

meditation news



Newsletter of The World Community for
Christian Meditation in the UK

Spring 2020

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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 **Summer 2020** issue to: uknewsletter@wccm.org to reach us by **1 April**.

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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UK Community Annual Conference: June 12-14 Giving attention – Falling in Love

Tim O’Riordan has written of the environmental emergency as testing our humanitarian morals beyond their cultural capabilities. In the face of the emergency, **Pope Francis** in *Laudato Si’* called humanity to sanity. Echoing this, **Laurence Freeman** calls our times a crisis of mental imbalance and urges all spiritual traditions to respond by drawing on their contemplative wisdom. For us meditators, that includes the practice and teaching of *the universal art, the art of arts: pure attention*. He quotes the Jewish philosopher, **Simone Weil**: *to become conscious of even the simplest realities we need to pay attention*.

We all know from our personal lives that to give our attention is an act of love. How can we love another, God, nature, without giving our attention? And to respond to the times, says **Patrick Woodhouse**, *we need to fall in love again* with the beautiful created world. To which **Carmody Grey** witnesses in her films with CAFOD such as *Global Healing*.

Tim, Carmody and Patrick will all be speaking at this year’s conference. We hope also to include a filmed contribution from **Fr Laurence**.

Conference details and booking information are in the enclosed flyer and at www.christianmeditation.org.uk

The organising team extend the warmest of welcomes to all readers of this newsletter. Please extend your invitation to anyone interested in meditation and/or in a contemplative response to the climate emergency.

The World Community for
Christian Meditation in the UK

ANNUAL CONFERENCE 2020 TOUCH THE EARTH LIGHTLY

Meditation and the Future of the Planet

Speakers: Tim O’Riordan, Carmody Grey and
Patrick Woodhouse

Friday 12th – Sunday 14th June 2020
The Hayes Conference Centre, Swanwick DE55 1AU

We have realised that the conference title is the first line of a beautiful hymn (by Shirley Erena Murray, ©Hope Publishing Company). Let’s hope we can live the words – and sing them together at Swanwick. The first verse:

*Touch the earth lightly
Use the earth gently
Nourish the life of the world in our
care:
Gifts of great wonder,
Ours to surrender,
Trust for the children tomorrow
will bear.*

Roger Layet

Retiring as UK National Coordinator

I have been National Coordinator for WCCM in the UK for the past two years, and wanted to say thank you to our whole community for choosing me, endorsing me and supporting me over my time as coordinator. I am intending to step back somewhat, take a break, and try to see what I might do in the future, although I will be continuing with our Action Group and Trustees.

We have often talked about the way that volunteers in our community are drawn into roles, and how their experience is one of growth and change. Certainly my experience has been one of development as a team player, and my faith, confidence and understanding of the contemplative way have significantly deepened.

As coordinator I've been most deeply affected by seeing the generosity of many in our community, both in terms of time and commitment to events and meetings, and also in response to our annual appeal. And over the past two years, I've been able to be part of some of Fr Laurence's public meetings and to meet with our wider community; to discover again the reality that meditation creates community. A real highlight was to act as facilitator for the International School Retreat in 2018 and share a week of silence and community with local and international meditators.

In June 2019 I was invited to travel to France and take part in the gathering for the blessing of the first phase of the Bonnevaux Centre for Peace; a joyful celebration of the project. The site will develop over the next few years and I'm sure that the Abbey will become a centre that offers a focus to our community and peace to our world.

Part of the coordinator role is to act as one of the Trustees of the charity which underpins WCCM in the UK. We looked at important policy aims in the areas of Finance, Data Protection and Safeguarding to fulfil our legal requirements. Our mission to share the gift of meditation is made so much more effective by having a mature set of structures and an effective office team.

As I came into the National Coordinator role, we received the very significant legacy from the estate of Eileen Cox. I've been the first point of contact for applications for grants from these funds, and it's been really exciting to guide applicants in forming their ideas and projects so that they are aligned with our integrity and mission in sharing the teaching of Fr John Main.

Looking forwards, our community is in good heart; meditation groups continue to form, and new people come forward to take on roles. Our teaching of meditation within the contemplative dimension of Christianity remains highly relevant, and seeks to address the hunger for depth and meaning that we find in our faith communities and wider society.

Richard Broughton



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.



meditation news

Newsletter of The World Community for Christian Meditation in the UK

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Do you have any questions about your meditation practice, or your spiritual life in general?

Meditation Companions are experienced WCCM meditators who are there for you to talk to, in confidence.

Contact Bob Morley.

rgm1@live.co.uk

tel. 07704 419526.



Graeme Watson

A much loved and deeply respected teacher in our community - Graeme Watson - died in London on Sunday 12 January with his beloved Liz, his principal carer, beside him.

Together with Liz, Graeme touched many hearts by his spirit of wisdom, humility and his insight into the heart of scripture. He enriched and inspired all who met and listened to him. Our whole Community holds Liz and their family in the silence of our hearts and offer them the support of our prayers in this time of loss and wonder.

From WCCM website



Boundless Openness: Yorkshire Regional Retreat Weekend

Thomas Merton was the first Christian I came across who had embraced Zen Buddhist practice to enrich his own prayer life. Others have followed such as Cynthia Bourgeault, Robert Kennedy SJ, and now Canon Doctor Christopher Collingwood. So it was with great hopes that I would discover something inspiring that I approached the WCCM Yorkshire Region Retreat in September 2019 at The Briery Retreat Centre in Ilkley.

Chris bought an atmosphere of peace, grace and wisdom to the weekend with gentleness and encouragement in our meditation practice. He was influenced by Bede Griffith, a Benedictine Monk who himself had recognised the lack of something in his spirituality and started to search deeper through Hinduism. Bede Griffith started to bring the practice of Eastern religion into his meditation in the 1940's and has been a profoundly prophetic influence.

The weekend focused on The Calling of Matthew (Matthew 9:9-13) whose feast day we were celebrating. The theme was a journey from the initial closedness of Matthew to his boundless openness after encountering that Jesus is boundlessly open.

There were many light bulb moments so I am only able to give a taste of what I took away with me.

Chris teaches that we tend toward boundaryness which can be narrow and self-centred but our true nature is to be boundless. Meditation opens us up to boundlessness. In meditation we encounter the divine, just as Matthew did when coming face to face with Jesus.

We have a lot to learn from Eastern religions especially about meditation. As Christians we are discovering a new sense of openness that many don't find in their churches. There are signs however that churches are beginning to open up to the wisdom of Eastern religions and the feeling was that this is to be celebrated and encouraged.

Chris pointed out that any type of meditation potentially opens us up and the sense of self disappears. There is support for this in neuroscience and Chris quoted Iain McGilchrist's book *The Emissary and The Master* for an understanding of how this works.

Many people ask why WCCM say a mantra and do not follow the Centering Prayer and Buddhist practices of just 'letting go' of thoughts as they arise. John Main emphasised the need to continue saying the mantra throughout the time of meditation. The mantra is a paradox in that it is narrowly focused, but it is there to help us detach from everything else.

We all have an intuitive awareness that we are grounded in something broader than we can express in words. This awareness comes in the presence of Jesus but even then words are not adequate, words get in the way. Letting go of our identity and our idea of reality opens us up to who we really are. This reality cannot be described but it is recognised in every faith and tradition as love and compassion.

Compassion was a key point during the weekend. Through meditation our awareness, not just of ourselves but of the world, are opened up, we become more aware of suffering and this deepens our compassion. Meditation detaches us from the need to be judgemental.

Someone asked, 'how do we talk to those who feel meditation and silence is not Christian?'

Chris advised 'skilful means'. He pointed to the skilful means that Jesus used, 'the woman caught in adultery', 'who do we pay our taxes to?' as examples. There is a need for tolerance, understanding and an acceptance that some people will never get it.

Lastly, I took away with me the thought that we don't just meditate for ourselves. The world needs meditators, those who give themselves in order to bring peace, love and compassion to our world.

If you want to discover more of Chris Collingwood's teaching then I would highly recommend his book *Zen Wisdom for Christians* published in May 2019 by Jessica Kingsley Publishers. There is also a very interesting podcast available from Nomad Podcasts:

<https://www.nomadpodcast.co.uk/christopher-collingwood-zen-wisdom-for-christians-n198/>

Sue Clarke

The Christian Meditation Trust (UK) Trustees' Report for Year to 31 December 2018

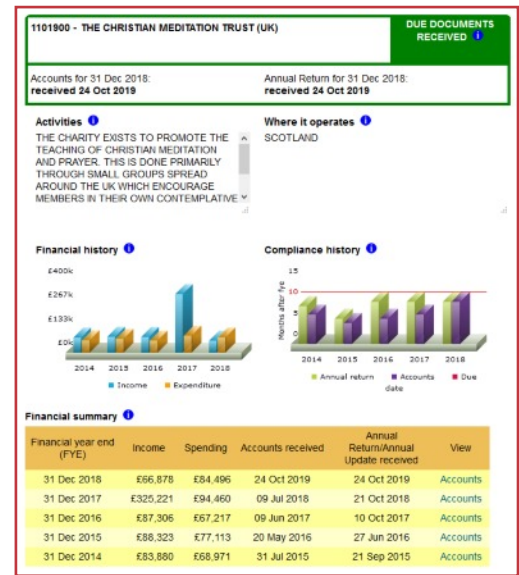
The first thing you may notice is that the information contained in this report seems out of date. This is because The Christian Meditation Trust (UK) annual accounts year-end is 31st December, after which it then takes a while to compile the accounts, get them looked at by an accountant and then submit them to the Charity Commission by 31st October. So I missed the last newsletter deadline.

Before going into the numbers, let me say that as Trustees (I am the Chair and there are currently 6 Trustees), we have a legal responsibility to: ensure the charity is carrying out its purpose for the public benefit (in our case advancing Christian religion); comply with our Trust Deed and the law; act in the best interests of CMT (UK); manage our resources responsibly; act with reasonable skill and care and ensure proper accounts are prepared. We meet four times a year for board meetings - 3 times by videoconference and once face to face. In recent years we have also had ad hoc virtual meetings to discuss grant applications.

Key matters discussed this year were: our financial position (more later); strategy; grant process and applications; policies and procedures (e.g. safeguarding and bursary policies); items raised by the Action Group and National Council; administration (e.g. on-line booking; use of a credit card machine). We also carried out a skills audit and identified gaps in our Trustees' experience, which we have now been able to fill.

To finance CMT (UK), income comes principally from you, as generous supporters, and from any surplus on national events. This income is then used to pay for such costs as the newsletter, running the office, paying for volunteer expenses, producing resources such as the bookmark etc. You will have seen this before in the annual appeal letter. Much of our resources (CDs and on line materials), however, come for free via the International charity WCCM. We also recognise that most other countries have a less established network of meditators and therefore limited funds. So we do our best to share your generosity with WCCM and with them. Indeed, the reserves policy decided by the Trustees ensures that we do not keep excess general reserves.

If you were to glance at our accounts, which are available on the Charity Commission website using our charity number 1101900, you would see that our reserves include general reserves of £47,809 - used for day to day funding of our activities, restricted reserves of £3,626 - where donations have been made in the furtherance of particular activities, and designated funds of £241,904 - where the Trustees have set aside the legacy received from Eileen Cox to be used specifically to encourage and promote Christian meditation within the UK. This legacy was received in the course of 2017 and 2018 and by the end of 2018, having established a formal process for receiving and reviewing grant



applications, only a few had been agreed by the Trustees.

I am pleased to say that this grant application process has been working well and by the end of 2019 the (unaudited) commitment of these funds is £121,000, including 2 large projects and lots of smaller ones. The larger ones relate to Terry Doyle's work in Middlesbrough with the homeless and disadvantaged and a project in conjunction with the Catholic Children's Society concerning meditation with children in London, both of which have the support of Fr Laurence.

Thank you for your continuing support for our community, both in practical terms (e.g. running a group, volunteering for specific roles, donating) and spiritually, which is the core of why we are a community.

Roz Stockley, Chair of CMT (UK)

The Charity Commission CMT(UK) summary is at:
<https://tinyurl.com/cmt1101900>



Meditation Companions

Within WCCM in the UK, a small number of experienced meditators are willing to offer their support to individuals, on a personal one-to-one basis, who may be finding meditation difficult, or have questions about their technique, the distractions, the emptying of mind, and many other issues that they perceive to be evident in their practice. They may just feel they need someone as a short-term 'mentor' or guide, to help, or 'be with' on their spiritual journey. In all cases, Meditation Companions accept

everyone as they are, at whatever stage of the journey, in whatever difficulty they find themselves in. There is no judgment; we are just there to reach out and help.

Support may be given either face to face (if travel and time allow), by phone, by e mail or face-time/skype contact, at a frequency agreed between the Companion and Meditator. Confidentiality is maintained throughout the duration of the support.

Please contact me if you wish to know more, or be given a Companion. (e mail rgm1@live.co.uk tel. 07704419526)

With love,

Bob Morley, Coordinator, Meditation Companions

November's UK National Council

The National Council (NC), held annually over a weekend, is attended by those with UK leadership roles, including (although not exclusively) the National Coordinator and other members of the Action Group, the Chair of the Trustees and Regional and Special Interest Coordinators. It is the forum where consultation and planning for WCCM in the UK takes place and provides an opportunity to meet up to share ideas and spiritual practice.

Friday evening was a time to look at what we had been doing in the regions and learning from others' experiences, focusing on the positive – what we were really proud of. It was wonderful to hear of the diverse and uplifting activities being carried out by regional coordinators and their local groups.

On Saturday we reviewed the priorities set in the previous year and caught up on the other activities of the central leadership team. Last year the NC had set eight priorities – a tall order – and great steps were made towards achieving these. As examples, we now have new coordinators for Meditation with Children and the Clergy along with a member of the UK community dedicated as liaison with Bonnevaux (see back page of newsletter for contact details). We are also in the process of developing new materials specifically for use in the UK (e.g. CDs for prisons), are working smarter at sharing detail of speakers across the UK and online meditation has strengthened. With regard to the Legacy Fund, significant grants have been approved and details were shared with the attendees, both as information and for encouragement. In addition, questions were answered about certain of the grants and also about how evaluation was being carried out.

After the review of UK priorities, a number of presenters spoke briefly of their special areas (e.g. the community finances; the activities of the School of Meditation), sharing highlights of the year past and of upcoming priorities. Representatives of the Oblate community outlined their new leadership team structure and talked about how they, both as individuals and as a group, could further support the UK community. The final topics during this time was a presentation on the 2020 conference and a discussion about how we organise future such events.

The NC often responds to questions raised by the wider community and this year was no exception, when we considered *Are we doing enough for young people and families?* In particular, can we share our meditation practice with broader groups, (families, younger people) without losing the essence of the Christian tradition as passed on by John Main? Ideas included a community retreat open to all ages and backgrounds i.e. family weekends with meditation at the core, or a workshop programme with an arts/music slot or drama, dance and visual arts. The idea is not to create just another event but to provide an opportunity for our community to open up, be inclusive and to explore our practice differently and maturely. Jon Kille led this discussion and has agreed to develop the concept further. If you would like to contribute, please contact jon.kille@btopenworld.com



During the afternoon, keeping us abreast of international activities, the meeting received a presentation on the latest developments at Bonnevaux on both structural and spiritual activities. Afterwards we discussed the best way for the UK to engage with and support Bonnevaux, along with asking questions about what we want Bonnevaux to be for us. The NC considered both the need to have clarity of vision and good communications for the longer term so that the opportunities Bonnevaux has to offer can be widely understood by the whole community. Our ideas will be fed back.

The NC usually needs to deal with a significant practical matter. This year it was the safeguarding of vulnerable adults, including working on some case studies. The CMT (UK) policy is now available on the website with a direct link from the bottom of each website page. Please do have a look at it and understand your personal responsibilities in this area (including towards yourself). As well as practical issues, the Council offers some spiritual input and we shared the first seminar given by Sarah Bachelard at the John Main seminar last year. If you haven't watched it, it is very uplifting!

Sunday was the day to round up and finalise the objectives for 2020. These were developed directly from themes which arose during the weekend. The easiest way to share them is as they were agreed by the meeting:

1. Seek to strengthen the Action Group and encourage and support the development of teams within the community.
2. Implement legal requirements (e.g. safeguarding) sensitively.
3. Develop and implement ideas on young people and families.
4. Legacies and grants given - document and evaluate each project.
5. Reinstate Events Organiser role. To be a permanent yearly role.
6. Explore and strengthen our links with the Oblate community specifically regarding service.

Our meeting concluded the NC thanking Richard for his two year service as National Coordinator, a wonderful Eucharist, (always a lovely end to a rewarding, encouraging, supportive and stimulating weekend), and Sunday lunch. And then (for most of us), a long drive home!

Roz Stockley

Reflections on an Essential Teaching Weekend...



Over the weekend of 25 – 27 October twenty meditators came together at the Xavarian Centre, Coatbridge near Glasgow. This was a convenient venue for those living in Scotland, but quite a few participants came from Yorkshire, other English regions and even Cardiff. Julie, one of the facilitators travelled from Somerset, where she is the Regional Coordinator and Alex, Regional Coordinator for Scotland, was the other facilitator.

On Friday evening we introduced each other and shared how long we had been meditating. Julie had already done her sums and calculated that between us we had 390 hours meditation experience!

The basic structure of the course is that all meals are preceded by a period of meditation. There are eight 'learning' sessions of various formats. We watched a DVD presentation entitled *The Essential Teaching* by Fr Laurence Freeman, Julie gave an overview of *The History of the Christian Meditation Tradition*, there were question and answer sessions as well as a group activity. During the latter, groups had to choose a target audience to whom they would introduce Christian meditation – and then prepare a 10 minute presentation for them. I am sure I was not the only one who found that brief daunting! It turned out to be very useful and rewarding though, as all 4 groups took their turn to present their 'introduction' to the rest of the course. I found all of the presentations interesting and picked up useful tips from all. The 'talks' varied in style and content – to make them relevant to the target audience. It made me realise that there is no 'wrong' or 'right' way to introduce people to meditation, though we identified core points that all covered.

I also gained confidence to set up and lead as a group leader. Between us we came up with lots of helpful points for group leaders:

- find someone to share with who could cover for you in case of absence
- persevere
- trust the process of meditation
- do not be afraid to be yourself and follow your instinct.

- keep the meditation simple
- words to a minimum
- the silence is central
- it is what it is – meditation

The penultimate session *Stages of the Meditation Journey* was presented by Alex. He introduced it with a quote by Beatrice Bruteau: *The work of prayer is to transform our sense of identity. We looked at our 'limited' self, shaped by relationships, labels, thoughts and feelings and then the change meditation brings. Acting like a teacher, meditation reveals our*

limited self and then transforms us to reveal a different sense of identity and our 'true' self.

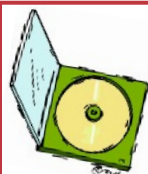
Several times during our 'learning sessions', but also in private conversation, we talked about distractions during times of meditation. To me it felt very reassuring to hear that people, who have meditated for many years still regularly experience distracting thoughts and images during times of silence. It helped me very much to accept distractions as 'normal' and to hear that faithful adherence to the mantra is the only response required.

Alex introduced me to the wisdom of Fr Peter Broadhurst, an example of which is: *I carry my worry, hopelessness and fear to God not simply by praying about them up in my head but by breathing, saying my mantra with them and thus integrating them into myself. In this way I am with God as I am, trustingly acknowledging the darker parts of myself... The result of drawing closer to union with God results in an increase of the Gifts of the Spirit – love, joy, peace, patience, kindness, understanding, self control.*

As the weekend progressed, I felt all of those gifts, brought about by the shared learning, the way people honestly shared their experiences and listened with compassion and without any sign of judgement, in private conversations as much as during the sessions, and above all in our shared silence.

My sincere thanks to WCCM, Julie and Alex and all fellow participants for this enriching week-end. Shalom

Gunhild Wilcock



CD Creation Experience?

WCCM in the UK is seeking to develop a small number of CDs from audio files, including producing the covers.

If you think you may be able to help, please contact Roger Layet roger.layet@btinternet.com

October Retreat in Ilkley

The WCCM Autumn weekend retreat for North Manchester/Lancashire and South Manchester/Cheshire was held on Friday 11 – Sunday 13 October at the Briery Retreat Centre, Ilkley, West Yorkshire. It was organised and led by the WCCM coordinators Joanne Caine and Pat Higgins.

The retreat consisted of several, well placed periods of half hour meditations plus a series of talks, and time for participation and discussion. Also a sharing of personal reflections, Agape worship liturgy and last but certainly not least there was also time in the mornings and evenings for some exercise! Gentle stretches and slow rhythmic movements, expertly choreographed and demonstrated by our very own Joanne Caine.

The theme of the weekend was “Seeing the World Anew” which was beautifully illustrated through stories, poems, parables and art, using words and works from the likes of Sartre, Julian of Norwich, Kenneth Grahame, Thomas Berry, Merton and others.

The talks were presented to our group of 20 by the very gifted speaker Kelvin Ravenscroft a local meditator and learned scholar in Christian Meditation. He held our attention so securely and ably with his inspired and inspirational talks that there was a true sense of quiet and deep listening within the room. He spoke on topics such as the *Human Condition* and how as humans we yearn for beauty and meaning in our lives. This topic was explored with a tale from Kenneth Grahame’s *Wind in the Willows* regarding Little Portly and the pan pipes! It was delightful.

We contemplated on Andre Rublev’s beautiful icon of the Trinity. This showed us how, when we look deeply into something with care and respect, even when we are familiar with it, we are able to see something new there.

Kelvin presented *The Image of the Meditating Buddha* with a concise, precise and very informative talk about both the life of Buddha and of the philosophy of Buddhism. He spoke of Thomas Merton’s interest in Buddhism and how, by his looking with an open heart, an open mind and understanding, the experience brought him extra knowledge and insight and so validated his own Christianity and spiritual journey. Merton saw ‘anew’ through Buddhism.

Talk four was *The Ecological Approach* beautifully illustrated through found natural objects, the beauty of nature and the wonders of the cosmos. We looked deeply at the marvel of the sunflower seed and we contemplated on ‘the hazelnut’ and a short piece from *Revelations of Divine Love* by Julian of Norwich:

*In this little thing I saw three properties.
The first is that God made it.
The second is that God loved it.,
And the third that God keeps it”*

We were provided with new hope and new desire to take more care of the planet we call home, through new ideas and innovations.

Each talk ended with a relevant reading from the writings of John Main.

I think it’s true to say we all went home having made new connections, with our faith and commitment strengthened and with a feeling of being well nourished, both spiritually and bodily (I forgot to mention the fabulous food – that other wonderful gift from nature and the cook!) and all with the ability to ‘see the world anew’.

Thank you to Joanne, Pat and Kelvin for working so hard in providing a safe space where we connected with each other and with God.

Carol Broughton



The School of Meditation Seven Day Silent Retreat Monday 11 - Sunday 17 May

The Greenhouse
Christian Centre,
Poole, Dorset

www.the-greenhouse.org



Led by Julie Roberts
with Jacqueline Russell & Liz Watson

The School Retreat is suitable for those who have been meditating seriously for some time in our tradition and have some experience of integrating meditation into daily life. It follows a natural progression from the Essential Teaching Weekend and offers a time of silence and stillness with a daily flow of meditation, a short talk and a regular meeting with one of the retreat leaders.

Cost: £550

For more information about the retreat, an application form and to ask about bursaries which are available to help fund the cost please contact jacqrussell3@gmail.com 01296 488450

Save the Date: Autumn Essential Teaching Weekend...
2 to 4 October at The Briery Centre, Ilkely, West Yorkshire
Led by: Joanne Caine and Julie Roberts. Details to follow...

Recollections of Eileen Mcdade

Eileen was an active member of the UK meditation community, occupying the roles of London Regional Coordinator, a member of the Action Group, prison meditation group leader and Co founder of Silence in the City with Jill Benet of Contemplative Outreach. Eileen had undergone treatment for cancer in 2018-19 but sadly this had not been successful. She moved from Guys Hospital to St Christophers Hospice in mid September and died on 2 October. Her funeral was held on October 25 at her parish church, The Most Holy Trinity Church, Dockhead, Bermondsey and this was well attended by her family, friends and members of the UK meditation community.

Here are some reflections on Eileen by those who knew and worked with her:



E i l e e n faithfully led the WCCM Westminster Cathedral meditation group for many years and was a l w a y s welcoming to newcomers

and helped to foster firm friendships within the group. With her help many of us were encouraged to develop a daily practice of meditation which has sustained us. It was a bitter blow to lose her but a group of us has come together to share the leading of the group on a weekly rota. Her presence is still felt in our meditation group as we continue to meet and both mourn and celebrate her life with us.

Roger Ferguson and members of the Westminster WCCM group:

'My friendship with Eileen began around 2004 when we both took part in a silent Triduum Retreat at the Kairos

Centre, Roehampton: it continued to grow and deepen until the Lord called his true and faithful servant home to eternal rest.

Eileen was special! I have many fond memories of times we spent together. A good example being at the end of a First Wednesday session at Westminster Cathedral we would often get in her car and head for Ealing, to Yvonne's flat (Yvonne had attended the Kairos retreat also along with her carer as she has cerebral palsy) where we would enjoy a bring and share meal. For where two or three



gather in my name, there am I with them.' (Matt 18-20.)

Eileen and Fr Robin Burgess both attended my Final Oblation: very special! Throughout our friendship we took part in a number of Triduum retreats led by Fr Robin so it seems fitting and a mark of our friendship, that our last time together was spent on pilgrimage to the Holy Land again organised and led by Fr Robin. May she rest in peace and rise in full glory.'



Eileen Dutt

I shall miss Eileen in so many ways. Firstly her warmth and sincerity, she was a really genuine, caring person and when you were with her she gave you her loving attention. She was a good listener and encourager but was not backward in letting you know if she thought you were on the wrong track. However you could never be offended as she did this in a most charming and often humorous way. I led a number of introduction to Christian Meditation days with her. These occasions were such a delight. She always showed so much wisdom, experience and knowledge. In 2017 Graeme Watson, Eileen and myself (the then three London Coordinators) led an Essential Teaching Workshop. Eileen suggested that we took bottles of wine along to ensure that everyone was relaxed. The weekend was a great success! I have lost a teacher, a companion and a friend and I am sure many people will feel the same.

Thank you Eileen for being you.

Geoff Waterhouse.

I shall miss her as a long term colleague.... I loved her natural empathetic character especially with awkward personalities and her independent, sceptical attitude to authority.

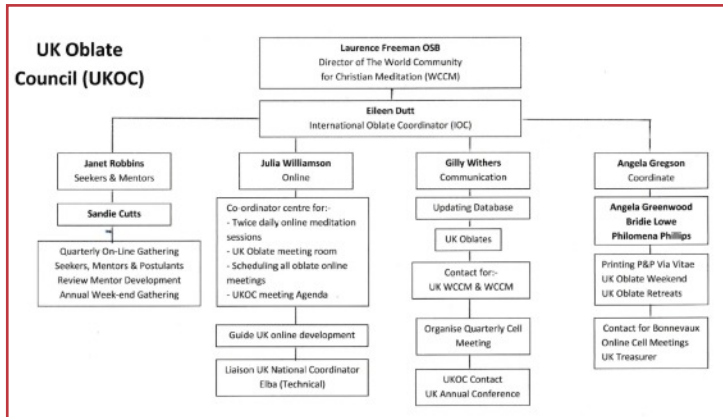
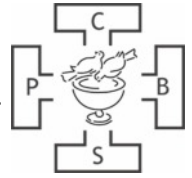
Graeme Watson

She had a special place in my heart and I regarded her as solid, no nonsense and someone who spoke it as she saw it. And with love, with a heart truly grounded in meditation and her love for God and others.

Roz Stockley.



Monastics in the World – WCCM Oblate Community



The new UK Oblate Council

Eileen Dutt, International Oblate Coordinator, explains:

Last year, and quite unexpectedly, David McKenna, UK National Oblate Coordinator (NOC) stepped aside, for health and personal reasons.

We had a problem! We knew we needed to fill the role – it was pivotal – yet without a successor in sight, it was not going to be easy. Then I thought about how, Ch. 3 of the Rule of St Benedict teaches, ‘Whenever any important business has to be discussed... call together the whole community and state the matter to be acted on.’ Clearly, as oblates of a Monastery Without Walls, calling the ‘whole community together’ was not a possibility, but there had to be a way that would work, for us.

Forming the UK Oblate Council was our answer: Angela Gregson was already serving the community by organising the UK Annual day at the Monastery of Christ our Saviour, Turvey and oversaw distribution of the oblate newsletter Via Vitae; for several years now Gilly Withers has organised quarterly Cell meetings at St. Marks and when David took on the role of NOC she took on the role of Communications and Julia Williamson was looking after Online Groups. With these three roles covered - and in safe hands - I turned my attention to Formation. I was delighted when Janet Robbins agreed to take this under her wing.

I don't intend going into the details here about how the Council will work because I think this is best coming from the UKOC

Oblate Events

Annual UK Oblate Weekend: Saturday 10 and Sunday 11 October 2020. at 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 1 August 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.

themselves as I am sure it will by way of regular updates in future issues of Meditation News newsletters.

The accompanying organisational chart serves to clarify the role distribution between the four above mentioned people and Gilly now continues by outlining the new developments planned.*

A Second Monthly Online Cell Meeting

At present we have an online oblate cell meeting once a month on a Sunday. This is proving to be a boon to those who have joined it, but the timing is not convenient for many of us because of church and family commitments. We are therefore trialling the introduction of a second monthly online meeting on a Wednesday evening from 7.30-9.00pm. There is one planned for 18 March. Angela Gregson will continue to organise oblate cell meetings with the assistance of Julia Williamson. Please would you let Angela know whether you would be interested in this so she can send the programme and joining details. Her email address is: rydal2814@yahoo.co.uk

Seekers, Postulants and Mentors

In 2020, we are offering a number of sharing opportunities for those who may feel called to explore the oblate path and those who have taken the first steps as postulants. We will be establishing an online gathering for seekers and mentors. The gathering will provide an opportunity for sharing and exploring the oblate path. We also plan to offer a residential weekend where seekers and oblates can develop and grow in their practice. We recognise that mentors are also important and their role is valued. So we will be looking at ways in which we can bring existing mentors together with those who may be interested in becoming mentors.

Janet Robbins will be taking these developments forward and will be in touch during the year..

Please keep us in your prayers as we explore a new way of doing things.

Gilly Withers.

*The organisation chart is online at <https://tinyurl.com/ukobl2020>

Berkshire: Wednesdays 25 March, 27 May, 24 June, 26 August, 30 September and 25 November 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 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.

International Oblate Coordinator: Eileen Dutt 07721 574767 or eduttobl@christianmeditation.org.uk

Events

Events from March. 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. Annual Conference: Touch the Earth Lightly - Meditation and the Future of the Planet. **Venue:** The Hayes Conference Centre, Swanwick DE55 1AU. More information is available on the website.

School of Meditation Events. **Contact:** Jacqueline Russell jacrussell3@gmail.com or phone UK office: 020 8280 2283;

Friday 20 to Sunday 22 March. School of Meditation Essential Teaching Weekend. This is fully booked.

Monday 11 to Sunday 17 May. School of Meditation 7 day Silent Retreat. **Leader:** Julie Roberts. **Venue:** The Greenhouse Christian Centre. Poole BH13 6DT. **Cost:** £550

Friday 2 to Sunday 4 October. School of Meditation Essential Teaching Weekend. **Leader:** Julie Roberts with Joanne Caine. **Venue:** The Briery Retreat Centre, 38 Victoria Road, Ilkley West Yorkshire LS29 9BW. **Cost:** subsidised £85 includes talks, meals and accommodation.

East of England

Saturday 9 May 9:30 – 15:30. Quiet Day. **Leaders:** Rev Sandy Southee and Sr Jean Seanson. **Venue:** St Mary's Church, Church Street, Maldon CM9 5HW (no car park facilities at church, use local car parks) **Suggested donation:** £10 Bring a packed lunch; Drinks provided. **Contact:** Sr Jean Seanson; jeansearson@gmail.com / 079365 99466

Northeast England

Saturday 7 March 10:30 – 15:30. What will the Christianity of the Future look like? **Leader:** Fr Laurence Freeman OSB. **Venue:** The Chapel, Leeds Trinity University, Brownberrie Lane, Horsforth, Leeds LS18 5HD. **Donation:** £15 (concessions available) Refreshments provided but bring own lunch. **Contact:** Sue Purkis 07702 692177 wccmyorks@gmail.com (advanced booking required)

Friday 1 to Sunday 3 May. Embodied Contemplatives – Christian Meditation and Tai Chi Retreat. **Venue:** Ampleforth Abbey, near York YO62 4EN. www.ampleforth.org.uk. **Contact:** 01434 673248

Wednesday 13 May. Two Doves on the Chalice: Inner Healing for Compassionate Outreach. **Venue:** Minsteracres Retreat Centre, Minsteracres, Consett Co Durham DH8 9RT www.minsteracres.org.uk **Contact:** 01434 673248

Monday 17 to Thursday 20 August. Embodied Contemplatives – Christian Meditation and Tai Chi Retreat. **Venue:** Ampleforth Abbey, near York YO62 4EN. www.ampleforth.org.uk. **Contact:** 01434 673248

Friday 25 to Sunday 27 September. Embodied Contemplatives – Christian Meditation and Tai Chi Retreat. **Venue:** Minsteracres Retreat Centre, Minsteracres, Consett Co Durham DH8 9RT www.minsteracres.org.uk **Contact:** 01434 673248

Friday 2 to Sunday 4 October. Embodied Contemplatives – Christian Meditation Silent Retreat. **Venue:** Ampleforth Abbey, near York YO62 4EN. www.ampleforth.org.uk **Contact:** Hospitality & Pastoral pastoral@ampleforth.org.uk 01439 766486.

Northwest England

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 donations suggested. Drinks provided, please bring own lunch. **Contact:** Bob Morley 016974 72644 or rgm1@live.co.uk

Friday 20 to Sunday 22 March. Silent Weekend Retreat. **Leader:** Joanne Caine and Pat Higgins. **Venue:** The Briery Retreat Centre, Ilkley West Yorkshire LS29 9BW. **Cost:** £160 **Contact:** joannecaine2@gmail.com or patricia_higgins@hotmail.com

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 Camforth LA5 9SE. **Cost:** £130 residential (£100 subsidised). **Contact:** Kevin McNally 01229 774929 or kevin@ukmcnally.co.uk

Saturday 18 April 10:30 -16:00 Quiet Day. **Leader:** Joanne Caine. **Venue:** Xavarian Spirituality Centre. Preston PR2 8HE **Cost:** £10 bring your own lunch. **Contact:** joannecaine2@gmail.com or text 0777 642 6911

Tuesday 5 May 10:00 for 10:30 -15:30 Living with the Mystics – Thomas Keating. **Leader:** Richard Broughton. **Venue:** Quaker Meeting House, Elliot Park Keswick CA12 5NZ **Cost:** Donations £5. Drinks provided, please bring your own lunch. **Contact:** Bob Morley rgm1@live.co.uk; 016974 72644

Saturday 20 June 10:30 -16:00. Quiet Day – The Golden Thread of the Mystics. **Speaker:** Bob Morley. **Venue:** Xavarian Spirituality Centre. Preston PR2 8HE **Cost:** £10 bring your own lunch. **Contact:** joannecaine2@gmail.com or text 0777 642 6911

West Midlands

Friday 22 May to Sunday 24 May. The West Midlands Spring Retreat: The Happiness we seek is already within us. It is the gift of Divine Blessings. **Leader:** Janet Robbins. **Venue:** Noddfa, Penmaemawr LL34 6YF. **Cost:** £135. **Contact:** Margaret Jarvis 01743 240401 mmj2@bulldoghome.com

Southwest England

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 **Booking essential.**

Saturday 14 March. Sources of the sacred: Word and Flesh. **Leader:** Fr Laurence Freeman. **Venue:** Apostle Room, Clifton Cathedral, Clifton Park, Bristol BS8 3BX. For existing meditators. **Contact:** Roger Layet roger.layet@btinternet.com 01275 463727 for details and to book.

Saturday 14 March 14:15. 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 – 20.00. 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

Saturday 6 June. Ilminster Meditators: speaker Satish Kumar. **Venue:** The Minster Church, Court Barton, Ilminster, TA19 0DU. **Contact:** Michael Grevis michaelgrevis@gmail.com

Keeping In Touch

If you would like to ...

- Receive Meditation News by email or post
- 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 Phone: **020 8280 2283**

Or contact:

WCCM UK Office, 63 Mattock Lane, London, W13 9LA

London

Every Wednesday until end of July 19:00-20:15. Addiction and Grace Meditation Group. Leader: May Nicol. 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 meditatiowccm.org www.meditatiocentrelondon.org
Bookshop opening times: Monday - Friday 10:00-17:00

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:

Wednesday 26 February (4, 11, 18, 25 March, 1 April) 18:30-21:00. Spiritual Growth - Six week introductory Course. Cost: no charge Coffee and tea provided.

Saturday 7 March 10:30-16:00. Contemplative Reflections The Journey Home. Leader: Simon Parke. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Saturday 14 March 10:30-16:00. Contemplative Arts The poetics of space. Leader: Michelle Charles. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Wednesday 8 April 18:30-21:00. Contemplative Reflections The mystery of time. Leader: Monica Cardona. Cost: £15 Concessions £10. Please bring a packed lunch. Coffee and tea provided.

Saturday 18 April 10:30-16:00. Retreat with the Mystics. Zenedictine! Leader: Jim Green. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Wednesday 22 April 18:30-21:00. Meditation as the path to Reality. Leader: Laurence Freeman OSB. Cost: £15 Concessions £10. Light refreshments provided.

Saturday 2 May 10:30-16:00. Poetry Saving Beauty. Leader: Prof Mark Burrows. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Saturday 9 May 10:30-16:00. Addiction and recovery. The Labyrinth: Letting Go ad 12 Step Spirituality. Leader: May Nicol and Martin Garsec. Cost: £20 (suggested donation). Please bring a packed lunch. Coffee and tea provided.

Saturday 16 May 10:30-16:00. Retreat with the Mystics. Saint Bonaventure. Leader: Fr Tom Herbst. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Saturday 20 May 10:30-16:00. Spiritual Growth The listening church – Spiritual Direction. Leader: Maria Mann. Cost: £15 Concessions £10. Light refreshments provided.

Wednesday 3 June 18:30-21:00. Science and Spirituality Being Human – Reflecting on Artificial Intelligence as Threat or Promise. Leader: Canon Dr Malcolm Brown. Cost: £15 Concessions £10. Light refreshments provided.

Saturday 6 June 11:00-15:30. Teaching on Christian Mediation Starting the Journey. Cost: £5 donation for lunch. Coffee and tea provided.

Saturday 13 June 10:30-16:00. Contemplative Reflections Experiment with light. Leader: Angela Greenwood. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Wednesday 24 June 18:30-21:00. Retreat with the Mystics. The compassion of the mystics Leader: Prof Bernard McGinn. Cost: £15 Concessions £10. Light refreshments provided.

Saturday 4 July 10:30-16:00. Environment and Meditation. Connecting Prayer and Action. Leader: Peter Musgrave. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Thursday 9 July 18:30-21:00. Interfaith The practice of Tibetan Buddhism. Leader: Geshe Tenzin Namdak. Cost: £15 Concessions £10. Light refreshments provided.

Saturday 11 July 10:30-16:00. Contemplative Reflections The message of L'Arche & Jean Vanier. Leader: Hazel Bradley. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

Saturday 18 July 13:00-17:30. Movement & Meditation – An introduction to Taiji. Leader: Paul Fretter. Cost: £25 Concessions £15. Coffee and tea provided.

Saturday 1 August 11:00-16:00. Oblate Day. Contact: Gilly gilly@withers.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: See www.westminstercathedral.org.uk for details.

Silence in the City

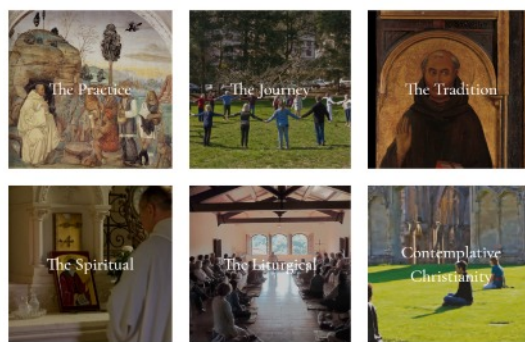
See www.silenceinthecity.org.uk for the programme. Unless stated otherwise all talks are at: Westminster Cathedral Hall, London SW1P 1QH. Pre-booking is necessary. Contact: 020 7252 2453 info@silenceinthecity.org.uk



The School
of Meditation
SIMPLICITY · GROWTH · COMMUNITY

We're excited to introduce you to our newest piece of work on the School Website. The Resources section has gone through a complete overhaul, with previous material reviewed and refreshed. It is now divided into three parts- Meditation Resources, Teaching Resources and Contemplatives in Action, where you will find an extensive selection that support the journey of meditation for both individuals and groups. Of course, new material will be added in the future but for now, we hope you find this new catalogue helpful.

Meditation Resources



www.theschoolofmeditation.org

Contacts

UK Office

The Christian Meditation Trust (UK) – Registered Charity No. 1101900

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

☎ 020 8280 2283

✉ uk@wccm.org

🌐 www.christianmeditation.org.uk

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