to be mindful, seeking spiritual significance by focusing on beauty, poems, craft and walking the labyrinth. Biblical texts and significant readings confirmed and reassured.

We would like to thank Fiona Jenvey from Wisdom House for providing a welcome, a nurturing environment together with good, nutritious food.

You might like to read these words from John O'Donohue:-

*For Christians who fear they are drowning  
The worst thing they can do is panic  
There can be no question of escape  
From the situation.  
We are many miles from land  
And there is no help near.  
The one thing we can do  
Is to withdraw, as it were,  
Into ourselves,  
To find Christ within.  
There is something beautiful that is happening.  
May you learn to see yourself  
With the same delight,  
Pride and expectation  
With which God sees you in every moment.*

Sally Walters

## Acceptance

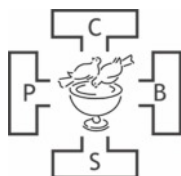
*Is where I want to be.  
And am I always?  
Obviously not, but mostly so,  
As suffering is minimal  
At the moment.*

*The path of life often  
Takes me to strange places;  
Different rooms, varied people.  
Agonising loss – the attached  
ache  
Of non-acceptance.*

*Is this my purpose, sometimes  
To redress the balance that  
others feel  
An impossible task?  
Love for others – without masks  
And no expectation of return  
Takes away my suffering.  
Reaching out for the other  
For they are a part of me.  
Although the human condition -  
Dissonance of the mind  
To not accept, to want  
something else, to possess -  
Is real enough, in this earthly life.*

*Reality is now, the present  
moment.  
This is how it is.  
And what do I see, right now,  
today?  
The bird pecking in the grass;  
The lizard basking in the sun;  
Cicada in their thousand, a  
deafening chorus  
Of their passion for life.  
And – occasionally – the loving  
smile  
Of my fellow species  
All at one with the present.  
Moments of joy and bliss.  
Acceptance, or resistance.  
Who is in charge here?*

Bob Morley, April 2018



## 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 are now being taken. 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 January 2019 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 1 September and 20 October. 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 lalorrobert@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)

### Gift Aid

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



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

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

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

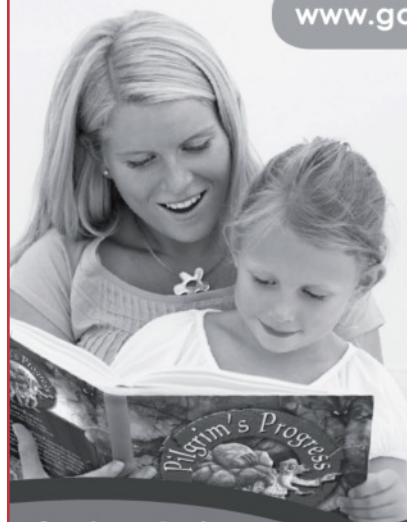


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Please check the **Christian Meditation UK website for changes or additional events:** //tinyurl.com/cmuk-event

## National

### School of Meditation Events:

**Friday 14 to Sunday 16 September. Essential Teaching Weekend - this is fully booked.** 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.

**Wednesday 27 March to Tuesday 2 April 2019. School of Meditation 7-day Silent Retreat.** Venue: Foxhill House and Woodlands, Cheshire. See the website for details.

## 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

## Southeast England

**Tuesday 9 to Thursday 11 October. Christian Meditation and Yoga Contemplative Retreat.** Venue: Runcton Manor, Runcton, Chichester PO20 1PS Cost: £110 for shared room, bursaries available. Contact: Kate Taylor kate@runctonmanor.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 28 to Sunday 30 September. Christian Meditation and Tai Chi Embodied Contemplative Retreat.** Venue: Minsteracres Retreat Centre, Ministeracres, Consett DH8 9RT. Contact: 01434 673248.

**Saturday 29 September 10:00-15:00. Contemplative Prayer and the Process of Becoming Christ.** Speaker: Sue Giuntoni Venue: The Chapel, Leeds Trinity University, Brownberrie Lane, Horsforth, Leeds LS18 5HD. Contact: Sue Perkis 07702 692117 wccmyorks@gmail.com. Cost: Donation £5. Refreshments provided, bring own lunch.

**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.

**Saturday 24 November 10:00 for 10:30-15:30. Contemplating the C19th Sacred Landscape.** Speaker: Professor Rosemary Mitchell. Venue: The Chapel, Leeds Trinity University, Brownberrie Lane, Horsforth, Leeds LS18 5HD. Contact: Sue Perkis 07702 692117 wccmyorks@gmail.com. Cost: Donation £5. Refreshments provided, bring own lunch.

## Northwest England

**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

**Tuesday 6 November 10:00 for 10:30-16:00. Living with the Mystics. R.S. Thomas.** Leader: Rod Highley. Venue: Friends Meeting House, Elliot Park, Keswick. Cost: £5 Drinks provided please bring own lunch. Contact: Bob Morley rgm1@live.co.uk 016974 72644

## Southwest England

**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: £160 for shared room, bursaries available. Contact: 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

**Wednesday 10 Oct 10:00-16:00. Quiet Day at Abbey House, Glastonbury.** Leader: Rev. John Sclater, Priest Vicar at Wells Cathedral. Venue: Abbey House, Chilkwell Street, Glastonbury, Somerset BA6 8DH. Contact: John Roberts john.wilcott@gmail.com

## London

### Regional events

**Last Saturday of the Month (25 August onwards) 14:00-16:00. Addiction and Grace Meditation Group.** Venue: Kairos Centre, Mount Angelus Road, Roehampton, London, SW15 4JA. Contact: Michael O'Halloran michael.ohalloran@psmgs.org.uk 020 8788 4188 or May Nicol MayMBNicol@aol.com 07768 310666

**First Saturday every month (4 August 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.

**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](http://www.wccm.org/content/wccm-centres)

### Regular events:

**Daily Meditation: at 7:00 (Weekends 8:00); 12:00 and 18:00**  
**Mondays: 18:00: Essential Teaching - open to all but especially useful for newcomers**

### 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](mailto: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.

Issue	Published	Events Included	Copy Date
Winter	End of January	February to May	1 December
Spring	End of April	May to August	1 March
Summer	End of July	August to November	1 June
Autumn	End of October	November to February	1 September

## London (cont.)

**Meditatio Centre** St Marks Church, Myddelton Sq London EC1R 1XXTel: 020 7278 2070 [meditatio@wccm.org](mailto:meditatio@wccm.org)[www.meditatiocentrelondon.org/](http://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](mailto:lucybarnesyoga@icloud.com)**Wednesdays 10:00–12:00: Yoga and Rolf Movement Class****Fridays 10:00 – 11:30 Yoga and Meditation****Single events:****August: Closed****Thursday 6 September 18:30-21:00. Conscious Contact (Recovery and addiction).** Leader: May Nicol. Cost: Suggested donation £10. Light refreshments provided**Thursday 13 September 18:30-21:00. Inner Transformation through the Yoga of the Bhagavad Gita.** Leader: Ravi Ravindra. Cost: £15 Concessions £10. Light refreshments provided**Wednesday 19 September 18:30-21:00. The Cosmic Consciousness Connection: Linking Science and Spirituality.** Leader: Prof Bernard Carr. Cost: £15 Concessions £10. Light refreshments provided**Saturday 22 September 10:30-16:00. George Herbert as Mystic.** Leader: Rev Graeme Watson. Cost: £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided**Saturday 29 September 10:30-16:00. Paying attention - Contemplative Reflections.** Leader: Jim Green and Ed Giszter. Cost: £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided**Thursday 4 October 18:30-21:00. Paths between Head & Heart: The Seven Harmonies of Science and Spirituality.** Leader: Dr Oliver Robinson. Cost: £15 Concessions £10. Light refreshments provided**Saturday 6 October 10:30-16:00. Wisdom for Going Deep: A Harvest of Poems that Change your Life.** Leader: Prof Mark Burrows. Cost: £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided**Wednesday 10 October 18:30-21:00. The Silence of God in the Book of Qoheleth.** Leader: Monica Cardona. Cost: £15 Concessions £10. Light refreshments provided**Saturday 13 October 11:00-15:00. London Group Leaders Meeting.** Cost: no more than £5 as a contribution to lunch. To Book: T 020 8280 0049 or [uk@wccm.org](mailto:uk@wccm.org)**Wednesday 17 October 18:30-21:00. All the Lonely People.** Leader: Maggie Fergusson. Cost: £15 Concessions £10 Light refreshments provided**Saturday 20 October 10:30-16:00. Praying with the paintings of Sieger Koder.** Leader: Sr Magdalen Lawler. Cost: £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided**Saturday 27 October 10:30-16:00. Happy those who mourn.** Leader: Julie leger Dunstan. Cost: £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided**Saturday 3 November 13:00-17:30. Movement & Meditation: Mountain.** Yoga workshop. Leader: Lucy Barnes. Cost: £25 concessions £15.**Thursday 8 November 18:30 - 21:00 and 15, 22, 29 November 6, 13 December. Finding the Way – a six week course (commitment required).** Cost: £15 per evening or £75 for whole course paid in advance. Concessions: £10/£50. Light refreshments included.**Saturday 10 November 10:30-16:00. Humility in Science: A Benedictine Advice (Science & Spirituality).** Leader: Dr Marco Schorlemmer. Cost: £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided**Saturday 17 November 10:30-16:00. Fathoming the Depths: St Augustine.**

Leader: Margaret Lane. Cost: £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided

**Wednesday 21 November 18:30 - 21:00. Silence: A Documentary Film.** Cost: £5 Please bring some refreshments to share.**Saturday 24 November 11:00-15:30. What is Christmas about for you this year?** Leaders: Eileen, Geoff and Graeme (London Coordinators). Contact: T 0208280 0049 or [uk@wccm.org](mailto:uk@wccm.org).**Saturday 1 December 10:30-16:00. O! Holy Child of Bethlehem, Descend to Us, We Pray.** Leader: Sally Walters. Cost: £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided**Saturday, 15 December 10:30-16:00. Preparing for Christmas.** Leader: Laurence Freeman OSB. Cost: £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided**Westminster Cathedral****Daily Meditation: 12.30–13:00 Monday to Friday. In the chapel in St Paul's Bookshop. All welcome.****First Wednesday Quiet Days: 12:00–16:30: The first Wednesday of each month is a retreat day held in the Hinsley Room in Morpeth Terrace, next to Westminster Cathedral.****1 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](http://www.silenceinthecity.org.uk) for the programme, or contact [info@silenceinthecity.org.uk](mailto: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](mailto:info@silenceinthecity.org.uk);**Thursday 4 October 19:00-21:00. The opening of the Heart. Reflections on the Spiritual Seasons of Life.** Speaker: Prof Peter Tyler Cost: Suggested donation £15.**Wednesday 7 November 19:00-21:00. Should we bend the knee? Worship and contemplation.** Speaker: Timothy Radcliffe OP Cost: Suggested donation £15.**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](http://www.christianmeditation.org.uk)Email: [uk@wccm.org](mailto:uk@wccm.org)

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

# Contacts

## UK Office

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## National

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