

meditation news



Newsletter of The World Community for
Christian Meditation in the UK

Winter 2019

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Next issue

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

Please send articles for the **Spring 2020** issue to: uknewsletter@wccm.org to reach us by **1 January**.

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

Please send events to: events@christianmeditation.org

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WORLD COMMUNITY FOR
CHRISTIAN MEDITATION IN THE UK



ANNUAL CONFERENCE 2020

TOUCH THE EARTH LIGHTLY

Meditation and the Future of the Planet



Friday 12 to Sunday 14 June 2020

The Hayes Conference Centre
Swanwick DE55 1AU

Please see the UK website
www.christianmeditation.org.uk
for more details and booking information

KEEP THE DATE!

Safeguarding – Can You Help?

As you will no doubt be aware, safeguarding of vulnerable people is of concern to all of us. So much so that the Charity Commission now requires all charities to have detailed policies and procedures in place, including nominated safeguarding officers, to ensure that: we are aware of our responsibilities; that our policy and procedures are clear to all who we come into contact with; to provide a clear reporting pathway in the unlikely event that one should be necessary.

Whilst WCCM in the UK has an existing policy, this is being reviewed in light of the more extensive requirements and the Trustees expect to have an updated policy and procedures in place soon. Once completed they will be available on the website and issued widely within the Community. In the meantime and before we communicate further, you may like to know that if you are a member of a church, you will likely have a safeguarding officer who can provide you with free access to an on-line course which explains what safeguarding means and what you can do if an issue arises. Your Trustees have each done one of these courses through their Catholic, Anglican, and other church denominations. We have found the short training very helpful in understanding the issues involved. Successful completion of the course usually provides you with a certificate. Some local authorities can also provide free

training. In the unlikely event that you wish to have training but can't get access to it, please contact the office.

Before we can proceed with our wider communications, however, we need to have at least two safeguarding officers in place. We are fortunate that one of the Trustees, Richard Eddleston, has some expertise already and has agreed to take on the responsibility – his contact details are on the back page of the newsletter. This leaves us with a need to identify at least one person within the community who has either appropriate expertise already or are willing to be trained for the role. May I say that because of the nature of our community, we expect very little call will be made upon these officers, so apart from the initial training and then a small amount of keeping up to date, it will be a limited role. If you are willing and able to take on this role, please do contact me (details on the Contacts page) or Richard Eddleston, on 07980631311 or riedd@btinternet.com and we shall be very glad to talk to you about it.

Roz Stockley, Chair of the Trustees



Eileen Mcdade

It is with great sadness that we report the recent death of Eileen Mcdade, an energetic and committed member of our community who contributed much to the mission of WCCM in the UK, as a London Coordinator, member of the UK Action Group, working in Outreach to prisons and Co Founder of Silence in the City which hosted and promoted speakers from a contemplative tradition in Central London. We give thanks for her life and achievements and a fuller appreciation of her will follow in the next issue of the newsletter.

Advent Reflections

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

If you would like to receive these by email you can sign up from the WCCM homepage wccm.org where there is a *Support for your daily practice* section near the end of the page. Click on *Subscribe here* to open the WCCM mailing list, fill in your details and click *Yes for Advent/Lent Reflections*.



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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.



Front Page Picture: *Blue Marble, Eastern Hemisphere.*
NASA Earth Observatory image by Robert Simmon

Summer Pop-Up Meditations in Shropshire

We have just completed our second year of summer pop-up meditations in Shropshire. Last year we enjoyed glorious summer days at Lillieshall, Buildwas and Haughmond but this year we decided to focus on Haughmond Abbey which is the nearer for most people.

The abbey is situated a few miles north east of Shrewsbury and occupies an elevated position at the foot of Haughmond hill with splendid views over the countryside of the North Shropshire plain and the Welsh border hills in the distance. The extensive remains of the 12th century Augustinian abbey, including its abbots' quarters, refectory and cloister are under the care of English Heritage but entry is free so the quiet and beautiful surroundings provide the ideal place for a pop-up.



The ideal place for a pop-up!

and out of the open windows feeding their eagerly awaiting brood.

We have found that the pop-ups are a good way of keeping in touch over the summer and enable us to meet with people from different groups. They also provide an opportunity for family

additional amusement for other Abbey visitors!

Here are some comments we received afterwards:

"the sound of the rain provided wonderful conditions for meditation." Ian

"Just a big 'thank you' for our time at Haughmond Abbey. Despite the weather I thoroughly enjoyed our time of shared silence and of course the Tai Chi which you made easy to follow. There was a lovely atmosphere and peace, quite a special day." Pam

"I really enjoyed the Meditation, Tai Chi, and seeing everyone. A really interesting group of people. We managed the walk up Haughmond Hill after and then the sun came out. Our grandson would have quite happily spent all day at the Abbey so a great success all round." Mary

"I wasn't quite sure what to expect but it was really special. I enjoyed the Tai Chi as well, it has piqued my interest. I can see how, if you know the sequence of moves, it can be a meditation with movement. Back in London today and it seems a very long way away." Eugene

Jon Kille



Haughmond Abbey

The chapter house has as an ornate arched entrance with 12th and 14th century carved statues, and a fine timber roof dated around 1500. This provided us with cover from summer showers, a space we found ourselves sharing with nesting swallows; as we sat in silence the parents swooped in

and friends to get together in a relaxed way and to enjoy these sacred spaces for meditation and a picnic lunch. This year we included beginner's Tai chi and this has proved very popular. The beautifully kept lawns provide an ideal space for this and we provided some

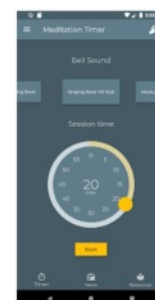
WCCM App Updated

The WCCM App available for Apple and Android smartphones and tablets has recently been updated.

It includes a meditation timer with access to the beginning and ending prayers; news from the Community

and direct access to resources (Daily Wisdom, Weekly Teachings, etc) - there is now no need to open a browser.

If you had the original app and lost it when you changed phones, this is an old friend with new features! It is available from the App Store or Google Play.



Hello dear friends



Since I last wrote I have been spat at, sworn at, nearly run over, arrested, shoved and generally harangued. This is what sometimes happens when you go out on an action with Extinction Rebellion. I was arrested in Oxford Circus during the spring uprising in London and I want to tell you about it because of my experience as a meditator. Many of my friends, some in their early twenties, some older than me were also arrested, my eldest son included. Most of them found it quite disturbing or frightening, some found it traumatising and have struggled to come to terms with it.

I was confronted by a police officer who told me that if I did not leave the area immediately I would be arrested. I refused to leave, was arrested and taken to a police van, passing through a huge group of protestors who cheered and clapped. It was quite a joyful moment. Along with another activist, I was taken to Wembley police station where I had to submit to the whole arrest and incarceration procedure. There was a moment of huge loneliness in the long van ride, where I contemplated my sudden and absolute lack of freedom, but I returned to that centre, where there is only freedom, darkness and peace. The officers who dealt with me seemed quite nonplussed by my happy demeanour and polite compliance.

After the palaver of forms and fingerprints I was taken to a cell and the heavy metal door swung irrevocably closed, locking me in with a loo and a makeshift bed. It was quite a moment. I acknowledged the feelings of aloneness, of being a prisoner and then I pulled the PVC mattress off the bed and did some yoga. After that I meditated and sang some chants, discovering that the acoustics in a tiled cell are quite wonderful. All the time I was aware that a camera was monitoring my behaviour on the screens in the central office of the police station. It was a curious feeling of being vulnerable on the one hand and thinking, "what do you think of this then?" on the other. I felt calm, restful, grateful and very much alive, especially after a couple of hours sleep.

They released me after about seven hours and the desk Sergeant seemed utterly baffled by me and I returned late in the night, to the action in Oxford Circus where I was greeted with lots of hugs from my friends and fellow activists.

Whether you agree with the actions of Extinction Rebellion or not, I am writing this only to tell you that being a meditator made a huge difference to my response to being arrested, and to the process of coming to terms with it afterwards. I am so grateful that I am in a meditation community, supported by mature people and meeting up regularly with my own local group. For me, meditation took me beyond the drama of the moment and kept me deeply anchored and centred in a safe place where there is only peace and love. I do not feel superior in any way to my friends who found the experience difficult because I know there is nothing I have done to deserve this place of peace, only that it is given, and given if we would only fall into it and allow ourselves to be loved. This is where I find a beautiful darkness, a place where there is a whole different language, where I lay down my control, my words, where I love and am beloved, beyond every rule laid down by man, beyond time and space. Thank you to all of you who continue to support me in all kinds of ways that are wonderful and mysterious!

Linda Richardson

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A Personal Reflection on Meditation and Climate Activism

April 2019. A climate and ecological threat is emerging in human consciousness – at last! Voices that have been ignored or suppressed for decades are now allowed to break free. Rebellion is announced. The collective urge to act is organised like bees in a hive. Energy spills out onto the streets of London like a swarm on a crisp, fresh spring morning. I was there among the thousands. It seemed as though all of humanity had united in the cause to save us from extinction and to heal our beloved planet. A powerful connection was palpable among strangers of all ages, races, creeds and walks of life. It was as if this was how it was meant to be – a glimpse of a possible future world perhaps; of love and compassion; self sacrifice in risking arrest. Isn't this what Jesus did? There was something deeper colonising hearts and minds – more real than hysteria. It seemed that the Spirit was unleashed like a cloud of butterflies, alighting on both passers-by and the police. A sense of community, love, inclusion and peacemaking was present in abundance. We were brothers and sisters, supporting each other, sharing food and acting in solidarity. We shouted out our messages. They were heard.

Since that spring outpouring, the seed of love and solidarity has grown throughout our planetary home. Our brothers and sisters in the Global South now know we are with them in their fear and grief as they stand on the front line facing wild fires, hurricanes, floods, droughts and starvation. Indigenous peoples, regarded for too long as inferior and backward, can now be revered for their ancient Spirit-given wisdom and knowledge, as guardians and protectors of Mother Earth.

What has all this to do with meditation? As a meditator myself, I felt as though the emergence of a powerful presence from within during peaceful activism, expressed an outward witness to truth, love and hope. It was as if we were all meditating as one – a collective consciousness, existing in the present moment, open to God's work. A willingness to put our physical bodies on the line if need be. The sense of vulnerability that exists in both meditation and peaceful activism.

In October, the next rebellion took place, the energy and support has connected thousands more like a spider's web, suddenly noticed on a dew drenched autumn morning. People of many Faiths connected and were prepared to occupy a well known bridge in London for up to two weeks. It was a Faith bridge – a melting pot of Christians, Muslims, Jews, Buddhists, Quakers, among others, praying continually. Some groups meditated. Here is what they said:

"We are rising together, rebelling for Life, as we grieve the suffering and destruction of our beautiful Earth."

"A meditation presence in this ecological crisis is a beacon for peace, and restores a deep sense of connection with the earth, each other and all beings. We can only do this together."

"In this emerging and courageous movement, we sit and walk in the light of love and the spirit of the awakened heart."

"Doing what Love requires of us."

"We are here because we believe this is what being faithful looks like in this critical time."

Clare Cooper

The World Community for Christian Meditation in the UK
(ChristianMeditation.org.uk)



School of Meditation School Retreat
Monday 1st – Sunday 17th May 2020

Led by Julie Roberts

with Jacqueline Russell & Liz Watson

The School Retreat is a six day residential intensive. It is suitable for people who have been meditating seriously for some time in concentration, and have some experience of integrating meditation into daily life. It forms a very natural progression from the Essential Teaching Weekend and offers a time of silence and stillness with a daily flow of meditation, a shared talk and a regular meeting with one of the retreat leaders. It offers a profound, integrated experience of both sides of the earth: a journey of meditation – of solitude and fellowship, and gently opens participants to explore how they are called to share the gift.

The retreat will be held at The Greenhouse Christian Centre, in Poole, Dorset (www.the-greenhouse.org) which offers warm and comfortable accommodation in single occupancy rooms. There is limited availability of ensuite rooms which will be allocated according to need.

Cost £550.00

Bursaries to help with the cost of attending this retreat are available – please ask.

For an application form please email: jacquerrussell5@gmail.com

or telephone 01294 483450

The School of Meditation Events

Essential Teaching Weekend.

Friday 20 to Sunday 22 March 2020.

Bishop Woodford House, Ely CB7 4DX

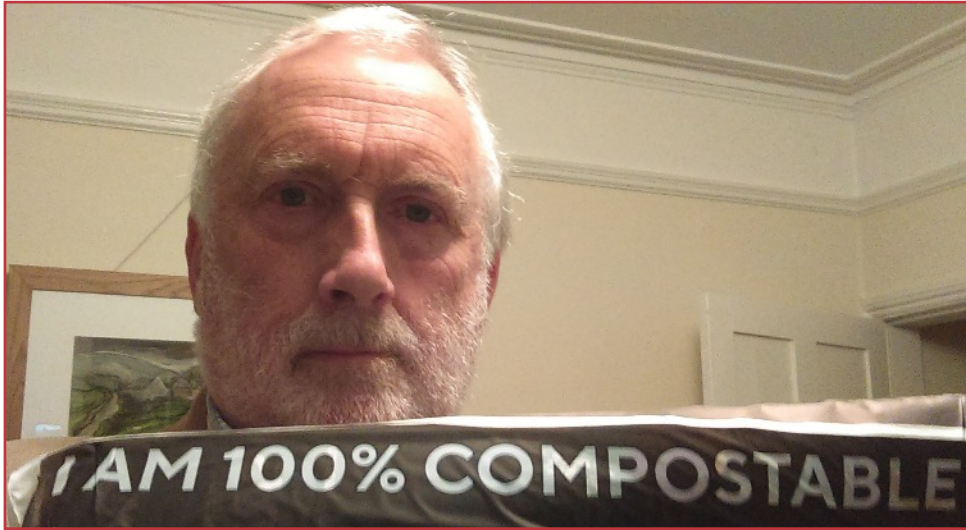
Seven Day Silent Retreat.

Monday 11 to Sunday 17 May 2020.

The Greenhouse Christian Centre. Poole BH13 6DT

Details and booking information are available on the UK website christianmeditation.org.uk

Meditation and Hope Amidst Climate Chaos



- Prayer is a means of protection from the power of the Domination System

- History belongs to the intercessors (those who can envision and bring into being a better future, created by the irresistible force of hope)

This was a deeply moving, game-changing event, beautifully designed and hosted by Peter and Ruth. I was not the only one, I think, who felt more and more tearful as the day wore on. But alongside that sensation was an even more powerful, growing sense of hope and – yes – even joy.

I wrote this short account of a Meditatio weekend workshop immediately after listening to an episode of “Costing the Earth” on BBC Radio 4. I wrote it with tears in my eyes. This episode of the regular series was entitled “Eco Anxiety”. The programme’s website introduces it with these questions: “Is the future of the planet making you depressed? Do you feel paralysed, unable to imagine the happiness of future generations?” There are only painful answers to these questions.

These are challenges that threaten to overwhelm and disable each one of us who has not sought comforting refuge in denial. It was an acute awareness of them that moved Peter and Ruth Musgrave to facilitate a workshop at The Meditatio Centre on Saturday 11th May. They chose to call it “Meditation and Hope Amidst Climate Chaos” and they further asked, “What does hope look like in the uncertainty of climate breakdown?” Well, one answer to that is that it looks like thirty people of all ages and differing spiritual traditions (or none) coming together to talk, listen deeply, cry, laugh, share food, rage, face agonizing truths and sit in a large circle of prayerful, patient silence.

We watched deeply distressing video footage, curated by Peter who has done a great deal of community development work in Bangladesh, showing the harsh and heart-breaking reality of the climate catastrophe unfolding in that country. Looking at colourful images of beautiful animals and plants, we lamented the thoughtless destruction we are raining down on our brothers and sister of the natural world. We sat in meditation; we went silently into the green spaces around The Meditatio Centre; we reflected on the prophetic warnings and inspirations being given to us by those with sufficient vision to see exactly what is happening. The words of one of these, the great progressive theologian and activist, Walter Wink, sustained us and pointed the way forward, reminding us that:

- We must not try to bear all the suffering of creation ourselves

A psychotherapist interviewed for the Eco Anxiety programme recommended a way out of the paralysing dread and despair: “You should not be facing this alone. You really need to connect with community... Find your pack, find your clan and join with them, so you’re not alone, and that is part of the solution”. That is exactly what we did on that day, encountering the hope and strength that comes from lamenting together as one. We discovered in our own shared experience the truth of St Augustine’s words: “We must pray as if everything depends on God, and act as if everything depends on us”. As was said even before that: “With God, all things are possible”.

Jim Green

The “Eco Anxiety” episode of “Costing the Earth” is available at <https://www.bbc.co.uk/sounds/play/m00050qr>



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We look forward to connecting with you soon!

Starting a New Group in Largs

Our group in Largs, North Ayrshire, started from a seed that was planted by Richard Broughton, our National Coordinator, at a retreat in Cumbria in October 2018, as there was no group in the area. Our set purpose, when we started the group, was to build a loving relationship with God, to learn more about John Main's teachings and to put into practice the guidelines relating to meditation practice in groups.

We meet, on a weekly basis, and have all agreed that, as meditators, to follow the guidelines set down by the WCCM. There are 4 regular members of the group, at present, but sometimes we have visitors attend our group when they are on holiday. We have always tried to use the art of simplicity and not complicate things too much. In the early weeks we kept it simple in order to create a very good base from which we would be able to explore our spiritual selves.

Through our weekly Christian Meditation sessions, our daily individual practice and attendance at 2 regional days, we have been given an opportunity to be silent and experience God, in the silence, in a very special way. We believe that God is aware of who we are, because we are made in His image and likeness, and He loves us. Christian Meditation, we feel, has allowed us to build community but it also has the power to bond us closely together. In many ways we have found, in the silence, a new way to communicate not only with God but with each other as well.

As a new group we feel that something inside us is changing for the better. We have found that our meditation group has provided the necessary encouragement for developing a consistent practice. Having been part of a meditation group, in Cumbria, for about 30 years, I feel, as leader of the group, I have been able to clear up any confusion over different types of meditation, find answers addressing difficulties with practice, and provide feedback regarding experiences that arise during the meditation process.

It has been important for us beginning our new group in Largs to be part of the larger community of WCCM UK and to have the support and encouragement of the website, the newsletters, the CDs from the Centre and within Scotland, especially from Alex.

Basically, the changes since beginning meditation, for the group, are:

- Reduced stress and an increase in our sense of well-being and harmony.
- Increased self-knowledge and self-acceptance.
- A deepening of our personal relationship with God
- An increased desire to build community with others

Our next steps

At the time of writing I am planning to attend the Essential Teaching Workshop in October. At the weekend I hope to



explore, in depth, the key concepts and practices in Christian Meditation and to develop teaching and facilitation skills, as well as deepening and extending my personal meditation practice. This hopefully will lead to a development of the group to become larger, within our town, and involve many more of the local churches. There is an interest, from others, to extend the group to include them so this will be our key aim for the next year... watch this space.

Maureen Hughes.

World Community for Christian Meditation UK

Essential Teaching Weekend

Ely, Cambridgeshire

Friday 20 - Sunday 22 March 2020

Have you been meditating in the John Main tradition for more than a year? Do you feel you would like to grow in your understanding of your meditation practice and be more confident about passing it on to others?

An Essential Teaching Weekend is **not designed as a retreat** but as a participative weekend with presentations by teachers in the community, group discussion and practical exercises. We look together at the history of the tradition passed on by John Main, the essence of the practice, and 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 style of the weekend is relaxed and informative and takes place at **Bishop Woodford House** situated within a short walk from the magnificent **Ely Cathedral**. The comfortable accommodation is mainly single rooms with shared bathrooms - we are unable to guarantee an ensuite room.

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

Cost £85 per person

For an application form please email

jacgrussell3@gmail.com

01296 488450

The School of Meditation



Christian Meditation Trust (UK) reg charity no 1101900

The Road On Which We Travel

Advent, our time of waiting and preparation when we look forward to both the celebration of Christ's birth over 2,000 years ago, and His return in glory at the end of time. St Bernard of Clairvaux speaks of one other "coming" or "advent", namely the active presence of Jesus in our lives. "Because this coming lies between the other two, it is like a road on which we travel from the first coming to the last; in this middle coming, he is our rest and consolation" (Sermon 5, In Adventu Domini)

But that "road on which we travel" can be rocky and uncertain, that "rest and consolation" painfully absent. We wait for better times. The brief waiting and preparation of Advent, which is hopefully one of excitement and anticipation and joy can seem a bed of roses compared to those punishing times, waiting to know whether treatment for a life threatening illness is successfully working, waiting to hear from a loved one who is uncharacteristically long silent, and, in extremis, waiting with the threat of execution hanging over you, as so many refugees do in the smuggler-run detention centres of Libya. For those fleeing the violence and persecution of their home countries, waiting is the interminable trial that begins even before you've left your country and can continue long after you've reached

your destination. Mercifully, for many, Jesus, "our rest and consolation" is the strength that sustains them.

19 year old Awate escaped the violent dictatorship and potential life-long military conscription of his home country, Eritrea, and reached the UK in 2017. Of necessity, those who succeed in escaping Eritrea, are then utterly dependent on smugglers to cross the Sahara and Mediterranean to reach Europe. Awate writes: "Waiting for the right time to escape from my country depended on your fortune. You might be arrested, and you should be aware of what will happen if you are arrested. And I had an expectation of being arrested during the journey. Fortunately, things went cool, I did it without any accident. After I left my country, nothing was in my hands. I could do nothing in the hands of the smugglers, just prayer and believing in Jesus that he will clear up everything for me at the right time. But you know, I never ever fallen into doubt that my life can abate my troubles. It is because the power of God is beyond the limit of troubles."

Amanuel reached the UK from Eritrea this year. I meet him and several of his Eritrean asylum seeking friends in Asmara Café, Derby, where we sip freshly roasted coffee. The glowing coals, on which the coffee has been brewed, are now in a small metal bowl,



Waiting in Calais

incense has been added and the room fills with aromatic smoke. It smells like church. Amanuel passes me his phone; on it, a photo of an unrecognizable, emaciated man. "Who is this?" I ask him. "It's me". More photos, blood soaked bandages, several of a bullet wound in his thigh. He tells me he was shot by a trafficker in a Libyan smugglers prison and told he would be killed if he didn't raise the ransom demanded. During his enforced military conscription he had learnt nursing skills, and was able, in the filthy overcrowded conditions of the detention centre, to keep his wound clean of infection. The threat of execution hung over him for a month. At last he was told by his captors that the money had been paid. "I was ok", he said, "I was ok because I have God". For others, the waiting is terminal. Nebiyou wrote from Ipswich "One of my friends he died in Libya, in smugglers warehouse. They shoot him" Northern France, snow thick on the ground. Tekle has been waiting there a year. There is no legal way for him to get to the UK. The only route open to him, as with hundreds of others, is to stow away on a UK-bound lorry. He sends me a photo, a calm lake



Crossing the Mediterranean model by Natnael

continued on page 9

The Road On Which We Travel continued from page 8

bounded by trees, with the words "Stay and Wait; sometimes we want Jesus to act in our lives now, and we hate to be told to wait, but God doesn't work in our time frame" He added: "I am still waiting for my day. God will decide my day". Haben, too, has been waiting for over a year. During the same winter freeze, she writes "These days I almost lost hope. Tired and exhausted. Please pray for me". Sometime later, "I'm tired and tired and tired of trying, but I thank God for everything".

Awate writes of his two year wait for an asylum decision. "It is not an easy feat to wait for the decision without depression, but I had to face it. I was aware that I should not leave any single minute to think about my situation. Sometimes if I started to think about my status, I couldn't sleep anymore. So, I should make myself busy. Last year I went to college to improve my English and except Sunday, I had two free days, Saturday and Thursday. I spent these two days volunteering in Newport. In my whole life, I engaged Sunday to church. This year I am doing the same thing" And then in June of this year: "You won't believe, I have received a positive response from the home office. What a day!!! Yea it is. I lost my mind really. I don't know what I have to say. Remember, God knows everything more than anyone. Just believing him is the secret. You know Alex I feel freedom more than ever before, June will be my



Lorry

month although I was born in May. I feel like I born in June. God bless to the UK"

"Waiting is essential to the spiritual life", wrote Henri Nouwen, "but waiting as a disciple of Jesus is not an empty waiting. It is a waiting with a promise in our hearts that makes already present what we are waiting for." Christian Meditation is the art of patiently waiting in stillness and silence for the gift that is already present within us, to become our reality. We then can take this gift, Jesus "our rest and consolation", into even our most punishing times of waiting. Our life is Advent.

Alex Holmes



Donations

If you would like to make a donation to support the work of WCCM in the UK please send cheques to:

**The Christian Meditation Trust (UK)
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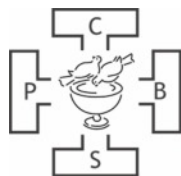
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Monastics in the World – WCCM Oblate Community

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.

International Oblate Coordinator: Eileen Dutt

07721 574767 or eduttobl@christianmeditation.org.uk

Annual UK Oblate Weekend Saturday 10 and Sunday 11 October 2020. **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 Days** will be on Saturdays 1 February and 2 May 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 February, 25 March, 27 May, 24 June, 26 August and 30 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): Saturdays 25 January, 14 March and 25 April. 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.

Events

Events from December. 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 12 to Sunday 14 June 2020. Annual Conference: Touch the Earth Lightly - Meditation and the Future of the Planet. **Venue:** Swanwick, near Derby. More information is available on the website.

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

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.

Scotland

Saturday 23 November 2019 10:15–15:30. Advent Christian Meditation Day. **Leaders:** Graham Watts and Alex Holmes. **Venue:** Broughton St Mary's 12 Bellevue Crescent Edinburgh EH3 6NE Garden Room to the rear of the building, entry via the stairs on East Scotland Street Lane or the ramp on Bellevue Crescent. **Cost:** £15 /£10 (concessions) tea and coffee provided, bring packed lunch. **Contact:** Caroline Thompson carolinemt2001@yahoo.co.uk 0141 931 5368.

Saturday 7 December 2019 10:15–15:30. Advent Christian Meditation Day.

Leaders: Graham Watts and Alex Holmes. **Venue:** Carmelite Monastery, Waterside Road, Kirkintilloch, Glasgow G66 3PE **Cost:** £15 /£10 (concessions) tea and coffee provided, bring packed lunch. **Contact:** Caroline Thompson carolinemt2001@yahoo.co.uk 0141 931 5368.

Northeast England

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 wccmyorks@gmail.com

Publication dates and submitting events

If you have a meditation event that you would like publicised in *meditation news* or on the UK website, please send the details to events@christianmeditation.org.uk to arrive by the copy date.

There is a link on the *What's On* page on the website. Please include consent to publish the contact details in the newsletter and website.

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

Northwest England

Friday 29 November 10:00 for 10:30–15:30. Quiet Day of Gathering. Led by: Kevin and Denise McNally. **Venue:** Millom Methodist Church, Queen Street, Millom LA18 4DN. **Cost:** Donations welcome Drinks provided, bring own lunch. **Contact:** Kevin McNally 01229 774929 or kevin@ukmcnally.co.uk

Saturday 25th January 10:00 for 10:30–15:30. Love – The Golden Thread of the Mystics. Leader: Bob Morley **Venue:** Ambleside Parish Centre, Vicarage Road Ambleside LA22 9DH **Cost:** suggested £10 donation to cover room hire. Drinks provided, please bring own lunch. **Contact:** Bob Morley 016974 72644 or rgm1@live.co.uk

Tuesday 4 February 10:00–15:00. Living with the Mystics - Mary Oliver. Introduced by: Sue Pexton **Venue:** Quaker Meeting House, Elliot Park, Keswick CA12 5NZ. **Cost:** suggested £5 donation to cover room hire. Drinks provided, please bring own lunch. **Contact:** Bob Morley 016974 72644 rgm1@live.co.uk

Saturday 7 March 10:00 for 10:30–15:00. Hidden Gospel: Meditations with the Aramaic Words of Jesus. Leader: Neil Douglas-Klotz **Venue:** Ambleside Parish Centre, Vicarage Road, Ambleside LA22 9DH **Cost:** £20 donation suggested. Drinks provided, please bring own lunch. **Contact:** Bob Morley 016974 72644 or rgm1@live.co.uk

Friday 27 to Sunday 29 March. The Hying retreat: 'Living the Presence'. Leaders: Christian Meditation Cumbria Community. **Venue:** Monastery of Our Lady of Hying, Warton, near Carnforth LA5 9SE. **Cost:** £150 residential (£100 subsidised). **Contact:** Kevin McNally 01229 774929 or kevin@ukmcnally.co.uk

Southwest England

Saturday 14 December 10:30 – 16:30 Community Morning and retreat afternoon for Advent. Venue: Emmaus House, Sleep Lane, Bristol BS14 0QN **Suggested donation:** £15 per day, £10 for half day. **Contact:** Caroline Price carolioneshalom.price@gmail.com 0778 693 4687

Sunday 22 December 19:00. Meditation at the Winter Solstice. Venue: The Minster Church, Court Barton, Ilminster TA19 0DU. **Cost:** Donation. **Contact:** Susan Lendon 01460 52504 susanlendon@talktalk.net

Wednesday 8 January 19:00. Meditation on the Calendar of the Soul by Rudolph Steiner. Speaker: Michael Grevis. **Venue:** The Minster Church, Court Barton, Ilminster TA19 0DU **Cost:** Donation. **Contact:** Susan Lendon 01460 52504 susanlendon@talktalk.net

Thursday 12 March 19:00. Prayer in a Secular Age: Finding the Secret of Prayer in the Earliest Teachers. Leader: Fr Laurence Freeman. **Venue:** St James' Church Exeter. **Suggested Donation:** £5 **Contact:** diana.hanbury@gmail.com

Friday 13 March 10:30. Stages of the Inner Journey and why it Transforms the Exterior One. Leader: Fr Laurence Freeman. **Venue:** The Minster Church, Court Barton, Ilminster TA19 0DU **Suggested Donation:** £10 (if possible). **Contact:** Alexis Le Fevre 01460 55976 waterratviolet@gmail.com

Friday 13 March 19:30. Jesus as a Contemplative Teacher: Why Meditation Illuminates his Guidance on Prayer. Leader: Fr Laurence Freeman. **Venue:** Lecture Hall, Wells & Mendip Museum, 8 Cathedral Green. Wells BA5 2UE. **Suggested Donation:** £10 (if possible). **Contact:** John Roberts 07970 039007 or john.wilcott@gmail.com

Saturday 14 March 10:45 – 12:30 (times tbc) Sources of the sacred : Word and Flesh. Leader: Fr Laurence Freeman. **Venue:** Apostle Room, Clifton Cathedral, Clifton Park, Bristol BS8 3BX. **Suggested donation:** tbc. **Contact:** Roger Layet roger.layet@btinternet.com 01275 463727

Saturday 14 March 14:15 – 16:00 (times tbc) Sources of Wisdom in 'a world gone mad'. Leader: Fr Laurence Freeman. **Venue:** Clifton Cathedral, Clifton Park, Bristol BS8 3BX. **Suggested donation:** £10. **Contact:** Roger Layet roger.layet@btinternet.com 01275 463727

Wednesday 1 April 19:00. Meditation on Selflessness. Speaker: Andy Wistreich. **Venue:** The Minster Church, Court Barton, Ilminster TA19 0DU. **Cost:** Donation. **Contact:** Susan Lendon 01460 52504 susanlendon@talktalk.net

London

Every Wednesday 19:00-20:15. Addiction and Grace Meditation Group. Venue: Kairos Centre, Mount Angelus Road, Roehampton, London, SW15 4JA. **Contact:** May Nicol MayMBNicol@aol.com 07768 310666

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
Fridays 10:00 – 12:00: Yoga and Meditation

Single events:

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.

The 2020 Meditatio Centre programme will be available soon!

Contact Kate at meditatio@wccm.org for more details or keep an eye on the website www.meditatiocentrelondon.org

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.

3 December : Emmanuel. Speaker: tbc

Silence in the City

See www.silenceinthecity.org.uk for the programme. Unless stated otherwise all talks are at: Westminster Cathedral Hall, London SW1P 1QH. Pre-booking is necessary. **Contact:** 020 7252 2453 info@silenceinthecity.org.uk

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

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

Contacts

UK Office

The Christian Meditation Trust (UK) – Registered Charity No. 1109100

📍 Lido Centre, 63 Mattock Lane, London W13 9LA

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National

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ukmeditationwithchildren@wccm.org

Outreach: Contact UK Office

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