

The World Community for Christian Meditation in the UK



WINTER 2013

32 Hamilton Road, London W5 2EH

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

020 8280 0049

uk@wccm.org

www.christianmeditation.org.uk

FROM YOUR EDITOR – SURVEY RESULTS

Dear Readers and fellow meditators

Firstly thank you to those 400 of you that returned the survey and address confirmation form included in the last issue. The changes to your addresses have been updated on the database.

Sadly, that leaves 2,000 of you about whom we are none the wiser. I can think of several reasons why the survey form was not returned (it was not long before Christmas, may be several people read the newsletter and everyone thought someone else would return the form, it just got put on a pile of not very urgent things to do, or “I hate filling in questionnaires”).

We really didn't want you to fill in the questionnaire if you didn't have the time or inclination – if your address on the label is correct all we needed you to do was confirm this by signing the form and returning it to us, so we can keep on sending you the newsletter, which we believe is a wonderful way of keeping in touch.

I want to continue receiving the newsletter

Name: _____

Address: _____

Please cut out and return to:
UK Newsletter Survey
32 Hamilton Road, London W5 2EH

If you haven't returned the form we simply have no idea if you still wish to see the newsletter, or even whether you are still with us! The cost of printing and postage has increased considerably, so we are very keen to minimise waste.

For those of you we haven't heard from, please complete and return the box below to WCCM in the UK or return the survey form from the back of the last issue. I do hope you enjoy this issue.

With best wishes

David Simpson

IMPORTANT NEWS!

Janet Robbins

OFFICE MOVE

Over the last year, we have been reviewing the WCCM UK office, which has been based in St Marks for a number of years. It has been staffed by committed volunteers and coordinated by Heidi Pintschovius, who has done a superb job looking after the quarterly mailings, updating the database, responding to the many enquiries, organising the daily meditation rota and preparing supporting resources needed for our growing community. So, as we completed the office review, the UK Trustees agreed that we would move from St Marks. This was based upon a need to develop a wider group of volunteers who could work from their own homes and the increasing cost of running the office at St Marks. At the same time, it was decided

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Contributions to the newsletter are warmly welcomed. Please send items to **David Simpson** at:

39 West Street,

Coggeshall, Essex C06 1NS

Tel: 0797 674 0093

email: editor@christianmeditation.org.uk

Deadline for next issue - April 1st 2013

by the WCCM Trustees to move the International office (also based in St Marks), to a wonderful light and airy loft space above the Meditatio House in Hamilton Road, Ealing. We were delighted to be offered space for the UK office and the move has been taking place over the last 2 months.

Heidi and Roger Ferguson, a dedicated volunteer, have worked unstintingly with members of WCCM International, notably Lucy Beck, Philip Kitchen, Susan Spence and the rest of the office team, to ensure a minimum of disruption and they have done a wonderful job.

Please note the new contact details for the UK office:

WCCM in the UK
32 Hamilton Road
London W5 2EH
www.christianmeditation.org.uk
email: uk@wccm.org
Tel. +44 (0) 20 8280 0049

SAYING GOODBYE AND HELLO!

Heidi has been our UK office coordinator for over a year and she has always insisted it was a temporary role! But she will be leaving us in March. This allows her to manage an effective handover to Amanda Croucher, whom we welcome and who will be joining us in January. Heidi is a wonderful friend of the community. On a personal note, she has looked after me in a loving and thoughtful way and I know that Roger truly valued her support as he got to grips with his voluntary role. Heidi will be missed by us all, but she will be able to pursue the next step in her career and we wish her well.

WITH LOVE AND THANKS – THE RESPONSE TO THE UK FRIENDS APPEAL

More recently and in the midst of the office move, the UK office team have successfully managed the combined Friends Appeal for the UK. Ray Lamb and Helen Sparks have played a significant role in this Appeal and we are delighted that we have raised in the region of £17,000, a record for the UK. Many, many thanks for all those who have given so generously. This puts us on a firmer footing for 2013. We have been able to reduce our office costs and increased our giving. This has been essential at a time when the community is growing and when we need to support local groups and individuals in their meditation practice, both in the UK and internationally.

UK NATIONAL COUNCIL 2012

Janet Robbins

The UK National Council met in November. This Council is made up of all the Regional Coordinators and Special Interest Coordinators. This year, over 35 people came together for a working weekend, to share in the work of our UK community and consider how we can support its membership; membership which is based upon a personal practice of Christian meditation. We explored the growth across the regions and the emerging regional retreats and activities being offered more locally. This is good news for a community that spans the length and breadth of the UK, with over 350 local groups, all looked after by the regional coordinators and local group leaders who create the place and space of inclusion and welcome to all who call.

The National Council is important to the community. It guides us through the changes necessary in any community and is a truly representative group of wise leaders who help to shape the changes. At the end of a very busy, but fruitful, time we agreed the priorities for the coming year. These have been approved by the UK Trustees.



The U.K. National Council – 2012

SUMMARY OF PRIORITIES FOR 2013

1. Improved communication (i.e. further develop a greater integration of website, office, database provision within the UK community to ensure that communication is more effective).
2. Ensuring sustainability of WCCM UK through effective fund raising, central administration and regional developments
3. Integrating the work of Meditatio activity, our WCCM centralised outreach provision and specifically, integrating the work of Meditation with Children into the UK community.

But, as we prepared to return home, we were reminded, as always that the most important aspect of our community is our own practice and for that, all we have to do is “turn up”!

THE MEDITATIO CENTRE

ST MARKS, MYDDELTON SQ., LONDON EC1R 1XX

Briji Waterfield

Meditatio, Special Projects Coordinator

St Marks in London is a hive of activity as we renovate the old office into a contemporary, contemplative space for meditation and meetings. Lots to do. Lots to do before we officially launch it on 19 March! We will invite you all to the opening and hope that some of you will be able to join us. In the meantime be nosy and drop in to see what's going on! Kate will act as the Centre Manager and if you could help in anyway and would like to volunteer at the Centre I am sure she would be delighted to hear from you. (Email: Kate@wccm.org or call 020 7278 2070).

The Meditatio Centre will offer a varied program of events – daily meditation, weekly groups, longer courses and day events with speakers. The Roots of Christian Mysticism course will start again in

April; there will be The Common Ground series i.e. inter-faith happenings, workshops offered in the different fields Meditatio has been working on – Meditation with Children, Meditation and Mental Health; regular workshops on various forms of bodywork and much more. If you would like to see anything in particular taking place at the Centre drop me an email (briji.waterfield@gmail.com) – all thoughts gratefully received.

Pray for us as we continue with our mission – to nurture meditation and make it available to others.

SCHOOL OF MEDITATION

Pam Connolly

At times meditating alone, can be difficult to sustain (even though we might meet weekly with a group). Our egos will put up barriers . . . some are reasonable and some are silly! My favourite one at the moment is “I’ll do it later”!

CHRISTIAN MEDITATION CONFERENCE 2013

14-16 JUNE 2013

HIGH LEIGH CONFERENCE CENTRE, LORD STREET,
HODDESDON, HERTFORDSHIRE EN11 8SG

‘ONE AND THE MANY’

UNITY OF FAITH – DIVERSITY OF BELIEF
FR LAURENCE FREEMAN OSB

“What kind of community does meditation create? And how can meditators in community witness to the human need for stability and harmony in a troubled and fast changing world?” Fr Laurence, spiritual leader of the World Community for Christian Meditation (WCCM), will be exploring this theme in his talks to us during our time together.

Our time together offers meditation and a range of workshops, sensitively chosen to reflect the weekend theme. This will include: music/singing; poetry; tai chi; yoga; meditation and the creative arts and time for discussion and reflection. The workshops will be led by members of our community, including Margaret Rizza, Liz Watson, Terry Doyle, and Chris Hurley.

The weekend will conclude with a Eucharist in the beautiful chapel at High Leigh. Full details and a timetable will be available nearer the time. We do hope you feel able to join us at our Christian Meditation Conference.

GREAT SILENCE

In keeping with our Benedictine tradition, we will be keeping the “great silence” which will begin on Friday after supper until Saturday morning before breakfast. This will enable us to enjoy the stillness and contemplative nature of the weekend. At all other times during the weekend, we will be able to share in conversation and companionship.

HIGH LEIGH CONFERENCE CENTRE

High Leigh opened as a Conference Centre in 1921. With 40 acres of lawns, parkland and woodland the tranquil surroundings aid both concentration and relaxation for delegates. For more details visit their web site at www.cct.org.uk

BOOKING

For more information and to make a booking see the enclosed flyer or contact

Jacqueline Russell email jacq.russell@ntlworld.com;
tel: 01296 488450 (office hours)

We negotiate with our egos and with God over something which gives our lives significance and purpose!

The “School Weekends” encourage us to embrace more fully that twice daily commitment and we leave on Sunday afternoon, strengthened and inspired to continue on this journey of poverty of spirit. The weekends also offer a deepening involvement with what Father John Main has called “The Community of Love”. We share our days with other meditators who are also searching for this gift of love in Jesus. Father John writes:

“As brothers and sisters we are learning to respond together to the same reality which is beyond ourselves”.

During the weekend we learn to live within a faith community which rejoices in the being of each other, a mystery this secular world of ours finds hard to recognise.

Our first weekend this year is in Ilkley, West Yorkshire, on the edge of Ilkley Moor and our second is at Abbey House, a retreat centre set in the grounds of Glastonbury Abbey, Somerset.

If you would like to talk to me further about these events, please feel free to phone or email me.

*“How good and how pleasant it is
when we live together in unity”*

Psalm 133

The Essential Teaching Weekend

March 22-24 2013

Abbey House, Glastonbury, Somerset

This weekend is suitable for those who have been meditating for some time and who feel a growing commitment to this form of prayer.

It offers an experience of the community which meditation creates, together with a sense of the tradition in which it is grounded. The spirit of the weekend is relaxed, friendly and informative.

This weekend also supports those meditators who are leading groups

The teachers on the weekend will be Bob Morley and Kim Nataraja. For more detailed information and/or an application form contact: Pam Connolly: connolly.pamela@gmail.com
Or phone: 07834223895

Going Deeper...The Roots of Christian Mysticism

Feb 22-24 2013

The Briary Retreat Centre, Ilkley, Yorkshire

This weekend is a follow up to ‘The Essential Teaching’ and again is for those meditators who feel their personal discipline is growing and enriching their life. The historical and mystical roots of the Christian contemplative tradition will be more deeply explored. Exploring such concerns allows the meditators to

deepen their relationship with the tradition and come to a clearer sense of their own personal journey along side others who are following the same prayer discipline.

The teachers on the weekend will be Alex Holmes and Liz Watson. For more details and/or an application form contact: Pam Connolly: connolly.pamela@gmail.com
Or phone: 07834223895

Many meditators attend the weekends more than once, because they are always slightly different and the experience of learning together and of spiritual friendship is so strengthening.

November 4 – 10 “The School Retreat” at The Monastery of Our Lady and St Bernard, Stroud, Gloucestershire, a week long intensive time of stillness and silence with short teaching sessions and spiritual guidance.

For more details contact: Pam Connolly: connolly.pamela@gmail.com
Or phone: 07834223895



Outreach of **meditatio**
The World Community for Christian Meditation

MEDITATIO EVENTS

26 January: Thailand: Meditatio Forum on Addiction Sajja: The Vow of Recovery Christian & Buddhist Perspectives with Fr Laurence & Abbot of Thamkrabok Monastery

31 Jan-1 Feb: Poland: Meditatio Forum on Meditation with Children Christian Meditation in Your School with Fr Laurence, Cathy Day & Ernie Christie

19 March: Launch of The Meditatio Centre, St Marks, London. A full program of events will start at the Centre – watch out for details.

25 April: Roots of Christian Mysticism, The Meditatio Centre, London. Fr Laurence will launch this 12 session course.

26-28 April: Weekend Retreat in London Conscious Contact – Christian Meditation as an 11th Step Practice With May Nicol, Linda Kaye and Terry Doyle at Kairos Centre, London

9-10 July: London: Meditatio Seminar on Justice To find out more about any of these events please email meditatio@wccm.org or call The Meditatio Centre on 020 7278 2070.

MEDITATIO PUBLICATIONS

Based on our outreach, we have recently published some booklets. A really good introduction if you want

to find out how meditation can be applied in these different areas.

Meditation & Mental Health - £2.00

Meditation & Addiction - £2.00

The Business of Spirit - £3.50

All available from Good News Books. Order Tel: 01582 571011 or Email: orders@goodnewsbooks.net

EARLY DAYS

Anne Rousel, Birmingham

At the 2012 National Retreat, I watched a DVD retracing the roots of the Community. It took me down 'Memory Lane' as far back as the seventies and early eighties. In one clip Janet, who some of you may remember, recalls so movingly her first 'encounter' with John Main at Ealing Abbey in West London and how he 'challenged' her to follow the path of meditation.

This sparked off my own reminiscing about 1978 when a friend and I, before we left for work, used to join the sisters for daily meditation and breakfast in their welcoming Southall terraced house. Sister Madeleine Simon was sowing the seeds of our meditation practice thanks to an earlier visit to the newly-formed Benedictine Priory in Montreal where she had been introduced to John Main.

Soon came the one and only day when we meditated with him! My abiding memory was of being squeezed into two adjoining rooms with never a chair to spare or any air to breathe. But were we in the Abbey? It is my fantasy that Janet's moment and ours happened on the same day!

Sr Madeleine was afterwards to be 'transplanted' to Hammersmith where she set up a Centre in waiting. Her burgeoning thoughts flowered boldly into life when 29 Campden Hill Rd was acquired. It was home to the Christian Meditation Centre proper and eventually to the UK Trust. I became a 'founder' trustee and - if I am right - so did Janet!

ACCOUNTING FOR STILLNESS AND PEACE?

Raymond Lamb

Trustee and Treasurer – CMT UK

I took on the role of Trustee and Treasurer of the Christian Meditation Trust UK (which is our registered charity and the UK arm of WCCM) during 2012, and only now, as we move into 2013, do I think I'm starting to get a reasonable 'feel' for the job. It certainly takes some time, and there is, and has been, a lot of change taking place within our community which impacts in one way or another on the work.

We have recently moved our UK office from St Mark's to Hamilton Road, Ealing, and are attempting to bring in a regime that will involve much more home

working. Our books and CD retailing activities were transferred to Good News Books last year, and of course the space we have vacated at St Mark's is presently being re-developed, soon to be reopened as WCCM's International Centre.

I've been a meditator since the mid 1990s and associated through local groups with WCCM for a number of years, but getting involved with 'HQ' has added greatly to my understanding and appreciation of what goes on, and how it is all organised. It's been good to meet and start getting to know some of the dedicated workers, volunteers and oblates who put so much time and effort into dealing with the office work, and arrange, deliver, and in many instances speak at our national and regional events.

As Treasurer my main responsibilities are to manage the income and expenditure of the charity, and the bank accounts, prepare annual accounts and returns for filing with the Charity Commission, and deal with tax returns. But the work comes much more 'to life' when I get involved with the Trustees and the Action Group meetings. We meet regularly during the year to deal with the 'heart and soul issues' of our community, to agree programmes and events and deal with related administrative matters. The prime focus, it seems to me, is to nurture the 'feeling of family' and keep that alive and well in our community, to provide support wherever we can, and promote our Christian tradition of meditation and prayer.

I'm privileged to be able to see and hear at first hand the practical, loving care that is apparent in how our community is guided and lead. A wonderful 'eye opener' was an opportunity to attend the National Council meeting last November. This is an annual meeting of the 30 or so regional and special interest co-ordinators and as a member of the Action Group I was invited to attend. It was quite frankly amazing to listen to so many enthusiastically delivered reports of meetings, retreats, events and school activities held and planned, and discussions of successes, ideas and suggestions. It was so impressive, and I had no idea that quite so much was taking place. And all being delivered throughout the UK in the most unselfish and considerate way one could imagine.

There is no accounting for the care, attention, and love that are the essential ingredients in all of this. Our wealth as a community is not on our Balance Sheet, and not in our bank balances, but in our Community spirit. In the relationships, friendships and our mutual 'journeying together'.

It will be wonderful if my role might serve to lubricate the 'Wheel of Prayer', and (to borrow Fr. Laurence's words) to contribute in some way to the community's dynamic pilgrimage at the heart of prayer, to the threshold of continuous prayer, in the stillness of here and the peace of now.

HOLY WEEK RETREAT FOR MEDITATORS

AT THE EMMAUS CENTRE, WEST WICKHAM, KENT

led by Fr. Robin Burgess

Thursday 28 March to Sunday 31 March cost £135
(includes accommodation and all meals)

The retreat will centre around the liturgies for the Three Days, with talks and meditation, beginning with the evening Mass on Maundy Thursday and ending with the Easter Vigil through the night, after which there will be a celebratory breakfast on Easter Sunday morning.

The centre is not far from Bromley and looks out onto attractive open countryside.

For enquiries and booking please contact Fr. Robin on rmeburgess@aol.com or tel. 020 8862 2161

WCCM IN WALES – RETREAT AT LLANGASTY RETREAT HOUSE ADVENT 2012

Andrew Cresswell

We broke some rules when we approached Llangasty Retreat House in April last year. We were advised that we'd need to give at least a year's notice to the retreat house and to retreat leaders; and that we'd struggle to attract participants 'in the bleak midwinter'.

Nevertheless, we felt guided to organise a retreat for Advent and we stepped out in faith for this first residential retreat organised by the WCCM in Wales (or WCCM Cymru). We placed a deposit to secure the house for a full weekend in December. We contacted Liz Watson and then Terry Doyle and yes, remarkably, they were both free (and keen) to join us and lead the weekend. We gave advanced notice to groups in Wales and we were both delighted and relieved to find that once the Retreat was formally advertised it was fully booked within a few weeks.



Offering an opportunity to participate in a retreat during Advent seems to have helped to meet a significant need for peace, silence and stillness during what can be an otherwise frantic period. This was also an opportunity for members of the Community in Wales to come together to share communion and

fellowship in a way that has not been made available before. Some participants had not previously been introduced to Christian Meditation; some were lone meditators, whilst others had been members of meditation groups for several years. Liz' theme and talks on 'The Hope of Happiness' provided a focus for reflection for the weekend; Terry's introduction to Tai Chi gave an insight into how stillness and peace may be found in movement; Delyth Cresswell worked with participants to achieve Taize singing in four parts, and Rev Lucyann Ashdown led us through a contemporary contemplative communion service on the Sunday morning. This all made for a full but satisfying weekend. It wasn't surprising that one of the participants observed that she felt that she'd 'been here for a week' as she left on Sunday afternoon, and another that she'd been able to experience joy on the retreat despite a recent bereavement.

Situated on the shores of Llangorse Lake within the Brecon Beacons national park, Llangasty Retreat House is an oasis of tranquillity that lends itself to facilitating the experience of stillness too. The service and hospitality provided by Janet and her team was also superb. Demand for places and the feedback that we've received from the weekend has been very encouraging so we have, of course, booked again from December 6th to December 8th 2013. Please check the events page for Wales for further details later in the year.

The WCCM in Wales is made up of three UK regions – West Wales, Mid & South East Wales and North Wales. However meditation groups that meet regularly are clustered in the south east and south west. If any readers are interested in establishing a group anywhere in Wales, but particularly in Swansea or in North Wales, please don't hesitate to contact your regional co-ordinator (all our details are available on the WCCM UK website) for materials, support and advice.

MEDITATION IN HARDY COUNTRY

Anita Finnigan

I moved to Dorchester in the beautiful county of Dorset from Portland two years ago. On Portland I ran a meditation group until my husband became too ill for me to continue. So I became 'a lone meditator' and I would recommend anyone who cannot attend a group to log onto the WCCM website if possible, as this was a great support to me as were the regular newsletters. I always felt part of this wonderful 'Community of Love'.

I suppose it was a year after my husband died that I had a call from Rosemary Bassett who wanted

to start a meditation group in Dorchester and asked if I could help. Now two years later I am happily living in Dorchester where we have two thriving meditation groups. The groups meet at different times and venues and with different people attending. If new people wish to join we give them a synopsis of the John Main teaching beforehand. We always listen to one of the talks on the various CDs we are sent after which we put on the John Main CD and play the track "How to Meditate" before the music and silence. One group meets weekly and the other fortnightly so we have found it very helpful to make out a programme for the two venues with the meeting dates and the title of the talk well in advance.

There is a very supportive team of group leaders in Dorset. We meet together regularly and have organised seminars in October. We have been fortunate to have had as speakers Kim Nataraja and last year Liz Watson. These events are so popular – fifty people – meditators and those wishing to know more about the practice – that we have decided to make this an annual event.

Probably the most exciting development in Dorset is the plan to introduce Christian Meditation into schools. In March Charles Posnett has been invited to a Head Teachers' Conference in Wilton to talk about introducing Christian Meditation into schools. Roz Stockley, our Dorset co-ordinator, has already introduced Christian Meditation into one of her local schools in Wimborne. I go into a local school as a volunteer and another ex teacher goes into another school, so we are getting prepared and very much looking forward to what the Lord is planning for 2013.

BE A VOLUNTEER

Roger Ferguson

Recently retired from an enjoyable but hectic career in the magistrates' courts service, I was finding it difficult to do anything at all.

Thankfully I had continued to meditate and joined a local group. It was my group leader, Father Alan Dupuy, who encouraged me to contact the UK Office in response to a Newsletter invitation. The next week I began work at St Mark's. Heidi welcomed me and I soon felt a valued member of the staff/volunteer team.

Tasks included answering the phone, dealing with correspondence, dispatching materials to local groups, sending out mailings to groups and individuals, keeping the database updated, working on website content, making tea and taking refuse to the recycling bins. Very quickly my morale improved so that I was able to extend my hours, and I began to look forward to my commute to the Angel.

About this time plans were being made to move the UK Office from St Mark's to the Community's house in Hamilton Road, Ealing. I met Janet Robbins, our National Coordinator, there. Janet showed me round as I was keen to continue as a volunteer at Hamilton Road.

For the last few weeks a lot of effort has gone into organising and then doing the move, shifting boxes and boxes of 'stuff'. Much of it is retained as an archive of the genesis and growth of our worldwide community.

Two things stand out for me during the short period I have worked with WCCM. The first is that as meditators we are members of a 'family', and the way we behave with each other reflects this. The second is the salutary effect of lunchtime meditation which we do at both St Mark's and Hamilton Road. Few of us have the time and space to meditate for half an hour, but quiet reflection at midday is highly beneficial.

INVITATION FROM JANET ROBBINS

If you would like to volunteer for admin support, you don't have to live in London, there is also work that can be done from home. Please contact us if you would like to join Roger and the team. You would be most welcome. Contact the office uk@wccm.org or call 020 8280 0049.

BIRTHING THE VISION

For that which is born of God
There is no ending.

There is transition
There is transformation.
There is death and resurrection
Which comes in the way
And time of God's choosing.

Our part
Is to womb
And bear the vision
Within and without.

It is cradled in prayer
Grown in love
And given in humility.

Jeanne Blowers
Regional Coordinator, Wiltshire

LEEDS TRINITY MEDITATION GROUP, HORSFORTH

*Sue Giuntoni
Regional Co-ordinator, Yorkshire*

On Tuesday November 13th Helga Engel stepped down as leader of the Leeds Trinity/Horsforth Group. Helga first began to meditate in a group at her local parish church in Cockfosters, London, where she met Fr. Laurence. When she moved to Leeds, about 18 years ago, she felt the loss of her meditation practice. When she mentioned this to Fr. Laurence his advice was to take up the challenge and set up her own group - and so she gathered a small group of people to meditate in her house, which became the first Christian Meditation Group in the Leeds area. As the group grew, it moved to the Sisters of Mercy Convent in Yeadon and from there it was invited to move to Leeds Trinity University College, after a visit to the College by Fr Laurence.

It is because of Helga's commitment to meditation, her faithfulness to the teaching of John Main and her inspiring leadership that the Christian Meditation Community has grown and flourished in the Yorkshire Region.

Thanks were expressed to Helga not only from the Horsforth Group, but from meditators across the Region and the wider Meditation Community. Helga will still attend the group, which is now being led by Sue Giuntoni, together with Joan Turner and Janet Kelly as support.

MEDITATION. MY STORY.

Chris Bamber

I could say that it all began with a Penguin book, yellow with age, on my bookshelves from the mid 1950s: 'The Shaking of the Foundations' by Paul Tillich - a chapter on 'Time' where he sees that much of our lives are spent either in the future or the past and that it is simply the elusive present that is our contact with reality. He goes on to say that the present moment has the extraordinary capacity for containing Eternity.

It was not until some five years ago that a Christmas afternoon, spent with a Buddhist monk, translated that idea into an experienced reality. For many years previously my wife and I had spent our 'quiet time' each morning, but Maitreya gave us a framework of relaxation and meditation - seeking to just '**be in the now**'.

It must be some four years ago that Barbara thought, 'There must be some Christian understanding of this experience'. So, via the Internet, she found it!

WCCM!

Maggi Gordon, the coordinator for our area, welcomed us to the area 'Quiet Day' at Cogenhoe, Northampton. From there on there was, for us, what is known as a 'Sharp Learning Curve'. Books, retreats, schools, followed. Over three years ago, aided by Maggi and our Parish Nurse Debbie Marsh, we managed to start a Group in Oakham. We were extremely lucky in having the 14th century chapel of St John and St Ann, which is part of a housing complex for the elderly and the use of their common room and kitchen. With over 20 people from all denominations we met twice a month. After eighteen months we decided to make this a weekly event.

For me the twice daily meditation has become a vital part of my life. The mantra was at first a foreign part of the discipline but now helps to bypass the tangle of ideas, emotions and wishes and establishes the stillness, silence and simplicity and openness to the mysterious presence.

It is interesting that Paul Tillich's ideas have become a foundation alluded to by John Main, Laurence Freeman, John Robinson, Marcus Borg and many others. For me it is as if these many voices tune into a core spiritual reality that unites people of all races and religions. It makes us feel 'at home'.

In meditation I learn from Jesus' experience of temptation in the wilderness. 'If you are the son of God...' Each time Jesus is tempted to doubt himself. Self doubt is the thing that stops me in my tracks. Each temptation stems from Jesus' own personal wishes. Each time he refuses to enter into a dialogue about it. Each time he turns away from himself to God in scripture. I am glad Jesus did not find it easy. I don't. As John Main says; 'It is very simple and very difficult'. I am glad of the Community for Christian Meditation. I am glad not to be on my own.

THOMAS MERTON – HIS CONTEMPLATIVE VOICE

Sue Purkis

Joint Co-ordinator Yorkshire region

The Yorkshire Region's weekend retreat in September at The Briery, Ilkley, was a stimulating and insightful journey, led by Bridget Hewitt, into the life and writings of Thomas Merton. Over a silent retreat weekend we listened to Bridget quietly but enthusiastically explore Merton's teachings including the paradox of Merton – his seeking of solitude and life under the monastic rule yet at the same time fulfilling his gift of teaching through his writing, which has left a legacy of wisdom which helps us today on our own journey to find God in that inner silence and peace that we seek. These sessions were

interspersed with times of quiet prayer and meditation, including an evening of Taize chanting, moving to listen to for those of us who couldn't quite reach the high notes!

We also considered Merton's love of nature, a theme that runs through so much of his work. A theme which inspired these thoughts by one of our number, which I think calls to be shared with all.

David Jackson

On the start of the Silent Retreat I was thinking of someone who is unhappy and of the sort of happiness I would pray to be theirs. The desire for someone to be happy does not mean to wish for a state of empty vacuous tranquillity. I imagined it more like this:

I am a landscape

I am the sunlit meadow
The forest gloom

The clear mountain peak
The impenetrable cave

I am the crystal running stream
The dark swirling river

I am the pattern of field and wood
Greens of tree and grass

I am the curling wave
The sea-crashed shore

Dear Lord of Life

Map me. Contour me. Be my northing and my easting
Cloud me, dapple me with sun, wind me
Light me, darken me
I am your land
Conquer me.

The Briery, Ilkley. 28th Sept 2012

With thanks to Bridget Hewitt who unfolded Thomas Merton's love of the natural world as revelation of God.

NEW MEDITATION GROUP – A LABYRINTH OF CONNECTIONS

Mike Sarsen

I have been planning to start a group for some time at St Bernadette's in Pangbourne with the support of original parish priest Fr Dermot who sadly left the parish last year. Fortunately Fr Peter Bowe recently returned from Douai in France to Douai Abbey, a

Benedictine monastery in Woolhampton Berkshire and became our new parish priest. He has a commitment to meditation and used to run a meditation group at Douai Abbey during the 80's & 90's with the Abbot and monks from Amaravati, a Buddhist Monastery in Hertfordshire which I attended regularly. They are inspired by the Thai forest tradition, the same order of monks that I work with at Thamkrabok Monastery in Thailand where we are holding a Meditatio Forum in January 2013 with Fr Laurence.

The Parish of Woolhampton Group of the World Community for Christian Meditation is an ecumenical group open to all and we follow the meditation teaching of Fr. John Main.

When? Every Thursday at 8.00pm

Where? St Bernadette's Parish Church Hall, Pangbourne RG8 7JL

For further details please contact

Mike on 0118 9623332

mike@ewsn.org.uk

www.christianmeditation.org.uk

ON BEING A REGIONAL CO-ORDINATOR

Roz Stockley

I didn't want the job of regional co-ordinator – I just wanted to look after my group, separate from the rest of WCCM. However, I was at a weekend retreat, there was a vacancy and I seemed a likely candidate. Before accepting, I even persuaded another group leader to be joint co-ordinator. In the early stages he was great in giving me little nudges and we started to think about trying to reach out, outside of my own cosiness. And I don't think I did that much initially. Eventually we tried to attract others to meditation by holding a social evening and only two other people turned up (there were seven of us). Then we thought about running a day in Wimborne led by Sr Catherine from Cockfosters. About 13 people turned up, it was felt to be a success and we were asked by the attendees for more. Perhaps, we thought, we could do something more for the county and we thought about getting the Dorset group leaders together for a meeting. Out of that was borne the idea of a day to share with other like-minded people, although not necessarily all John Main meditators, led by a speaker. We all shared the organisation and it was great. About 48 people attended and this is now an annual event. Through it more people are meditating.

This activity has brought the Dorset group leaders together as a group in its own right. We now meet twice a year to plan, review and develop in a very collegiate way. I feel very supported in my role and

know that I can call on any of the group leaders to help or discuss developments or issues.

Regional Coordinators attend the annual National Council weekend in November where, under the leadership and guidance of the National Coordinator, we review the past year's activities and set priorities for the coming year. Before attending I thought it would be a dry event but I now value it as an important fixture in my diary. Not only do we find out what other regions are doing and plan how, as a community, we could be developing, it is a wonderful time of sharing, silent prayer and inspiration.

In fact the 2011 Council inspired me so much that I became involved in meditation with children in schools (MWCS). I did this really on my own account but as a result of presenting on the topic at one of the group leaders meetings, others wanted to find out more and, subsequently, become more involved. So we ran an information day for anyone in the county who is interested in MWCS - I sent out an invitational email to people on my meditation database, which has developed over the years – and 12 people showed an interest. We also have a training day coming up. In fact, by their own volition, group leaders are reaching out to individual schools, to Head Teachers through a Diocese of Salisbury conference and to Catholic RE teachers through the Diocese of Plymouth. And interestingly, 2013 will probably see at least 2 additional groups forming as a result. This has only become possible because of the sterling activities of other group leaders and group members within Dorset, although I believe that having a regional co-ordinator who can fulfil the co-ordinating role is also useful.

And I rather enjoy that role that I was so keen to shy away from at the beginning.

LANCASHIRE RETREAT AT THE BRIERY, ILKLEY

Lynda Stark

Around forty people arrived at The Briery Retreat House in Ilkley on 19th October, for a weekend led by Kim Nataraja and Terry Doyle. I arrived full of anticipation for a weekend that was to focus on "The Four Quartets" by T.S. Eliot – a challenging prospect. Terry was also going to offer some Qi Gong and Tai Chi, and Christine Colbert was offering circle dancing.

The Briery turned out to be a really welcoming, homely space for our weekend. Added to this, the food, (always important on retreat!) was absolutely delicious, our every need being catered for by the helpful and friendly kitchen staff.

I, personally, didn't really know "The Four Quartets" having read only short extracts, and, on first

sight, it seemed fairly daunting. On the first evening Kim played us a recording of T.S. Eliot reading the beginning of the first quartet, and this set the scene for the weekend. On the only full day, we read, discussed and mulled over parts of the poem, which turned out to be an exploration of the present moment, and our efforts to understand, find, and rest in the still point, the point of so much potential, where love finds us, and we fulfil our true nature as human beings. I found this exploration totally fascinating, and was greatly inspired by it, and the way Kim helped us all to begin to understand Eliot's words.

Thanks to Kim's careful guidance, and explanations, I think that we all came to a true appreciation of the depth and breadth of this fine poem.

Our time was also greatly enhanced by Terry's Qi Gong, and by his leading us in a wonderful hour of healing, in which all who participated were touched by the feeling of love which was quite tangible in the room. Terry also taught Zen walking – another wonderful way to settle the mind, and connect with the body.

Friday and Saturday evening were rounded off by circle dancing facilitated by Christine. This was hugely enjoyable, at times moving, and a great way to round off the day.

Roger Gibbard presided at a beautiful Eucharist on Sunday morning and this was followed by the final meditation. A wonderful ending to what was a really lovely and inspiring retreat.

OUR JOURNEY : FROM WORDS . . . TO SILENCE . . . TO ACTION

Charles Posnett

In this issue of the WCCM newsletter I would like to continue with the last two topics in the series of six topics which started in the July issue last year. Each topic considers different aspects by which we, as a community, can help each other in the work of Christian Meditation with Children; whether we are teachers, clergy, chaplains, governors, grandparents, parents, children or just interested in education in some other way.

5. COMMUNICATING THE BENEFITS

One definition of benefit is "something that promotes well-being" and it is in this context that I would like to

explore the way in which we can communicate the benefits of Christian Meditation with Children. If we neglect to learn about “the world within our hearts” it will lead to stress, anger, violence, anxiety, depression and antisocial behaviour. If on the other hand we help each other to lead a balanced existence, then we help not only ourselves but those with whom we come into contact.

Children seem to know this intuitively and we have seen the way in which children quickly create community by sitting together in silence. After a few sessions of meditation in the classroom it is very noticeable that they have an increased awareness of those around them and it’s very touching to see the way in which they not only benefit themselves from “living in the present moment” during meditation, but also to register the fact that they communicate this benefit to those around them.

Children are naturally joyful. Joy, however, is not something one can define or analyse. One enters into joy as a fruit of the Holy Spirit. We don’t encourage the teachers, or the children in their charge, to meditate with the objective of being joyful; in fact we teach them that there is no measurement, no grading, no expectation, no real way in which they can define their progress. Christian Meditation is not a “technique” which we learn with the sole objective of getting a result. It is a “daily practice” which we offer as part of our faith. The joy – if joy comes – is pure gift.

Communicating the benefits is something that happens very naturally. The children do become more attentive, they do find it easier to concentrate, they do notice if one of the other children is sad or in trouble of some kind, they do get to know themselves better, they do become friends with Jesus and they genuinely enjoy the regular times of Christian Meditation and their self-esteem is certainly increased. So much so, that they want to tell other people about it. This often results in them meditating at home and teaching other members of their family how to meditate - and this is the norm, not the exception. At least half the children want to meditate at home and this often rekindles the way in which families pray together.

So what about the situation where there are children of different faiths in the same school? Many schools experience the situation where children of different faiths come together in the same class and I have to say that we were somewhat apprehensive about how this would work out. In fact it really hasn’t been a problem. The children are very adult about these things. First and foremost, we make it clear to the children, the teachers and the parents that we will be introducing Christian Meditation into the school. We also encourage all the children to take part in this silent prayer, but we do make it clear that if they are

uncomfortable with the prayer word “Maranatha”, they do have the option of using their own special holy prayer word as a “mantra” – in line with their own faith.

So communicating the benefits is, like meditation, really simple. However, unlike meditation, communicating the benefits is always easy.

6. SPIRITUAL TRANSFORMATION¹

<p>Information exchange between each level</p> <p>(Each level directly influences those adjacent to it: e.g. emotional stimulation affects the Etheric and Mental levels directly, and the other levels indirectly.)</p>	<p>Physical level: the body and its physiological operations; sensory perception</p> <hr style="border: 0.5px solid black;"/> <p>Etheric level pertains to the realm of subtle energy : chi, prana, orgone, bio electrical energy.</p> <hr style="border: 0.5px solid black;"/> <p>Emotional level: the emotions and emotional experience; feelings.</p> <hr style="border: 0.5px solid black;"/> <p>Mental level: imagination; intellectual life; reason.</p> <hr style="border: 0.5px solid black;"/> <p>Spiritual level: awareness, intuition, freedom, the True Self or Soul Self</p> <hr style="border: 0.5px solid black;"/> <p>Christic level: the indwelling of the Divine Presence, the spark the soul, always present, known through faith</p>
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We are all conscious that changes take place in our lives as a result of the experiences we undergo, the influences from other people, the books we read, the films we see and the practices that we adopt. What we don’t always realise is the subtle way in which these changes take place.

Human nature becomes transformed through implicit faith (love, moral living) or explicit faith. Both are accompanied by the “shalom”, or serenity of the Spirit. Through explicit faith and deepening prayer, the energies of the divine become more active in the soul and one’s identity becomes more grounded in the True Self and Christic levels.

Take the example of Christian Meditation where those who have adopted the practice over many years

would openly admit that it has influenced their lives and yet would have extreme difficulty in quantifying the effect that it has had. Certainly, there is still much to be understood about the way in which Christian Meditation transmits messages between these different levels and “builds bridges” between the left brain and the right brain functions. I would certainly not attempt to explain how this happens or turn this brief article into a fully scientific explanation, but at a pragmatic level we can all see the fruits of Christian Meditation in others.

In the context of Christian Meditation with Children it is interesting to see the extent to which the children quickly become aware of the Divine Presence and the way in which the Holy Spirit – the Divine therapist! - can help them to overcome their problems and have a positive influence on their school day. So it doesn't seem too optimistic to surmise that they will benefit by carrying this influence through to the rest of their lives.

What has surprised and delighted us in talking to a very broad cross-section of children across schools in the UK is that they are quick to identify the spiritual advantages of Christian Meditation, before they ever mention the more mundane benefits related to the calming effect that it has and the way that it is instrumental in increasing their concentration. They not only recognise this, but are happy to talk about this and the way that Christian Meditation has given them a more direct relationship with Jesus.

At a deeper level it is possible to recognise how this Divine energy becomes more active against one's attachments, our defences are stripped away and inner

wounds are healed. Some writers – such as St John of the Cross - have likened this feeling to walking through the valley of darkness in the Dark Night of the Soul. The journey through the Dark Night is not all misery and trepidation. There is the serenity of the Spirit, and also growth in the spiritual level of one's being (intuitive intelligence, awareness, inner freedom). Drastic changes in lifestyle may be called for as all of the levels of one's being become transformed to manifest the life of the Spirit.

So, in summary, the journey from words ---- to silence ---- to action is a complex one, for us and for all the people involved in the process of introducing Christian Meditation to children in schools. But I do hope these articles have at least suggested some of the important issues at stake and that some of you will be encouraged to take an increasing role in this important work.

With over 20,000 children meditating daily in our UK schools and a strong programme of “in-service” training days, twilight sessions, and head teacher conferences during the coming months we are in the process of creating regional teams to support those schools that are adopting Christian Meditation at a local level. Please contact me if you would like to offer your help in any way.

If you would like to find out more about any aspect of our Christian Meditation with Children program please do not hesitate to contact me, Charles Posnett Tel: 01525 873536 or by Email: charles@posnett.entadsl.com
¹With thanks to Philip St. Romain for his shareware on Spiritual Transformation

Skellig Micheal is a small rocky island thirteen miles off the ring of Kerry in Ireland. It was the place where a Celtic monastic life was lived, in extreme austerity, for some centuries. John Main's family came from the mainland of Ballinskelligs. I was able to visit there in 2004.

THE SKELLIGS

These presences, jagged sentinels of Ireland's western shore,
 And these waves that gnaw slowly at the granite stones,
 Were inhabited once, some fourteen hundred years before,
 By monks and hermits who built their fragile homes
 Upon these windswept rocks, under the seagull haunted skies,
 Thirteen miles beyond the reach of Finian's coastal view.
 I, through three days of mist and cold, am kept waiting,

Faced by a grey horizon, until one night,
 silhouetted darkly
 Against a clearer sky, I see these monoliths, the tops
 Of mountains whose valleys are the seabed
 miles below.
 With a quiet sea I made my journey
 where seabirds fly
 And where monks first travelled
 fourteen hundred years ago.
 What brought them there?
 Six hundred steps ascending
 Along sheer slopes to kneel in footholds
 carved for prayer?
 To hear the wheel of time turning
 so slowly in its axle
 On the upward path to heaven? Or, reaching the top,
 Surveying the cloud capped hills of Ireland,
 did they battle
 With demons and terrors that we
 could never understand?

Stefan Reynolds

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A view from a stillpoint...a reflection into Meditation...

Beth Parfitt

THE ASCENT OF A LARK

In Chapter 37: 12-14, of the Book of Ezekiel, the prophet conveys a hopeful promise:

“I shall put my Spirit within you, and you shall live.”

This verse from Scripture recently caught my attention and, for some reason, I found myself momentarily transported to the top of Hengisbury Head, a highpoint in Christchurch in Dorset where a little while back we stood in wonder as we watched with pure delight the sound and sight of a lark ascending. This is the time of year when, if we are lucky enough, we can experience that clear, engaging sound of an ascending lark.

But why the connection? Why the linking in my mind of Ezekiel's promise:

“I shall put my Spirit within you, and you shall live” and that heavenly sound and sight of an ascending lark?

Nature has so much to teach us.

It struck me that the little lark was being utterly true to itself and to the gift of life within it which endowed it with the freedom and courage to trust in the thermals that propelled its soaring flight.

Freedom, courage and trust – are these not also the signs of the Spirit within us – the liberating Spirit of Love in which “we live and move, and have our being?”

But for this true, pure sound of life and love to emerge in our lives we need hearts that are free – free to be open enough and empty enough so that we can receive the gift of hopeful joy which is being offered to us.

This is the journey of inner transformation and freedom which Jesus walked and it is this same journey to which we, too, are called. It is the journey of surrendering our self-centredness and thus enlarging our capacity for love.

This is the path to which our practice of meditation calls us each day.

This is the way of inner freedom which gradually helps us to embrace the natural rhythms of our lives - the joys and delights, as well as our sadnesses, challenges and demands - with equal tranquillity and equilibrium.

When we choose to live out of that inner place of freedom, courage and trust, the grace notes will ring out in our hearts and in our lives, like the pure, clear sound of the lark.

Listen sometime to the beautiful sound of Vaughan Williams' “The Lark Ascending” and allow your inner being to expand in awareness, giving HOPE and PEACE a home in your heart...then enter into silence...Maranatha, Ma..ra..na..tha.. Come, Lord Jesus...



EVENTS

FOR LATEST INFORMATION CHECK THE WEBSITE

NATIONAL

Fri 26 April to Sun 28 April 17:00 ends 14:00.

Conscious Contact . Led by May Nicols & Linda Kaye at The Kairos Centre , Mount Angelus Road London SW15 4JA. on site catering. see the flyer . email/post/phone. Contact Kate Coombs kate@wccm.org 020 7278 2070

NORTHEAST ENGLAND

Sat 26 January 10:15 ends 15:30. Hiraeth – A Longing

for Home. Led by Mike Holt. Venue: The Chapel, Leeds Trinity University College, Brown Berrie Lane, Horsforth, Leeds LS18 5HD. Bring your own lunch drinks provided. Suggested donation £5. Book with Sue Purkis 01535 632171; suepurkis@hotmail.co.uk or with Sue Giuntoni 0113 258 3780; giuntoni@btinternet.com

Ampleforth Abbey:

Feb 1 - 3 - Weekend Retreat Christian Meditation (CM) and Tai Chi (TC)

May 3rd - CM and TC Workshop

May 31 - June 2 - CM Weekend Retreat

July 1 - 4 - CM and TC Midweek retreat

Sept 6 - CM and TC Workshop

For more information www.hpo.ampleforth.org.uk

Minsteracres Retreat Centre:

April 5 – 7 Weekend retreat Christian Meditation

St Antony's Priory Durham:

Sat June 8th CM and TC Workshops

Sat July 13th CM and TC Workshops

Sat Sept 14th CM and TC Workshops

For more information www.minsteracres.org

Benedictine Centre for Spirituality, Cockfosters Sat

Oct 5th Cultivating the Inner Smile Workshop

There are also plans to develop a Christian Meditation Recovery Support Group Network across the North East. For all of the above contact:

Terry Doyle terry-doyle@live.co.uk

NORTHWEST ENGLAND

Sat 26 January 10:00 ends 15:30. Abwoon - Out of

One Present Love. Led by Bob Morley at The Tithe Barn, Grasmere (opposite the Church) LA22 9SW. Bring your own lunch drinks provided. Plus super traybakes. £12.50. Helpful to know numbers for catering. Contact Sarah Kirkup sarah.kirkup1@virgin.net 01768 341 258

Tue 5 February 10:00 ends 15:00. Living with the

Mystics. Led by Bob Morley at The Quaker Meeting House, Elliot Park Keswick (next to Booths) CA12 5NF. Bring your own lunch drinks provided.. Contribution towards hire of room about £5.00. Helpful to know numbers so that we can book a big enough room.

Contact Bob Morley rgm1@live.co.uk 016974 72644

Tue 7 May 10:00 ends 15:00. Living with the Mystics.

Led by Bob Morley at Quaker Meeting House, Elliot Park Keswick (next to Booths) CA12 5NF. Bring your own lunch drinks provided. Contribution towards hire of room about £5.00. Helpful to know numbers so that we can book a big enough room. Contact Bob Morley rgm1@live.co.uk 016974 72644

Fri 10 May to Sun 12 May 17:30 ends 14:00. God is

Ripening. Led by Patrick Woodhouse at Monastery of Our Lady of Hynning, Near Carnforth Lancashire LA5 9SE. Full board. £120.00. Now full, but contact Sarah to go on a waiting list. Contact Sarah Kirkup sarah.kirkup1@virgin.net 01768 341 258

MANCHESTER

Weekly groups meet on the last Saturday of each month at 1.30pm, 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

SOUTHWEST ENGLAND

SOUTHEAST ENGLAND

Thursday 14 February to Thursday 21 March, Christian Meditation – A story. Six Thursday evenings introducing and exploring Christian Meditation 19:30-21:00. Led by Ray Lamb; Venue: St Nicolas' Church

Centre, Bury Street Guildford Surrey GU2 4AW. Suggested donation £3 for cost of refreshments. Book at St Nicolas' Parish office 01483 564526;

parishoffice@stnicolas-guildford.fsnet.co.uk or Vicky Lamb; 01483 571469; Vicky.lamb24@gmail.com

Saturday 16 February; 11:00 to 16:00. Exploring the Cloud of Unknowing. Led by Graeme Watson. Venue: St Nicolas' Church Centre, Bury Street Guildford Surrey GU2 4AW. Suggested donation £10 Book at St Nicolas' Parish office 01483 564526; parishoffice@stnicolas-guildford.fsnet.co.uk or Vicky Lamb; 01483 571469; Vicky.lamb24@gmail.com

13 April 2013 11:00 to 16:00 Awakening to the Mystery of Love, a study day led by Liz Watson. Thame Barns Centre, Church Road, Thame, Oxfordshire. OX9 3AJ

Suggested donation £12.50 – lunch not included, plenty of places nearby or bring packed. Pre-booking essential. Contact Jacqueline Russell: jacq.russell@ntlworld.com or phone: 07812 152684/ 01296 488450

WALES

SCOTLAND

LONDON EVENTS

THE MEDITATIO CENTRE

St Marks, Myddelton Square, London EC1R 1XX
Tel: 020 7278 2070

Fax: 020 7713 6346

Email: meditatio@wccm.org

Weekday Meditation at 13.00-13.30 - All welcome
The official launch of The Meditatio Centre will be on 19 March 2013. A variety of talks, workshops and groups are

being planned.

For the full programme please email kate@wccm.org or call her on 020 7278 2070 . Check the website too for updates! www.wccmmeditatio.org

23rd March 11am to 4pm. Preparation Quiet Day led by Fr. Robin Burgess. All welcome.

20th April 11am to 4pm . Deepening Our Practice led by Liz Watson. All welcome.

MEDITATIO

CHRISTIAN MEDITATION RETREAT CENTRE

32, Hamilton Road, London W5 2EH

t: 0208 579 5911 | e: meditatio@wccm.org

Daily Meditation: at 7:00 (8.00 am Saturday and Sunday); 12:00 and 19:00

Mondays: 19.30 Introduction to Meditation led by Fr Laurence Freeman OSB or others.

Wednesdays: 18.00 Young Meditators meet for meditation, yoga and dinner

Sundays: 12.00 Children's meditation group

THE BENEDICTINE CENTRE FOR SPIRITUALITY

29 Bramley Road, London, N14 4HE

www.benedictinecentreretreats.org.uk

WESTMINSTER CATHEDRAL

Daily Meditation: 12.30-1pm Monday – Friday. In the chapel in St Paul 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 from 12 noon to 4.30pm.

6th February If I do not Wash Your Feet, You Can Have No Share with Me. Jill Benet, coordinator of Contemplative Outreach (London), co-founder of Silence in the City.

6th March Father Forgive Them, They Know Not What They Do. Michael Dorey, spiritual director, CLC chaplain.

3rd April I Am the Light of the World. Fr. Paul Fox, parish priest in Brentwood diocese.

1st May Who are You Looking for? Eileen Dutt, coordinator of WCCM oblates (UK)

5th June Human Beings Can't Live on Bread Alone.

Fr.Robin Burgess, spiritual director and on parish team at Ealing Abbey.

3rd July The Truth Will Set You Free. Antonio Benet, lay contemplative and writer.

7th August Come to Me all You Who Labour and I will Give You Rest. Sarah Richards, spiritual director.

4th September When You Pray, Go into Your Private Room. Michael Moran, Salesian and worker for peace & reconciliation.

2nd October Anyone who has Ears for Listening, should Listen! Michael Dorey, spiritual director, CLC chaplain.

6th November Unless a Grain of Wheat Shall Fall upon the Ground and Die... Mary Lean, spiritual director and writer.

4th 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 Augustine of Hippo.

SILENCE IN THE CITY

All talks at: Westminster Cathedral Hall, London SW1P 1QH. www.silenceinthecity.org.uk; email: info@silenceinthecity.org.uk. 0207231 6278 or 020 7252 2453. Prebooking necessary.

Wednesday 10 April 2013 7-9 pm Metropolitan Kallistos Ware: Word and Silence in Orthodox Prayer



GOODNEWS BOOKS

Christian books
for adults and children

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Living Waters

When I sit down in order to be still
I follow the path to the living spring
and with His guidance and His will
I find my way, and my soul can sing.

Here, she can joyfully drink her fill
and does not suffer thirst no more
Here, I can rest, and rest until
my heart is satisfied right to the core

Margrit Dahm