

meditation news



Newsletter of The World Community for
Christian Meditation in the UK

Summer 2019

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Pilgrimage to the Holy Land



Renewal of marriage vows at the Church of the Wedding in Cana

What a wonderful experience the pilgrimage to the Holy Land led by Fr Laurence in February was!

We visited all the places associated with the life of Jesus that over the centuries tradition has been clear about their location, and nowadays archaeological finds are often confirming these traditions.

It is impossible to describe all that we saw and experienced in these busy days but some of the highlights were: i) Mass at the Church of the Wedding in Cana, a moving experience for those renewing their marriage vows and also for the rest of us; ii) Renewing our baptismal vows on the banks of the River Jordan, where Fr Laurence poured water from the Jordan onto the heads of each of us, and where Jesus was baptised by John the Baptist, signalling the start of his public ministry; iii) Our boat trip on the Sea of Galilee, a

period of calm and beauty where it was easy to imagine Our Lord teaching and praying; iv) the Church of the Beatitudes, a small church, beautiful in its simplicity. On leaving, the church was filled with the most beautiful singing, like being in heaven, and difficult to leave; v) JM from the Philippines making her Final Oblation in the underground Chapel of the Apostles, near the Garden of Gethsemane and giving a moving witness of her inner journey; vi) a powerful and meaningful walk along the Via Dolorosa's cobbled streets, where one could imagine Jesus' painful journey, falling on the uneven cobbles; vii) kissing the spot where Jesus died and touching the stone where He was laid out after his death, in the Church of the Holy Sepulchre; viii) Bethlehem and the Basilica of Nativity where Mary gave birth to Jesus. (Bethlehem is a sad place now in

continued on page 2

Next issue

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

Please send all items for the **Autumn 2019** issue including events from 1 September to: uknewsletter@wccm.org to reach us by **1 July**.

Editor:
Margaret Comerford

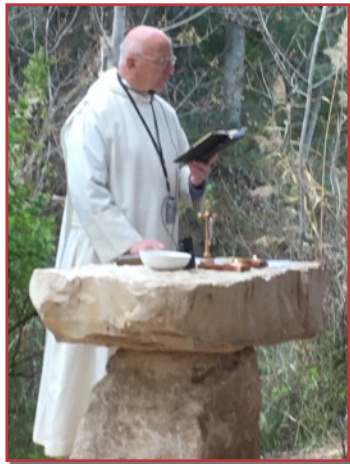
Events:
Pia Huber

Production:
Andy Goddard

Pilgrimage to the Holy Land continued from page 1

a way. The Palestinian inhabitants are surrounded by a high concrete wall, which makes them virtual prisoners in their homes. Those who need to go into Jerusalem for work or for other reasons have to queue at check points and show their papers to get in or out.); ix) praying at the Western Wall, all that remains of the great Temple built to hold the Ark of the Covenant, the holiest of all Jewish sites. We were offered Bibles in English here by two American students studying in Jerusalem.

The Pilgrim Centre in the Philippines organised the trip so well. We were a large international group, ages ranging



Fr Laurence celebrating on the bank of the River Jordan

from 7-year-old Spanish twins to eighty. We shared with each other, prayed and meditated together, creating a community of love and where bonds of friendship were soon formed. We were divided into smaller groups (with 'a shepherd and his sheep') and each group took turns in leading the prayers morning and evening. On our journeys to the various sites our excellent Israeli guide told us about the

history and geography of the land. We had daily Mass and meditations and periods of silence and reflection. Fr Laurence read appropriate sections from the bible, commented on them and asked questions as Jesus would have done with his disciples. In this way the stories 'sparkled' with new meaning – ('Have I really heard that story before?') and this led us into a much deeper understanding of the bible stories. We were really there, for example, on the Sea of Galilee, where Jesus walked on the water towards the frightened disciples in the boat. These moments can transcend time and space enabling us to locate these events in our own time.

Altogether it was an unforgettable experience. It was an education, not only about a totally different culture from our own, but also in that we will read the Bible now in a deeper and more meaningful way, as we picture each scene from a new angle. Most important of all, it will help to deepen our prayer life and bring us a little closer to the Lord. Deo gratias!



The Western Wall
The Temple, Jerusalem

Anita Finnigan

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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The Roots of Christian Mysticism

AN ONLINE COURSE

Learn about the deep and ancient tradition that we are all part of.

Explore The School of Meditation to discover the Christian tradition of contemplative prayer.

There are also Online Courses and free Resources to help you deepen your spiritual journey.



The School
of Meditation

theschoolofmeditation.org

Our Eileen Cox Legacy

You will know from previous newsletters that in late 2017, we received a substantial legacy from Eileen Cox, a meditator who lived in Ealing, London. As a community, we have felt strongly that this legacy should be used primarily for funding our aims in the UK: to share the gift of Christian Meditation according to the teaching of Fr John Main, and to help deepen meditators' practice. The Trustees of our charity have put in place a set of guidelines and a process to allow everyone to apply for a grant, which can be found on our UK website www.christianmeditation.org.uk

I am pleased to let everyone know we have been able to approve a number of grants so far:

- A set of retreat days for clergy and ministers to help them explore Christian Meditation in our tradition, and equip them to share the gift (Lancashire)

- Funding for costs associated with running Six Week courses in a local region (Lancashire)
- Purchase of materials to support Meditation with Children (Kent)
- Publicity for the meetings of local groups (Dorset)
- In addition, there is one application in the pipeline: to support a Christian Meditation initiative amongst a group of local churches.

The Trustees would like to encourage everyone in our community to consider whether they can think imaginatively about projects which we could fund, and which would support the aims of our community. It may be appropriate for meditators to form partnerships with people who would not consider themselves to be WCCM meditators, but are able to adopt the WCCM teaching that we offer to share the gift of meditation.



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.

The first step, if you have a project you would like to take forward, is to make contact with your group leader, regional coordinator, or of course me. I have had a good number of conversations with potential applicants, and I am always glad to hear of ideas.

Richard Broughton
UK National Coordinator

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

The School of Meditation

Essential Teaching Weekend

led by Alex Holmes & Julie Roberts

Friday 25 – Sunday 27 October

Xaverian Missionaries Centre, Coatbridge ML5 4JS

An Essential Teaching Weekend is not designed as a retreat but as a participative weekend. We look together at the history of the tradition of meditation as passed on by John Main, the essence of the practice and the psychological aspects of the journey. We also think about how to give an introductory talk and the sort of questions people ask when they begin.

The weekend is designed for people who have been meditating in the WCCM tradition for more than a year and may be looking the possibility of starting a new group – although there is no pressure to do this.

The Xaverian Missionary Centre (formerly known as Conforti Institute) is within easy access of Glasgow (25 mins by rail)

The rate for the weekend is subsidised at £85 to include all talks, meals, accommodation etc.

For an application form and a fuller description please email jacqrussell3@gmail.com. Or contact the UK office on 020 8280 2283



School of Meditation Retreat: 27 March - 2 April

"... Create
a clearing
in the dense forest
of your life
and wait there
patiently."

from "Clearing" by Martha Postlewaite
The first clearing of course was clearing the diary for a week, and then clearing out to Foxhill Retreat House near Runcorn in Cheshire. Twenty-one of us arrived from different directions and from different lives, ready to hold silence together. The house itself stands in a clearing, with lawns and daffodils sloping down on one side and a beautiful mature arboretum climbing up the hill behind. Our heightened senses rejoiced in both.

Then the repeated work of clearing away the accumulated stuff: eight silent gatherings each day, bringing the body to stillness and the mind to focus for half an hour again, and again, and again -- here I sit and here I stay. Is nothing else necessary -- really? not my thinking, my images of God, not even prayer, not even "Now I am doing my holy act"?

We learned eventually that we were not even creating the silence: we

were stepping into what was already there.

Liz Watson gave a talk each morning, offering some memorable images from John Main: the mantra is like a harmonic: we listen and gradually bring our whole selves to sound in harmony with it. Also "religion can be either a cage or a nest"; being pruned by holy secateurs (Ow!).

Twice each day Jacqueline read John Main excerpts and poetry; there was lectio divina, and we finished each evening with a Corymeela prayer.

And each day there was contemplative walking -- have you ever done this? Twenty-one of us single-file on the lawn walking very slowly, trying to keep step. Of course it looks ridiculous. But it works in a similar way to the mantra: you focus entirely on the movement, heel down, lift the back foot, roll forward, balance, now again. You have to stay in the present, working at the level of sensations, and keeping a very simple physical harmony with the person in front. After a while the ego gives up. I began to recognize Liz's equating of discipline with freedom.

Then the other sort of clearing: the gentle clarifying of our lives that goes on within, below, or after the



stillness. Perhaps we are learning at last to see "with the eyes of the heart". Of course the work was different in each of us. On the final morning we brought a remarkable variety of experiences and tokens to the chancel step.

And now the hard bit: how to maintain that clearing in the dense forest, that clarity of vision? Hm... I think I need to go about some of my commitments with an axe.

Hannah Stone

*an image used by Brother Martin of Bede Griffiths' ashram.

(Thanks to Roz Stockley for stepping in to assist with the retreat at short notice due to Julie Roberts breaking her arm and we wish Julie a speedy recovery.

NB Next year's School retreat will take place in Poole, Dorset 11-17 May.)

Francis Ward Miles



Frances, a much loved and committed member of the meditation group in York died on 27th August 2018 aged 99. She meditated with the group that meets at St Bede's Pastoral Centre for many years starting in the early 2000's, when John Auer led our group, until failing health prevented her attending.

She remained in close contact with fellow meditators and always remained interested in hearing news of the group.

I am aware that on one level I knew very little about Frances except the briefest outline of her life. She had two sons, Jeremy and Nick, grandchildren and great grandchildren who were a great focus in her life. She moved to Hartrigg Oaks, New Earswick, after being widowed. Her career was in nursing and social work. Meditation though had bonded us closely as a group and we glimpsed something of her essence.

The notion of the 'beginners mind' is at the heart of meditation and Frances exemplified this. She remained remarkably open to new ideas having begun to meditate in her eighties. She fully embraced the practice, attending retreats at Lindisfarne, The Briery, Ilkley, and Ampleforth Abbey. She enjoyed meeting new people, hearing new speakers and immersing herself in the silence.

She was by far the most senior member of the group and her insights reflected her life experience but she also retained an openness to new experiences which gave her an almost childlike quality and I wonder if it was this degree of receptivity that prompted Jesus to tell his disciples "Let the children come to me and do not stop them because the kingdom of heaven belongs to such as these" (Matthew 19 v 14).

When the group meditated together for the first time since Frances's death, those of us who knew her well felt such a strong and uplifting sense of her life and presence, of continuity and connectedness. In that silence the circle of birth, death and re-birth was very powerfully real.

Thank you Frances for all that you meant to us and gave us. We trust that through God's goodness you will rest in peace and rise in glory.

Rachel Hammond - Group Leader, York

Philip Kitchen: our Bonnevaux contact

Within the UK the Christian Meditation Trust (CMT) has been involved in supporting Bonnevaux and promoting the work and community building that is taking place there. My role is to work with the UK Community in this regard and to provide a point for people to facilitate 'connections with' Bonnevaux in as many helpful ways as possible.

This is a new role for me within WCCM. I have been given this opportunity to introduce myself and to give an early indication of the role I hope to play.

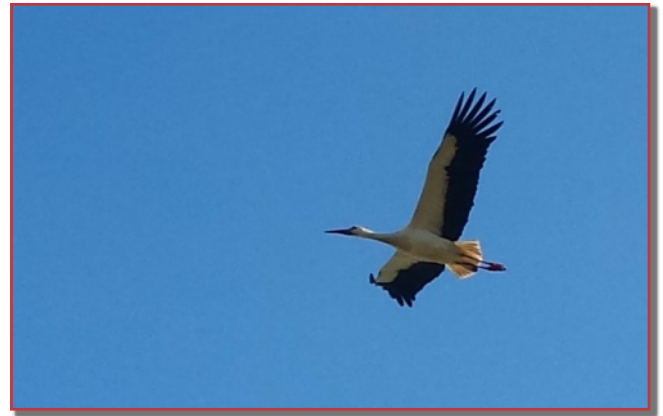
There are several such people around the world whose role it is to act as ambassadors for Bonnevaux to their national community, doing what they can to spread awareness of this new Centre and to encourage support for it. For me Bonnevaux represents a great opportunity for the World Community to provide an excellent expression of John Main's vision for the creation of community ... not just within a group or locality but also in a more far reaching sense. In my time with the Community this is one of the most exciting and challenging opportunities for WCCM.

It has been my good fortune to meet many meditators from around the world from within and outside WCCM. In pretty much every case there is a shared experience that serves to draw people of diverse backgrounds together. Through these changing times there is reassurance in seeing that people have much in common which leads to friendship and peace in a meaningful sense. Bonnevaux as well as serving the WCCM will play its part in building communities through meditation in many places.

My role is, simply put, to assist in providing a picture of the current activity at Bonnevaux and as far as possible the work that is in prospect. At present this is available in various ways and I plan to be able to signpost those ways for people. I am to meet with members of the UK Community in April to discuss ways in which my role can be elaborated in the most effective way.

Funding is an obvious area where I can help point people towards the increasing number of ways in which financial support can effectively be given to the Bonnevaux project. Much financial support has been raised already in terms of gifts and pledges – support around the world has been fantastic but there are ongoing needs for further funding. Other forms of support are and will be just as important. For those with ideas to support the project I intend to be able to connect you with the people in the team in France best able to help you provide that support in the right way and at the right time.

If you are talking about the work of WCCM to other people or groups to spread the word about the work at Bonnevaux and our plans for the future – I will be able to provide up to date information and resources to assist



you. The plans for the immediate future, are taking shape as can be seen on the website and are far reaching.

Perhaps you are a member of a group already planning to visit, perhaps you would like to arrange a pilgrimage to Bonnevaux on your own or with others or maybe you know someone who would enjoy and benefit from a visit. As the facilities come on stream and increase so the range of opportunities will develop.

In the immediate future there is a Holy Week Retreat in April; a blessing in June will open the Abbaye and Conference centre while the work on the Guesthouse continues; and a Young Adult Retreat is scheduled for July/August.

There will be more to bring to your attention as the year progresses but for the moment two bits of news from Bonnevaux – the local archbishop has endorsed the Community at Bonnevaux within the Catholic Community there. Some special guests arrived by air – storks landing in the grounds. Will they take up residence and meditate there I wonder!

Philip Kitchen – pakitchen@gmail.com

Meditation Companions



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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

Online Meditation

It is now almost 2 years since the first online meditation group was held here in the UK.

It was begun by a group of Oblates who, having experienced online meditation in the USA, wanted to offer these meditation sessions as a service to the UK meditating community in keeping with their promise to support the work of WCCM.

A group of five facilitators began offering a daily morning session at 7.30 UK time and within 2 weeks increased the number by adding daily evening sessions at 6pm. We are very proud of the fact that every single session has gone ahead as scheduled with facilitators covering for one another as and when necessary.

Since the start back in September 2017 our groups have been steadily growing with new people joining, some daily, some weekly and some occasionally as they are able. We are also joined not only by meditators from the UK, but by meditators from Spain, Australia and New Zealand.

Anyone who is a meditator is welcome to join. It can be especially enriching for anyone who cannot easily get to a physical group, also for meditators who do attend a physical group and value the opportunity to join daily with fellow meditators.

One of the fruits of these sessions is that the daily discipline of meditation is enhanced and community bonds strengthened by meeting regularly and sharing thoughts on Fr John's teaching or our spiritual journey.

A few months ago we started holding monthly oblate cell groups online. These cell meetings are attended by oblates who also attend physical cell groups and several lead physical meditation groups.

During the last year we have received 2 novices for the Oblate Path. One is now attending a physical cell group. And plans are taking shape to find a physical group for the other novice.

It is still early days in the life of online meditation and we are aware that we have a long way to go. We would like to be in a position to add other sessions at different times. We are aware that 7.30 am and 6pm is not convenient for everyone.

If you would like to see a group later in the evening, at a more convenient time for commuters, or an afternoon group, please let us know.

We are very willing to try to arrange extra sessions at times more suitable to everyone. So please do get in touch.

My contact details are julia.williamson3@ntlworld.com

To find out about all the online groups being offered both for UK and worldwide visit

<https://www.onlinemeditationwccm.org>

The website lists all WCCM online groups.

Julia Williamson

Some thoughts from online meditators

Finding a community. I live in rural Spain and discovering companionship and acceptance in our online group has been like receiving a precious gift. My willingness and ability to receive and experience this wonderful possibility is, I believe, evolving as I gradually learn to surrender to love. Thank you Julia and all the participants for holding this space faithfully - offering hospitality to all seekers

Josephine - Spain

Online meditation is a great way to help sustain the practice of meditation, particularly if one is solo. Being with a group helps remind us we are not perfect but on the way.

Also the format, start and finish on time helps with the discipline that we all need. The sharing if one wants to participate can deepen our spiritual awareness.

Clive - Australia

My meditation practice has been established for many years and varies from time alone to contemplative lectio and meditating in a group. My WCCM online group encompasses all these approaches and more. Without geographic boundaries there are no walls or physical constraints just a group of people who want to spend time in silence and in community. Shared echoes and insights reward time spent with others, many of the books on my shelves are a result of these conversations.

Geraldine. - UK

WCCM online has become such an important part of my daily spiritual life, that I do not know what I would do without it now.

Firstly the group itself is such a supportive family of spiritual friends whom I meet almost daily and feel I know them. I use the word 'meet' and not 'see' because there is nothing virtual about them, they are real friends.

Secondly, although I have meditated off and on for years, the twice daily community meeting is so helpful and makes meditating an easier commitment by having a leader and being guided. I now would not fail to join unless it were absolutely impossible.

It is not just the meditation, but also the discussions afterwards which are valuable in several ways. It is good to listen to the spiritual views of others and also to be introduced to books they have found helpful and to learn of people to add to one's prayer list.

When I was seriously ill earlier this year, the knowledge that they were supporting me was invaluable and an incentive to recover enough to join them again as soon as possible.

My mentor, Julia is so supportive, giving me the impression that I could contact her at any time. Without WCCM online we would not have met. We have plans to meet physically in the near future.

Thank you WCCM for adding to the spiritual quality of my life.

Jill - UK

Online Meditation – could it work for you?

Each session of online meditation has a facilitator who will guide the meditators through the session and I have been a facilitator for nearly 2 years now. I try to be online several minutes before we start to welcome all who come, though there are often early birds who are already patiently waiting.

The facilitator will start the session with a reading from John Main. (S)he will then recite the opening prayer followed by gongs to start the approximately 25 minutes of meditation and then sound gongs to close. We have a second reading and closing prayer to end the formal session and at that point some will say their goodbyes and leave. Those remaining will enjoy discussing the two readings or something that has arisen for them; this session is often very lively, thought-provoking and informative. The facilitator will keep an eye on the clock and bring the session to a close by the hour. Sometimes these sessions may finish a little early but we never overrun. It is a good way to start and close the day.

I have to confess I am not a computer geek or the most organised person so I have been known to get into the odd pickle. Last week my timer app (taken from the WCCM website and usually very reliable!) refused to work!! No gongs sounded. I switched it off and tried again....panic...I looked at the screen and the group were all peacefully meditating, they looked angelic! Phew; I hoped the gongs would sound at the end of the session but...silence...I started the second reading and said the closing prayer and we then had our discussion about the



readings and I closed the session. Not a word was mentioned about the lack of gongs. The problem with the timer was a one-off - these sessions usually work very smoothly.

So why not come and join us for a session and find out for yourself? You will be made very welcome; and once you enquire one of us will send full joining instructions. It really is so very easy.

You choose when and how often you join the group, no obligation to attend and no cost, just join when it suits you. It may even change your life.

I am a facilitator because I know how important meditation has been in my life.

Vicky Lamb



image: freepik.com

Internet Praying

Here we lose all time and place

Entering that inner space

Where the Spirit pulses grace.

The mantra moves like holy beads

A metronome among our weeds

And silences our noisy creeds.

On the screen we see each face,

So dear, so near, like an embrace

That weaves a unity of lace.

Here we sit, and all our needs

Drop a while like feathered seeds

For in our midst the Spirit pleads.

Aileen B Urquhart
10/3/2019

An Astonishing Secret

On 21st January Fr. Daniel O' Leary, warm friend to WCCM and much loved and inspiring spiritual writer, died. Writing in The Tablet just months before his death, as he faced 'the sometimes terrible hell of darkness' he prayed 'only to open my heart as far as it will go.'

The heart was always central to his teachings and his understanding of the Incarnation. The phrase "begin with the heart" which is also the title of one of his best known books, is the basis for the creative and dynamic vision that transforms us and the quality of our lives. His invitation to listen with the ear of the heart and look with the eyes of the heart, familiar in the mystical tradition, but mostly forgotten, is again placed gently and lovingly before us in his final book, *An Astonishing Secret*. I read this with an increasing sense of joy and recognition and also with a deep sense of gratitude as it distils his lived life-enhancing understanding and experience of the theology of nature and grace through the fleshing of God.

The first incarnation, he reminds us, was the creation of the Universe where God is the Mother of the Universe and is deeply involved in the love story of creation, completed in the Incarnation of Jesus who revealed the divine



beauty of the human heart. It is a theology of Love: a call to have the courage to break away from the of damaging concept of the watchful, punitive God of redemption theology which, even now, can still bind us. Rooted in our earliest Christian understanding of our relationship with God, inspired too and validated by Pope Francis, Fr. Daniel invites us to embrace an understanding of a God whose love is unconditional and who created us so that we could love more and forgive more and that God needs us to complete his work.

I first encountered Fr Daniel at a talk he gave at St. Marks on a chilly, rainy Saturday. To experience his warmth and deep well of hope was unforgettable and for those readers who have not encountered him in his lifetime, we are very blessed to have his rich spiritual teachings available to us in his many books and recordings. In the months before his death, Fr. Daniel also recorded ten 'conversations' based on *An Astonishing Secret*, which are available at <https://astonishingsecret.org> and from his website *Begin with the Heart*. It was through attending to this astonishing secret, that Fr. Daniel came to experience, over his lifetime, that the "hidden self" emerges and we begin to experience, in the here and now, the promised 'abundant life'. An astonishing invitation!

Jane Serrurier

Title - *An Astonishing Secret: The Love Story of Creation and the Wonder of You*
Author - Daniel O'Leary
Publisher - Columba Press, 2018
ISBN - 1782183248

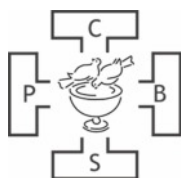
Weekly Teachings

Tucked away on the School of Meditation website are the *Weekly Teachings*, a treasure trove of information about Christian Meditation. Over 250 articles written by Kim Nataraja cover the essential teaching, the basis of our practice, our development as individual meditators and in groups, and the theology that underlies it all. They are an introduction to the great tradition rich with history and wisdom through which our personal journey unfolds.

I have used the teachings as part of my practice since last autumn. Some teachings are relevant to where I am on my journey and I return to them over several days; others are for the future, but I have seen the signpost!

The teachings are on the School website but, as with all treasure, are well hidden. This link will take you to the archive: <https://tinyurl.com/wteach> In each year, the teachings are in 'blog' order, most recent first, so you start at bottom of the last page. But it is worth the hunt!

Andy Goddard



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 Saturday 16 and Sunday 17 November. **Venue:** The Monastery of Christ Our Saviour, Turvey, Bedfordshire. 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 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 26 June, 28 August and 25 September 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): Saturday 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 more 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.

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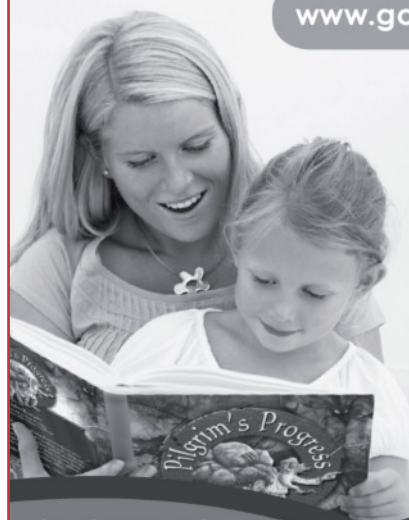


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Events from June. Please visit the Christian Meditation UK website for more details and to check for changes and additional events: [//tinyurl.com/cmuk-event](http://tinyurl.com/cmuk-event)

National

Friday 5 July to Sunday 7 July. Annual Conference: What the Body Knows with Dr Rowan Williams. This is fully booked.

School of Meditation Events. Contact: Jacqueline Russell jacqrussell3@gmail.com or phone UK office: 020 8280 2283:

Friday 25 to Sunday 27 October. School of Meditation Essential Teaching Weekend. Leaders: Alex Holmes and Julie Roberts. **Venue:** Xaverian missionaries centre, Coatbridge ML5 4JS. **Cost:** subsidised £85 includes talks, meals and accommodation.

Scotland

Saturday 8 June 10:30 -15:30. Christian Meditation Day: "in each other all along". Leaders: Graham Watts and Alex Holmes. **Venue:** Broughton St Mary's 12 Bellevue Crescent EH3 6NE Edinburgh. Garden Room, to the rear of the building, entry via the stairs on East Scotland Street Lane or the ramp on Bellevue Crescent. **Cost:** suggested donation £15/£10 concessions. Drinks provided, please bring packed lunch. **Contact:** Caroline Thompson carolinemt2001@yahoo.co.uk 0141 931 5368.

Southeast England

Monday 27 to Friday 31 May. Retreat: The Wisdom of Love in the Song of Songs. Leader: Stefan Gillow Reynolds. **Venue:** The House of Prayer, 35 Seymour Road, East Molesey, Surrey KT8 0PB. **Cost:** £320. **Contact:** Sisters of the Christian Retreat 020 8941 2313 admin@christian-retreat.org

Saturday 29 June 10:00 -16:00. On Beginning Meditation: Being Present Now. This day is open to all who want to find out how to meditate in the Christian tradition. **Leader:** Brijji Waterfield. **Venue:** The House of Prayer, 35 Seymour Road, East Molesey, Surrey KT8 0PB **Cost:** £25. **Contact:** admin@christian-retreat.org 020 8941 2313

Friday 11 October 19:00 to Sunday 13 October 16:00. From No-thing to Something; from Something to Nothing (Part 2). Leader: Brijji Waterfield. **Venue:** The House of Prayer, 35 Seymour Road, East Molesey, Surrey KT8 0PB **Cost:** £160. All things come from God and all things return to God - exploring this cosmic flow through the mystics. Second of two Linked weekends. **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, 35 Seymour Road, East Molesey, Surrey KT8 0PB **Cost:** £25. **Contact:** admin@christian-retreat.org 020 8941 2313

Eastern England

Saturday 8 June 2019. A Quiet Day in Maldon. Leaders: Rev Sandy Southee & Sr Jean Searson. **Venue:** St Mary's Church Church Street Maldon CM9 5HW. **Contact:** Sr Jean Searson for bookings jeansearson@gmail.com 07936599466

Saturday 12 October 2019. A Quiet Day at Chelmsford Diocesan House of Retreat. Leader: Valerie Quinlivan **Venue:** Pleshey Retreat House Chelmsford CM3 1HA. **Contact:** Val Hilsley valhilsley@btinternet.com

Northeast England

Friday 31 May to Sunday 2 June. Embodied Contemplatives – Christian Meditation and Tai Chi Retreat. Venue: Ampleforth Abbey, near York YO62 4EN www.ampleforth.org.uk **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766 486

Monday 29 July to Thursday 1 August. Embodied Contemplatives – Christian Meditation and Tai Chi Retreat. Venue: Ampleforth Abbey, near York YO62 4EN www.ampleforth.org.uk **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766 486

Friday 20 to Sunday 22 September. WCCM Yorkshire Region Retreat – "Boundless openness". Leader: The Revd. Canon Dr. Christopher Collingwood, Chancellor of York Minster. **Venue:** The Briery Centre, Ilkley, West Yorkshire LS29 9BW. **Cost:** £145. **Contact:** wccmyorks@gmail.com

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

Friday 4 to Sunday 6 October. Embodied Contemplatives – Christian Meditation Silent Retreat. Venue: Ampleforth Abbey, near York YO62 4EN www.ampleforth.org.uk **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766 486

Northwest England

Thursday 6 June, 4 July & 1 August 10:30 -15:00 Retreat Days for Clergy. Venue: Nazareth House, Ashton Rd, Lancaster LA1 5AQ. **Cost:** free. Please bring a packed lunch – hot drinks provided. Free parking available. **Contact:** Donna Worthington drworthington@live.co.uk

Saturday 18 May 10:00 - 15:30. Quiet Day at Dalton - Abide in Him and He in us: the work of the Holy Spirit. Leaders: Canon Ruth Crossley & Deirdre Hannah. **Venue:** St Mary's Church, Dalton, Dalton-in-Furness Cumbria LA15 8AZ **Cost:** Suggested voluntary contribution of £10, drinks provided, bring own lunch. **Contact:** Alison MacMahon 01228 343621 ally-mac@hotmail.co.uk

Saturday 27 July 10:00-16:00. A day to come together and meditate and walk in creation. Leader: CMC team. **Venue:** Cartmel Village Hall, Carmel, Cumbria LA11 6PS **Cost:** Donation of £10 or £5 requested. Drinks and cakes provided, please bring your own lunch. **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm

East Midlands

Saturday 21 September 10.30 for 11.00 - 16:00 Surrendering to Love - The Joys and Challenges of Meditation. Leader: Julie Roberts **Venue:** St Margaret Clitheroe Church, Hall Farm Road, Duffield, Derbyshire DE56 4FS **Cost:** Suggested donation to cover costs: £10 Drinks provided. Please bring your own lunch. **Contact:** Peter Short 07748911175

West Midlands

Saturday 7 September 10:30-15:30. 'A Quiet Day in Carole's Garden'. Venue: Walford Grange, Walford, nr Leintwardine, Shropshire SY7 0JT **Cost:** Donation £5. Drinks provided. Please bring your own lunch. **Contact:** Carole Dixon 01547 540683 carole@caroledixon.me.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. **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. Speaker: Liz Watson **Venue:** Marist Centre, Nympsfield, near Stroud. **Cost:** £185 bursaries available. **Contact:** Anita Finnigan 01305 259032, anitafinnigan@hotmail.co.uk

Saturday 27 July 18:45 for 19:00. Meditation and Meal. Annual Community evening. Venue: Clifton Cathedral, Bristol. **Details:** Roger Layet roger.layet@btinternet.com 01275 463727

Southwest continued

Friday 27 to Sunday 29 September. Weekend retreat. Can Christianity Evolve? Speaker: Rev. Don McGregor **Venue:** Ammerdown Centre, Radstock near Bath. **Cost:** £216 – or what you can afford. We want anyone who wants to come to be able to do so. **Enquiries:** John Roberts john.wilcott@gmail.com 01458 832704

Saturday 5 October 9:30-16:00. Dorset Meditators Day: "Deep Simplicity: The Freeing Wisdom of Meister Eckhart. Leader: Prof. Mark Burrows PhD. **Venue:** Brownsword Hall, Pumery Square, Poundbury, Dorchester DT1 3GW. **Cost:** Donation £12 Please bring own lunch. **Contact:** Anita Finnigan 01305 259032 anitafinnigan@hotmail.co.uk

London

Every Wednesday 19:00-20:15. 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

Friday 14 June to Sunday 16 June. 12 Step Spirituality Christian Meditation Retreat: 'In my end is my beginning – A journey from exile to affiliation'. Venue: The Kairos Centre, Roehampton London SW15 4JA. **Contact:** 020 8788 4188 bookings.kairos@psmgs.org.uk.

Meditatio Centre St Marks Church, Myddelton Sq London EC1R 1XX 020 7278 2070 meditatio@wccm.org www.meditatiocentrelondon.org Bookshop opening times: Monday - Friday 10:00-17:30

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

Fridays 10:00 – 12:00 Yoga and Meditation

First Thursday of every month 18:30-20:00 On beginning Meditation: an Introduction to Christian Meditation

Single events:

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

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.

Saturday 20 July 10:30-16:00. A darkness all of light. Leader: Martin Laird OSA. **Cost:** £30 concessions £20. Please bring a packed lunch. Coffee and tea provided.

Saturday 31 August 10:30 – 16:00 A retreat day with Sheik Kabir Helminski. Cost: £30. Concessions £20 Please bring a packed lunch. Tea and coffee provided.

Wednesday 11 September 2019 18:30-21:00. Yoga and the Journey of Self-transformation. Cost: £15 Concessions £10 Light refreshment provided.

Thursday 19 September 2019 18:30-21:00. The Spirituality of the Twelve Steps. Leader: May Nicol. **Cost:** Suggested Donation £10. Light refreshment provided.

Saturday 21 September 2019 10:30-16:00. A Day with the Russian Thinkers. Leader: Josie Von Zitzewitz. **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Thursday 26 September 2019 18:30-21:00. Moving with the Spirit. Leader: Linda Richardson. **Cost:** £15 Concessions £10. Light refreshment provided.

Saturday 12 October 2019 11:00-15:30. A Day of Renewal - London Group Leader's Day. Leaders: London Coordinators. **Cost:** no more than £5 as a contribution to Lunch. **Contact:** 020 8280 0049 or email uk@wccm.org

Saturday 19 October 2019 10:30-16:00. Becoming Friends of God and Prophets: Holiness According to Thomas Merton and Pope Francis. Leader: Daniel Horan OFM. **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Saturday 26 October 2019 10:30-16:00. The Sense of Wonder. Leader: Prof Mark Burrows. **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Wednesday 6 November 18:30 -21:00 and 13, 20, 27 November 4, 11 December. Finding the Way A Course on Meditation Spiritual Growth – a six week course (commitment required). Cost: £15 per evening or £75 for whole course Concessions: £10/£50. Sign up and pay on the course. Light refreshments included.

Saturday 23 November 2019 10:30-16:00. A Day of Detachment – Meister Eckhart: Being (and Unbeing) in the Modern World. Leader: Dr Rebecca Stephens. **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Saturday 30 November 2019 11:00-15:30. Advent Quiet Day. Leaders: London Coordinators. **Cost:** suggested donation £10 includes a simple lunch. **Contact:** 020 8280 0049 or email uk@wccm.org

Saturday 7 December 2019 10:30-16:00. Turned by Divine Love. Leader: Bishop John Stroyan. **Cost:** £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Saturday 14 December 2019 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.

5 June: The Coming of the Holy Spirit.

3 July : Fortitude.

7 August: Temperance.

4 September: Fear of the Lord (Hope) Speaker: Fr Robin Burgess

2 October: Reverence.

4 November: Gifts and Fruits of the Spirit.

3 December : Emmanuel.

Silence in the City

See www.silenceinthecity.org.uk for the programme, or contact info@silenceinthecity.org.uk. 020 7231 6278 or 020 7252 2453.

Unless stated otherwise all talks are at:

Westminster Cathedral Hall, London SW1P 1QH.

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

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.

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✉ uk@wccm.org

🌐 www.christianmeditation.org.uk

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ukmeditationwithchildren@wccm.org

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Clergy: Contact UK Office

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Palliative and Long-term Care: Linda Bentick—01743 243132
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