

meditation news



Newsletter of The World Community for
Christian Meditation in the UK

Autumn 2018

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A Day of Gathering at Shap – Walking in Creation



Keld Chapel, near Shap

Next issue

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

Please send all items for the **Winter 2019** issue including events from 1 February to: uknewsletter@wccm.org to reach us by **1 December**.

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We were glad to revive an old tradition in Cumbria which dates back to David Wood's time as coordinator: a Day of Gathering. These are days where silence and practice join with community and togetherness; local meditators from across the region and beyond are able to come and meditate together, to listen to short presentations and have time to share their experience of being on the journey. It's a relaxed and informal time where a number of presenters have the chance to be heard, all with a clear grounding in periods of shared silence and stillness.

Around 40 people came to Shap Memorial Hall on Saturday August 11th. The venue was large enough to allow

everyone to sit in a circle, inexpensive to hire and conveniently just off the M6 at junction 39. We were glad to welcome both Cumbria meditators and those who had made a longer journey from Durham and Lancashire. Tea and cakes were provided as a welcome refreshment thanks to Alison Butland and Heather Keogh.

Jane Broughton opened with a reflection and lectio on Psalm 19:

*The heavens declare the glory of God;
the skies proclaim the work of his
hands ...*

*They have no speech, they use no words;
no sound is heard from them.*

continued on page 2

A Day of Gathering continued from page 1

A few people came along who were not familiar with our tradition and I offered a brief introduction to meditation as taught by the WCCM and took us into a short time of silence.

Bob Morley is a contemplative who has written a number of poems which reflect his personal spiritual journey and have been helpful to many who practice meditation. He read a small selection, including the poem 'Sea Eagle' which contains these lines:

*All of us present, in life and in death
Can soar like the eagle, or swim like the fish.
Freedom is ours, rejoice in the breath
Don't miss the moment – don't think of the 'how'
Acceptance of destiny, by whatever means, now.*



Goggleby Stone, near Shap.

Christine Pickering has been working on Prayer in Posture and in particular has developed Maranatha Yoga, which connects body, mind and spirit through a combination of yoga postures, mantra and meditation. Christine led us through a series of postures and movements inspired by spiritual texts, to harmonise and unite us for a period of silence together in meditation.

After our sharing lunch, Cameron Butland led us all on a walk of two or three miles, through the spiritual country to the West of Shap. It was a reflective walk on a fairly easy circular route, first visiting Keld Chapel which was built by the monks of Shap in the 14th Century as a Chantry. Nearly demolished by the local landowner in Victorian times, Keld is today a property of the National Trust and in occasional use as a chapel: the key is accessed at a nearby cottage. Thence across the fields to Shap Abbey which is hidden in the valley of the river Lowther. The Abbey is a Premonstratensian foundation, with the atmospheric ruins now in the keeping of English Heritage. The impressive tower was built in the 16th century and the remains of other buildings, including a church, cloister, chapter-house and refectory, are 13th century.

We walked back to the Hall at Shap for tea and cakes (thanks to Alison and Heather for baking and serving). Conversation ebbed away and we closed with a third session of meditation together.

We had many appreciative emails after the event. Jane W commented:

Specially special was the great feeling of friendship when I show my face so rarely. We were so lucky with the weather and it was certainly a new and very interesting walk for me.



Shap Abbey

The weather this year was dry and warm which made the reflective walk enjoyable; although some will remember a similar event in July 2016 in Borrowdale where the rain was incessant!

Cumbria has its own way of being a local regional contemplative community, but all the regions in the UK can find and develop their own ways of being together. A day of gathering is informal and allows people to share their gifts, and benefit from the energy of shared silence. Costs are quite low when a small hall is hired and participants are always glad to make a donation to cover costs.

Most important are periods of shared silence and stillness together. It's these words of Fr John Main's that always spring to mind:

Meditation creates community. Our true nature revealed in stillness is being in relationship. Stillness together shows that we are members of one body, and that body is Christ. That so much can be communicated in and by silence is an endless source of amazement and hope.

Richard Broughton - Photographs: Trevor Whillas



meditation news

Newsletter of The World Community for Christian Meditation in the UK

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Regional Coordinator Changes

From the point of view of the WCCM, the UK is a large country; our meditators meet in more than 400 meditation groups nationally. Our community is organised into geographical regions in order to encourage sharing of the gift locally and to maintain channels for communication both nationally and internationally. Our regions each have a unique character and way of being community in their own area, in many cases sharing events and retreats and a sense of being together on a journey.

Over the summer, three long serving regional coordinators have stepped down and passed the role to others:

- **Chris Hurley** has been the Regional Coordinator for Essex for many years and **Val Hilsley** will take over as contact person for the county. Chris will still be around and will enjoy teaching more body work within the UK community.
- **Vicky Lamb** has stepped down as Surrey Regional Coordinator and the contact role will pass to **Laura Mapstone**.
- **Lynda Stark** has been Regional Coordinator for Scotland since 2014 and is now passing the role back to **Alex Holmes**.

It's a sign of the health of our community that new people feel able to come forward and offer to their time and their gifts, so that our offer of the practice of meditation within Christianity is shared more widely. And as individuals, our experience is that taking on a responsibility often leads to a deepening of our practice and a growth in confidence.

Richard Broughton

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**

Bede Griffiths on Fr John Main

It is only in the awakening of the contemplative spirit, of a transcendent consciousness, that we come to this vision of unity. The method of realizing this vision has been close at hand in the way of meditation taught by Father John Main. I really feel that he made a breakthrough that has opened the way for Christians to go beyond the world of the senses and of concepts to the divine mystery itself and to allow that mystery to penetrate our lives and transform them.

It is a simple method, and yet it is so radical and fundamental that it really can change the world. This method of meditation, together with others, is spreading throughout the world. We must not isolate the Christian practice from others, because all are in search of the transcendent reality, whether they be Hindu, Buddhist, Muslim, Jewish or some other. All serious meditation is trying to go beyond the world of the senses and the mind, to open oneself to the divine mystery. You cannot name it, you cannot express it, you can only point towards it. In meditation, something in you opens up and the divine discloses itself. You cannot force it. You have to let go and allow it to reveal itself.

Bede Griffiths (1907-93), The New Creation in Christ

From the evening Online Meditation, 14 September

School of Meditation School Retreat

Led by Julie Roberts
with Liz Watson and Jacqueline Russell

Wed 27th March - Tues 2nd April 2019

Foxhill House and Woodlands, Frodsham, Cheshire WA6 6X
see www.foxhillchester.co.uk



The School Retreat is a week long residential intensive. It is suitable for people who have been meditating seriously for some time in our tradition, and have some experience of integrating meditation into daily life. It forms a very natural progression from the Essential Teaching Weekend.

Cost per person £539.00 inclusive.

For more information and an application form
email: jacqrussell3@gmail.com or telephone 01296 488459

Bursaries available, please enquire.

Remembering Robert Latham

Robert came to the Tuesday evening meditation group, in Cockfosters, North London. He announced he hadn't much knowledge of the practice. I told him he was welcome anyway. As weeks went by he endeared himself to members of the group with his sincere openness.

Shirley Lancaster recalls:-

When I think of Robert, a fellow meditator, I think of a book: The Case for God: what religion really means by the esteemed writer on religion, Karen Armstrong. In the discussion that often followed our meditation practice, Robert enjoyed sharing reflections on the CD talk we had heard, and the wider issues it touched upon. Because he was enthusiastically working his way through Armstrong's book, he often shared his thoughts on her ideas, enriching our own thinking. A year or so on, still referring to the book, he once said, a little sheepishly, that he still hadn't finished it.

Robert struck me as someone searching for meaning at a deeper level. As Cardinal Basil Hume puts it in The Mystery of Love: 'There remains the inner restlessness of the human spirit and its ceaseless search for meaning and fulfilment.' John Main also recognised our deep hunger for depth and meaning and Robert's grappling with the The Case for God was a reminder of it.

I only saw Robert at our meditation group - and there would be long gaps when he was undergoing treatment for prostate cancer. But when I heard about his death I felt a deep sadness. Why the tears when I knew very little about him? Perhaps something in his searching resonated with some pain early in my own quest for meaning? Maybe. But I

think Robert's passing brought home to me what happens when we simply sit in silence with others. Somehow a bond, a union of love takes place that is beyond what we can understand with our rational minds. And the silence we share does more to heal the world, and ourselves, than any ideas we articulate.

After trying to put the world to rights, Robert would smile endearingly and say, "Oh well, I don't know what the answer is!" – in the sense that life is just too complicated to fathom. He didn't take himself too seriously. He probably didn't finish The Case for God. But it didn't matter. He was already on the search for that ultimate truth the soul yearns for. We are comforted in knowing that he will now be in the care of that divine love that is beyond all words.

Many of Robert's meditation companions attended his funeral service. It was a secular celebration, with light hearted music and stories relating to events in his life. Therefore, I was surprised to hear the celebrant tell the gathering how the practice of Christian Meditation had been a great source of acceptance and peace during his illness. She also referred to Robert's delight when he discovered a member of the group would be his nurse in the hospice. He said he had been visited by an angel.

In conversation with Robert's wife, Naomi, after the service, she told us that Robert enjoyed coming to the weekly group and felt supported by his new friends:- a glimpse of John Main's vision of a community of love.

Rita McKenna

The Things that Matter – Kinnoull Retreat

On the weekend of September 7th-9th, 32 of us gathered at St. Mary's Retreat Centre, home of a small Redemptorist community located on a beautiful site overlooking the centre of the fair city of Perth. We were greatly favoured by the weather which allowed for walks around the splendid Kinnoull Hill with its magnificent views of Perth and beyond. Our reflections for the weekend were woven around the Letters and Diaries of Etty Hillesum, which proved to be an inspired choice by our Retreat Leader, Liz Watson. The theme's title: The Things That Matter: What can we learn from Etty Hillesum? proved to be prophetic. Liz's knowledge and love of these poignant and stimulating above-mentioned documents were in evidence throughout, and, in the course of her talks she ably managed to transmit her enthusiasm to all of us present.

There was more to the weekend, of course, than the talks and reflections. We imposed strict silence on ourselves after Night Prayer on the Friday until after the worship service on Sunday morning. Punctuating the program were the meditation sessions, morning, noon, evening, as

well as four gatherings for Chi Gong, with its roots in Chinese medicine, used to cultivate and balance our 'life energy', allowing access to deeper awareness and a stilling of the mind. It was my introduction to the practice, as I'm sure it was for many others in the group, and we all participated with gusto. Lynda Stark was kind enough to lead these sessions. There was, of course, plenty of 'free time', to allow for personal prayer and reflection. The welcome and hospitality of our hosts in the Community, as well as the natural beauty of our surroundings, added their important contribution to the overall effect of our stay – a sense of being transported into a world where much more than a glimpse of eternal truths was made possible, to be received with joyful hearts.



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Just This Day

Just This Day 2018 is a chance to come together in silence and to hear about the Mystical Tradition of both Eastern and Western Churches **November 28, 2018**.

Liz Edmunds has for several years coordinated the Just this Day events and this year is working with the office staff at Meditatio to make a really special set of events. From this year on, she will be handing over Just this Day to the team at WCCM.

Just this Day is an annual day where we seek to deepen our sense of unity, recognising that at the source of each being and the heart of each religion there is simple Consciousness, undivided and peaceful. This year on November 28 at the morning event in St Martin-in-the-Fields church in London, two monks, Father Laurence OSB and Father Justin, will share their understanding of the Mystical Tradition of Western and Eastern Christianity and the common goal of each.



Fr Laurence Freeman with Fr Justin of Sinai

Father Justin is from the Eastern Greek Orthodox Tradition and Father Laurence, OSB, Director of the World Community for Christian Meditation, is from the Western Benedictine Order. Father Laurence led a Retreat in April, 2018 to St Catherine's Monastery at the foot of Mount Sinai in Egypt.

Father Justin is the monk in charge of the spectacular library at the monastery as well as one of two monks who look after English speaking pilgrims. It was a most happy meeting in a most auspicious place. At the heart of each tradition there is the love of the silence where God may be found. The morning event will be chaired by Fleur Macdonald, a journalist who came with us to Sinai and whose piece on the monastery recorded for the BBC programme From Our Own Correspondent can be accessed on <https://www.bbc.co.uk/programmes/p06f50ry#play>. (about a third of the way through the podcast).

If you would like to come to hear Father Justin speak again, he will be at the School of Economic Science, Mandeville Place on the same evening speaking about the Ladder of Divine Access, written by St John Climacus in the 4th Century as a guide to the monks in the Eastern Monastic Tradition. You will be able to register for both these events via the WCCM website.

Just this Day has a new website address <http://www.justthisday.world> You can find out more about events near you or get updates on the events in London by following the link.

If you would like to read more about the 2018 retreat at Mount Sinai, follow this link to <http://grandparentsretreat.blogspot.com/2018/04/coming-back-from-monastery.html>. If you are inspired to come yourself, there will be a Retreat led by a member of the WCCM this coming April, which you can find out more about at www.windsandstars.co.uk

Liz Edmunds

The Things that Matter continued from page 4

I had not known about Etty Hillesum before, nor, I am sure, had several others, and I for one was curious as to what our retreat's theme would reveal. The answer was to be beyond any expectation I might have harboured. Skilfully and invitingly, Liz gave us a summary of the main features of Etty's life: her family life in Amsterdam under the Nazi occupation and its ever-growing menace to the Jewish community to which she belonged, her career, the development of her personality, her decision to begin a diary which she faithfully kept for two years until she was transported to Auschwitz, where she perished in November 1943. Crucial to our reflections on Etty was the extent of her spiritual growth and insights, truly breathtaking. If you do wish to explore her diary (and the

letters she wrote) be prepared to be deeply moved. One of the first things I did after the retreat was to purchase her Diary and Letters, which I have been avidly reading, not without unashamed tears. From unlikely beginnings there was fashioned a noble witness to the power of God's love and transforming grace. She will surely be numbered among the mystics of our time. You will, I suspect, not be surprised by my urging you to obtain this momentous testimony to human transcendence and loftiness of spirit in the face of indescribable evil and adversity. I promise you a life-changing experience. I thank Liz for the privilege of being allowed to discover the treasure Etty has left us.

Jim Thomson

An Interrupted Life: The Diary and Letters of Etty Hillesum



Sharing the Gift

*Don't be afraid.
Do not be satisfied with mediocrity.
Put out into the deep and let down your nets for a
catch.¹*

St. John Paul II

St. John Paul's well-known quote hopefully summarises the valuable work that is carried out in schools by our community. Our resourceful 'fisher' folk continue to work purposefully to bring the gift of silent prayer and contemplation to young people and teachers in our schools, supported by the Holy Spirit who has blessed us this year with a renewed sense of vigour.

Heather Kearon, who leads on Meditation with Children in East Sussex, cast out her net to the Bishop of the RC Diocese of Arundel and Brighton which led to an introductory day for 40 RE teachers from the diocesan primary schools. All schools responded enthusiastically and as a follow-up she has also been invited to give individual teaching to 7 schools to date. At the same time, we had an approach from the Anglican Diocese of Chichester to lead a similar initiative in their primary schools, which Roz Stockley is pursuing. Fr Laurence visited Scotland and took the time to have a meeting with headteachers and educationalists, which has prompted renewed interest from schools which Pat Hay, our lead in Scotland, is busy supporting. We have also held or have planned a number of INSET and Twilight teaching sessions with individual schools and we know that many people work quietly on an individual basis with schools in their own time.

All of which gives us encouragement to continue our mission to seek to spread the gift of meditation to young people. Ernie Christie has written 'Pope Francis ... has made the spiritual development of children and young people a central focus of his papacy, a work that should be the work of ... all people of God. ... "Do not be disheartened in the face of difficulties that the educational challenges present! Educating is not a profession but an attitude, a way of being; in order to educate it is necessary to step out of ourselves and be among young people, to accompany them in the stages of their growth and to set ourselves beside them. Give them hope and optimism for their journey in the world!"²

I have been honoured to hold the position of Special Interest Coordinator for Meditation with Children in Schools for the past four years, but I feel it is time to hand over the role to someone who can take the work forward with a new vision and focus. Much has been done to develop practical resources, materials which provide a firm foundation for anyone who wishes to work with schools. However, a new approach is now needed. We would love to hear from anyone who feels they could contribute to the future development of this valuable part of our mission, perhaps an ex-teacher or someone

who has experience in education. Such experience may be helpful but above all enthusiasm and a passion for this vital work is key.



In addition, we invite anyone who feels they would like to be involved with children and young people, in however small a capacity, to get in touch to discuss how they can help. Whilst I have mentioned the sterling work of some of our meditators above, we still need to develop and strengthen our regional MWC teams around the country.

So, let's 'put into the deep and do not be afraid of the rich catch we will receive in faith when we have the courage to do something quite radical – teach children to meditate – simply do it!'³

Sue Purkis

ukmeditationwithchildren@wccm.org

1,2,3 From an article by Ernie Christie Put into the Deep, originally published in Principal Connections (Ontario, Canada), Fall 2017, Volume 21, Issue 1

The School of Meditation in the UK

*Essential Teaching
Weekend
Led by Liz Watson*

Friday 15 - Sunday 17 March 2019

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 the Marist Retreat Centre (www.maristretreatcentre.co.uk) Gloucestershire. Set in attractive grounds the house provides welcoming homely accommodation in single, twin or double rooms with shared bathroom facilities. Lift.

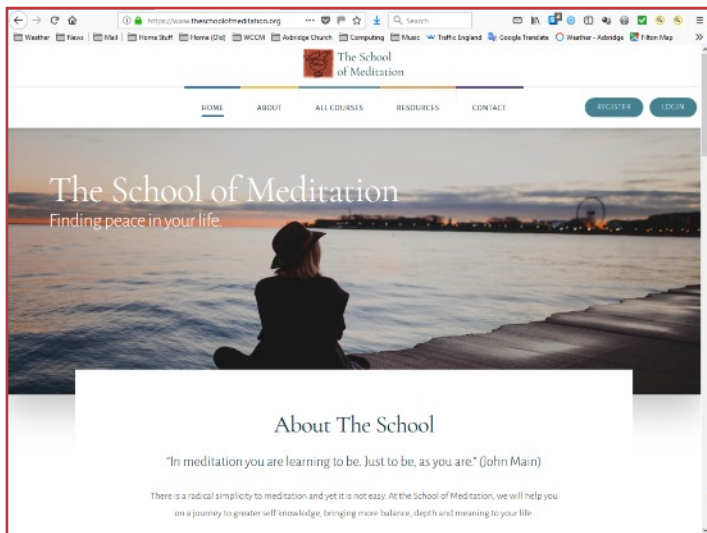
Cost: £85.00 fully inclusive.

From Friday 5pm – Sunday 2.30pm

We would like all who want to come to be able to do so and have a fund for bursaries. If you wish to come but it is beyond your means, please contact us to see how we can help. We also help with travel costs if needed.

For an application form please email: jacgrussell3@gmail.com
01296 488450

New School of Meditation Website – www.theschoolofmeditation.org



The School of Meditation is part of The World Community for Christian Meditation, a global and inclusive contemplative community made up of thousands of weekly groups in more than 100 countries.

Founded almost 30 years ago, the Community has evolved steadily and grown to nurture the practice of

meditation and to share this gift with others across an ever-growing spectrum of society – religious and secular. We see meditation as revealing the common ground between all faiths and cultures while respecting their uniqueness.

The School of Meditation arose to support this work and the School of Meditation website is designed to help you on your journey of meditation. Explore our beautiful new site for a range of resources and information.

There are also new ONLINE COURSES:

- How to Meditate
- An Introduction to Christian Meditation - Six Week Course
- The Roots of Christian Mysticism.

You can access the School of Meditation website by entering <https://www.theschoolofmeditation.org> in your browser and there is a link in *WCCM Links* on the Christian Meditation UK website.

Check it out!

The School of Meditation Courses in the UK

The School of Meditation organises two residential courses in the UK every year - the Essential Teaching Weekend and the 7-day School Retreat. The 2019 courses will be in the spring and booking is now open.

Essential Teaching Weekend - 15 to 17 March

Have you been meditating in the John Main tradition for more than a year? Would you like to grow in your understanding of your meditation practice? Do you feel you would like to share the gift of meditation by starting a local group at some time in the future?

The 2019 Essential Teaching Weekend, led by Liz Watson, will explore the history of meditation, help you to arrive at a deeper insight into what the experience of the practice means to you personally and show how this experience can be shared with others. A light hearted presentation exercise will help you practice this with the help of other participants on the course. We also look at the history of the tradition, the essential practice and the psychological aspects of the journey.

The style of the weekend is relaxed and informative and takes place at the Marist Retreat Centre, Gloucestershire (www.maristretreatcentre.co.uk). Set in attractive grounds the house provides welcoming homely accommodation in single, twin or double rooms with shared bathroom facilities. There is a lift.

The cost is £85.00 from Friday 5pm until after lunch on Sunday. We would like all who want to come to be able to do so and have a fund for bursaries, please contact us.

The School Retreat - 27 March to 2 April

The 2019 School of Meditation Retreat will be led by Julie Roberts with Liz Watson and Jacqueline Russell. This week long silent retreat will take place at Foxhill House, warm and comfortable accommodation in a tranquil setting in approx 70 acres of Cheshire woodland. It incorporates an arboretum containing several species of rare plants and trees, and is a designated area of outstanding natural woodland. See www.foxhillchester.co.uk for more information.

The week long School Retreat is residential and intensive. It is suitable for people who have been meditating seriously in our tradition for some time, and have some experience of integrating meditation into daily life. It forms a very natural progression from the Essential Teaching Weekend.

It is a time of silence and stillness with a daily flow of meditation, a short talk and a regular meeting with one of the retreat leaders. It offers a profound, integrated experience of both sides of the spiritual journey of meditation - of solitude and fellowship, and gently opens participants to explore how they are called to share the gift.

The cost per person is £539.00 inclusive and again bursaries are available, please enquire.

For an application form for either the Essential Teaching Weekend or the School Retreat please email: jacqrussell3@gmail.com or telephone 01296 488450.



Monastics in the World - WCCM Oblate Community

Meditation creates community. Meditators who experience personal transformation through a daily practice seek to express this in ways suitable to their own path. Oblation is one of these.

The World Community is ecumenical and the Oblate community specially reflects this. However, the WCCM as a whole acknowledges a special relationship to the Benedictine tradition which was the first in the western Church to form a stable form of inclusive religious life and, in succeeding generations, has always adapted to the needs and circumstances of the age. Oblates live out their oblation in a spirit of 'obedience, stability and conversion' and promise 'to share always in the life and work of our 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.

For more information contact **International Oblate Coordinator:** Eileen Dutt eduttobl@btinternet.com or 07721 574767

Annual UK Oblate Weekend Autumn 2019 Saturday 16 and Sunday 17 November. Venue: to be confirmed. 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 on 26 January 2019 at The Meditatio Centre in London. Contact: Gilly Withers gilly@withers.org or on 07896 742047 for details.

WCCM Oblate cell meetings

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 10 November, 12 January, 23 February. Contact: Angela Gregson for details at rydal2814@yahoo.co.uk or on 01706 563024.

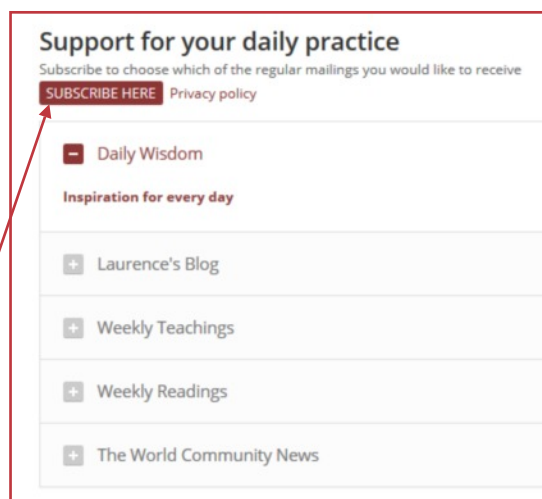
Monthly Online Cell Meeting: This meets on the Second Sunday of every month between 11am and 12:30pm. Contact Eileen Dutt eduttobl@btinternet.com or Angela Gregson rydal2814@yahoo.co.uk for further information.

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.

Support for your daily practice - Advent Reflections

Fr Laurence writes weekly reflections for Advent which are available by email, on his blog and on the WCCM UK and worldwide websites. These are thought-provoking and challenging and can be used on their own or as part of your daily practice.

If you would like to receive these by email you can sign up from the WCCM homepage wccm.org where there is a *Support for your daily practice* section near the end of the page. Click on *Subscribe here* to open the WCCM mailing list, fill in your details and click *Yes for Advent/Lent Reflections*; remember to tick the contact box at the end. You may like to subscribe to the *Daily Wisdom* or *Weekly Readings* emails at the same time.



If you are already a subscriber, you can add *Advent/Lent Reflections* by clicking on the *update subscription preferences* link at the bottom of a WCCM email and following the instructions. You can cancel your subscription at any time.

In the *Support for your daily practice* section you can also access and sign up to *Laurence's Blog*, view the archive of *Weekly Teachings / Readings* and the monthly *World Community News*, and find links to the WCCM Apps for Apple and Android phones and *meditatio Radio*.

Andy Goddard

Meeting Together as Oblates

When we meet, the joy we share enriches us all. Not only do we pray and meditate together, we learn from each other, we support each other and we laugh a lot. Love is there. An oblate who was with us at our last gathering in July, wrote: 'Yesterday was like water on parched grass to my soul'.

Our day spent together follows a pattern but as we entrust the day to the Holy Spirit, each one is different. Our theme for the day for our last meeting was *Sharing our Spiritual Journey*.

We began with a prayer, asking for the blessing of the Holy Spirit. We agreed to hold in our hearts those who could not be with us, mentioning by name people who had sent us their blessing and others of our community who were in need of special prayers. This was followed by a period of silent meditation.

We then had an in-depth sharing on *Stability*. This revealed a diversity of understanding. Many of the points raised were complementary and led to a richer overall view of the term and how we should apply it in our lives. Our reflection followed the *lectio* format, with each one saying in turn what they understood by Stability and then what it meant in their life now- without comment. Then each was invited to give the reason for what they had said, if they wanted to. A general discussion followed.

A convivial and delicious lunch was followed by *lectio* on two short passages from the Rule of St Benedict. Predictably this linked very neatly with our sharing on *Stability*. The passages we used were:

Don't get too involved in purely worldly affairs and count nothing more important than the love you should cherish for Christ. Don't let your actions be governed by anger nor nurse your anger against a future opportunity of indulging it. Don't harbour in your heart any trace of deceit nor pretend to be at peace with another when you are not; don't abandon the true standards of charity. Don't use oaths to make your point for fear of perjury but speak the truth with integrity of heart and tongue.

The first step of humility is to cherish at all times the sense of awe with which we should turn to God. It should drive forgetfulness away; it should keep our minds alive to all God's commandments.

The one word that has stayed with me from these passages is **cherish**. I believe we are being called upon to cherish each other more and I believe the best way to do this is to meet together.

In the afternoon Elba gave an excellent presentation regarding her own Oblate journey. She shared where she had come from - with some lovely illustrations of her own family background; where she is now - which she had analysed in some depth; and where she is going. I think everybody was humbled by the amount of thought and

effort she had put into the presentation. Themes that clearly had importance for her journey centred around compassion, objectivity, coherence and the present moment. There was a balance between 'giving' and 'receiving' in both a religious and a non-religious sense.

We then read the following extract from an article by Fr Laurence:

Quoting psalms and the Wisdom literature as he often does, Benedict identifies seeking God with the goal of human life. That life does not cease to be human and viable once the goal is being pursued. When the 'first fervour of conversion' wears off your brethren no longer seem saints or even your best friends. Stability then is one of the vows Benedict defines and requires both physical and mental perseverance. He would have enjoyed the rabbinical saying 'you are not obliged to succeed, but you are not allowed to give up'. But being Benedict, he knows that people will, and so gives the monk three strikes before he is out and not allowed to return.

We ended the day by using the shorter form of the office of Evening Prayer from the Benedictine Handbook including another session of meditation after the Magnificat.

Gilly Withers

WORLD COMMUNITY FOR
CHRISTIAN MEDITATION IN THE UK



ANNUAL CONFERENCE 2019

The Rt Revd Dr Rowan Williams



Credit: (C) Tim Ashley (CC) BY-NC-SA

Friday 5 to Sunday 7 July 2019

High Leigh Conference Centre,
Hoddesdon, Hertfordshire

More details soon on the UK website
and in the next issue of Meditation News

Contact the UK office for more information

KEEP THE DATE!

Events from November. Please check the Christian Meditation UK website for changes and additional events: //tinyurl.com/cmuk-event

National

Friday 5 to Sunday 7 July 2019. UK Annual Conference 2019. Leader: Rev Dr Rowan Williams. **Venue:** High Leigh Conference Centre, Hoddesdon, Hertfordshire. Details to follow. **Keep the date!**

School of Meditation Events. Contact: Jacqueline Russell jacrussell3@gmail.com or phone 01296 488450:

Friday 15 to Sunday 17 March 2019. Essential Teaching Weekend. Leader: Liz Watson. **Venue:** Marist Retreat Centre, Nympsfield, Gos GL10 3TZ. **Cost:** £85 for the weekend (subsidised). Preference given to people who have been meditating for 1 year and wish to share the gift of meditation with others.

Wednesday 27 March to Tuesday 2 April 2019. School of Meditation 7-day residential intensive silent retreat. Leader: Julie Roberts. **Venue:** Foxhill House and Woodlands, Frodsham, Cheshire WA6 6 XB. Suitable for people who have been meditating for some time in our tradition. **Cost:** £539 per person.

Scotland

Advent Christian Meditation Days: "To nest the voice that first whispered the earth". **Leaders:** Graham Watts and Alex Holmes. **Cost:** £15 (suggested donation). Refreshments provided, bring own lunch. **Contact:** Caroline Thompson: carolinemt2001@yahoo.co.uk 0141931 5368

Saturday 1 December 10:15 for 10:30 - 15:30. Venue: Carmelite Monastery, Waterside Road, Kirkintilloch, Glasgow G66 3PE

Saturday 8 December 10:15 for 10:30 - 15:30. Venue: Broughton St Mary's 12 Bellevue Crescent Edinburgh EH3 6NE Garden Room, to the rear of the building, entry via the stairs on East Scotland Street Lane or the ramp on Bellevue Crescent.

Northeast England

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

Friday 2 to Sunday 4 November. Boarbank Retreat. Leader: Bridget Hewitt. **Venue:** Boarbank Hall, Allithwaite, Grange over Sands, Cumbria LA11 7NH. **Cost:** £130 (£100 concession rate) (residential). **Contact:** Richard Broughton 01946 862990 or 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

Saturday 24 November. Half day around Meditation - gathering of local meditation groups. Venue: Cornerstone, Carlisle. **Contact:** Richard Broughton 01946 862990 cmcwccm@fastmail.fm

Friday 8 to Sunday 10 March 2019. Silent Retreat. Leader: Pat Higgins, Joanne Caine, Terry Doyle. **Venue:** The Briery Retreat Centre, Ilkley, West Yorkshire LS29 9BW. **Contact:** Joannecaine_101@hotmail.com 0161 653 8725 07776426911 **Cost:** £130.

Southwest England

Saturday 15 December 10:30 - 16:30. Community Morning and Retreat Afternoon for Advent. Venue: Emmaus House, Sleep Lane, Bristol BS14 0QN. **Cost:** suggested donation £15 for day, £10 for half day. **Contact:** Caroline Price carolineshalom.price@gmail.com or 07786934687.



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)
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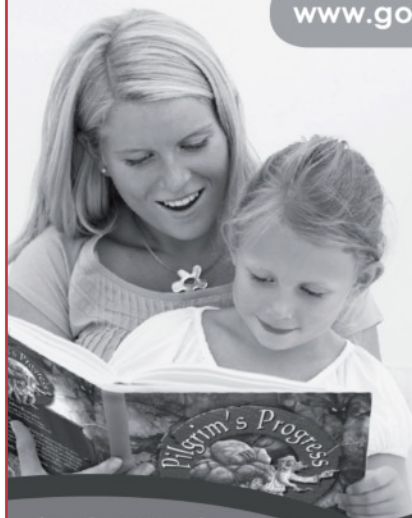


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books

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London

Regional events

Last Saturday of the Month (27 October 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 November 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.

Wednesday 28 November. Just This Day 2018. Morning event at St Martin-in-the-Fields, Trafalgar Square. See <http://www.justthisday.world> for details.

Meditatio House 10 Clouesley Square, London N1 0HT

Tel: 020 78378567 meditationnews@gmail.com
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

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:

Saturday 3 November 13:00-17:30. Movement & Meditation: Mountain. Yoga workshop. Leader: Lucy Barnes. Cost: £25 concessions £15.

Thursday 8 November and 15, 22, 29 November 6, 13 December 18:30 -21:00. 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: 0208280 0049 or 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.

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. Contact: info@silenceinthecity.org.uk; Pre-booking is necessary.

Wednesday 7 November 19:00-21:00. Should we bend the knee? Worship and contemplation. Speaker: Timothy Radcliffe OP. Cost: Suggested donation £15.

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.

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

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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