

The World Community for Christian Meditation in the UK



AUTUMN 2013

32 Hamilton Road, London W5 2EH

The community is registered in the UK as 'The Christian Meditation Trust (UK)' reg charity no. 1101900

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MANY THANKS TO PAUL SWINHOE

Paul Swinhoe, our UK webmaster has been a wonderful support to WCCM for many years. He has been a lifeline to many of us, as we grapple with the technical mysteries of modern communication. Over the years, we have seen the growth of local groups and events coming to fruition across the UK. The UK website has been able to provide helpful information for the enquirer and has been an access point for useful resources, available to meditators across the UK. Paul will be handing over the reins to Paul Hayward, and Amanda Croucher at the UK office, enabling him to focus upon the other websites he supports as well as his ministry on Holy Island. We send our love and thanks.

REPORT BACK

GREENBELT 2013: LIFE BEGINS

Heather Leppard and Katie Seal

A group of ten meditators from across the UK - from Bristol, Cambridge, Dorset, the Isle of Man, Oxford, Stoke and Winchester - gathered at the Greenbelt festival on Cheltenham Racecourse over the August bank holiday weekend. Greenbelt is a liberal Christian arts festival held annually in Cheltenham,



and WCCM had been invited to contribute once again to the worship programme over the weekend.

On Sunday afternoon, 175 people joined us in 'The Sanctuary' (a Greenbelt venue for worship) as we led a workshop, introducing people to the seven steps of Christian Meditation. We spoke about the importance of finding space within each day to be still, and of remaining faithful to this, despite life's many distractions. Guiding people through a 'body meditation', we underlined the importance of our physical posture in helping to still our minds. We spoke a little about the history of meditation within the Christian faith, and even sang to some Taizé music to lead people into silence.



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Contributions to the newsletter are warmly welcomed. Please send all items to editor@wccm.org . David Simpson remains our editor, Dee O'Connell our sub-editor and Pia Huber compiles the Events pages.

Janet Robbins

UK National Coordinator

Deadline for next issue - 1 December 2013

There was a wonderful stillness in the room throughout the workshop, which moved into a longer time of meditation afterwards. Many of the staff looking after the worship space commented on how moving it had been to see so many people so focused and still. At the end of the workshop it was lovely to chat to many of the folk who came to speak to us, some of whom were experiencing Christian Meditation for the first time.

This year's title for Greenbelt 2013 was: 'Life Begins'. And full of life it was! Alongside worship at Greenbelt, there was a packed programme of talks, comedy and music, for both adults and children. We were able to spend some time exploring the festival and a few highlights included listening to a great talk by Abbot Christopher Jamieson on 'Finding Sanctuary'. This was not directions to the worship venue mentioned above, but stories and reflections about creating space in our own lives! As for music, we enjoyed dancing in front of the main stage to the London Community Gospel Choir, Lemarand Duke Special.

At the Greenbelt bookshop, copies of *Young and Contemplative 2*, which has been produced in association with WCCM, was for sale. The booklet contains insightful reflections by adults aged 18-30 on Christian contemplation, and sales at Greenbelt went well. If anyone is interested in having a copy, please do email youngcontemplatives@gmail.com. See the note at the end of Katie Seal's article on page 5.

In addition to the workshop we led, we also organised a few pop-up meditations near the Tiny Tea Tent, which we advertised via twitter. It was wonderful to have opportunities to cultivate a space for silence during a busy festival. For a brief time we shared life, as a small and temporary community. We ate meals together where we were camping, cooking up some hearty dishes on a camp stove. It was a joy to be a part of this, and to represent WCCM at Greenbelt this year.



COMMUNITY SPIRIT BLOOMS AT MEDITATION RETREAT

Charles Posnett

Warm sunshine, a great location and a true spirit of community typified the mid-July weekend retreat at Glenfall House near Cheltenham in Gloucestershire.



'Contemplation and Action' was the theme of the retreat led by Brijji Waterfield and Kim Nataraja. The idea being to look together at our essential teaching and how that impacts on our work as we dialogue with the secular world in the different outreach programmes - such as interfaith, mental health and education.

Kim Nataraja helped us to explore the roots of our Christian meditation tradition and it was good to discuss the relevance of this essential teaching in the context of the needs of our time. It was good too, to have the time and the opportunity to discuss these things in small breakout groups out in the fresh air – in the extensive and beautiful grounds around Glenfall House. This resulted in some good ideas, but the best result was the way in which everybody got to know each other in what was an interestingly diverse gathering. Those who were new to the community and those who had been in it considerably longer found increasing harmony not only with nature but with each other.

As doves fluttered in the garden we all enjoyed the peaceful surroundings in which we couldn't help being reminded of our own WCCM logo and the combination of contemplation and action which forms powerful bonds of love in our community.

'The wonderful beauty of prayer is that the opening of our heart is as natural as the opening of a



flower. To let a flower open and bloom it is only necessary to let it be; so if we simply are, if we become and remain still and silent, our heart cannot but be open, the Spirit cannot but pour through into our whole being. It is for this that we have been created.' *John Main*

A UNIQUE EXPERIENCE IN A UNIQUE PLACE

Titus Foster

As a relative newcomer to Christian Meditation it seems appropriate to contribute something in response to having attended the recent retreat in Monte Oliveto, Italy.

My wife Lina and I decided to visit Florence just prior to the retreat and in some ways it was a good preparation. Florence is indeed a feast on many levels. The magnificent Duomo (cathedral) even contained John the Baptist's finger! Sacred art inspired by religious devotion was everywhere and a wonder to behold. A fitting preparation for the monastery of Monte Oliveto.

Approaching it by road through gorgeous Tuscan countryside, we saw glimpses of what appeared to be a medieval walled village. Except that the 'village' was the huge medieval monastery itself. Upon arrival we were fortunate in being given a room overlooking the monastery on one side and a deep dramatic forested ravine on the other. Swifts soared and wheeled through the cloudless skies and pigeons cooed from the red brick walls. The hours were announced by the deep sonorous sound of the monastery bells.

Soon people started to arrive from four corners of the planet. Around 80 in all. Although ostensibly a silent retreat, in the evening was a talking supper and this continued throughout the week. It was evident that Father Laurence wanted to encourage some cross-pollination in a movement that I soon realised was truly worldwide in its influence and activity.

The days consisted of what soon became a seamless progression of meditation, prayer, Eucharist, yoga sessions and Father Laurence's daily talks. The subject was 'The Cave of the Heart'. In his humorous, unassuming and yet profound way, Laurence is a true modern mystic: as one of the retreatants put it, one of the new Fathers of the church. For me he has the gift of unpacking scriptural truths in a way that is free from the dogmatic assumptions which usually prevail in the church today. Many aspects of Christian theology that I had struggled with for years were somehow resolved and clarified. A kind of joining of the dots. I was drawn to read Laurence's book *Jesus the Inner Teacher*, and

was astonished to find the rusty doors of my understanding open into liberating wide open vistas. What a gift!

I am reminded of a phrase Laurence used in one of his talks: 'Meditation verifies the truths of your own faith'. And indeed the meditation was the vital ingredient of the whole week. Several times a day we would meet around a big sixth-century icon of Jesus in a large airy room and meditate for half an hour. It soon became clear to me that, when the Christian way is unpacked by a true man of prayer, it has all the mystical grandeur, knowledge, love and joy that the seeker could possibly wish for.

Some highlights from Laurence's daily talks:

- The importance of discriminating between introversion and interiority. Introversion gives rise to separation and isolation from others; a painful, superficial ego-based depressive state that can lead to fundamentalism. True interiority on the other hand, is heart-centred and relational, and connects us to our neighbour.

- The Cave of the Heart is available to all. However there are obstructions at the cave's door that need to be cleared. A process of purification is necessary. Although a cave is dark, it is a place of encounter and transcendence, and entering it is the prerequisite for true self-knowledge and light.

In no time the week was over, but the gifts of the retreat remain. Many thanks to all who attended and those who organized it. A unique experience in a unique place.

DORCHESTER GET-TOGETHER

Anita Finnigan

The two meditation groups in Dorchester met recently for a social, and it was good that Roz Stockley, our regional coordinator, was able to join us.



We had a reading from *Daily Readings with John Main* (a book to be recommended for anyone not sure which book to buy). And for that particular

day it compared a sculptor chipping away at a block of granite to the saying of the mantra. Continuously chipping away at granite is hard work and takes precision but eventually the form the sculptor has in mind is revealed. So too with our daily commitment to meditation and the saying of the mantra, the form that God has for us is being made. It brings about a healing, an inner transformation and freedom. We then meditated together.

The food was plentiful and delicious and it was good to get to know each other better. We are planning another get-together in the New Year.

OUR TRUSTEES REPORT BACK

Roger Layet
Chair of Trustees
Christian Meditation Trust (UK)

We are a community of meditators, and not a business. But we need to make use of some money to enable a few aspects of the community to function. And those who deploy the donations made by meditators should report on their custodianship. So this article is an outline of the financial situation of The Christian Meditation Trust (UK), which is the registered charity set up by the UK community of WCCM meditators.

In 2012 our income balanced our expenditure. (Mr Micawber would be happy, especially after our deficits of recent years.) The fees charged for national events (the retreat, School of Meditation events) covered their costs, as planned. Other expenditure - comprising mostly the publication of this newsletter, the costs of our small office, and volunteers' expenses - totalled £ 44,000. Income from donations matched these costs, owing to a generous response to the annual appeal for funds in November, along with steady inflows from those of you who donate by standing order.

Our end of year reserves stood at £43,000. This is in line with the long-standing policy of the trustees that we hold reserves equal to one year's expenditure (excluding expenditure on events).

Thanks to the result of the 2012 appeal, your trustees have this year been able to give £7,000 to the needs of the WCCM worldwide. The total given by UK meditators to the worldwide community is about £12,000, which includes gifts made direct by individuals to the international community. We are pleased to do this, in view of the many benefits the UK receives from the international community - free quarterly CDs to all our 385 groups, the international newsletter and website, Fr Laurence's teaching, the Meditatio programme, and more. We are also aware of the poorer national communities within WCCM who need support to pay for visits by teachers and to

translate and publish resources in local languages.

The Charity Commission publishes financial information on all UK charities on its website - so you can see more detail there. We are charity number 1101900. Or if you have questions or comments, email me on roger.layet@btinternet.com.

THE WAY YOU SEE IT

THINKING AHEAD, THINKING BIG: A BRIEF FROM SCOTLAND

Alex Holmes
Regional Co-Ordinator, Scotland

The WCCM website lists no less than 60 National Communities across the world, from A-Z, Argentina - Zambia. Sixty, that does sound impressive ... but still a bit of catching up on the restaurant chain, McDonalds, which operates in nearly twice that number of countries. Odd, there's no sign of the UK on the WCCM list, despite the bold banner on this newsletter 'The World Community for Christian Meditation in the UK'. Well, if no UK on the list, what about her constituent parts? Tucked in between Germany and Haiti, there she is, Great Britain. And Northern Ireland? A little searching finds her neatly twinned with her southern neighbour, part of an all-Ireland National Community (by the way, are countries feminine?). But what about Scotland? Currently, of course, as part of both Great Britain and the UK, she's alive and kicking on the WCCM UK website. But what about next year if we, the Scottish electorate, vote for independence? Since Great Britain is an island (apparently ninth largest in the world) of which Scotland forms an integral part and since no one, amongst the current uncertainties, has suggested digging a sea trench between Scotland and her neighbour to the south, Scotland will still be in Great Britain. And as part of Great Britain, we would be directed to the WCCM UK website ... but, hey, Scotland voted to be independent from the UK! So what's the solution? Scotland as shiny, new and 61st on the WCCM National communities list? Or what about something a little different ...

Fr Laurence was in Edinburgh at the start of June. He met some of the young adult meditators in the city for supper. Ten of us gathered from five, yes five, different countries of origin. That reminded me just what a global bunch us meditators are. OK, we've each got our little national labels, and increasingly need to produce that symbol of our national identity, our passport, most especially if we want to be fully part of the WCCM globe-trotting set,

but we're not tied to our passports once we're actually meditating. I did need to produce my passport recently when globe-trotting to Stornoway, on the Isle of Lewis, to spend time with meditators there. When, over the spring, I was with the groups in Kelso, Aberdeen, Perth, and Helensburgh, it never left my pocket. Being with fellow meditators in these places really fired up my global thinking. Why? Because all these towns have 'twins', or to keep the gender theme going, 'sister cities'. Stretched right across the globe, from Pendleton in South Carolina (Stornoway) to Bulawayo in Zimbabwe (Aberdeen) and Pskov in Russia, and Haikou in China (Perth). Perth herself has no less than six sister cities. 'Think globally, Act locally' the adage goes. Isn't this just what we do, local meditation groups within the World Community? Isn't this just what these towns I've just visited are doing? How about the meditation community in Scotland doing it too? Should independence come our way, rather than striking off on our own, we could twin-up. Let's think big, think globally. Back to that A-Z list on the WCCM website: it might read 'Argentina with Scotland', or 'Zambia with Scotland'. We could move around every six months. Getting a bit hot in Zambia, let's slip off and sister-up with Norway. Individual groups could twin-up too, Stornoway meditators with Sokolov meditators in the Czech Republic, Kelso meditators with those in Chiguayante, Chile. Let's do it Scotland, 'Think globally, Act locally'! And do you know to whom that saying is first attributed? To a Scot, town planner and social activist, Patrick Geddes. And where was he educated? In that very city, Perth, with the six sisters, at Perth Academy. So, Scotland, with whom shall we sister-up first? As currently the English Scotland Regional Co-ordinator for WCCM in the UK, can I with my multiple national identity confusions have first choice. Back to that list. Hmmm. Curaçao please!

A DISTURBING FAÇADE: THOUGHTS ON FACEBOOK

Katie Seale

When I decided to leave the social networking site Facebook on graduating five years ago, any hesitations I might have had dissolved on discovering that I was not able to 'delete' my account, but only to 'de-activate' it. As I sit here now I know that, somewhere out in the ether, there is information about me that, without my permission, other people have access to. There is something uncomfortable about this.

Philosopher Donna Haraway uses the phrase 'semi-permeable self' to describe the way in which

she believes that barriers between ourselves and 'technical ... [and] mechanical processes' are increasingly being broken down.' (1) From three years' experience of regularly using Facebook whilst at university, I would say that at least some part of my 'self' became synonymous with my Facebook profile. Often, on returning from the library, before even making a cup of tea, I would turn on my computer to see whether there were any new messages for me, or whether anyone else had tagged me in photographs from the party the night before. I then had to decide whether or not to 'de-tag' photographs that I felt were not the most flattering. I was able to construct an image, an illusion, of what I really was. At the time, not being so sure of myself, the barriers between my humanity and Facebook's technology were undoubtedly blurry.

Certainly, there is the argument that, if used responsibly, Facebook can be a useful tool. One can share photographs, send event invitations and keep in touch with otherwise long-lost friends. It does seem though, that those who use it are often too young, or inexperienced, to be able to do so fruitfully. I know I was. I recently heard of a twelve-year-old who regularly uses it. Presumably they too are constructing an illusory self using a plethora of photographic and written material. They might also be inviting strangers to be their 'friends' and share this information. I am sceptical as to how wise this is.



It is often said that in contemplation we come face to face with our 'true' or 'God-given' self. For me, contemplation is about realising a loving reality. Social networking websites can send us on wild

(1) Barbara Becker, 'Cyborgs, Agents, and Transhumanists: Crossing Traditional Borders of Body and Identity in the Context of New Technology', in *Leonardo*, 33 (2000), pp. 361-365.

goose chases, following our tails to find who we 'really' are. We can spend so much time viewing and judging the superficial aspects of ourselves and others - through photographs, written wall-posts and the number of 'friends' people have - that we miss out on a more integral, inner experience.

More than this, online social networking can be damaging. We can learn too much about things we might do well to leave alone. I have had conversations with many people who have in some way been wounded by being 'over-informed' via Facebook. The temptation to 'stalk' - to follow links to find out as much as possible about a person - can be too much of a temptation, especially when people are young and feeling vulnerable.

It seems to me that if we are not careful, Facebook could come to replace the simplicity of seeing people face-to-face. Here, each message demands a rapid response, which can only take a limited form; the realm of intuition takes a back seat and a dimension of communication is lost. Real interactions, however, face-to-face or on the phone, encourage a slower percolation of relationship through a more natural medium, with spaces for silence.

All this causes me to ask: how do we view 'relationship'? As I continue to explore this question, I am increasingly aware of the subtlety of relationships and of the many different depths and sensitivities that go with them. Humans are complex, spiritual beings. Why then restrict ourselves to communicating in a two-dimensional way?

Since leaving Facebook, I have observed that some of my relationships have been allowed to deepen. There is affirmation in knowing that it is not the primary way a friendship can continue. Synonymously, I have found contemplative prayer, which I increasingly come to value, to be a widening, deepening and altogether enriching experience. Through it, I continue to learn about who I really am: I am challenged to look at problems and joys in a different way. It is a space for simple, deeply intimate communication.

I do wonder whether Facebook's slogan: 'we help you connect ... with the people in your life' is rather misleading. I believe that contemplative prayer really does open us up to an interconnectedness that we will be unlikely to grasp in this lifetime. If we are not rather careful, Facebook and other technology could blind us to our much deeper thirst for contemplation and the deep relationship we are called to be in with God and with those we live alongside.

Katie is 26. She works for the Anglican Church and in a marketing role for a company in Winchester.

This article comes from *Young and Contemplative Part 2*. The booklet comprises a series of articles

written by a group of young people who are exploring a contemplative lifestyle. (Part 1 was printed in 2010.) It is a wonderful insight into the challenges facing young people setting out on an exploration of faith. The production of the booklet has been supported by WCCM and if you wish to receive a copy, please contact youngcontemplatives@gmail.com or contact the UK office uk@wccm.org. A donation of £2 would be welcome.

LETTERS

'THIS MEDITATOR'S PERSONAL CREED'

A RESPONSE

from Chris Bamber

I feel for the writer of 'This Meditator's Personal Creed' (UK Newsletter Summer 2013).

The predicament of many Christians, who find much of the orthodox framework of belief in our churches to be unbelievable, is a growing reality. As a retired Methodist minister I cannot view things from a Catholic standpoint, but I am aware of a variety of organisations responding to this need. 'Progressive Christianity Network' www.pcnbritain.co.uk is nationwide. St Mark's Centre for Radical Christianity in Sheffield www.stmarksccr.co.uk has attracted major scholars to come and speak, with hundreds attending its conferences, and 'Free to Believe' www.freetobelieve.org.uk is a URC based organisation which publishes regularly. The most radical is 'Sea of Faith' www.sofn.org.uk started by Don Cupitt, and though this may go well beyond the ideas many of us would feel comfortable with, the reality is that there are many who want to continue as Christians but want to question much that is orthodox. As Methodist Ministers in Rutland, together with some lay preachers, we have run a group for the last five years called 'Living the Questions' attended by Methodists, Anglicans and Quakers, where people are free to look at their questions about the faith in an environment of mutual trust, free from embarrassment and criticism.

Nothing could be more relevant than the understanding that beliefs divide us and faith unites us. Tradition is important to many but there must be WCCM members who struggle with the difficulties of worship which involves creeds, prayers and hymns that cannot be embraced with a clear conscience. The sad reality of the above article is that whoever wrote it felt the need to be anonymous. People are afraid of voicing their doubts and the church has a horrid history of trying to control people.

For me the experience of meditation and John Main's 'Mysterious Presence' fits perfectly with my own outlook. I would like to thank the author for the

creed and give the assurance that others are striving to express their faith in terms meaningful to 21st century life.

COMMUNITY NEWS

Janet Robbins

It is always good to welcome new members and in the last three months, we have seen a surprising increase in the number of local groups being established. If you have just joined a group or have just started meditating with us, welcome! This newsletter is for all of us to keep in touch with one another and if you feel drawn to write an article about your experience, please contact us at Hamilton Road, details are on the front page of the newsletter.

I am also pleased to welcome Richard Broughton, who takes over as Regional Coordinator in Cumbria. Sarah Kirkup, who has held this post for a number of years, is handing over to Richard, who has been a member of our community for some time, having moved recently to Cumbria from down south. Many thanks to Sarah for all her work, keeping the mystics alive through the Cumbrian programme. Sarah will continue to be a valued member of our community, remaining as a CMT (UK) trustee.

STOP PRESS

We are delighted to be able to offer another School Retreat, a silent retreat, 3-9 February 2014, in a beautiful retreat centre at Llangasty, North Wales. For more details please contact:

Pam Connolly 0113 273 6091 or connolly.pamela@gmail.com

WE ARE LOOKING FOR VOLUNTEERS

If you know of anyone who could give just a few hours a week or even per month, helping in the office in Hamilton Road, we would be so pleased to hear from you. We have a truly wonderful team working in Hamilton Road. It is a special office as it sits above the house where there is daily meditation and the house receives guests from all over the world. Amanda Croucher, our UK office coordinator, will be pleased to give you any information about the kind of work we do in the office. Please don't feel you need to have highly technical skills. A willing heart is far more important. Contact details for the office are on the front page of the newsletter.

THE SAD LOSS OF KAY RAMSAY

Margery Turnbull

Katherine (Kay) Ramsay, who died this June at the age of 89, was a member of a Christian meditation group in Edinburgh for more than 20 years, and led and hosted it for the last 12 years.

Kay was a remarkable person of deep spirituality. A Deacon of the Church of Scotland, she worked in parishes in the poorer parts of the city and was always on the side of the poor and disadvantaged. She played a great part in ecumenical activities, especially with local L'Arche communities where she was a pastoral visitor, taking services and regularly supporting the communities in prayer, and also with the Roslin Community near Edinburgh.

Although she was latterly incapacitated by poor health, her small flat in a retirement complex was a meeting point for many whom she helped and encouraged. We will greatly miss her.

The group is continuing to meet regularly and anyone interested should contact Margery Turnbull on 0131 4470833

MEDITATION PILGRIMAGE TO THE HOLY LAND

Robin Burgess

I would be glad to hear from anyone who would like to join a pilgrimage for meditators to the Holy Land in autumn 2014, or alternatively spring 2015. A six-day visit could begin with two days in Jerusalem and Bethlehem, then travel on via Jericho and Nazareth to the Lake of Galilee, where we could spend a few days at the very comfortable Benedictine pilgrim hostel at Tabgha on the north-west shore of the lake. This part could have more of a retreat element. If we think of meditation as a prayer of being present to God, there would be special significance in praying in the places where the real presence of God was known in Jesus Christ made Man.

Estimated cost for travel within Israel and half-board accommodation would be around £1,000. Air fares are additional: easyJet operates from Gatwick or Luton to Tel Aviv, BA and El Al (more expensive) from Heathrow.

At present this is exploratory, but do contact me if you would be interested: Robin Burgess, rmeburgess@aol.com



Christian Meditation
with Children

TAKING THE NEXT STEP

Charles and Patricia Posnett

Nearly three years ago, in December 2010 a series of Meditatio seminars started the ball rolling to introduce Christian meditation more widely into schools in the UK. Today about 150 primary schools up and down the country have included Christian meditation in their timetable. Put another way, this means about 30,000 children are now meditating

every day.

This is amazing by any standard. It is heart-warming. We can only attribute it to the fact that there is a real hunger to 'just be' in our busy world - and the fact that the Holy Spirit has been and continues to be at work.

The hunger for this spiritual dimension has led us to look at ways of continuing and expanding our work with schools. Patricia and I will be stepping down from the role as Special Interest Coordinators for Meditation with Children in Primary schools, but we will still be involved as this work expands. We believe the next step is to set up regional teams to provide 'in-service training days' to the schools local to them. We also need to ensure that we can provide appropriate resources to these regional teams and the teachers to support them to introduce Christian meditation in schools.

We have already produced a UK resources DVD packed with presentations, video clips, sample agendas, letters to parents, evaluation forms, name badges and everything anyone might need to introduce Christian meditation into primary schools. We also have two DVDs answering questions that schools may have and giving testimonials from teachers and pupils. There is also a Meditation Timer for children and an introductory booklet called *Meditation & Education*.

Given that there are about 8,000 Catholic and Church of England schools in the UK, it seems likely that more schools will want to hear about how they can introduce this prayer practice into their schools. So we need to build up these regional teams and we are keen to encourage volunteers to put themselves forward. Volunteers will be trained and supported. Patricia and I will concentrate on training new volunteers and developing new resources for secondary schools. In order to be able to do this we need help from people like you, who are willing to take over the work we've been doing for the last three years.

What will you need for this work? You really don't need anything except an open-hearted willingness and the enthusiasm to pass on the gift of meditation to others – both teachers and children. Looking back we can honestly say that we came to this role with no experience of education, no experience of teaching, no experience with children – except for bringing up our own four boys and enjoying seven grandchildren.

The last three years have been 'inspiring'; not only because of the inspirational teachers whom we have met on the journey but also the way some of you in our community have shared your education experience and set up local teams to help us. We can only thank God for being given the opportunity to

share this valuable gift of meditation with the children.

We have learnt a lot over the past three years: children are undoubtedly the best teachers and we have learnt more from their simplicity and innocence than they will ever realise. 'Unless you become like little children ...'

Our dream is to answer the call of children, teachers and parents. For this to happen we need to create regional teams to assist the new Special Interest Coordinator. They will organise the administration with the help of the UK office and provide training courses and resources to support our work. We think we can do this if we all work together.

Please pray that we find the extra helpers we need.

SUPPORT GROUPS

SPIRITUAL DIRECTION

Janet Robbins

In June, this year, we introduced the new role of WCCM Meditation Companion and Anne McDonnell has written a short article about it in this newsletter. It is a wonderful means of sharing and enhancing our experience of meditation. In order to complement the role of the Meditation Companion, we would also like to make the services of a WCCM Spiritual Director available. The two roles have some overlap but whereas a Meditation Companion is an immediate contact for anyone who has a query about their practice, a Spiritual Director provides opportunity for a more long term, in depth relationship. We would therefore like to develop a central list of experienced Spiritual Directors, who are also experienced Christian meditators. Enquirers can then choose a Spiritual Director from the list and make direct contact themselves.

I would like to invite anyone who is interested to contact us. You will need to:

- Have at least 5 years as a practising Christian meditator (i.e. a member of WCCM)
- Completed a recognised Spiritual Direction development programme
- Have at least 5 years' experience as a practising Spiritual Director
- Provide details of any fee arrangements, or indicate if not applicable
- Confirm you agree to all the above information being made available on a central list, to be sent to any WCCM member who requests Spiritual Direction

The list will be held in the UK office and will be updated annually. Please send your response to

Once we have received your details, we will contact you with further information. With thanks.

WCCM MEDITATION COMPANIONS



Anne McDonnell

Meditation Companions are now an established team of ten experienced meditators who are on line or at the end of a phone to take any queries that anyone may have about their meditation practice. Enquiries are steadily coming in and we would like to remind you all that we are here. A

Meditation Companion may

well be helpful if you come home from a WCCM event like a retreat, School or conference with an unresolved question in your mind. For others, it may be an opportunity for confidential one-to-one contact about any concern that comes up in your daily practice. All the team members are highly experienced, warm and accessible people who will receive any enquiry respectfully, prayerfully and confidentially.

We trust this will be a means of providing a personal service in our ever-growing community and ask you to mention it at any WCCM event you attend.

Please contact me if you would like to be put in touch with a Meditation Companion or there is anything else you would like to know.

anne.mcdonnell@talk21.com tel: 01603 810646

FROM MEDITATION GROUP TO STUDY GROUP

Sheila Longman

‘I hope it sets your hearts on fire’.

These are the words which come at the end of the Introduction to a recent book by Fr Diarmuid O’Murchu (*In the Beginning was the Spirit: Science, Religion and Indigenous Spirituality*. Orbis Books).

Shortly after deciding to make a personal project on indigenous spirituality, a friend suggested that we set up our own Study Group. Having relatives in both Canada and Australia, I have been able to visit a few Reservations and Cultural Centres. Over the past few decades I have collected books and films about the past and present lives of native peoples.

I am delighted that our group comprises people who are extremely enthusiastic, most of whom have

personal experience and knowledge of this interesting topic. We have been inspired by Fr O’Murchu to see that there are spiritual riches here for us.

‘Undeniably, we have advanced knowledge and technology, but along the way we may have lost a sacred wisdom that would enable and empower us to engage life with greater grace and creativity. The split between the sacred and the secular was largely unknown to our ancient ancestors. Perhaps once more we need to invoke the Great Spirit to redeem us from all the false divisions that bewilder and confuse us in the modern world.’ (*Pause for a moment*, Chapter 7) .

I am grateful that we have been offered a lovely venue in an Anglican Church in Guildford. I am looking forward to studying with this ecumenical group as we work towards the Day of Reflection on Indigenous Spirituality led by Fr O’Murchu in October 2014. For further information please contact me at sheilaannlongman@aol.com.

MARINE NATURE RESERVES IN OUR MINDS

Polly Clarke

Sometimes you have to leave a cause behind. In 2007 I was drawn into the Save Our Seas campaign – we were lobbying and campaigning to set up marine nature reserves around Britain’s coast; our seas are some of the most rich and diverse in the world, but enjoy almost no protection. But the more I learnt about the sea and the extent to which man has plundered, polluted and mismanaged it for centuries, the more troubled I became. I started waking up in a sweat at night, worrying about shoals of tuna being scooped up just as they were spawning; about coral reefs being smashed and dragged up in trawlers’ nets; about the sixty year old ‘grandmother cod’, who were no longer around to guide and teach the ancient migration routes to young fish.

Then in 2008 David and I went to Monte Oliveto for a week of silent retreat. It was extremely hot. We wallowed in heat and prayer, in the wisdom of Father Laurence’s morning talks; we stretched and relaxed with Giovanni’s yoga sessions. After lunch we rested, painted, strolled down to the lake for a swim. And in the evening, after mass and open discussion, we enjoyed talking to one another over supper.

On the last day we were invited to have a ten minute one-to-one with Father Laurence. I signed up, and sat on the terrace under the umbrella pines awaiting my turn. I told him about my slight reservations over the week. All the prayer, meditation and preoccupation with our own souls and bodies seems to be quite anthropocentric. What about all the

other sentient beings which share this planet with us? As Gerard Manley Hopkins put it: 'The world is charged with the grandeur of God.' I want to celebrate and recognize the beauty and intelligence of birds, the sparkling dragonflies, the web of life of which we are just one part.

I told him about the Save Our Seas campaign, and how I had met the marine biologist Bill Ballantyne in New Zealand. He set up the first Marine Nature Reserve at Leigh just north of Auckland; it is one km mile wide and seven kms long beside the rocky coast. This has been a 'No Take Zone' for thirty years. The rule is simple: take nothing out, put nothing in. The transformation has been miraculous: huge lobsters; large, fat, tame fish; frondy seaweed forests; look down into it and you feel you are seeing the Garden of Eden underwater. Tourists come from far and wide to watch the fish, both by diving and from glass bottomed boats; and of course the neighbouring fisheries benefit from out migration from the protected zone. New Zealand now has over thirty such Marine Nature Reserves, with more planned.

Father Laurence listened attentively, and waited for me to subside a little; then he said: 'Well, you know, you could see these marine reserves as an apt metaphor for what we are seeking in meditation. When we sit still and empty our minds we are doing just that: putting nothing in and taking nothing out. The sea bed of our mind recovers; seaweed grows up, small fish prosper, large fish prosper and our minds and souls recover their fullness and integrity. You

should go to London and talk about this because it is a valid illustration of the value of meditation; we need to have wildlife reserves for our minds and souls if we are to protect the natural world about us.' And of course he is quite right.

SAVE THESE DATES

26 & 27 May 2014

A Meditatio Seminar on

INTER-FAITH

Regents College, London

If you would like to be part of a Focus Group to identify speakers, suggest creative workshops, publicize and generally make this event truly memorable, please contact:

briji.waterfield@gmail.com

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New Meditatio Publications:

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POEMS AND AFTERWORD

TARPAULIN COVE WITH JELLY FISH

Anne Boileau

‘Spirit that lurks each form within
Beckons to spirit of its kin;’ Ralph Waldo Emerson

Translucent as full moon by day, a nothingness, the
lowest form,
more visible in its shadow on the ripple-sand sea bed
than in its own substance
in the sea.

Yet when tide pauses at the ebb and meniscus is
smooth as glass
you’ll see a crown, a diadem, of blue and turquoise
neon lights
pulsing like a heartbeat
through her veins.

And when the glass-pearl planet turns to fold herself
into the night
ten thousand phosphorescent lamps blink in love’s
response
at all the constellations
in the sky.

THERE IS...

Magrit Dahm

There is a sense of justice in us all –
often maimed, unrecognised, unseen:
it’s here where conscience wants to call
on us to uphold and intervene;

for God is just; and so are we
when we remember how to be
and how to always keep alive
what we seek when we strive

to find ever more the place within
where away from falsehood cast in sin
truth and justice can intertwine
with God’s creation and design.

IS THIS CALLED JUSTICE?

Christine Hill

A ragged bundle straddles the dirty step,
Left for collection.
When scooped up the contents fell from the plastic bag.
There was terror in the infant’s eyes.
The child was dirty, skinny and ill fed,
He would have been better left for dead.

Abandoned yet found,

How do we begin to repair
The ugliness of life in its despair?

The child whose nature is bright and giving,
could well find a sort of life worth living.

But what if he is a melancholic and dull,
poor nurture could sour his future now.

Life is a threat, not a wonder for him
He knows that if he kicks and screams
People ignore his burst of need to be loved.

So he learns to deceive,
To fight and pretend,
To dupe others,
Live life on the edge,
To threaten, abuse, to lie and to cheat
To coerce with others to meet them as slaves,
To have power on his side,
To lead gangs that have knives, are angry and crude,
To batter his comrades if weakness is seen,
Watch fighting dogs bleed.
Rape finished his life, so empty of love; death row was
his sentence,
Meted out from above.

Above being a judge, with a jury quite sound,
Never to know his unloving background.

How in times of great despair
He sat and wondered how to repair
A shattered life so full of fear
Forgotten, not one shed a tear.

There was another man who led a life unconventional,
Who had a gang who wandered round with
controversial verses.
A group who disregarded law, put other laws in place,
Who press-ganged followers to adopt another race.
Who criticised the holy men
And poisoned healthy pigs,
Who mixed with undesirables and had no use for digs.
He cleared the market place of cheats,
Strew money on the floor,
Who felt the rich too pampered and preferred the
hungry poor.

He magicked wine from pure waters
Kept company with fallen daughters.
Had powers to trick disease away,
The dead come back to life and stay.

He made people feel uncomfortable,
They didn’t like his tone.
And when he spoke of gaining land that he could call
his own,
The holy men felt threatened,
They had audience with the king.

In an unjust court high on a hill
 The powers that be knew they should kill,
 Lest he caused unrest amongst the crowd.
 Silence was his best defence.
 To live with God his recompense.

THE STAGES OF THE JOURNEY

Kim Nataraja

‘Meditation is a way of breaking through from a world of illusion into the pure light of reality’

John Main

The world of illusion that John Main refers to in this statement is the world we build up out of our thoughts. Many of us equate who we are with what we think. Who do you think you are? The image we have of ourselves, the image we have of others, and the world we live in is made up out of thoughts: our own thoughts and, often, the thoughts of others we have unthinkingly made our own. From the moment we are born we accept the views of those who are significant in our life without question: our parents, our siblings, our wider family, our community, our peer group, the society we live in, and the religion and culture we are brought up in. We shape our view of reality based on the accepted views of others in an attempt to fit in, to be accepted, to be loved and respected. In other words driven by our need to survive, we adopt the opinions of others and adopt expected roles and attitudes. Often in doing so, we forget who we really are and become imprisoned by all this conditioning.

As we grow up, some of us have the self-confidence to challenge and examine these thoughts and views. We feel the urge to find out who we really are under all the conditioning, masks, roles, and functions. But ‘breaking through’ in the words of John Main, is not easy. The fact that we are dominated by thoughts can be discovered the moment we start to meditate. We become aware of what John Main referred to as ‘the chaotic din of a mind ravaged by so much exposure to trivia and distraction’, whilst Laurence Freeman refers to ‘the monkey mind level of distraction’.

Yet, we find it difficult letting go of our thoughts, since we have been brought up to believe that thought is the highest activity we can engage in. Descartes in the 17th Century said, ‘I think, therefore I am’, and in doing so linked existence with thought. T.S Eliot illustrates this in his *Four Quartets*, in which people sitting in an underground train, stuck in a tunnel, feel they are faced with ‘the growing terror of nothing to think about’. Not thinking feels like a threat to our survival. No wonder people are fearful when faced with a discipline like meditation that encourages letting go of thought. The stages on the journey of meditation, our ‘breaking through’, are therefore our changing relationship with our thoughts.

‘Breaking through’ requires courage and perseverance in meditation, but will lead us to the ‘pure light of reality’, where we remember and experience that

we are ‘children of God’, ‘the temple of the Holy Spirit’, and that ‘the consciousness that was in Christ is also in us’.

As we have seen meditation leads us to a greater awareness of our conditioning and hence to self-knowledge and ultimately to freedom.

One helpful way of entering the silence is to remember that all our thoughts are thoughts about the past or the future. We need to let go of thoughts and stay in the present moment, but as we all know from experience, that is easier said than done. In Christian Meditation, the mantra is our way of staying in the present moment, fully focussed and aware.

I remember years ago there was an advert for meditation. On a poster there stood an Indian Guru, in typical attire and appearance, on his surfboard, balanced perfectly, riding the waves. Underneath was the phrase: ‘You can’t stop the waves, but you can learn to surf’. The mantra is our surfboard. You cannot suppress or get rid of your thoughts; they will be there just like the waves. You accept them as the part of you that they are and just ride them skilfully. At times you fall off your surfboard, but just climb back on again. As Samuel Becket said: ‘Try and fail, no matter. Try again, fail again, fail better’. At other times it is easy to stay on your surfboard and joyfully ride the waves, and thus enter the silence.

At this stage, when we enter the silence, it is important to remember that our conditioned self, the ‘ego’, does not want us to move out of its sphere of influence; it wants to keep us on the surface. It encourages us to identify with these thoughts, emotions, masks and roles. It does not want us to get in touch with the deeper parts of our consciousness, because it has deposited there in the first level any experiences that threatened our survival and it does not want us to deal with any of them.

We do need the ego, the survival instinct, but it is sometimes like an over-protective parent, wanting to keep the children safe and close by, not allowing them to develop and learn independently. Going into the silence, is initially like leaving home, in order to arrive at our true home.

What does the ego do when we take the plunge into silence? Often it increases our thoughts. When, however, we manage to surf those and enter the silence, the ego encourages us to let go of the mantra. We may convince ourselves that the mantra disturbs the peace. If we listen to the voice of our ego and let go of our surfboard, we just float (or sink!) into ‘pax perniciososa’ or ‘holy floating’, and thus the ego has succeeded in hindering our progress. If this fails, the ego may ask us: ‘Isn’t this boring, just repeating a word? What a con!’ If we are still meditating after that, it might try a different approach, prompting us to ask, ‘Am I sure that this is the right method or the right mantra? Should I change my mantra?’ Again the ego is making sure you are not going anywhere! The only way is to persevere – to faithfully meditate despite distractions.

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EVENTS

NATIONAL

**Sunday 29 September, 10:00 to 19:00. WCCM UK
Benedictine Oblate day** (open to all meditators).
Dynamic Stability Fr Laurence Freeman. Venue:
Monastery of Christ Our Saviour, Jacks Lane, Turvey,
Bedfordshire MK43 8DH. Bring and Share meal; Mass;
Meet friends old and new. Suggested donation: £15;
some accommodation available at £25/night Booking:
email: eileendutt@yahoo.co.uk; 07721 574767.
**Saturday 19 to Sunday 27 October 08:00 ends 17:30.
Retreat: Health and Meditation – special focus for
medical and caring professionals** led by Fr Laurence
Freeman. Venue: Bere Island, county Cork Ireland.
Catering onsite. Cost: 400 Euros Contact Michael
Rathbone 0208 579 5911. Booking:
healthandmeditation2013@gmail.com. More info:
<http://wccmmeditatio.org/node/122>

NORTHEAST ENGLAND

**Friday 13 to Sunday 15 September 17:00 to 14:00. In
the stillness the Divine is born.** Meister Eckhart and
the Birth of God in the Soul. Led by Roswitha Jarman at

the Briery Retreat Centre, 38 Victoria Avenue, Ilkley, West Yorkshire LS29 9BW. Full board. £125.00 for full weekend. £25 for Saturday attendance with lunch, £10 addition for Saturday dinner. Contact Sue Giuntorni (giuntoni@btinternet.com) Tel. 0113 258 3780 or Sue Perkis: suepurkis@hotmail.co.uk. Tel 01535 632171

Friday 18 to Sunday 20 October 17:00 to 14:00 A quiet weekend with teaching and movement (Tai Chi) led by Alex Holmes and Terry Doyle. Venue: The Briery Retreat Centre, 38 Victoria Avenue Ilkley West Yorkshire LS29 9BW. Cost £148 Full board from Friday dinner to Sunday lunch. Day attendance possible. Contact Lesley Easterman 012048 11050.

lesley.easterman@btinternet.com

NORTHWEST ENGLAND

Friday 18 October 10:00 to 15:30. Living with a Monastic Heart (Benedictine and Celtic Traditions). Led by Dr. Esther de Waal. Venue: Bishop Bulley Barn, Rydal Hall Ambleside LA22 9LX. Contact: Sarah Kirkup. sarah.kirkup1@virgin.net. Telephone: 01768 341 258. Fully Booked.

Friday 1 – Sunday 3 November, 17:00 to 14:00, The Boarbank Retreat, 'Obedient to Love' with Cameron Butland. Venue: Boarbank Hall, Allithwaite (www.boarbankhall.org.uk). The retreat will be guided by a series of reflections followed by times of contemplative prayer. The whole weekend is in on the theme of unconditional love as revealed to us through the Gospels in the experience of St Anthony, and in all who have followed the way of silent prayer. Cost £115 (whole weekend) Contact: Richard Broughton, 01946 862990 dickb0@gmail.com

Tuesday 5 November 10:00 to 15:00. Living with the Mystics. At Quaker Meeting House, Elliot Park, Keswick (next to Booths). *The Good Heart* by the Dalai Lama . Cost £5 on the day. Bring your own lunch, drinks provided.. Contact Bob Morley, rgm1@live.co.uk 016974 72644

25 January 2014 10:00 to 15:30 'The Silent Revelation of Unconditional Love', Bob Morley, at the Tythe Barn, Grasmere, Contact: Richard Broughton, 01946 862990 dickb0@gmail.com

14–16 March 2014. The Hyning Retreat with Graeme Watson. Details to follow

14 May 2014 Diarmuid O'Murchu at Rydal Hall.

Details to follow

13-15 June 2014, Glenthorne Quaker Meeting Centre, Grasmere, Cumbria, Cameron Butland and Ginny Wall. Details to follow

MANCHESTER

Weekly groups meet on the last Saturday of each month at 13:30, in the Parish Hall of Our Lady's Church, Raby Street, Moss Side, Manchester. M16 7JQ. Contact: Sheila Wood 0161 226 2354 johncotling@aol.com. New and experienced meditators welcome. www.christianmeditationnorthwest.org

WALES

Friday 27 to Sunday 29 September. 13:00 to 13:00. Teachings from John Main, Bede Griffiths, Eckhart Tolle with John Cotling plus **Tai Chi workshops** with Terry Doyle. Venue: Pantasaph Franciscan Friary, near Holywell, North Wales CH8 8PE. Cost including full board in a single room £90
Booking: <http://www.christianmeditationnorthwest.org>.
Contact: johncotling@aol.com Tel 0161 226 0194

EAST MIDLANDS

Saturday 19 October 10:00:16:00. Contemplative Practice: the place where all religious traditions meet. Led by Elizabeth West. Venue: St Peter's Church, Church Street, Cogenhoe, NN7 1LS. Bring own lunch, drinks provided Suggested donation £5. Contact if you intend to come: margaret.gordon191@btinternet.com. 01604 899342.

SOUTHWEST ENGLAND

Friday 27 to Sunday 29 September; 17:45 to 13:30. The Wounded Meditator. Weekend retreat, partly silent. A practical guide. Led by: Gretchen Stevens (and others). The Ammerdown Centre, Radstock, Somerset BA3 5SW. Catering included. Cost: £164-174. Campers and caravanners £95. Booking necessary. Contact: Amanda Jones; aubj39@dsl.pipex.com. Tel: 01872 240097

Saturday 26 October. The Shaping of Our Lives. In the light of the story of Ety Hillesum led by Patrick Woodhouse. The Dorford Centre, Dorchester Baptist Church, Bridport Road, Dorchester DT1 1RR. Refreshments provided, bring own lunch. Cost £12
Booking by donation; Contact: Rosalind Stockley; 07929 007808 rozstockley@copsewood.org.uk.

Monday, 4 to Sunday, 10 November. The School Retreat. A week long, intensive time of stillness and silence with short teaching sessions and spiritual guidance. Venue: The Monastery of Our Lady and St Bernard, Stroud. Gloucestershire. Contact: Pam Connolly 0113 273 6091 connolly.pamela@gmail.com

SOUTHEAST ENGLAND

Saturday 5 October. 10:15-16:00. The Heart of Contemplation. A Day of Reflection. Led by Julieanne McLean. St Augustine's Abbey, Sample Oak Lane, Chilworth Nr Guildford, Surrey GU4 8QR. Please bring a packed lunch: tea and coffee provided. Cost: TBC. To book a place, please contact Brian & Sheila Longman 01483 505814 or sheilaannlongman@aol.com.

EAST ENGLAND

Sunday, 3 November. Literature and Meditation. Noggs Barn. www.noggsbarn.org

LONDON EVENTS

THE MEDITATIO CENTRE

St Mark's, Myddelton Square, London EC1R 1XX Tel: 0207 278 2070 (Mondays to Fridays 9:00-17:00) Email: meditatio@wccm.org

Weekday Meditation 13:00-13.30 - All welcome

Sunday (weekly) 14:30-15:30: From addiction to grace (free)

Monday 19:30-21:00 Gentle Yoga based on the Breath led by Lucy Barnes cost £10

For the full programme please email kate@wccm.org or call her on 0207 278 2070. Check the website for updates. www.wccmmeditatio.org

First Wednesday of every month; 18:00-19:30.

Meditation in a time of loss. Led by Liz Watson.

Contact Lizwatson@blueyonder.co.uk

Friday 18:30-20:30; 12 Workshops exploring the relationship between movement and stillness, music and silence, art and meditation. Facilitated by Mike Rathbone and Anna Bonetto; contribution by donation to cover costs; Contact Mike Michael.rathbone@yahoo.com; or Anna: bonettoanna@gmail.com

Tuesday, 17 September; 18:30-21:00 The Common Ground – Interfaith: Jewish Scriptures. Led by Dr

Jonathan Gorsky; cost £15

Tuesday, 24 September; 18:30-21:00 The Common Ground – Interfaith: Christian Scriptures. Led by Dr Michael Kirwan; cost £15**Wednesday, 25 September; 18:30-21:00 The Common Ground – Interfaith: Zen Gifts.** Led by Robert Kennedy SJ; cost £15**Saturday, 28 September; 11:00-16:00 Meditation and Healing of Memories in Addiction Recovery.**

Facilitated by Mike Sarson & Fr Nicholas Broadbridge; cost £25; please bring a packed lunch, coffee and tea provided. Contact Mike 07887 656778; mike@ewsn.org.uk

Tuesday, 1 October; 18:30-21:00 The Common Ground – Interfaith: Islamic Scriptures. Led by Ahmad Achtar; cost £15**Saturday, 5 October; 11:00-16:00 Meditation with Children a Training Day for Educators.** Facilitated by Charles and Patricia Posnett; cost £25; please bring a packed lunch, coffee and tea provided. Contact Charles 07973 331038; charles@posnett.entadsl.com**Tuesday, 15 October; 18:30-21:00 God as Consciousness.** Led by Don MacGregor; cost £15**Saturday 19 October 11:00 – 16:00 Reaching out: London Group Leaders' Day.** Suggested Donation £10 (includes lunch)**Saturday, 26 October; 10:30-16:30 The Forgiving Victim: A New Paradigm for Understanding and Living the Way of Jesus Today.** Led by James Alison; cost £30; please bring a packed lunch, coffee and tea provided**Saturday, 2 November; 11:00-16:00 The person who lives in the moment lives in eternity (Mental Health and Meditation).** Led by Peter Tyler and Hymie Wise; cost £30; please bring a packed lunch, coffee and tea provided.**Saturday, 16 November; 11:00-16:00 The Spirit of Step 11.** Facilitated by May Nicol; cost £25; please bring a packed lunch, coffee and tea provided. Contact May 07768 310666; mayMBNicol@aol.com**Saturday 30 November 11:00 – 16:00 Advent Quiet Retreat Day** facilitated by Geoff Waterhouse and Graeme Watson. Suggested Donation £10 (includes lunch)**Saturday, 22 December; 10:30-16:30 Spirit Matters; Preparing for Christmas.** Led by Laurence Freeman; cost £30; please bring a packed lunch, coffee and tea provided**Thursday evenings (fortnightly) Course: Roots of Christian Mysticism:**

bookings must be made in advance for the whole term (Autumn term (6 sessions) £90.

12 September: Mystics for our Century, Patrick Moore**26 September: The Cloud of Unknowing,** Graeme Watson**10 October: The Spanish Mystics,** Julienne McLean**24 October: The Sacrament of the Present Moment,** Liz Watson**7 November: Thomas Merton and the contemplative call today,** Elizabeth Holmes**19 November (exceptionally Tuesday) John Main,** Laurence Freeman**Bodyworkshops:****Monday, 16:00-16:45; Children's yoga and meditation** (suitable for ages 5-7) led by Lucy Fawcett; cost £5 each class. Payable half-termly in advance (Sept 9 – Dec 9)**Monday, 19:30-21:00; Yoga,** Lucy Fawcett; cost £14 drop-in, £12 for 6 classes £8 concessions. (9 Sept-16 Dec); contact Lucy: lucy@fawcett@me.com**Saturday, 21 September; 11:00-16:00 Holding on and letting go** (Yoga). Led by Rebecca Brevin; cost £25; please bring a packed lunch, coffee and tea provided. Contact: Rebecca: 07896 936625; rebecca@handtoearth.net**Saturday, 12 October; 11:00-16:00 Understanding Yoga for the Meditator.** Led by Giovanni Felicioni; cost £25; please bring a packed lunch, coffee and tea provided. Contact: Giovanni: gravity@rolfing-yoga.com**Saturday, 23 November; 11:00-16:00 Giving Attention** (Yoga). Led by Chris Hurley; cost £25; please bring a packed lunch, coffee and tea provided. Contact: Chris: 07583 570242; chri8hurley@gmail.com

MEDITATIO HOUSE**CHRISTIAN MEDITATION RETREAT CENTRE**

32, Hamilton Road, London W5 2EH Tel: 0208 579 5911 | e: meditatio@wccm.org

Daily Meditation: at 7:00 (8.00 am Saturday and Sunday); 12:00 and 19:00**Monday: 19:30** Introduction to Meditation led by Fr Laurence Freeman OSB or others.**Wednesday: 18:00** Young Meditators meet for meditation, yoga and dinner**Sunday: 12:00** Children's meditation group**Tuesday 1 October 10:30-12:30** The London area support group for clergy meditators: time for conversation and sharing on our practice of meditation, plus midday meditation with the community. Those who have more time could go on to visit Ealing Abbey and the house where John Main gathered his first group of meditators, ending the visit around 14:00 All clergy are welcome. Please let Robin Burgess know if you are able to come: rmeburgess@aol.com

THE BENEDICTINE CENTRE FOR SPIRITUALITY**Saturday, 5 October 10:00 -16:00 Cultivating the Inner Smile** (Tai Chi and Therapeutic Touch) led by Terry Doyle. Bring packed lunch, refreshments are available. Cost £15 contact: Kath Barnard 0208 4492499; retreats@bcsuk.wanadoo.co.uk. 29 Bramley Road, London, N14 4HE. www.benedictinecentreretreats.org.uk

WESTMINSTER CATHEDRAL**Daily Meditation: 12:30-13:00 Monday – Friday.** In the chapel in St Paul's Bookshop. All welcome.**First Wednesday Quiet Days.** The first Wednesday of each Month is a retreat day held in the Hinsley Room in Morpeth Terrace, next to Westminster Cathedral 12:00-14:00.**2 October** Anyone who has Ears for Listening, should Listen! Michael Dorey, spiritual director, CLC chaplain.**6 November** Unless a Grain of Wheat Shall Fall upon the Ground and Die... Mary Lean, spiritual director and writer.**4 December** In the Beginning was the Word, the Word was with God and the Word was God. Margaret Lane, leader of retreats and quiet days. Student of St Augustine of Hippo.

SILENCE IN THE CITY

Unless stated otherwise all talks at: Westminster Cathedral Hall, London SW1P 1QH.

www.silenceinthecity.org.uk; email:

info@silenceinthecity.org.uk. 0207231 6278 or 0207 252 2453. Prebooking necessary.

Wednesday 9 October 2013 10:30-16:30 Edwina Gately: Mystics, Rebels and Prophets: Women who went before us and walk with us today. Venue: The Prayer Centre Nazareth House, 169-175 Hammersmith Road, London W6 8DB. Refreshments provided. Suggested donation £20. Please bring a packed lunch.

Wednesday 9 October 2013 19:00-21:00 (Refreshments from 18:30) **Edwina Gately:** One Woman's Journey of Faith and Prayer: from Africa to the Bars and Brothels of the Inner City.

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), 32 Hamilton Road, London, W5 2EH

Please provide your Name & Address and make cheques payable to: CMT (UK)

GIFTAID:

If you are a UK taxpayer you can also Gift Aid your donation, which increases the amount we receive at no extra cost to you.

Please let us know if you would like to gift aid your donation by writing the following declaration and signing it.

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: 0208 280 0049 uk@wccm.org

Wednesday 7 May 2014 19:00-21:00 (Refreshments from 18:30) **Rt Revd Dr Rowan Williams**, former Archbishop of Canterbury, now Lord Williams of Oystermouth and Master of Magdalene College, Cambridge: Title tba
Tuesday 18 November 2014, 19:00-21:00 (Refreshments from 18:30) **Fr Timothy Radcliffe, OP.** Title tba

KEEPING IN TOUCH

If you would like to receive this quarterly newsletter, or wish to find out more, please complete the details below and send to:

WCCM UK Office, 32 Hamilton Road, London W5 2EH or T: 0208 280 0049 E: ukadmin@wccm.org

- I would like to receive the quarterly Newsletter by email/in hard copy format* (delete as appropriate)
- I would like to receive the monthly events bulletin by email
- I would like to find out about meditation groups in my local area*
- I would like to find out about the Lone Meditator Network

Name:

Email:

*If you would like to receive information by post, please include your address below:

Address:

Post Code:

Advance Notification

The UK Christian Meditation Conference

will be held on

July 4 – 6, 2014

in Swanwick, Derbyshire

If you wish to reserve a place, please either phone or email the UK office with your full contact details:

E: uk@wccm.org

T: 0208 280 0049

Further details in the winter newsletter