

# meditation news



Newsletter of The World Community for  
Christian Meditation in the UK

Autumn 2019

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

Please send articles for the **Winter 2019** issue to: [uknewsletter@wccm.org](mailto:uknewsletter@wccm.org) to reach us by **1 October**.

Space is limited and if the item is more than 700 words please contact us in advance.

Please send events to: [events@christianmeditation.org](mailto:events@christianmeditation.org)

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## What the Body Knows Thoughts from the UK Annual Conference.



Richard with the Community Panel

### Richard – National Coordinator

When I stood up to say our thank-yous at the end of the conference, I realised that more than 30 people had made contributions to our weekend! My own impressions were of a rich time of gathering: Archbishop Rowan's teaching helped us deepen our practice, and the workshops and community panel demonstrated how our community shares the gift of meditation through the UK.

Our times of meditation together were profoundly still, although in a packed room of 230 people, and anchored the weekend in silence. On Saturday, the nine workshop leaders showed how their personal practice flowed out into their particular life callings, and out again in

their sharing with us. In our community matters panel, eight individual meditators offered insights into practical ways that the gift of meditation is shared day by day across the country.

Archbishop Rowan is a patron of the WCCM and a friend to our community, and his lifetime of speaking and writing shows a contemplative understanding of Christianity to our churches and our world. For this conference, he spoke affectingly of God's honouring of what is frail and fading, and God's love of what doesn't last. I was especially touched by his skilled leading of our plenary on Sunday morning; by telling a story of St Seraphim and the radiance of the Spirit within him, and a

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## *What the body knows* continued from page 1

good number of people from the floor were moved to ask for the microphone and to share their personal stories.

Our Eucharist was celebrated by Archbishop Rowan to close the weekend. Songs and chants were lead by Delyth Cresswell and the music group, and readings and prayers were offered by community members.

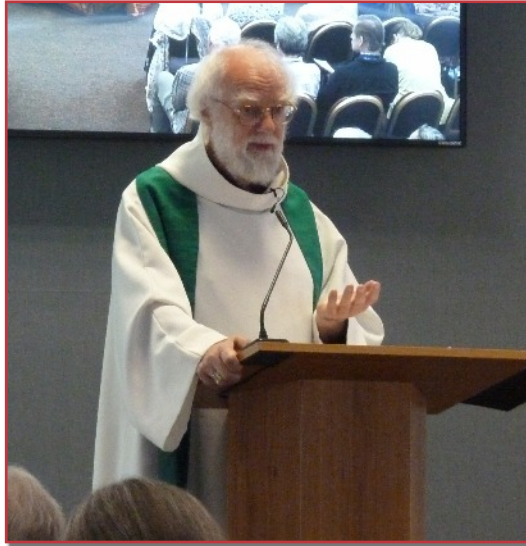
We are all so grateful for Jacqueline Russell's commitment in organising our national conferences for many years, and on everyone's behalf I'd again like to thank her most warmly.

### Janet Robbins

The UK Conference 2019 was Jacqueline Russell's swan song! Jacqueline has been successfully organising this annual event for many years and this was her last one and it was a sell out! High Leigh conference centre saw over 230 meditators coming to hear the wisdom words of Rowan Williams and to join in one of the 9 workshops that were held throughout the July weekend. The weather was such a blessing, summer in all its colourful array. So the gardens and surrounding meadows could be enjoyed during free time.

What holds us together during these weekends is our meditation time. As John Main reminds us, meditation creates community, a community of love. In a community matters session, we heard from fellow meditators, who shared their experiences of meditation in a wide range of settings, from working with schools, mental health settings and prisons. We heard about daily life in Bonnevaux and how we support meditators through our regional teams, on line meditation groups and a friendship network. And this sense of being where we are, earthed and reaching out resonated in the talks given by Rowan Williams.

He began his talks by using the word pause. When we meditate, we are pausing in the struggle to make a difference, screening out the bedlam, allowing the inner door to open, our actions coming from the centre of our being. He then explored the way in which we inhabit and receive, absorbing the reality of life, recognising the fact that we belong to the material world. We were reminded about the way in which children learn, the physicality of their world, touching, feeling, seeing, inhabiting and receiving.



Archbishop Rowan Williams

We learn to become fully human, frail and failing, rejoicing in this failing as part of the world God made, part of all nature, earthed. We were given the powerful image of joyfully flinging ourselves prostrate in the earth, the mud, the matter of life! Another powerful image was of a leaf gently floating on the surface of the water, the connectedness, the awareness of otherness and shared space. The leaf on the water reminds us of our own bodies, the sheer touch of reality, the radiance that is within us and all around us. When we

recognise that our own bodies are frail and failing, we can move on, growing in trust, resting in the stream of divine radiance of the real."

### Rev Tom Carson

After a lot of stopping and starting in meditation for about three years, last Summer I finally decided to get serious about the twice-daily discipline. Attending my first WCCM UK annual conference in July serendipitously turned out to be the anniversary of that new phase in my spiritual life. It has been a year in which I have seen wonderful fruit of meditation in my life and I have eagerly shared with anyone who has shown the slightest interest what a gift it is. Having listened to almost every talk on the WCCM's SoundCloud

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## meditation news

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## 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)

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**Or contact:** WCCM UK Office, Lido Centre,  
63 Mattock Lane, London, W13 9LA  
Tel: 020 8280 2283

## What the body knows *continued from page 2*

account, and read lots of John Main and Laurence Freeman, I was very excited about sharing a weekend with others who love silence. It did not disappoint.

The talks from Rowan Williams were profound, and I think we gained as much from his presence and manner as we did from the words he shared. He explained that our contemplative practice helps us to become more fully human. When we pause to meditate, we decide to be a body, just as we are: "we inhabit, we receive". I felt that in Rowan we could see a human being who inhabited, received - and radiated God's light.

At one point, when talking about the bodily experience of ageing, Rowan wryly apologised to those at the conference under forty-five - "both of them!", he said. In fairness, there were probably 3 or 4 more than that, but speaking as one of those in that age bracket, he needn't have apologised at all: his comments about the fragility of the human condition were equally relevant to all and my experience of the warmth of the community at the conference made one's age completely irrelevant.

For me the most inspiring message was that this perspective on our 'bodily-ness' changes how we see success and failure. Rowan suggested that God loves what changes, fails and doesn't last, but because he loves it, it lasts! Our job is to love what fails and doesn't last in the

name of God who loves what fails and doesn't last. And this challenges all of our other measures of human value and worth.

As the Chaplain of a large independent day school in Devon, where pupils measure their worth on exam success, virtual 'likes' and career prospects, this was the message I treasured in my heart as I left the conference, along with an excitement about continuing my own daily practise of meditation and sharing that gift with the children and teenagers at my school.



## Recordings of Archbishop Rowan's talks

The keynote talks were recorded and we plan to make them available on the WCCM SoundCloud by the end of August. Details of how to listen and download the talks will be added to the UK website homepage.

## National Conference 2020.

Please save the dates of next year's conference which will be held at Swanwick near Derby on June 12-14.

The theme is *Contemplative Practice and the Climate Emergency*. Speakers include Laurence Freeman, Carmody Grey, Patrick Woodhouse and Prof Tim O'Riordan.

More information will be available in the next newsletter.

## 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 Bob Morley**

**☎ 07704 419 526**

**✉ rgm1@live.co.uk**

## 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



## Conference Meditation Readings

Readings before meditation were all taken from “**Silence and Stillness in Every Season**” by **John Main**, edited by **Paul Harris**.

They can all be found in the order they were read under the following dates:

**July 1, July 4, September 19 & July 18.**

### Readings after Meditation

**The Lord’s Prayer** - from the New Zealand Prayer Book

*Eternal spirit, Earth-maker, Pain bearer, Life-giver,  
Source of all that is and that shall be,  
Father and Mother of us all,  
Loving God, in whom is heaven:  
The hallowing of your name echo through the  
universe!  
The way of your justice be followed by the peoples of  
the world!  
Your heavenly will be done by all created beings!  
Your commonwealth of peace and freedom sustain  
our hope and come on earth.  
With the bread we need for today, feed us.  
In the hurts we absorb from one another, forgive us.  
From trials too great to endure, spare us.  
From the grip of all that is evil, free us.  
For you reign in the glory of the power that is love,  
now and forever.  
Amen.*

**Singing Bowl** by Malcolm Guite

*Begin the song exactly where you are.  
Remain within the world of which you’re made.  
Call nothing common in the earth or air.*

*Accept it all and let it be for good.  
Start with the very breath you breathe in now,  
This moment’s pulse, this rhythm in your blood.*

*And listen to it, ringing soft and low.  
Stay with the music, words will come in time.  
Slow down your breathing. Keep it deep and slow.*

*Become an open singing bowl, whose chime  
Is richness rising out of emptiness,  
And timelessness resounding into time.*

*And when the heart is full of quietness  
Begin the song exactly where you are.*

**The Thread** by William Stafford

*There’s a thread you follow. It goes among  
things that change. But it doesn’t change.  
People wonder about what you are pursuing.  
You have to explain about the thread.  
But it is hard for others to see.  
While you hold it, you can’t get lost.  
Tragedies happen; people get hurt  
or die; and you suffer and get old.  
Nothing you do can stop time’s unfolding.  
You don’t ever let go of the thread.*

**Thomas Merton** – two pieces originally from **New Seeds of Contemplation** but found together in “**A book of hours**” edited by **Kathleen Deignan**, page 137

*“Learn how to meditate on paper. Drawing and  
writing are forms of meditation.  
Learn how to contemplate works of art.  
Learn how to pray in the streets or in the country.  
Know how to meditate not only when you have a  
book in your hand.  
But when you are waiting for a bus or riding in the  
train.  
Above all, enter into the liturgy and make the  
liturgical cycle a part of your life –  
Let its rhythm work its way into your body and mind.*

*Let there be a place somewhere in which you can  
breathe naturally, quietly, and not have to take your  
breath in continuous short gasps. A place where your  
mind can be idle, and forget its concerns, descend into  
silence, and worship the Father in secret. There can be  
no contemplation where there is no secret.*

**There always, always something sings** by Ralph Waldo Emerson

*...It is not only in the rose, it is not only in the bird,  
not only where the rainbow glows  
nor in the song of woman heard.  
But in the darkest, meanest things  
there always, always, something sings.*

*’Tis not in highest stars alone, nor in the cups of  
budding flowers,  
nor in the red-breast’s mellow tone,  
nor in the bow that smiles in showers:  
but in the mud and scum of things,  
there always, always, something sings.*

## SHARED SILENCE: Love and Compassion

### Christian and Buddhist dialogue at St. Woolos' Cathedral, Newport – 4 May 2019

Posters for this event showed a picture of a face. One side was that of Jesus and the other side that of the Buddha. The poster was on show outside the Cathedral and the Residential Canon Mark said that no-one had raised any objections. Progress indeed. We were welcomed at the Cathedral and Canon Mark remained with us for the entire session - another great encouragement.

Nick Adams, who describes himself as a pioneer priest of the Upper Islwyn Valley initiated the event and drew upon people from the WCCM (World Community of Christian Meditation) and the Western Chan Fellowship (Bristol and Cardiff) for input. We think that as many as 40 of us gathered together on a cold but fine day.

Barbara Jones (South Wales coordinator for WCCM) asked if my husband and I could write about the event. Peter is a Buddhist and I am a member of WCCM. Nick spoke briefly about his idea for the event and we began with a short shared silence of ten minutes. Pat Simmons from the Western Chan Fellowship gave a talk on her experiences and the Buddhist experience of Love and Compassion. Relevantly she spoke about going on a Buddhist retreat where she found herself meditating on 1 Corinthians 13! It was a wonderful way of us feeling that we were united. Caroline Price (WCCM, Bristol) was the second speaker and I leave Peter, as a Buddhist, to give his response to what she said.

Perhaps the part of the event that provided the most fun was when we were separated into three groups to decorate a mandala. It was a creative thing to do and made me get to know and feel close to people whom I didn't already know - Christians and Buddhists although it didn't feel relevant to know which is which.

We were all provided with 'How to Meditate' leaflets- one from the Western Chan Fellowship and the

other from WCCM. What struck me was their similarity. We had a chance to do a short walking meditation and were asked to comment on how we felt about decorating the mandala and our response to the talks. The words 'harmony', 'love and compassion' 'unity' were used. Who could ask for more?

I'll hand over now to Peter.



Decorating the mandala

Pat's talk also emphasised how Buddhists view the world as essentially completely interconnected. She illustrated this with the striking image of Indra's Net of Jewels where a spider's web-like network has a drop of dew or a jewel at each intersection and each of these droplets carries the reflection of every other one and the reflections of the reflections, etc. Caroline started by describing how the Hebrew word ruach (רוּחַ) meaning 'spirit; also means 'breath'. She then used the poetic image of a secret chamber in the heart to illustrate the process of Christian meditation whereby we can, with practice, start to dwell in this inner sanctuary. She emphasised that this chamber can even be so secret that, before a

meditation practice is started, its 'owner' may be unaware of its existence. Caroline also described how a mantra 'maranatha' (meaning 'Come Lord' or 'The Lord has come') is often used. It is striking how both meditative traditions harness the breath, and its use in a mantra, as a central idea.

There was a shared silence after each talk and, towards the end of the session, we gathered in three groups around the mandalas that we had made together to discuss what we had experienced over the morning. What was powerfully evident to me was that Buddhists and Christian meditators have so much in common, but also that the differences between them are also important and we were able to explore these. For example, we Buddhists were able to learn that prayer and meditation are not the same thing, but that meditation in the Christian tradition is one form of prayer.

The session lasted two and a half hours which seemed to fly by leaving me feeling that a door had been eased ajar, and we had only caught a glimpse of what lies within this dialogue between Buddhist practice and Christian meditation.

*Diana and Peter Morgan*



#### 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.

## Reflection

In May we had our annual West of Scotland day of Meditation and talks led by Alex Holmes and Graham Watts. In Alex's talk he quoted 'Make your home in me, just as I do in you' (John 15.4).

This linked beautifully with one of our two meditation sessions in which we walked in silence slowly round the woodland garden, through the orchard and through the front garden, or sat in the sun or stood and absorbed the warmth and silence.

The morning was warm and sunny, the rhoddies and azaleas glowed in their lovely colours amid carpets of bluebells. In the orchard little pink petals descended from the cherry trees like an angelic blessing. It came to me as I observed people absorbing the peace and beauty, that the scenes before me felt as if we were in one of the chambers of God's loving heart, quietly communicating with Him and being richly blessed by His loving presence.

A final quote from Alex, 'I am with you always even unto the end of time' (Matthew 28.20) tied in beautifully with a little painting of this verse hanging over the door of our spare room. It was the first picture I ever commissioned or bought, over seventy years ago, and it says 'Lo, I am with you always'.

And remember: 'One is nearer God's heart in the garden than anywhere else on earth'.



'the rhoddies and azaleas glowed in their lovely colours...'

Michael Wilson

## 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](http://theschoolofmeditation.org)

The School of Meditation

## Save the Dates! 2020 School Events

### Essential Teaching Weekend.

Friday 20 to Sunday 22 March 2020.

Bishop Woodford House,  
Ely CB7 4DX

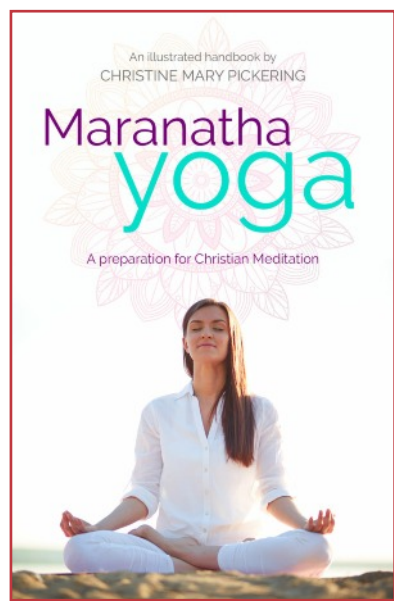
### Seven Day Silent Retreat.

Monday 11 to Sunday 17 May 2020.

The Greenhouse Christian Centre.  
Poole BH13 6DT

Details and booking information will be available later in the autumn on the UK website [christianmeditation.org.uk](http://christianmeditation.org.uk)

## Maranatha Yoga – a Preparation for Christian Meditation by Christine Pickering



The ultimate purpose of Maranatha Yoga is to prepare us in body, mind and spirit for the discipline of silence and stillness as practised in the tradition of Christian Meditation. It combines the benefits of yoga practice with the healing power of sacred prayers and key Christian texts and, in so doing, creates a bridge between eastern and western approaches to

spiritual enlightenment. More than a means to 'keep fit' it is also a way to 'keep faith' and a means whereby we may find ourselves at home with the inner Christ who dwells in our hearts. As a preparation for Christian meditation, it aims to balance the active and contemplative aspects of our lives and to bring us to oneness, within ourselves, with others, with nature and with our creator God.

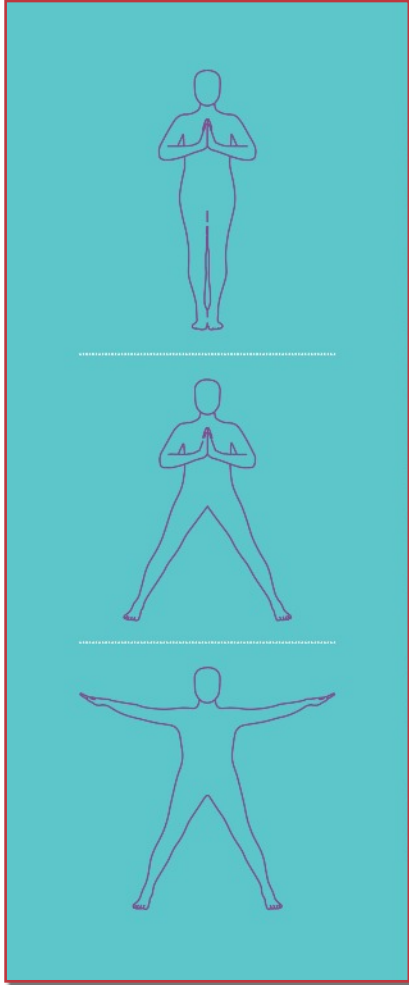
The illustrated handbook is the outcome of my calling to the mission of teaching and promoting Christian yoga to the wider public in an authentic way that is inclusive and open to individuals of all faiths (or none). The introductory chapters of the book explain how I have been developing this way of practising yoga at home for almost 20 years, ever since I was first introduced to the tradition of Christian Meditation by David Wood, a priest in Maryport. He established Christian Meditation in Cumbria as part of the WCCM and it was only when I began to attend the meditation days led by David, that I knew in my heart I was 'coming home' to God. I have David to thank, not only for nurturing my Christian faith, but also for helping me to see that my passion for practising and teaching yoga could be harnessed to enrich the practice of Christian Meditation. I started to give workshops, both locally and further afield, and it was David who first suggested I should write a practical handbook to guide the practice of Christian yoga. In 2008 when the BBC programme 'Songs of Praise' was featuring a series on the theme of health and well-being, they contacted me to enquire about Christian yoga and subsequently invited me to appear on the programme to explain and to demonstrate this approach. The broadcast generated a wide response and requests for further

information which provided added stimulus to write a handbook to guide practice. My aim has been to offer yoga postures and integrated practices in ways that strengthen and deepen an ensuing practice of Christian Meditation. More recently, I have been encouraged and supported by the Christian community in Cumbria under their current diocesan 'God for All' initiative and an opportunity has arisen to develop Christian yoga as a 'fresh expression' of church. However, for these purposes it was felt we needed to give the practice a new name. Maranatha Yoga seemed the obvious choice because Maranatha is the sacred mantra recommended by WCCM to lead us into the stillness and silence of meditation. The word is Aramaic, the native language of Jesus, and means 'Come, Lord.' In this way, Maranatha Yoga has developed to respect the deep traditions of yoga whilst celebrating the Christian message in a way that is open to all.

I am very aware of misconceptions that exist in some parts of the Christian church about the practice of yoga and concerns about its possible links with 'eastern mysticism'. One of the key purposes of the book is to bridge and reconcile such misunderstandings. Comments on the tensions between the practice of yoga and Christianity have featured regularly in the national press. Statements such as 'yoga is an unsavoury activity that could endanger your soul' and the banning of yoga classes from church halls do little to bridge this gap and promote mutual understanding. A core element of friction seems to be the (mis)perception that yoga is an Eastern religion which may, or may not, involve the worship of 'pagan' gods. Originating in India, a country with a rich spiritual inheritance, Yoga comprises one of the six orthodox schools of Indian philosophy (*darsanas*), best described as an existentialist enquiry into the nature of man and his place in the world. In the words of Paul Fox (former Chair of The British Wheel of Yoga (BWY)): *Yoga is not a religion: but it is a spiritual practice because it involves looking within and asking questions about who we really are... it predates the world's great religions and requires no adherence to any particular belief, dogma or creed... it is compatible with (and indeed complements) religious belief.* Whilst this might not be a universally accepted view, it is a stance upon which Maranatha Yoga is based. In another article, Gordon Smith, a long-standing BWY member, suggests 'if there is uneasiness about things Eastern, why not practice Christian yoga as it will be discovered that, as knowledge and understanding

*continued on page 8*

*Maranatha Yoga continued from page 7*



deepen, inconsistencies melt away and there will be an awareness of the affinity with best practice and with the Way, the Truth and the Life’.

In its original form, more than 4,000 years ago, yoga was essentially the practice of silent contemplation and the physical aspects of yoga developed subsequently as a tool to prepare the body for such sustained periods of stillness. Many of the more popular exercises seen in modern yoga classes were created within

the last 200 years and there is now a danger that the spiritual aspects of yoga could become secondary to the physical. Maranatha Yoga maintains the original concept by preparing both body and mind for the silence and stillness of the practice of Christian Meditation.

I have been struck by many of the parallel teachings between the ancient yoga texts (Vedas, Upanishads, Bhagavad Gita, the Yoga Sutras of Patanjali) and the Old and New Testaments of the Bible. These include: reflections upon universal creation; man being created in the likeness of God; the body as a temple of the Spirit and the concept of seeking and finding God within. Whilst originating from completely different cultures, the commonalities between the texts convince me that yoga and Christianity do complement each other and can be more closely integrated.

A typical Maranatha Yoga session begins with opening prayer and a brief introduction to the chosen spiritual theme, helping people set aside their daily worries, relax and focus on the overall aims. This is followed by a warm-up sequence, the purpose of which is to limber muscles and joints to prepare them for more sustained posture

work, also to promote greater ease and steadiness in the time of meditation. In Christian terms, limbering exercises are also a way of celebrating and giving thanks to God for the wonder of our creation and of taking responsibility for the good stewardship and care of our whole make-up. Traditional yoga postural sequences are then practised in synchrony with appropriate scriptural or other religious texts. The latter are recited (silently or aloud) and reflected upon during the different stages of the postures, thereby familiarising us with the words and creating within us a deeper understanding of their meaning. The following examples illustrate how this can be achieved.

- *Surya Namaskara*, Salutation to the Sun, reveres Jesus Christ, the Son of God and Light of the World. This energising yoga routine, coordinating movement and breath, is practised to the uplifting words of Isaiah, foretelling the coming of Jesus.
- The practice of *Ardha Chandrasana*, Half-Moon Posture, simulates the changing shape of the moon during its lunar cycle, honouring both creation and the way a Christian life reflects the light of Jesus. It promotes calmness and concentration whilst giving a vital lateral stretch and flexion to each side of the body.
- Christian scripture and yoga texts affirm that the Kingdom of God is both without and within us. Sustained *Trikonasana*, Triangle Posture, promotes balance, strength and stability and become the means to explore ourselves as temples of God’s Spirit. An apt prayer to accompany this is the Summary Commandments given by Jesus, as recorded in the gospels of Matthew, Mark and Luke.
- St Paul teaches us to be prepared to battle against external forces of evil and temptation from within. Similarly, the Bhagavad Gita deals with the tensions between good and evil and how these may be reconciled in our lives. In a Maranatha Yoga practice of *Virabhadrasana*, Warrior Posture, the lengthened spine becomes analogous to a sword of wisdom as we pray to be Christian warriors and we consciously put on the armour of God to face life’s battles, stand firm and be strong in the faith.

These are just a few of the ways in which yoga postures can complement Christian teachings. Other examples are fully described and illustrated in the book that has been

*continued on page 9*

**Maranatha Yoga** *continued from page 8*

published to launch this new approach. As is normal yoga practice, the posture work is followed by a short period of relaxation in a supine position, *Savasana*. This allows the body to rest, recover and furthers the process of stilling the mind in preparation for subsequent meditation. This is very much in keeping with the invitation of Jesus: *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.* (Matthew 11:28-30).

In Maranatha Yoga the practice of meditation follows the format of that used by the WCCM. This uses mantra as a tool to lead us away from our own thoughts and concerns, in seeking to be with God. In my experience, those Christians new to meditation are sometimes uncomfortable with the concept of mantra, linking this with eastern religions. They are then surprised to learn that mantra-based meditation has a long history within the Christian church. However, this became restricted to the monastic tradition and was largely lost over time from the mainstream Christian community. The Benedictine monk, John Main (1926-1982), has been largely responsible for re-establishing the practice of Christian meditation, seeing it as a way forward for the renewal of the church and the world. Interestingly, he first learned the mantra method of silent meditation from the yoga master, Swami Satyananda (whom he met whilst on service in the Far East). Following the advice of his teacher to seek this method within his own tradition, John Main's research ultimately led him to adopt 'Maranatha' as his Christian mantra. It is probably the most ancient Christian prayer word and is used to conclude the First Letter of Paul to the Corinthians and the last book of the Bible. The recommended meditation time is 20-25 minutes and it is usually performed in a seated position. After a short introductory reading, the practice of meditation begins during which the mantra is repeated silently for duration of the session. It is usual to complete a Maranatha Yoga session with a closing prayer.

To arrive at this point has taken a lifetime's experience of Christian worship and of yoga practice, teaching and training under the auspices of the BWY. I am aware that the issues considered in this article are (and may continue to be) controversial. My intention throughout has been to provide a platform from which to defuse and reconcile some of the apparent misconceptions about the practice

of yoga within a Christian context whilst enabling believers to integrate their faith with their yoga practice in a fresh and creative way. The examples in this article demonstrate the principles of Maranatha Yoga but they ought not to be prescriptive or limiting. Overall there are more than two hundred recognised yoga postures (including variations) which, together with the wealth of teaching and enlightenment in the Old and New Testaments, afford an almost unlimited spectrum of opportunities to create new and engaging ways to worship. I am now in the latter years of my yoga teaching career and one of my goals is to encourage others to take up the challenge of Maranatha Yoga and develop its practice and teaching for the future.

**About the Author**

Christine Pickering is a qualified yoga teacher and has been a teacher trainer for the British Wheel of Yoga (BWY). She has completed the 'Essential Teaching' course run by the WCCM to facilitate the teaching of Christian Meditation. She trained as a Spiritual Director with the Ecumenical Spirituality Team at Rydal Hall, Cumbria.

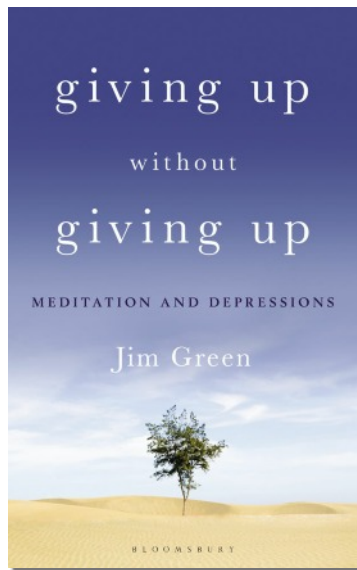


A practitioner of Hatha Yoga for 44 years, she has taught Christian yoga for many years and now teaches Maranatha Yoga in Cumbria in the UK.

Her new book entitled *Maranatha Yoga – a preparation for Christian Meditation* by Columba Press (ISBN 978-178218-354-9) was published in February 2019.

## *GIVING UP without GIVING UP: Meditation and Depressions*

Jim Green



This is a gentle book, written with loving kindness and compassion towards the reader.

Jim's approach brought to mind the words of St Benedict whose desire in writing his handbook of instructions for his monks was to give them *nothing... burdensome*. Thus the burden of depression feels a little lighter or at least more acceptable and understandable in the hands of one who has

himself experienced the *black bulls* and has sat with others in the same place. There is hope!

We learn that depression is not just a mental illness, rather a natural reaction to loss in all its various forms – be it the loss of a loved one, health, job, identity, etc. I love the way that the Yamuna people of South America defined depression using a word that described *the vulnerable phase in a crab's seasonal cycle when it has sloughed off its old shell and waits for another to grow*. This seems such a natural process! If we could only do away with the labels and think of this experience as a sadness brought about by life's losses which makes us vulnerable and causes us to suffer... and yet if we can wait and endure, new life will grow from it. If we can look on this as a positive rather than a negative experience (and sure that is hard to do when in the thick of it) it can be a time to stand still, take stock, readjust, re-evaluate and learn more about ourselves.

As Jim says: *Fullness can only come from emptiness, loss makes space for the arrival of the next unknowable gift* (p 16). He even ventures to speak of *the gift depression offers, it is the way it brings our unprotected vulnerability so close to the surface... Where is the kingdom? Exactly here...* (p 69-70).

I love the gentle way Jim weaves the practice of meditation into this book.

When we need to stand back a little from the depression talk, he turns to meditation and like the way we use the mantra in the practice, we keep coming back to it throughout the book. So meditation is never forced, just gently offered – not as the solution to everything, not as a cure. It will not take away the pain, but gradually we may learn to see things in a new way. We may become more aware, gain a deeper understanding of ourselves and others, grow in compassion. The focus is taken off ourselves, we choose to place our attention elsewhere *with the humble readiness to be in relationship with something that is not yourself, with the other* (p 129). And in this place of emptiness

and self forgetfulness, grace can enter in... the loss can be integrated, redeemed – there is healing – we become more whole.

I think signs and connections are given to reassure and strengthen us in times of suffering. So I love Jim's story of his mother's sapling magnolia tree and his attempts to grow a seedling from it and giving up – but not quite! A sign of life comes out of the darkness encouraging us to keep trusting even though as Merton says in his wonderful poem quoted towards the end: *I may seem to be lost and in the shadow of death*.

Thank you, Jim, for encouraging us to give up without ever giving up.

Sue Pexton

*Giving Up Without Giving Up: Meditation and Depressions* by Jim Green. Published 2019 by Bloomsbury Continuum.

### MEDITATION AND DEPRESSIONS:

### “GIVING UP WITHOUT GIVING UP”

### A DAY FOR REFLECTION, SHARING AND PEACE

*What if the suffering that we call depression contains experiences and lessons without which we cannot be fully alive?*

In the course of the day we will explore such questions together in a safe and supportive atmosphere. Our main resource will be the shared practice of meditation. Meditators from all traditions are welcome, as are those new to meditation.

The day will be facilitated by:

**Jim Green**, oblate of the World Community for Christian Meditation and author of *GIVING UP WITHOUT GIVING UP: Meditation and Depressions* (Bloomsbury, 2019)  
**Edmund Giszter**, psychotherapist and meditator

**VENUE:** Monastery of Christ Our Saviour, Turvey, Bedford MK43 8DH

**DATE:** Saturday 19th October, 2019, 10.30 – 4.00

**COST:** £25 (£20 concessions)

Copies of Jim's book will be available at discount price.

For more information and to book, contact:

**Jim Green:** givingup@greenjim.co.uk

## West Midlands Spring Retreat – May 2019.

It is with a deep longing to return to Noddfa, North Wales, that I write these few words describing the West Midlands Retreat weekend in May. Noddfa means *refuge* and this beautiful house and surroundings emanate an energy that draws you back... like coming home.

It is protected by the dark mountain behind, and open to the infinity of the sea it overlooks.

The retreat had the title *Going Beyond* and our guest speaker, Janet Robbins, an oblate in the WCCM community, led us through St. Benedicts 12 steps of Humility. She guided us with true openness often referring to her own journey to understanding these steps. She quoted from many great teachers, her main inspiration coming from Joan Chittister's book *Radical Spirit* and Meister Eckhart's teachings, but she strongly emphasised that each one of us, in our *enoughness*, is a guide for each other.

I was unaware of these 12 steps. Humility apparently meaning earthed, authentic and grounded in being. I wondered if perhaps others might also benefit from my listing them with a few added snippets of Janet's wise and thoughtful guidance below.

### 1. Recognise that God is God.

Janet talked about becoming more aware and open to our Ego centred self and recognising the emptiness of life from this perspective.

### 2. Know that God's Will is best for us.

By becoming free from our small sense of 'me' we become more truly alive when we're connecting with others. Janet quoted 'We have to learn better to not think we know better'.

### 3. Be open and Trust in the other.

The world feels a safer place with just a smile and soft sparkling eyes.

### 4. Endure the Pains of Growth and do not give up.

By bearing small things we are strengthened to bear hard things better. Our Light grows stronger in the darkest time.

### 5. Acknowledge Faults and strip away the Masks.

When we share our story and listen to others with the ears of the heart and without judgement, we can be ourselves just as we are. Another of Janet's quotes *Who would we not love if we knew their story?*

### 6. Be content with less than the best.

We are extraordinarily ordinary, and we have nothing to prove.

### 7. Let go of False Self.

When we can expose and accept the awfulness in ourself and know how wonderfully flawed as we are, we can let go and move on, understanding that we can become *more*.

### 8. Preserve Tradition and learn from the Community.

We hold the balance between the old and the new, knowing Community binds us together. How resistant are we to change.

### 9. Listen

God finds us only when we let go of words and enter the living silence that nourishes the soul. Janet often repeated *Listen with the ears of the heart, see with the eyes of the heart*.

### 10. Never ridicule anyone or anything.

We can find ourselves with a false sense of superiority. This sense of *Us and Them* diminishes our souls. We need courage to stand amongst those that criticize and just *stay*.

### 11. Simple, Gentle, Authentic Self presentation.

Speak kindly and talk as we'd like the whole world to talk. Every person makes an impact on another.

### 12. Be Serene and Calm.

Redeeming and Reclaiming our Life.

This time together at Noddfa was a time of true insights and true community.

We spent a day in silence resting in a space of reflection acknowledging the other without need for words, We meditated together, celebrated Mass together and we spent time sharing in a space of trust and authenticity. We were inspired in a lesson of Thai Chi and a walking meditation, both in the beautiful garden of Noddfa. Walking the labyrinth is hopefully waiting for next time.

Thank you, everyone, for the gift of this shared time together.

*Sally de Ville.*



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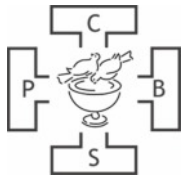
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*We look forward to connecting with you soon!*



## 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 Saturday 1st February 2020 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 28 August, 25 September and 30 October 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 14 September, 19 October and 14 December. 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.*

**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**

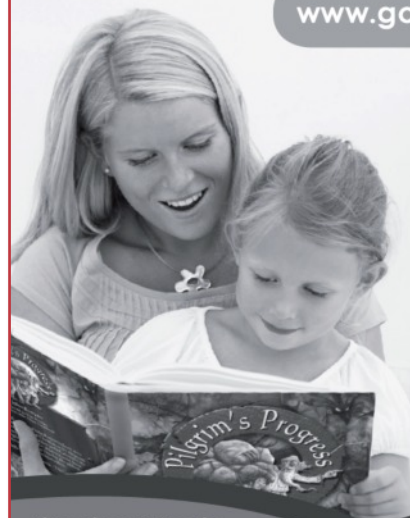


# Christian books

## WCCM UK DISTRIBUTORS

See online the range of books, talks, and DVDs

[www.goodnewsbooks.net](http://www.goodnewsbooks.net)



- Resources for schools & churches
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**Opening times:**  
Office: 9 – 5 Mon – Fri  
Shop: 10 – 4 Mon – Fri

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St John's Church Complex  
296 Sundon Park Road  
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LU3 3AL

**01582 571011**  
[orders@goodnewsbooks.net](mailto:orders@goodnewsbooks.net)

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

## National

**Friday 12 to Sunday 14 June 2020. Annual Conference: Contemplative Practice and the Climate Emergency.** Venue: Swanwick, near Derby. More information available on the website in the autumn. **Save the date!**

**School of Meditation Events.** Contact: Jacqueline Russell jacrussell3@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.

**Friday 20 to Sunday 22 March 2020. School of Meditation Essential Teaching Weekend.** Venue: Bishop Woodford House, Ely, CB7 4DX. Cost: subsidised £85 includes talks, meals and accommodation.

**Monday 11 to Sunday 17 May 2020. School of Meditation 7 day Silent Retreat.** Leader: Julie Roberts. Venue: The Greenhouse Christian Centre. Poole BH13 6DT.

## Southeast England

**Saturday 28 September 10:30 – 16:00. Quiet Day:** Thomas Merton's *New Seeds of Contemplation*. Leader: Jan McGrory. Venue: Holy Ghost Church Rooms, 51 New Wokingham Road, Crowthorne, RG45 6JG. No charge but booking required. Drinks provided, bring and share lunch. Contact: Gilly Withers: gilly@btinternet.com

**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. Two Linked weekends - Part 1 was in March. 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 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

**Saturday 19 October 2019. Meditation and Depressions: Giving Up without Giving Up.** Leaders: Jim Green and Edmund Giszter. Venue: Monastery of Christ Our Saviour, Turvey, Bedford MK43 8DH. Cost: £25 (£20 concessions). Contact: Jim Green givingup@greenjim.co.uk

## Northeast England

**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

**Saturday 19 October 10:00 – 16:00. The Eternal Birth of God in the Soul: a day with Meister Eckhart.** Leader: Bridget Hewitt. Venue: Church of the Holy Nativity, Chapel House, Newcastle upon Tyne NE5 1DR. Cost: £10 Contact: bridget.hewitt@btopenworld.com

**Saturday 30 November 10:00 for 10:30 – 15:30. St Augustine on Peace.** Leader: Sr Margaret Atkins from Boarbank Hall Cumbria. Venue: The Chapel, Leeds Trinity University, Brownberrie Lane, Horsforth, Leeds LS18 5HD. Donation: £5 Refreshments provided but bring own lunch Contact: Sue Purkis 07702 692177 email: wccmyorks@gmail.com

## Northwest England

**Friday 13 to Sunday 15 September. Developing a Practice of Christian Meditation.** Leader: Liz Watson. Venue: Swarthmoor Hall, Ulverston LA12 0JQ Cost: From £170. Contact: 01229 583204 www.swarthmoorhall.co.uk

**Tuesday 5 November 10:00 for 10:30 – 15:00. Living with the Mystics – Angelus Silesius.** Introduced by Margaret Ives. Venue: Quaker Meeting House, Elliott Park, Keswick CA12 5NZ. Suggested donation: £5 to cover room hire cost. Drinks provided, please bring your own lunch. Contact: Bob Morley 016974 72644 or rgm1@live.co.uk

## 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 Suggested donation: £10 to cover costs. Drinks provided. Please bring your own lunch. Contact: Peter Short 0774891175

## 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 Donation: £5. Drinks provided. Please bring your own lunch. Contact: Carole Dixon 01547 540683 carole@caroledixon.me.uk

## Southwest England

**Wednesdays 4 September and 2, 9, 16, 23 and 30 October 19:00. Meditation followed by 6-week Beginners Course, 19:30 for 19:45.** Venue: The Minster, Court Barton, Ilminster, TA19 0DU. Contact: Susan Lendon 0146 52504 susanlendon@talktalk.net

**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 01458 832704 john.wilcott@gmail.com

**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. Donation: £12 Please bring own lunch. Contact: Anita Finnigan 01305 259032 anitafinnigan@hotmail.co.uk

**Wednesday 6 November 10:00 – 16:00. Somerset Meditators Quiet Day - The Contemplative Way of Prayer of St Francis and St Clare.** Led by: Rev Hazel Sharp. Venue: Abbey House, Glastonbury BA6 8DH. Cost: £30 to include buffet lunch. Enquiries: John Roberts 01458 832704 john.wilcott@gmail.com

**Wednesday 6 November 19:00 Andy Wistreich: Why, after 40 years' experience as a Buddhist practitioner, I so appreciate the Ilminster Community of Meditation.** Venue: The Minster, Court Barton, Ilminster, TA19 0DU. Contact: Susan Lendon 0146 52504; susanlendon@talktalk.net

**Saturday 14 December. Quiet day for Advent** (check the UK website for details). Leader: Caroline Price. Venue: Emmaus House, Whitchurch, Bristol BS14 0QN. Contact: Caroline Price 07786 934687 carolineshalom.price@gmail.com

## 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

### Saturday 12 October 11:00 – 15:30. A Day of Renewal - London Group

**Leader's Day. Leaders:** London Coordinators. **Venue:** Meditatio Centre (see below). **Cost:** no more than £5 as a contribution to lunch.

**Contact:** 020 8280 0049 uk@wccm.org

### Monday 18 November 13:05. Good Work. Speaker: Fr Laurence Freeman.

**Venue:** St Mary-le-Bow, Cheapside, London EC2V 6AU **Free.** **Contact:** 020 7248 5139 info@stmary-le-bow.org.uk **Book:** Eventbrite (search *Good Work*)

### Saturday 30 November 2019 11:00 – 15:30. Advent Quiet Day. Leaders:

London Coordinators. **Venue:** Meditatio Centre (see below). **Cost:** suggested donation £10 includes a simple lunch. **Contact:** 020 8280 0049 uk@wccm.org

**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

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

#### Single events:

### Saturday 31 August 10:30 – 16:00 A retreat day with Shaikh Kabir

**Helminski.** **Cost:** £30. Concessions £20. Please bring a packed lunch. Tea and coffee provided.

### Saturday 7 September 15:00 – 18:00. Visualising the Invisible with Stephen

**Magrath.** FREE EVENT. Refreshments 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. **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 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.

### Wednesdays 6 November and 13, 20, 27 November 4, 11 December 18:30 –

**21:00 . 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 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.

**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](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)

## Online Meditation - new session

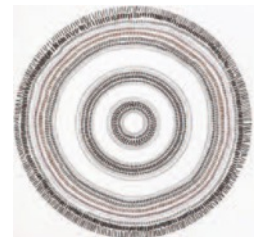
From the beginning of September I am pleased to say that online meditation is offering a new session at 8 pm on a Tuesday evening. We hope that this time will be more convenient for meditators for whom 6 pm is difficult.

In the early autumn we are hoping to be able to offer a session during the day. More news about that very soon.

*Julia Williamson*

## Visualising the Invisible Stephen Magrath

This exhibition of abstract drawings and paintings describes a personal journey into ever deeper states of meditation.



Stephen works as an artist and art teacher in Bath where he also leads two meditation groups. His art is inspired by a keen interest in the mind and mental health and recently this has overlapped with his meditation practice as a source for new images.

More information at [www.stephenmagrath.co.uk](http://www.stephenmagrath.co.uk)

7–26 September

Preview with the Artist

Saturday 7 September 3.00pm–6.00 pm

the **meditatio**centre

## UK Office

**The Christian Meditation Trust (UK)** – Registered Charity No. 1109100  
 ☏ Lido Centre, 63 Mattock Lane, London W13 9LA ☎ 020 8280 2283

✉ uk@wccm.org

🌐 www.christianmeditation.org.uk

## National

**National Coordinator:** Richard Broughton—07740 736403  
 UKNationalcoordinator@wccm.org

**Chair of The Christian Meditation Trust (UK):** Roz Stockley—07929 007808  
 ukchair@wccm.org

## Action Group

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

**Administration:** Roisin Williamson—020 8280 2283 ukadmin@wccm.org

**Communications:** Roz Stockley—07929 007808 rozstockley@copsewood.org.uk

**Meditation with Children in Schools:** Laura Mapstone—020 8681 5847  
 ukmeditationwithchildren@wccm.org

## Special Interest Coordinators

**Addiction:** Mike Sarson—0118 962 3332 mikesarson8@gmail.com

**Bonnevaux Contact:** Philip Kitchen pakitchen@gmail.com

**Clergy:** Contact UK Office

**Learning Disabilities:** Carolina Ghiuzan—07749 975368  
 carolina.ghiuzan@gmail.com

**Lone Meditators:** Pam Winters—020 7278 2070 pam@wccm.org

**Marginalised:** Terry Doyle—07971 105082 terry-doyle@live.co.uk

**Meditation With Children in Schools:** Laura Mapstone—020 8681 5847  
 ukmeditationwithchildren@wccm.org

**Mental Health:** Sally Walters—01275 851992 sally.walters@virgin.net

## Regional Coordinators and Contacts

### Scotland

Alex Holmes—01241 830724 / 07778 536677 christianmeditationscotland@gmail.com

### Wales

**South and East:** Barbara Jones—01600 772895 bar\_demi@hotmail.co.uk

**West:** Jayne MacGregor—01437 454388 jaynemacgregor@yahoo.co.uk

### South East England

**Berkshire, Buckinghamshire and Oxfordshire:** Gilly Withers—0118 973 4617 /  
 07896 742047 gilly@withers.org

**Hampshire (Contact):** Kathleen Freeman—07951 897570 klvfreeman@aol.com

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