

# meditation news



Newsletter of The World Community for  
Christian Meditation in the UK

Spring 2019

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## 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 **Summer 2019** issue including events from 1 June to: [uknewsletter@wccm.org](mailto:uknewsletter@wccm.org) to reach us by **1 April**.

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The World Community for Christian Meditation in the UK

## ANNUAL CONFERENCE

5th–7th July 2019

# What The Body Knows



The Rt Rev'd  
**Dr Rowan Williams**

High Leigh Conference Centre, Hoddesdon EN11 8SG

See  
page 3  
for details

## Welcoming new Regional Coordinators

In our community we use the term coordinator – a word carefully chosen to indicate that coordinators provide leadership, support and guidance, not management or supervision. Our regional coordinators perform this role within their local geographic area, and have the opportunity to further the mission of our community to share the gift of meditation and to help meditators deepen their practice.

In North East London, Birgit Duncan will take over from Graeme Watson. Graeme has served for many years and has been a particularly good friend to the WCCM locally and nationally.

For Gloucestershire and Worcestershire, Rev Jude (Judith) Carpenter follows on from Francesca Townson.

In Berks, Bucks and Oxfordshire, Gilly Withers succeeds Jacqueline Russell as coordinator. Jacqueline will continue to have a role as Events Coordinator for our National Community.

In East Anglia, Margaret Comerford will become regional coordinator for Essex as Chris Hurley steps down, with Val Hilsley providing support. Margaret will continue to keep an eye on Suffolk as contact person whilst looking for a volunteer to take over. We hope that Norfolk meditators will be able to suggest a contact person or coordinator.

Each of our new regional coordinators will look forward to getting to know the meditation groups in their area, making contact and promoting local events where they are able. In addition, the coordinators are a channel between meditators in their regions and the wider UK community.

We are all very grateful to the outgoing coordinators Graeme, Francesca, Chris and Jacqueline and thank them for their contributions over many years.

Fr John Main reminds us that the practice of meditation is solitary, but we do not follow the path in isolation. Many of us meet for meditation in local groups and it's very beneficial for groups within regions to come together occasionally, to ground our wider meditation community in shared silence.

*Richard Broughton – National Coordinator.*



## Margaret Lamb

The recent death of Margaret Lamb at the age of 91, one of the founding members of the Leeds Trinity Meditation Group, has left not just an empty meditation chair, but an empty space in the hearts of us all. When Helga Engel moved to Leeds from London, nearly 25 years ago, she began a Christian Meditation group in her home and Margaret joined the group soon after. The group eventually moved to Leeds Trinity University and Margaret followed, barely missing a meditation meeting in almost 25 years.

If we discussed our practice after the silence, Margaret would rarely join in. She would get up quietly, leave the group and make us all a cup of tea. 'You see, I've nothing to say,' she said to me once. But she didn't need to say anything. Her fidelity to the group and the practice, her unflinching kindness to family and friends, and concern for the community in which she lived, said it all. She will be greatly missed, and so will her tea. No-one makes a cup of tea like Margaret did!

*Sue Giuntoni*



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## Where's Winter?

You may have noticed that we have moved straight from autumn to spring. Missing winter has nothing to do with climate change but is our attempt to get the production schedules for *meditation news* and *Meditatio* back in step.

Recent issues have been sent out later than we intended so we have moved the publication date back a few weeks to ensure that time sensitive material is relevant. This issue covers March to May, which is definitely Spring!

There is a revised publication schedule on page 11.

*Andy Goddard*

## Annual Conference - *What the Body Knows*

The World Community for Christian Meditation in the UK Annual Conference *What the Body Knows* will take place at the High Leigh Conference Centre, Hoddesdon EN11 8SG between 5 and 7 July 2019.

The UK Community is delighted to announce the keynote speaker will be The Rt Rev'd Dr Rowan Williams.

In speaking about the conference he says:

*We are all aware, more or less, of the way in which the condition of our bodies affects and shapes our prayer as it does every aspect of our action and identity. The weekend will be looking at some of the ways in which our practice of meditation can be better anchored in the body's natural 'knowledge', including through music, the arts and the imagination.*

Dr Williams is a good friend of WCCM. He is one of our patrons and has spoken on a number of occasions alongside Fr Laurence, including the UK National Conference in 1999. In 2001 he gave the John Main Seminar in Australia, from which came the book on the Desert Fathers, *Silence and Honey Cakes*. Perhaps most well known as Archbishop of Canterbury from 2002-2012, he is now Master of Magdalene College, Cambridge. His

interests and concerns range very broadly as can be seen from the diversity of his theological publications, his poetry, the roles he has undertaken and the wide variety of audiences he is invited to address.

What makes him a supporter of WCCM? Speaking to the Synod of Roman Catholic Bishops on Evangelism in 2012 he said this:

*To put it boldly, contemplation is the only ultimate answer to the unreal and insane world that our financial systems and our advertising culture and our chaotic and unexamined emotions encourage us to inhabit. To learn contemplative practice is to learn what we need to so as to live truthfully and honestly and lovingly. It is a deeply revolutionary matter.*

We are delighted to welcome him back to the UK National Conference.

### Programme and Workshops

Dr Williams' talks will be integrated into a rhythm of meditation, simple body awareness, opportunities for discussion and workshops exploring the essential spiritual practices.

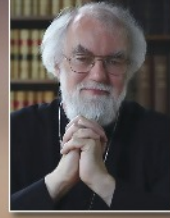
The full programme will be available before the event but you may wish to note that registration is from 4pm on

The World Community for Christian Meditation in the UK

## ANNUAL CONFERENCE

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# What The Body Knows



The Rt Rev'd  
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the Friday and the conference ends after lunch on Sunday, about 1.30pm.

### Cost and Booking

This year the single ensuite room cost is £250, a single non-ensuite room £200, and a two person shared ensuite £200 per person. The Saturday day rate (9am to 9.30pm) is £85. Bursaries are available, please enquire.

A booking form is available on the UK website - click on the advert in the right hand column.

Conference organiser: Jacqueline Russell 01296 488450.



### Sharing the Gift of Meditation Grants

The World Community for Christian Meditation exists simply to share the gift of meditation, a gift it received through the teaching of John Main.

If you have an idea about how you would like to help share this gift and need a grant to help you, please follow the link from the 'Grants' banner on the homepage or contact the UK Office for more information about how to apply.

## Do you have an idea for Sharing the Gift?

We are keen for 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.

Through a generous legacy from Eileen Cox, a dedicated member of a group in Ealing, West London, we are inviting community members and organisations to apply for grants that relate to the following three objectives:

- To promote the understanding and practice of meditation.

- To encourage meditators to deepen their practice.
- To reach out to all parts of society in order to share the gifts that meditation brings.

Grants are available from £100 to £5,000 or even more.

If you need financial support to make your idea for *Sharing the Gift* a reality, there are details of the grants and application forms on the UK website or you can get more information from the UK Office.

## WCCM in the UK National Council – 9 to 11 November 2018

A network of knots is an apt description of the way that we work as the national community of the WCCM in the UK. Our coordinators meet together annually to meditate together, to share information and impressions and to look forward to the coming year. We know that 'meditation creates community' and our times of silence together over the weekend formed a grounding for our discussions of practical matters. Our meals together and informal sharing helped us to get to know one another.

We opened on Friday evening with Andrew Cresswell, warden of the developing retreat centre at Bonnevaux. He gave a presentation and updated us on the progress of the project. In future, Philip Kitchen will act as the link between Bonnevaux and our UK community. On Saturday we talked through the areas in which we are active and focussed on our priorities for 2019.

Our work with meditation with children in schools continues to be a priority, being led by a number of active people across the country, particularly in Scotland, the South Coast and East Midlands. In each case, volunteers work to train teachers to bring meditation to children in schools. Sue Purkis has given a strong lead in this area and is now stepping back, which means that we would benefit from a new person who feels called to coordinate this work nationally.

At the Council last year, we announced the legacy from the estate of meditator Eileen Cox, and this year Roz Stockley and I talked through the steps that the Trustees have taken to allow the funds to be spent to develop the mission of our community. We hope that there will be a strong set of applications for grants in 2019, which will reflect the energy and imagination that we know is to be found in our community. It is possible that there isn't sufficient awareness of the legacy, and the opportunities for grant funding. Our website has full details of the

grants and the application process, and we will continue to communicate through the newsletter and through mailings to group leaders. The National Coordinator (Richard) is always glad to respond to queries and offer advice.

At our plenary, Graeme Watson and Geoff Waterhouse mentioned that they were displaying large printed banners outside the venue of their meditation groups, and that they found many people were drawn to come in and find out more! We'll be mentioning this more fully in a later newsletter.

The materials that are distributed from the WCCM are very helpful, but sometimes it would be better to have talks which were more accessible to particular audiences. We will look at materials production in 2019.

The Council finished by agreeing a set of priorities for our community in 2019:

- Meditation with Children coordinator
- Legacy – communication / support / imagination
- Reaching out to Clergy
- CD's/ Materials tailored for our particular needs in the UK
- Consider the integration of online meditation and the UK community activities
- Guidance on running events
- How to work together to share/make best use of visiting speakers
- With Philip Kitchen, consider how we can deepen our relationship with Bonnevaux.

*Richard Broughton*

## Impressions from our UK National Council

I asked a few new attendees for impressions of our weekend ...

My impressions of the Council is of a warm, loving family who are committed to a common goal. There seems to be a good deal of enthusiasm at the opportunities to develop the work and a genuine desire to get it right. The main challenge, as I see it, is how we can introduce the work of Christian meditation to the next generation, to widen the impact and speak in a way that larger numbers can hear and understand.

*Laura Mapstone*

Not knowing quite what to expect, my feeling of slight anxiety was quickly put to rest by the warm welcome I received and the feeling of already belonging to a community I knew was there, but had yet to meet. The mixture of business, meditation, presentations,

discussions and not least the friendly chats over coffee and food made the weekend a very good experience. I learnt a lot from the more formal part of the meeting but also from talking to people about their 'journeys' and roles within WCCM. I left on the Sunday, my anxiety replaced by feelings of peace and joy, motivated and more confident that I am on the right path.

*Birgit Duncan*

I spend 3 hours every day meditating and sharing with my global online community. Those who have experienced online meditation know that the relationships that develop are real, albeit the platform is virtual. "Cyber hugs" are possible but a physical hug and sharing is irreplaceable. To spend a weekend with my UK family was a treat and a blessing.

*Robert Lalor*

## Visualising the Invisible: The Art of Meditation by Stephen Magrath

I am an artist and art teacher who meditates and leads two WCCM meditation groups in Bath where I live. In combining these two passions I am currently working on a series of drawings and paintings which seek to both describe and support my meditation practice. These will be exhibited at the Meditatio Centre in the autumn and I hope they will resonate with visitors.

For many of us contemplative images are a helpful preparation for and 'way in' to prayer and meditation. In the Western Christian tradition paintings and statues of the saints, Virgin and child and Jesus encourage prayerful focus by representing divinity. In the Eastern Christian tradition icons of the same painted against a ground of gold and emanating light and timeless wisdom allow not just

veneration but a portal to a world beyond.

The pictures I am making are more in the tradition of abstract art and often use circles as universally recognised symbols of the eternal cycle of a spiritual reality beyond physical limitation. In some I have employed diminishing concentric circles to lead the viewer through doorways towards an internal void as in the centering process during meditation.

The process of making is proving to be intrinsically meditative and the finished work helpful as a 'way in' to my own meditation practice. For others it is an invitation to 'visualise the invisible' by transporting the viewer beyond that which they can see with their eyes to experience the invisible land of the spirit which resides deep within their heart.



'Visualising the Invisible' is at the Meditatio Centre, St. Marks, Myddelton Square, London EC1R 1XX  
7 to 26 September 2019.  
Preview 3 to 6pm Saturday 7 with artists' talk 4 pm to which all are welcome.

Stephen Magrath  
[www.stephenmagrath.co.uk](http://www.stephenmagrath.co.uk)

### In the Stillness of Time Stephen Mckenzie

***In the Stillness of Time,***

*when all seems farfetched and beyond control,  
do not lose heart.*

*Engulf yourself in silence.*

*Look with your eyes shut.*

*Hear the air flowing calmly, embracing the uneventful moment.*

*Feel time's own mist settling on your hand;*

*Breathe the elegance of beauty unseen  
and speak out the spelling of words untold.*

*Senseless talk,*

*Lost what ifs,*

*Escalating frictions,*

*Forgotten visions,*

*Pretend,*

*Faceless moods.*

*Imagine,*

*Vanished, never to return.*

*Dream,*

*Fly away*

*You are here;*

*with all the mighty power*

*It is now;*

*that lies within you.*

*be still!*

*Do not look back and delay the way forward.*

*Mould and progress ahead.*

*There are humps,*

*bumps*

*and potholes all along the way.*

*But you can*

*jump*

*across all of them, at just one go!*

*The platform is set and balanced.*

*The speed is agreed; the check points are secured.*

*No need to run.*

*Time is still;*

*wait;*

*listen;*

*feel!*

*The air is still;*

*the heartbeat*

*is*

*calm.*

*Look with your eyes shut;*

*in the stillness of time!*

***You are here!***

(Stephen regularly attended the meditation group at Wandsworth Prison and this was written while he was there. © 2017)

## Online Meditation

### A testimony from Clare and her son Joseph from New Zealand

John Main taught that meditation is both solitary and communal. I have had several attempts over the years at meditating on my own but, for me it seems that the group aspect is the glue and motivation that keeps me going.

I live in New Zealand so the time difference between the UK and here varies between 11-13 hours. We are ahead – and throughout the New Zealand winter morning meditation was 5am, while the evening was 6.30pm. I am not really a morning person and find getting up early a stretch; the sound of my alarm telling me it is 4.50am was often a challenge. But there is something very encouraging about knowing that on the other side of the globe people are already getting ready to meditate. I think of God as being beyond time and so it seems fitting that we cross the time zones to join together to be still and silent.

Most often my meditation is distracted! My brain is just too busy and I can despair at the trivial thoughts which circle around in it. I am stuck in the shallows. Some days it seems as if I only get a few moments of actual peace and stillness when all the busyness subsides and I am aware of a gentleness within. Gradually I hope to rest more in that place. I am never sorry that I made the effort to go into my prayer space and shut the door. The sacred sharing that happens afterwards never fails to provide a gem to see me through the day or night. People speak from their own experience and they are always met with respect and love. Some of it is challenging and I find myself made a little uncomfortable – signs of growth I think.

My 9 year old son, Joseph, has this to say:

*"I have been meditating since I was about 6 or 7. At school we meditate together in the church each week but some of the kids find it difficult to sit still and not fidget. I like to meditate at home with Mum and sometimes my sister joins us too. We sit together for 25 minutes and I like the peace and quiet. I say Maranatha, come Lord Jesus silently in my head. About 4 or 5 times a week I join with an online WCCM group and now I have friends from all around the world. When someone new joins us, I like to find out where they are from so I can look it up on my world map. My American friend Ken says that group members are like my aunts and uncles and grandparents from across the pond. The time passes quickly and helps me to feel calm and peaceful. My Dad and I are going to make a meditation stool during the school holidays so I can sit more comfortably during the meditation."*

As for the fruits of meditation – I guess I am more able to respond rather than react to situations that I encounter. I try to remember to encounter others as if they were

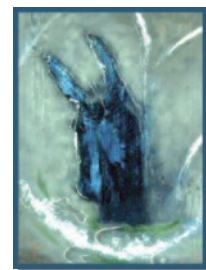
Christ, himself and I frequently find myself using that expression in my teaching to my classes at school. I often find myself aware of the small bubble of silence within me as I deal with stressful events during my day. That bubble reminds me of the God dimension in everything and everyone and reminds me that I can choose to act gently and with love. I am more aware of the beauty of creation too. Joseph is more able to cope with life's frustrations and so has fewer meltdowns. His gentleness is more obvious.

There are many amazing books about meditation but in the end you have to make the decision to actually do it. Expect to feel frustrated, uncomfortable and bored with yourself. But try it – you may be surprised by the peace you experience. It is easier to do it in a group. The online ones are great because you don't need to leave home to participate and the welcome you receive is always warm and heartfelt.

See [www.onlinemeditationwccm.org](http://www.onlinemeditationwccm.org) for a list of all online meditation groups.

### The Colt Untied Images and words for Holy Week

Between 13 and 21 April in the Meditatio Centre, Loraine Goddard, meditator, artist and poet, will exhibit her sequence of paintings and poems that take us on a meditative journey 'In the Steps of Our Lord'.



There will be a preview with Loraine between 5pm and 7pm on Saturday 13 April - all are welcome.

## 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)**

## *The Wisdom of Love in the Song of Songs* by Stefan G. Reynolds

This is a book for all who are attracted or intrigued by the Song of Songs, not least for those who have found their way to the prayer of the heart. But there are obstacles to be overcome. An early Jewish scholar complained that the key to understanding the Song of Songs had been lost. St Augustine remarked that it is a puzzle. Not surprisingly, this biblical poem has been seen by many commentators, including myself, as elusive, fragmentary, almost like a sequence of dreams.

Dr Stefan Reynolds (WCCM Oblate) believes that he has found the key to the Song, and in my personal view he may have done just that.

In Part One, the author goes about the task of exploring the literal sense of the poem. This involves knowing about the social context of the royal court. He proposes that it is a story about a king (Solomon) who is in love with a beautiful and talented girl. The girl is a peasant, yet she meets the king on equal terms. The love story is a tragic one, because it was impossible then, as it has been at most times, for a woman, no matter how talented, beautiful and intelligent, of such humble background to marry a king. She could never hope to be other than a concubine, taking her turn to be summoned to the royal bed. But this girl refuses to be anything else than a lover and a beloved.

Reynolds believes that the Song, though set in the time of King Solomon (970-931 BCE), was probably written about 700 years later. So the poem is a work of imaginative fiction, based on the legend of Solomon, perhaps rather like Tennyson's *Morte d'Arthur*, based on the legend of King Arthur. It is a book inspired by wisdom and by the legendary reputation of Solomon.

What is most remarkable about the girl in this poem is that, despite her humble background, she is in no way submissive, or subservient to her male royal lover. From the start of the poem she takes the initiative. In the author's words, she is shown to be resourceful, emotionally intelligent, and guided by deep intuition. It is difficult, therefore, not to see her as personifying Wisdom, and this thought leads the reader very easily to both the symbolic and the mystical meanings of the poem.

In Part Two, the author develops what he calls a Narrative- Spiritual Reading. His aim is to weave together the clear narrative context of the Song with its spiritual meaning. The poem, he believes, "is the record of the joyous and painful weaving together of spirit and flesh within two human lovers". One of his themes is that these two lovers become the abiding place of Wisdom. Another theme is the transcendence of spiritual beauty. Beauty is no mere appearance. It is both personal and interpersonal. Quoting Hans Von Balthasar and Dostoevsky ("the world will be saved by beauty"), and paraphrasing Pope John Paul II ("beauty lies in the love of the beholder") Reynolds asserts that the love of beauty

demands "as much courage and decision as the search for truth or the practice of goodness." The significance of the loving gaze is a key to joyous and healthy living.

Again, "to know we are beloved is to be empowered to look with the same love at others." As Dom John Main often declared, we can only begin to enter into silent meditation when we truly know we are loved by God, and are therefore free to love God in return.

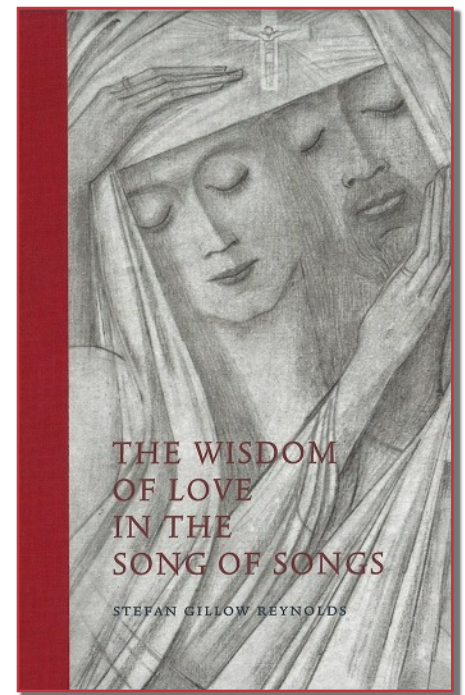
The poem almost ends with the two lovers in each others' arms. "Many waters cannot quench love, nor floods (that is, the tears of separation) overwhelm it." Although marriage is out of the question, and the lovers finally separate, yet the love between the pair continues to burn in their hearts. The girl he loves becomes Solomon's inner guide, his teacher of Wisdom.

Part III of the book is concerned with the symbolic or mystical meaning. The author follows the brilliant teaching of the 3rd Century Origen, and the Christian mystics who believed that the Song had been divinely communicated to reveal how God relates to the human soul. The physically sensual and erotic language of the Song has its counterpart in the mutual longing of God and human personality. In this process, the mutual longing has to be heard, tasted, touched and inhaled by the inner spiritual senses, counterparts to our outer senses. "O taste and see how gracious the Lord is."

The book is beautifully presented with black and white, and colour illustrations from a variety of sources, medieval, personal and contemporary, Western and Eastern. Specially notable are a set of paintings by the contemporary artist, Juliet Asher. There is a full index, bibliography, and timeline. This is a scholarly book, but it is also a good read, not least for meditators. It is written with passion and joy, out of the anvil of personal experience of suffering love.

*Graeme Watson*

*The Wisdom of Love in the Song of Songs*: Stefan G. Reynolds, Hikari Press, 2018





I was delighted to be standing shoulder to shoulder with Rowan Williams outside the Guild Hall in Cambridge on Saturday 17 November as he came to support Extinction Rebellion's action. This is what he says: *"The failure of politicians to tackle climate breakdown and the growing extinction crisis means "the social contract" has been broken...(and) it is therefore not only our right but our moral duty to bypass the government's inaction and flagrant dereliction of duty, and rebel to defend life itself."* So who are Extinction Rebellion? We are a very strictly non-violent movement that are engaged in acts of civil disobedience to bring awareness and change relating to our climate crisis. When you are out on one of the actions, there is a distinctly festive feel, with cheering and clapping when the police lead off our protesters to face some time in a cell. For us this is a victory because it is sending a clear signal that we are prepared to sacrifice our time and sometimes our jobs to bring this crisis to the heart of the government's agenda and change the consciousness of people.

Monday 12 November saw the beginning of action by Extinction Rebellion, who assembled at the Department for Business, Energy and Industrial Strategy in London. They glued themselves to the building and chained themselves together in the road, and many were arrested to the sounds of cheering and calls of encouragement from the activists who view each arrest as a victory. We are not an anarchic group of discontents but a highly organised group of concerned people from every walk of life, and every age range. The oldest person to be arrested was in his eighties. Every action is supported by legal observers and trained solicitors, and there is a dedicated well-being team who will ensure that each person arrested is cared for at every stage. There are publicity teams, administrators, film crews, photographers and social media experts. The police have been calm and professional and I am sure many of them would join us if they could.

I was present on the following Thursday evening, stopping the traffic outside the Brazilian Embassy in London, and sitting with the protesters as they lay chained together on the damp road. This action was to highlight the destruction of the Amazon Rain Forest and the action of the new President, Jair Bolsonaro, who has given the go-ahead to log the Amazon Rain forest. On Saturday, over

five thousand people blocked five London bridges and actions will continue until the government agree to meet us.

I have read that the UN Secretary-General, Antonio Guterres, describes the crisis as follows: *"We are careening towards the edge of the abyss. Every day we fail to act is a day that we step a little closer towards a fate that none of us wants, a fate that will resonate through generations in the damage done to humankind and life on Earth. Our fate is in our hands."*

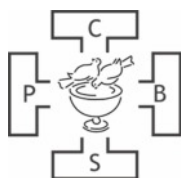
So what has all this got to do with meditation? My own experience of meditation has dissolved the boundaries of what I would once have called my separate self. Last October, over a period of a month, walking in the mountains of the Sierra Nevada, I had a profound, and disorientating experience of expansion. For months afterwards I didn't know what to do with all the energy that overwhelmed me. Somehow I had got the idea that an experience of God would be tranquil and make me serene. My life has changed dramatically since then, but one of the consequences is a much deeper sense of connectedness with all life on our beautiful planet, and a heightened awareness that when God made it, it was good. We are to protect and nourish it as it nourishes and mothers us. Not only haven't we done this, but we have exploited, mined



and plundered the earth, causing irreparable damage and suffering to our own and other species.

Extinction Rebellion, like meditation, is open to all people as it is a movement of compassion that transcends every boundary and species. However it is easy to become pulled away from your centre when out on one of these actions. There is a huge energy that can easily sweep you along, but many years of meditation practice has taught me to watch my thoughts and feelings, let them go and not get caught up in the over-excitement of a crowd consciousness. It is essential that meditators of all traditions are present at these actions because a meditating presence is a powerful presence of peace. Please be there if you can and let, "the suffering, violence and confusion of the world encounter the power that will console, renew and uplift the human spirit."

*Linda Richardson (Cambridgeshire Regional Coordinator)*



## 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 **UK Oblate Coordinator: David McKenna** davidmckenna.wccm@gmail.com or 07442 534 860

**Annual UK Oblate Weekend Autumn** 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 Days** will be in April in Leeds (details to be confirmed) and on 13 July at The Meditatio Centre in London. Contact: Gilly Withers gilly@withers.org 07896 742047 for details.

### WCCM Oblate cell meetings

**North London:** Meets at Christ the King Church, Cockfosters. Contact: Rita McKenna on 0208 449 5013.

**Cambridge:** Contact: Julia Burdett 07722 074939 or juliaburdett@hotmail.co.uk for details.

**Berkshire:** Wednesdays 27 March, 29 May, 26 June 12:30 to 15:30 at Holy Ghost Church Parish Rooms, Crowthorne RG45 6JG. Contact: Angela Greenwood angelagreenwood@hotmail.com 01344 774254.

**Northern Cell (Leeds):** Saturdays 18 May and 22 June. Contact: Angela Gregson for details at rydal2814@yahoo.co.uk or on 01706 563024.

**Monthly Online Cell:** This meets monthly on the Second Sunday between 11am and 12:30pm. Contact Angela Gregson rydal2814@yahoo.co.uk for further information.



## 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**

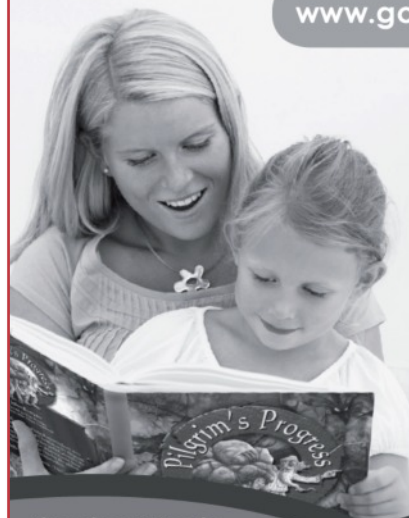


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**books**

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**Events from March.** Please check the Christian Meditation UK website for more details and to check for changes and additional events: //tinyurl.com/cmuk-event

## National

**Friday 5 July to Sunday 7 July. Annual Conference:** What the Body Knows with Dr Rowan Williams. **Venue:** High Leigh Conference Centre, Hoddesdon, Hertfordshire EN11 8SG. **Contact:** Jacqueline Russell 01296 488450 jacqrussell3@gmail.com

**School of Meditation Events.** **Contact:** Jacqueline Russell jacqrussell3@gmail.com or phone 01296 488450:

**Friday 15 to Sunday 17 March. Essential Teaching Weekend.** **Leader:** Liz Watson. **Venue:** Marist Retreat Centre, Nympsfield, GL10 3TZ. **This is fully booked.**

**Wednesday 27 March to Tuesday 2 April. School of Meditation 7-day residential intensive silent retreat.** **Leader:** Julie Roberts. **Venue:** Foxhill House and Woodlands, Frodsham, Cheshire WA6 6 XB. **This is fully booked.**

## Wales

**Saturday 4 May 2019 10:30 - 13:00. Sharing Silence: Love and Compassion.** Christian and Buddhist dialogue with shared meditation. **Presented by:** WCCM and The Western Chan Fellowship. **Venue:** St Woolos Cathedral, Newport. **Cost:** TBD **Contact:** Barbara: bar\_demi@hotmail.co.uk

## Southeast England

**Friday 15 March to Sunday 17 March. From No-thing to Something; from Something to Nothing (Part 1) .** **Leader:** Brijji Waterfield **Venue:** The House of Prayer, East Molesey, Surrey KT8 0PB . **Cost:** £160 **Contact:** admin@christian-retreat.org 020 8941 2313

**Saturday 13 April 2019 10:00-16:00. The Desert Fathers and Mothers:** a day of talks and Meditation. **Leader:** Liz Watson. **Venue:** St. Nicholas Church, Church St, Brighton BN1 3LJ. **Cost:** Suggested donation £10. Drinks provided, please bring your own lunch. **Contact:** Felicity Stimpson felicity.stimpson@btinternet.com 01273 553216.

**Saturday 29 June 10:00 - 16:00. On Beginning Meditation:** Being Present Now . **Leader:** Brijji Waterfield **Venue:** The House of Prayer, East Molesey, Surrey KT8 0PB . **Cost:** £25 **Contact:** admin@christian-retreat.org 020 8941 2313

**Friday 11 October to Sunday 13 October. From No-thing to Something; from Something to Nothing (Part 2) .** **Leader:** Brijji Waterfield **Venue:** The House of Prayer, East Molesey, Surrey KT8 0PB . **Cost:** £160 **Contact:** admin@christian-retreat.org 020 8941 2313

**Saturday 16 November 10:00 - 16:00. Deepening Your Meditation:** Awakening and Transformation . **Leader:** Brijji Waterfield **Venue:** The House of Prayer, East Molesey, Surrey KT8 0PB . **Cost:** £25 **Contact:** admin@christian-retreat.org 020 8941 2313

## Eastern England

**Saturday 15 June. A Quiet Day in Maldon.** **Venue:** St Mary's Church Church Street Maldon CM9 5HW. **Contact:** Val Hillsley valhillsley@btinternet.com

**Saturday 12 October. A Quiet Day at Chelmsford Diocesan House of Retreat.** **Venue:** Pleshey Retreat House Chelmsford CM3 1HA. **Contact:** Val Hillsley: valhillsley@btinternet.com

## Northeast England

**Saturday 30 March 10.00 - 15.30. Poetry of the Reformation:** John Donne and George Herbert. **Speaker:** Joyce Simpson **Venue:** The Chapel, Leeds Trinity University, Brownberrie Lane, Horsforth, Leeds LS18 5HD. **Cost:** Donation £5. Refreshments provided but bring own lunch. **Contact:** Sue Purkis 07702 692117 wccmyorks@gmail.com

**Friday 31 May to Sunday 2 June. Embodied Contemplatives: Christian Meditation and Tai Chi Retreat.** **Venue:** Ampleforth Abbey, York YO62 4EN **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486.

**Monday 29 July to Thursday 1 August. Embodied Contemplatives: Christian Meditation and Tai Chi Retreat.** **Venue:** Ampleforth Abbey, York YO62 4EN **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486.

**Friday 27 to Sunday 29 September. Embodied Contemplatives: Christian Meditation and Tai Chi Retreat.** **Venue:** Minsteracres Retreat Centre, Minsteracres, Consett DH8 9RT **Contact:** 01434 673248

**Friday 4 to Sunday 6 October. Embodied Contemplatives: Christian Meditation Silent Retreat.** **Venue:** Ampleforth Abbey, York YO62 4EN **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486.

## Northwest England

**Friday 8 March to Sunday 10 March. WCCM Weekend Silent Retreat. Leaders:** Pat Higgins, Joanne Caine, Terry Doyle. **Venue:** The Briery Retreat Centre, Ilkley, West Yorkshire LS29 9BW. **Cost:** £130. **Contact:** Joanne Caine 0161 653 8725 / 0777 642 6911 joannecaine\_101@hotmail.com

**Friday 29 to Sunday 31 March. The Hying Retreat:** The Wayless Way of Meister Eckhart. **Leader:** Anthony Finnerty. **Venue:** Monastery of Our Lady of Hying LA5 9SE. **Cost:** £130 (Concession rate: £100) **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm

**Tuesday 7 May. 10:00-15:00 Living with the Mystics:** Raimon Panikkar. **Venue:** Friends Meeting House, Elliot Park, Keswick. **Cost:** £5 Drinks provided, please bring your own lunch. **Contact:** Bob Morley 016974 72644 rgm1@live.co.uk

**Saturday 11 May. 10:00 - 15:30. Day Retreat:** Hidden Gospel - Meditations with the Aramaic Words of Jesus. **Leader:** Neil Douglas-Klotz. **Venue:** Ambleside Parish Centre, Vicarage Rd, Ambleside LA22 9DH. **Cost:** Suggested donation of £20. Drinks provided, please bring your own lunch. **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm

## West Midlands

**Friday 17 May to Sunday 19 May. West Midlands Bi-Annual Retreat:** 'Going Beyond: to the place where we can just be: where we listen with the ear of the heart' **Leader:** Janet Robbins. **Venue:** Noddfa, Penmaemawr LL34 6YF **Cost:** £130 **Contact:** Margaret Jarvis 01743 240401 westmids@christianmeditation.org.uk

## Southwest England

**Friday 31 May 19:15. Journeys of the Heart:** An Invitation to the Spiritual Path with Meister Eckhart. **Speaker:** Mark Burrows. **Venue:** BRLSI, Bath. **Cost:** Suggested donation £10 **Contact:** Roger Layet bristol@christianmeditation.org.uk

**Friday 18 to Sunday 21 July. Mercy as Gentle as Silence:** Three day silent retreat. **Venue:** Marist Centre, Nympsfield, near Stroud. **Contact:** Anita Finnigan 01305 259032 anitafinnigan@hotmail.co.uk

**Friday 27 to Sunday 29 September. Weekend retreat** **Speaker:** Rev. Don McGregor. **Venue:** Ammerdown Centre, Radstock near Bath. **Contact:** Roger Layet bristol@christianmeditation.org.uk

## London

**Last Saturday of the Month (30 March 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 (2 March onwards) 14:00-16:00. Quiet Afternoon for those on the 12 Step Programme.** **Contact:** mike@east-west.org.uk. for details and venue.

London continued

**Meditatio Centre** St Marks Church, Myddelton Sq London EC1R 1XX

Tel: 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 19:30–21:00: Yoga. Cost:** £14 drop in; £72 for block of 6 classes; £8 concessions. **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**  
**First Thursday of every month 18:30-20:00 On beginning Meditation:** an Introduction to Christian Meditation

**Single events:**

**Wednesday 6 March 2019 18:30 - 21:00. Ash Wednesday:** Sensing God. **Leader:** Laurence Freeman OSB. **Cost:** £15 Concessions £10 Light refreshment provided.

**Saturday 9 March 2019 13:00-17:30. Yoga workshop:** Coming Home to the Body/Mind. **Leader:** Chris Hurley **Cost:** £25 Concessions £15

**Wednesday 20 March 2019 18:30-21:00. Giving up without giving up:** Meditation & Depression. Book launch with the author Jim Green **Cost:** Free.

**Saturday 23 March 2019 11:00-15:30. How do we deepen our practice through Lent. Led by the London Coordinators. Cost:** Suggested donation £10 includes simple lunch. **Contact:** 020 8280 0049 or email [uk@wccm.org](mailto:uk@wccm.org)

**Saturday 30 March 2019 10:30-16:00. 'Arise my love':** The invitation of the Song of Songs. **Leaders:** Dr Stefan Reynolds and Rev Graeme Watson. **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

**Saturday 6 April 2019 10:30-16:00. Know who your are. Leader:** Robert A Johnson. **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

**Tuesday 9 April 2019 18:30-21:00. The Compassion of the Mystics. Leader:** Prof Bernard McGinn. **Cost:** £15 Concessions £10 Light refreshment provided.

**Saturday 13 to Sunday 21 April. The Colt Untied –** Images and words for Holy Week by Loraine Goddard. You are welcome to come to look at the exhibition through Easter tide and pray with these images. Preview with the artist Saturday 13 17:00-19:00. **Cost:** free

**Saturday 27 April 2019 10:30-16:00. Blake:** Prophet of the Imagination. **Leader:** Grevel Lindop. **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

**Saturday 4 May 2019 10:30-16:00. Recovering the Book of Kells for Contemplative Prayer. Leaders:** Fainche Ryan and Cornelius Casey. **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Saturday 11 May 2019 10:30-16:00. Meditation and Hope Amidst Climate Chaos. Leader:** Peter Musgrave. **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Saturday 18 May 2019 10:30-16:00. John Chapman:** The Necessity of Contemplation. **Leader:** Fr Robin Burgess. **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Saturday 1 June 2019 10:30-16:00. Heart-Work and the Art of Loving:** Rainer Maria Rilke's "Sonnets to Orpheus". **Leader:** Prof Mark Burrows. **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Saturday 8 June 2019 11:00-15:30. Finding Peace and Joy Within:** An Introduction to Christian Meditation. **Leader:** Geoff Waterhouse. **Cost:** free. Please bring a packed lunch. Coffee and tea provided. **Contact:** 020 8280 0049 or email [uk@wccm.org](mailto:uk@wccm.org)

**Saturday 22 June 2019 13:00-17:30. Yoga workshop:** A Mantra for the Body. **Leader:** Lucy Barnes **Cost:** £25 Concessions £15. Coffee and Tea provided

**Saturday 29 June 2019 10:30-16:00. The Sacrament of the Present Moment. Leader:** Liz Watson. **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.

**6 February. The Gift of Wisdom.**

**3 April. Death & Resurrection.**

**1 May. The Gift of Prudence.**

**5 June. The Coming of the Holy Spirit.**

**3 July. Fortitude.**

**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)

**Publication dates and 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	Available	Events Included	Copy Date
Spring	Mid-February	March to June	1 January
Summer	Mid-May	June to September	1 April
Autumn	Mid-August	September to December	1 July
Winter	Mid-November	December to March	1 October

**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  
 Tel: 020 8280 2283

# Contacts

## UK Office

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## National

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UKNationalcoordinator@wccm.org

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rozstockley@copsewood.org.uk

## Action Group

**National Coordinator:** Richard Broughton—as above

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**Meditating With Children:** Sue Purkis—01535 632171 / 07702 692117

ukmeditationwithchildren@wccm.org

## Special Interest Coordinators

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

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carolina.ghiuzan@gmail.com

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### South East England

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07896 742047 gilly@withers.org

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**Hertfordshire and Bedfordshire:** Contact UK Office uk@wccm.org 020 8280 2283

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Val Hillsley—01245 472685 valhillsley@btinternet.com

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**Suffolk (Contact):** Margaret Comerford (see above)

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### East Midlands

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canon.stainer@gmail.com

**Nottinghamshire, Derbyshire and Lincolnshire:** Peter Short—07748 911175

petershort03@gmail.com

### West Midlands

**Birmingham, Warwickshire, Rugby, Coventry, Wolverhampton, Walsall,**

**Sandwell and Dudley:** Rose Lynch and Michael Hackett—01902 790653

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**Wiltshire:** Jeanne Blowers—0751 024 0721 jeanneblowers@gmail.com

### London

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birgituduncan@blueyonder.co.uk

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**London (South—none of Kent or Surrey):** Geoff Waterhouse—020 8392 9917

geoffwaterhouse@f2s.com