

# meditation news



Newsletter of The World Community for  
Christian Meditation in the UK

Summer 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 **Autumn 2020** issue to: [uknewsletter@wccm.org](mailto:uknewsletter@wccm.org) to reach us by **1 July**.

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

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

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## Remembering Rev. Graeme Watson 1935-2020



**He preached Christian mysticism and then went to his bed.**

This was my last experience of Graeme Watson, who I called Fr G, when I was fortunate to spend time with him and Liz over Christmastide. I remember thinking that the priest in vestments (he had just presided at the Eucharist) who in August 2011 welcomed me into the Meditation Community had transfigured into an ol' mystic!

It was over coffee, in late 2016, that Fr G first hinted at redirecting his energy. He had been the regional coordinator for North East London for close to ten years, and was looking for a successor. The desire was to leave the groups in safe hands, but not without first saying goodbye. So a Paul-esque letter was sent requesting permission to visit. I ended up accompanying Fr G on his tour of the groups, which took the best part of 2017.

*continued on page 3*

## Graeme Watson

Graeme Watson's funeral on January 24th 2020 at St Mary's, Stoke Newington was attended by a large number of people (it is a huge church and it was full) and there was representation by people who had known him from the different stages of his life. WCCM members will have only come to know Graeme in his (supposed) retirement years but they turned out to be anything but as his involvement and commitment as a teacher of Christian meditation grew.

Evonne Galloway's appreciation of him amply illustrates this.

As he said towards the end of his life, "My discovery of the gift of Christian Meditation in the last twenty years has been a flowering of something deeply rooted in me, which needed space and time to develop."

Encouraging words that it is possible at any point in one's life to discover, and embrace this spiritual practice.

A booklet produced for the funeral gave a brief synopsis of his life. He was ordained as a priest in 1962, serving as a curate in Edinburgh and Nottinghamshire until 1967. The next ten years he spent in Tanzania, firstly as a tutor and then as Vice-Principal of two Colleges. He married Carol Harper in 1974 and he was a priest at a parish in Dar Es Salaam until a return to England in 1977. The next 18 years he was a parish priest in Somerset during which time his first wife died and he then met and married Liz in 1994. It meant a lot to Graeme that he was able to celebrate his and Liz's silver wedding on December 29th 2019, just a couple of weeks before he died.

I came away from the funeral with a strong sense of having given thanks for a life well lived in service of others, someone to be inspired by.

*Margaret Comerford*



### 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](mailto:rgm1@live.co.uk)**

**tel. 07704 419526.**



## Remembering Graeme Watson... *continued from page 1*

We had chit-chat, theology and discernment on every journey.

I want to dedicate this article to what Graeme did after finding the Pearl of Great Price, contemplative prayer, and how he shared the gift with so many and through so many, starting in St Mary's church, Stoke Newington, London N16.

The Wednesday evening group was founded by Liz, his wife and quickly taken on by Graeme and Michael Johnson in 2003. After a short time, a keen meditator became the third leader. The gathering followed the familiar formula of listening to a WCCM talk, 25 minutes meditation, and space for discussion. My first time with the group was very special: the welcome, teaching, and opportunity to ask questions were so needed. In retrospect, I must have spoken too much because I was soon seen to have 'potential'. "God is definitely doing something with you, but I don't know what it is!", said Fr G as he put our overly packed meditation bag into the cupboard.

On a train journey home from visiting a former curate, my commission was declared, as if from great pondering, "a teacher of prayer, like Liz". I was ambivalent. Long story short, 2013, I attended an Essential Teaching Weekend, made possible by the generosity of the group and church. Many teaching opportunities followed, and last September I was asked to teach meditation to our church school as part of the RE Day. Fr G was most pleased. Yr 6 now have a regular practice, and I trust that the younger ones will soon follow.

London Groups' Day in 2017, the idea to have a banner advertising meditation was taken seriously. By then we had another group to offer: Tuesday morning meditation 'Under the Spire' was set up by Liz and me in 2014. And the Wednesday evening group had acquired another co-leader, Penny MacGeoch. We could not have predicted the difference the banner would make in terms of size and depth of both groups. The need for silence was palpable, and the Spirit certainly gave us extra grace to lead.



Fr G was our go-to spiritual advisor. We would look to him, quite literally, for an answer to an awkward question. Noticing the pattern, he once said, "Don't assume that I know everything"- such was his humility. "Well", I thought, "you are the one wearing the clerical collar".

In 2018, after much consideration, it was decided that Birgit Duncan would succeed Fr G as Coordinator. She would be gently phased in and supported by a pastoral care team - all affirmed at a gathering in Fr G's lounge.



The banner, sprawled daringly across the railings invited a mix of dynamic people, and for Fr G this meant new leaders. He was quick to secure our 'latino contingent', Diego Marando, who introduced walking meditation (and changed the title of leader to facilitator) and later, Clelia Rinaldi, who encouraged us to have regular socials. The picnic in the park was a particular favourite.

September 2019, Fr G and I shared an Introduction to Meditation event in Letchworth. We had a few days' notice, but it turned out to be a very special time for all. It would become our last journey together. I'm sorry that I didn't get a chance to tell him my joke, that he made a good Timothy!

Early December 2019, the group prepared a card after hearing the diagnosis of terminal cancer. Theba Marando (Diego's wife) and I took it to Fr G's home. We were expecting just to put it through the letterbox but Liz joyfully invited us in. To our amazement (and relief), we found our mentor full of Life and still very much on a mission, taking from his desk and lifting high an Essential Teaching Weekend leaflet! When asked what he wanted from the groups, he quipped, "meditation every day" and "go out and spread the word".

On January 23rd, the night before his funeral, Fr G had his last word. Over 60 people gathered for the vigil prayers and meditation. Yui joined us in Boston, USA. Yui is from Thailand, learned to meditate at St Mary's while she was a student in London and continues at Boston Cathedral now she is studying there. A moving John Main passage was read before and after meditation. At the centre was a homely wicker coffin, and placed upon it were a stole, a cross pendant, and his two books: Strike the Cloud and Song of Songs: A Contemplative Guide.

Graeme Watson, for whom "there is no duality with God", thank you for all that you did to encourage and nurture our meditation journey. May your soul rest in peace.

*Evonne Galloway*

## UK Community's response to COVID-19

Around mid March when it became clear that a strict lockdown of the country was imminent, the UK leadership team (it's formal name is the Action Group) wanted to make sure they reached out to our community in a positive and supporting way.

The first decision was to make contact by email with those UK WCCM members they had addresses for, with information and advice on how to support their meditation practice in a very changed world. This included information on resources and suggestions of alternative ways to continue to meet in groups and was outlined by Julie Roberts in two communications on 17 and 22 March. They were also posted on the UK website. Recommendations range from joining an existing online group ([www.onlinemeditationwccm.org](http://www.onlinemeditationwccm.org) - link: //wccm.uk/online has details of groups already running) to creating new online groups via WhatsApp or Zoom. In addition they also signposted The School of Meditation website [www.theschoolofmeditation.org](http://www.theschoolofmeditation.org) link: //wccm.uk/som for spiritual resources to help during this time of social isolation, such as the Roots of Christian Meditation course.

For those members not on email, Roisin Williamson, our office administrator, sought to encourage Group Leaders and Regional Coordinators to make contact, even though the office at the Lido Centre in Ealing closed on 18 March. Since then, Roisin and Elena, have continued to work from home and although postal mail will not be responded to for some time, communication via email to [uk@wccm.org](mailto:uk@wccm.org) will still reach them. They would also like you to know that if there are any payments you wish to make, please do so using the online donation facility //wccm.uk/donate and please include a message (provided within the donation facility) saying what it is for.

It is important to recognise that the leadership team does not have the monopoly on good ideas, so here are a few of the initiatives heard of from around the country:

- Group members agreed to meditate everyday together although alone.
- Group members agreed to light a candle each meeting time and still meditate together alone.
- A coordinator wrote a short introduction to meditation for those not familiar with it and sent it to others, which a group leader then sent to her parish priest to share in his weekly newsletter.
- Many group leaders have set up a personal Zoom account for weekly meetings. In one group particularly, the leader helped (remotely) a 72 and 82 year old each to make it work. In that same group, a couple who had not managed to attend the group before joined the on-line group.
- A group leader started a daily Monday to Saturday midday online group on Google Hangouts which incorporated both readings from the Daily Office and meditation.
- One group leader sends out a weekly offering of wisdom words, music and an invitation to meditate together at a specific time.

In the meantime, the Action Group and the Trustees continue to meet (and more frequently at present) by Zoom, responding to situations created by the pandemic, such as cancelling events, making refunds, revised financial forecasting and even –“will we be able to print and distribute the newsletter?”. They will continue to offer their support and pray for the whole community, knowing that we are all affected by this virus in previously unimaginable ways, and look forward to the time when we can meet up again.

In his writing, John Main considers that limitation can lead to expansion and so what appears to be a challenge now may bring future opportunities!

*Roz Stockley*

## Online Meditation

Since the start of the pandemic and our need for self isolation, online meditation has never been more important. Our groups have been expanding daily with requests to join. It has been lovely to meet so many of you, old friends and new, joining our daily sessions.

There are several new English speaking groups available through the WCCM website online groups. Here in the UK we continue to offer our twice daily sessions at 7.30 am and 6 pm.

We have received requests from meditators wanting to set up their own groups online and guidance about this has gone out to all group leaders.

For Oblates we have our own Zoom room and can accommodate local cell groups large and small should you wish to meet during this time and in this way. Crowthorne and Northern Cell have already moved their groups into the room and there is the opportunity of others to do so too. It has also been booked for an Oblate weekend in mid May.

Please get in touch if you are interested.

There is no need to feel isolated, there is lots going on, please check out the website for all details. Joining a group has proved a wonderful way to keep in touch with the community and fellow meditators during this difficult time.

*Julia Williamson*  
[julia.williamson3@ntlworld.com](mailto:julia.williamson3@ntlworld.com)

## 2020 UK National Conference: Rescheduled 18-20 June 2021

It was with great sadness that we had to cancel our June Conference at Swanwick. With great consideration, we had chosen the title "Touch the Earth Lightly", not knowing that it would have such immediate relevance for us all. As I write this, I am in New Zealand, my flight cancelled and not certain of a return home to the UK.

This time in history is affecting all our lives – each of us with our own story, our own suffering and very personal times of reflection. We do not know the ending, but our daily meditation offers certainty and through God's Grace allows us to be open and formed again.

There is a reading from the Tao Te Ching:

*The Master leads  
By emptying people's minds  
And filling their cores,  
By weakening ambition  
And toughening their resolve.  
He helps people lose everything  
They know, everything they desire,  
And creates confusion  
In those who think that they know.*

Whilst our 2020 Conference is not taking place, we have rescheduled for Friday 18th June to Sunday 20th June 2021. We are at the early stages of planning, but of course our focus will reflect a new world view and offer a contemplative a response.

It will be an opportunity to bring a truly fresh perspective on the great issues of our times. We will share time exploring the way in which we respond to the changing face of the world around us. And at the centre of our time together, we will meditate as a world-wide community.

There has been an enormous increase in the way in which we have reached out to one another, often using virtual on line gatherings. We need to reflect upon this experience as we plan our conference. Many of us have had rich and fulfilling experiences, using the extraordinary reach of technology. Coming together to meditate, to listen, to share and to discuss form an essential part of our time together, remembering the physical presence of one another remains central. We need to see with the eyes of our hearts, listen with the ears of our hearts and gently touch one another. Seeing and being with the whole person remains an essential human need.

So, please put the date in your 2021 diary or (if like me) make a note at the back of your 2020 diary! We will let you have more detail in the late summer.

Much Love to you all

*Janet Robbins*

*On behalf of the Conference organising team*

## From the UK Coordinator for Clergy – Fr John Bannister

Dear Brothers and Sisters,

I had planned to write and introduce myself to you all as the new UK Coordinator for Clergy before the current pandemic began to affect us in the alarming way it has. The world around us now feels very different than it did at that time.

Over the recent weeks, my dependency and desire for regular daily meditation practice has become more urgent. As a parish priest, I find my concerns and areas to focus on have become increasingly wide ranging in terms of the needs and vulnerabilities of many of my parishioners. With our church buildings closed I am faced with new and unfamiliar challenges and opportunities in terms of 'Proclaiming Christ and Serving the Community' which is the motto of my parish. Having recently developed a new group for meditators which had begun to grow as a community, we are now dispersed across our own homes. What a challenge and opportunity this offers!

My daily meditation practice is now critical in securing time and space to be with the Divine Presence in silent but active relationship, which allows the ever-increasing

concerns and anxieties that surround me to filter through the Compassionate Heart of Christ.

I hope that whatever context and circumstances you are in at this time, you will renew your own commitment to your practice of meditation and be constantly renewed and refreshed by it.

Please, be in touch if I can offer any support.

Blessings and peace.



*John*

*01772 683617*

*[www.lundparish.org.uk](http://www.lundparish.org.uk)*

## Fr Laurence's Visit to the South West

Exeter, Ilminster, Wells and Bristol - 12 – 14 March 2020



After months of planning and with the news about COVID-19 building up we were very glad to welcome Fr Laurence to the South West - had the visit been scheduled for the following week it would not have happened. For everyone not fortunate enough to attend, here are some thoughts and insights from three memorable days...

It was truly encouraging for ninety-five of us to meet in Exeter to hear about "Prayer in a Secular Age: Finding the Secret of Prayer in the Earliest Teachers". Fr Laurence took us from Jesus and Origen to Bonhoeffer and Simone Weil; from the Desert Fathers' instruction to "pray for the gift of prayer" to discipleship and attention. And so he introduced us to meditation as a "common human experience". The talk is on the St James' Church, Exeter website. [www.stjamesexeter.org](http://www.stjamesexeter.org).

*Diana*

Fr Laurence talked about finding the kingdom of heaven in our hearts, the main strand for me being that when we pray by meditation we simply 'be' in the moment with God, and things happen because Jesus transforms us/our hearts. When we pray in the traditional way, we chatter on, asking for things we think we need/want, our egos being at the forefront very often.

*Jackie*

It was lovely to sit with so many people at different stages in respect to meditation. One of the things Fr Laurence talked about was that in the rhythm of life meditation keeps us as part of community. This seems a good and timely reminder as we move into lockdown. Our group meditates together in our own homes and it does give us a sense of community.

*Heather*

Fr Laurence's talk "Stages of the Inner Journey and why it Transforms the Exterior One" was most inspiring in these dark times and I came away feeling that meditation morning and evening is something I can do to contribute something to the world, the least I can do.

*Alexis*

In his talk about Jesus as a contemplative teacher Fr Laurence gave examples of how like all good teachers, Jesus doesn't give answers, he asks questions. In John 1, 37-39, Jesus turns to John's disciples who are following him and asks 'What are you looking for?' By turning to look at them, Jesus is drawing them into relationship, they are no longer just blindly following. Answering their question 'Where are you staying?', he replies 'Come and see'. He invites them into his 'space' – contemplation – and to experience everything that he has. He doesn't hold anything back. In meditation we are invited to experience the same relationship with God that Jesus has. We go into our heart, our temple or sacred space and become part of the relationship between God and Jesus, part of the current of eternal Love.

*Carol*

The talks offered a timely reminder that we often take the sacred texts for granted. Scripture is rich in wisdom, not only in the Christian tradition, but in other faiths too. I really enjoyed Fr Laurence's references to the Bhagavad Gita and other sacred texts. It reminded me that there is nothing to be feared from other religions, but much to be shared and appreciated. I was also moved by the tangible sense of community that comes from meditating together. I haven't meditated with that many people before and it was something to behold. A deeply personal experience and yet a shared one too.

*Clare*

At the end of the talk in Wells, Fr Laurence was given a gift of seeds to take back and plant in the garden at Bonnevaux: a thank you for the seeds of inspiration and hope he had so generously sown across our region.

*Julie Roberts - Somerset Co-ordinator*

## Essential Teaching Weekend

I attended the Essential Teaching weekend on 25th - 27th of October 2019 at the Xavarian Missionary Centre in Coatbridge along with a small group of meditators from around the UK.

I have been meditating regularly for about a year, and have built up slowly over time with the steady and loving guidance of my spiritual director. Coming from the Catholic tradition, silent contemplative prayer is familiar to me, and in the past I explored Buddhist meditation for some time. Through a friend I was introduced to the WCCM, and I feel like I have come home.

As a new person to the regularity of daily meditation, I have found the rhythm brings its challenges in a busy life. Being with long term meditators - some people had meditated for over 30 years - as well as newer people like me, was heartening. Hearing about the gifts that it has brought people and recognising some of those gifts for myself already, as well as being able to share the difficulties I experience in my practice was wonderful.

I learned a lot, and made new friendships and connections that I value. I am grateful to the group - and Julie, Alex and John in particular - for the opportunity I have to now to share this with others locally.

Joanne Sullivan

## Looking on the bright side

*The corona virus has hit us hard  
all of us are firmly barred  
from all social and pastime fun  
worried and anxious is everyone.*

*But let us unite in our common aim  
knowing that the world is not the same  
as it once used to be  
before the age of technology.*

*Here is a chance for the human family  
to recognize its intrinsic destiny  
where for the sake of the greater good  
we begin to practise true brotherhood,  
where none of us has to stand alone  
where emails are sent or else the phone  
may ring in order to convey  
what everyone is keen to say:*

*together we will beat the threat  
together we will arrest the spread  
of a disease which has cast us down  
but gives rise to hope in every town*

Margrit Dahm

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*The School of Meditation in the UK*

World Community for Christian Meditation in the UK

## Essential Teaching Weekend

Ilkley, West Yorkshire

2-4 October 2020

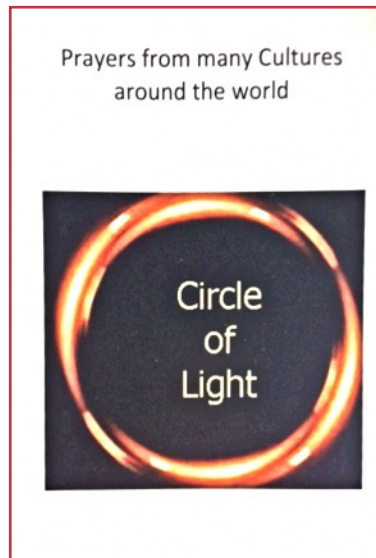
Have you been meditating in the John Main tradition for more than a year? Do you feel you would like to grow in your understanding of your meditation practice and be more confident about passing it on to others? An Essential Teaching Weekend is designed as a participative residential weekend. Presentations by teachers in the community, group discussion and practical exercises will help to build confidence to pass on the gift of meditation.

The style of the weekend is relaxed and takes place at the Briery Retreat Centre in the heart of the Yorkshire Dales. The comfortable accommodation is mainly single rooms with shared bathrooms - we are unable to guarantee an ensuite room. The weekend is subsidised by the UK Community and includes all accommodation, meals, and talks.

**Cost £85 per person**

**For more details, information about bursaries and an application form please email:**  
[jacqrussell3@gmail.com](mailto:jacqrussell3@gmail.com)  
or call the UK office on 020 8280 2283

## Circle of Light - Prayers from many cultures around the world



I recently received through the post a lovely little booklet of prayers called Circle of Light compiled and produced by one of our community, Sylvia Lindsay. They are prayers from many cultures around the world and as Sylvia says they 'remind us that we are, on a deep spiritual level, united as we seek to find our own pathway to enlightenment.'

These two prayers give a flavour of the Western and Eastern traditions respectively and were consoling as I read them during the COVID-19 crisis.

I asked Sylvia to share her story of how she came across Christian meditation to place alongside the information about her booklet and she came up with the following:

*My first encounter with the WCCM was on a suburban train. Sitting next to me was Sister Lucia from the Convent of the Sacred Passion which was near my home. As we started talking she told me of her plans to set up a meditation group in our neighbourhood.*

*This was my introduction to meditation – and attending this group provided the opportunity to explore this infinitely rewarding path which combined the mysticism of the East with my orthodox Christian up bringing.*

### From Vietnam (20<sup>th</sup> C. prayer)

An ocean of suffering floods the horizon  
Yet the beams of the sun can penetrate  
warm and bring it light  
Give thanks that the Lord of Truth guides us  
In service to humanity  
And as the scented cinder smoulders into flame  
So light in me  
With faith  
The flame of Truth

May blessings rain on us like gentle showers  
And the scent of God's love disperse amongst us.

*Now more than 20 years have passed, and our small group still meets in the nearby Methodist church, or sometimes, due to age or ill health, in my own home.*

*I like to think these times together give us the chance, in our individual ways, to find stillness, and even perhaps to glimpse that transcendent*

*moment of oneness with eternity.*

*"The universe shall be transformed in its furthest reaches by igniting the spark which illuminates all mind." Chinese prayer for the Supreme Being.*

*"Help me to learn how to listen to my heart." Arctic Heart Prayer.*

*These quotes are from Circle of Light and they clearly show us that whether we are asking for seal meat (Inuit prayer) or for daily bread, we are all addressing the same source for support in our everyday lives.*

*I am very grateful to my colleague and fellow meditator Gill Whitman (the technical department) for her enthusiasm and support, as together we plan 'Seeking the Light', a second volume of prayers from different cultures around the world.*

Copies of 'Circle of Light' are available as a booklet or a cd and are available from Sylvia Lindsay at 340 Lower Road, Little Bookham, Surrey KT23 4EF or at [www.themusicwell.org.uk](http://www.themusicwell.org.uk). They are free of charge but donations and comments and enquiries are welcome.

### A prayer from Iona

Shining God  
Even the darkness is not dark to you  
Shine in our darkness  
Light of our lives  
When we walk in the great gloom of confusion  
When pain drains all the colour out of our lives  
When we are paralysed by the darkness of fear  
Shine in our darkness  
When we know that others are walking in the darkness give us courage to be a light for them.

Margaret Comerford



## Donations

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

**The Christian Meditation Trust (UK)  
Lido Centre, 63 Mattock Lane, London, W13 9LA**

Please include your name and address and make cheques payable to: CMT(UK)

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*giftaid it*

If you would like to Gift Aid your donation please include and sign the following declaration.

*Declaration: I wish the Christian Meditation Trust (UK) to treat this gift and any donations made by me in the previous four years and any donations made by me in the future as Gift Aid donations. I am resident in the United Kingdom. I have paid/will pay basic rate income tax on the gross amount given.*

**If you have any queries or would like to set up a standing order or electronic transfer, please contact the UK Office Tel. 020 8280 2283 [uk@wccm.org](mailto:uk@wccm.org)**

## Lockdown

Yes there is fear.  
 Yes there is isolation.  
 Yes there is panic buying.  
 Yes there is sickness.  
 Yes there is even death.

But,  
 They say that in Wuhan after so many years of noise  
 You can hear the birds again.  
 They say that after just a few weeks of quiet  
 The sky is no longer thick with fumes  
 But blue and grey and clear.

They say that in the streets of Assisi  
 People are singing to each other  
 across the empty squares,  
 keeping their windows open  
 so that those who are alone  
 may hear the sounds of family around them.

They say that a hotel in the West of Ireland  
 Is offering free meals and delivery to the housebound.

Today a young woman I know  
 is busy spreading fliers with her number  
 through the neighbourhood  
 So that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples  
 are preparing to welcome  
 and shelter the homeless, the sick, the weary.

All over the world people are slowing down and  
 reflecting  
 All over the world people are looking at their  
 neighbours in a new way  
 All over the world people are waking up to a new  
 reality  
 To how big we really are.  
 To how little control we really have.  
 To what really matters.  
 To Love.

So we pray and we remember that  
 Yes there is fear.  
 But there does not have to be hate.  
 Yes there is isolation.  
 But there does not have to be loneliness.  
 Yes there is panic buying.  
 But there does not have to be meanness.  
 Yes there is sickness.  
 But there does not have to be disease of the soul.  
 Yes there is even death.  
 But there can always be a rebirth of love.

Wake to the choices you make as to how to live now.  
 Today, breathe.  
 Listen, behind the factory noises of your panic  
 The birds are singing again  
 The sky is clearing,  
 Spring is coming,  
 And we are always encompassed by Love.

Open the windows of your soul  
 And though you may not be able  
 to touch across the empty square,  
 Sing.

Fr. Richard Hendrick, OFM

## Did you know...

- You can sign up to the 'Roots of Christian Mysticism' online course, or even an online retreat with Fr Laurence entitled 'Who Do You Say I Am?'
- You could watch the Rev. Sarah Bachelard speak about Contemplative Christianity at the John Main seminar in Vancouver in 2019.
- You can listen to a CD, like the talks entitled 'Meditating as a Christian' given by Fr Laurence in Myanmar in 2013, or one of many others from the quarterly series.
- You can purchase a variety of books to help deepen your knowledge and understanding of meditation.
- You could download the step by step guide to offering the 'Six Week Introductory Course' and use it personally, or as a basis to plan a course.
- You would have your heart uplifted by watching the short video of Fr Laurence meditating with children at Teresian school, Mexico.

... and that all this can be found on the new School of Meditation website which is full of resources ?

Please visit [www.theschoolofmeditation.org](http://www.theschoolofmeditation.org)

The School of Meditation is an international offering and was set up to provide a wealth of programs and resources to support us on our journey and help us all share the gift.

Julie Roberts - School of Meditation Co-ordinator  
[julie.ann.roberts@icloud.com](mailto:julie.ann.roberts@icloud.com)



## 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





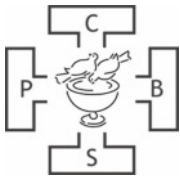








[www.theschoolofmeditation.org](http://www.theschoolofmeditation.org)



## 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

### 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.

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

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

**Berkshire:** Online Zoom meeting on the last Wednesday of each month from 14.15 - 15.45. Contact: Angela Greenwood angelagreenwood@hotmail.com 01344 774254

**Northern Cell (Leeds):** Saturdays 6 June, 18 July and 5 September. Contact: Angela Gregson for details at rydal2814@yahoo.co.uk or on 01706 563024.

**Online UK Led Oblate Cell Meetings:** Wednesdays 24 June, 22 July, 19 August. Places are limited to 16.

**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 June.** Please visit the Christian Meditation UK website for more details and to check for changes and additional events: //wccm.uk/events

Events are subject to COVID-19 lockdown restrictions, some may be held online by video-conferencing, others may be cancelled at short notice. Contact the organiser(s) for the latest information.

### National

**Friday 18 to Sunday 20 June 2021. Annual Conference - Rescheduled . Save the Date!**

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

**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.

### Northeast England

**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 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

**Tuesday 4 August 10:00 for 10:30-15:00 Living with the Mystics – Ramana Maharshi.** Leader: Bob Morley. 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

### Southwest England

**Thursday 23 to Sunday 26 July. WCCM in the South West Silent Retreat: Oneness.** Leader: Alex Holmes. Venue: The Greenhouse Christian Centre, Poole, Dorset BH13 6DT Contact: Anita Finnigan anitafinnigan@hotmail.co.uk 01305 259032



## London

**Wednesdays** (until end of July) **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 10:00-17:00

During the pandemic whilst the centre is closed we are offering online meditation on Wednesday 13:00. Please contact meditatio@wccm.org to join

**Repeating events:**

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

**Single events:**

**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.

**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. Generosity to Communion – life in L'Arche.** 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

**Saturday 31 August 10:30-16:00. Exploring Common Ground between Christianity and Buddhism.** A contemplative Dialogue with Ria Weyens and Eva Natanya. Cost: £40 (concessions £30); burseries available on request. Contact: Kate Coombs meditation@wccm.org 020 7278 2070

**Saturday 5 September 10:30-16:00. Retreat with the Mystics Hildegard of Bingen.** Leader: Revd Sheena Gabriel. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Wednesday 16 September 18:30-21:00. Science and Spirituality.** Making space and time for God. Can Physics help? Leader: Prof Bernard Carr. Cost: £15 Concessions £10. Light refreshments provided.

**Saturday 19 September 10:30-16:00. Environment and Meditaiton.** A faith response to Climate Emergency. Leader: Ruth Jarman. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Saturday 26 September 10:30-16:00. Retreat with the Mystics.** Simplifying Matters: Engaging the transforming Wisdom of the Mystics. Leader: Prof Mark Burrows. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Saturday 3 October 13:00-17:30. Movement & Meditation Letting Go.** Leader: Chris Hurley. Cost: £25 Concessions £15. Coffee and tea provided.

**Wednesday 7 October 18:30-21:00. Interfaith. Baha'i and the harmony between science and faith.** Leader: Prof Faraneh Vargha-Khadem. Cost: £15 Concessions £10. Light refreshments provided.

**Saturday 10 October 11:00-15:30. Teaching on Christian Meditation.** London Group Leaders Meeting. Leader: Geoff Waterhous and Birgit Duncan. Cost: £10 donation for lunch.

**Tuesday, 13 October 18:30-21:00. Interfaith. An evening of Zen sitting.** Leader: Fr Robert Kennedy. Cost: £15 Concessions £10. Light refreshments provided.

**Saturday 17 October 10:30-16:00. Contemplative Reflections. The city is my monastery.** Leader: Revd Richard Carter. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Thursday, 22 October 18:30-21:00. Leadership. Holding the space.** Leader: Esther Stephenson. Cost: £15 Concessions £10. Light refreshments provided.

**Saturday 24 October 10:30-16:00. Poetry. Mysterious wisdom: the spiritual quest of W.B. Yeats.** Leader: Grevel Lindop. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Saturday 31 October 10:30-16:00. Contemplative Arts. Watercolour painting.** Leader: Mary Cook. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Thursday, 12 November 18:30-21:00. Contemplative Arts. Islamic geometric design.** Leader: Margi Lake. Cost: £15 Concessions £10. Light refreshments provided.

**Saturday 14 November 10:30-16:00. A Burning Passion for God: Reflecting on Marguerite Porete.** Leader: Revd Dr Rebecca Stephens. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Saturday 21 November 10:30-16:00. Contemplative Reflections.** The transformative experience of meditation. Leader: Kim Nataraja. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Thursdays in advent 18:30-21:00: 29 November, 3, 10, 17 December. Spiritual Growth.** Stepping Inside: Meditation in Advent. Leader: Liz Watson. Cost: £15 Concessions £10. Light refreshments provided.

**Saturday 5 December 10:30-16:00. Interfaith. Abishiktananda.** Leader: Sr Marie-Claude. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Saturday 12 December 10:30-16:00. Preparing for Christmas.** Leader: Laurence Freeman OSB. Cost: £30 Concessions £20. Please bring a packed lunch. Coffee and tea provided.

**Westminster Cathedral**

**Daily Meditation: 12.30–13:00 Monday to Friday.** In the chapel in St Paul's Bookshop. All welcome.

**First Wednesday Quiet Days:** 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

**Keeping In Touch**

If 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](http://www.christianmeditation.org.uk)

Email: [uk@wccm.org](mailto:uk@wccm.org) or Phone: 020 8280 2283

Or contact:

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

# Contacts

## UK Office

**The Christian Meditation Trust (UK)** – Registered Charity No. 1101900  
Lido Centre, 63 Mattock Lane, London W13 9LA ☎ 020 8280 2283

**Office is closed during the pandemic. Please use email to contact.**  
✉ uk@wccm.org 🌐 www.christianmeditation.org.uk

## National

**National Coordinator:** See Action Group  
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**Goodnews Books:** John Roberts–01458 832704 john.wilcott@gmail.com  
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## Action Group

**National Coordinator:** Contact Action Group team leader, Regional or Special Interest Coordinator. Otherwise, contact UK Office.  
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ukmeditationwithchildren@wccm.org

**Outreach:** Contact UK Office  
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