



Meditation News

Newsletter of The World Community for
Christian Meditation in the UK

SPRING 2014

Remembering David Wood

David Wood sadly died on 1 January after a long illness. An extended tribute starts on page 4.



**The Christian Meditation
Conference**
4–6 July 2014
The Hayes Centre
Swanwick, Derbyshire

Aware, Awake & Alive ... the way of meditation

We will focus on the practice of meditation, by refining our awareness, enlivening and reconnecting us. Whilst the weekend will be a conference rather than a retreat, meditation sessions will frame our time together and draw us into community.

Kim Nataraja and **Liz Watson** will lead us during the weekend. Wherever we are on the pilgrimage, we always have much to learn from and encouragement to give each other. There will be time for rest, walks, yoga and tai chi.

We are delighted **Don MacGregor**, author of *Blue Sky God* will also be with us.

Per person rates:

- ◆ Single ensuite room £185.00
- ◆ Shared ensuite room (per person) £155.00
- ◆ Standard single room £160.00
- ◆ Standard shared room (per person) £130.00
- ◆ Saturday only (day rate) £75.00

To book a place, we will require a non refundable £90 deposit.

**For more details see www.christianmeditation.org.uk or contact:
Jacqueline Russell, 15 Helford Close, Aylesbury HP21 8BG
Email: uk@wccm.org Phone: 0208 280 0049**

National Coordinator's Note

Hi fellow meditators,

When I started on my meditation journey, all I was concerned with was to 'keep saying my mantra'. The community itself was unknown to me and it stayed that way for many years, until I was gently drawn in and started to get to know other meditators, went to a conference, started receiving the newsletter and wondered what our community was all about. I believe this is not an uncommon journeying.

During my time as a meditator I have been amazed at the depth of gifts we receive and give to others, and lots of us have benefitted in so many ways from this gifting. Individuals within the UK community share the gifts they receive with others by running groups, by giving service as coordinators, as presenters, in running events etc. The community members do this from their heart because of what they have themselves received. They do this without expectation of repayment – the joy they feel seems to be enough. As Christ gives us unconditional love, so we try to share that with others. In sharing ourselves with others, these others sometimes return that gift and volunteer themselves. And they volunteer in the ways that they are able.

In this edition of the newsletter, as in most editions, we hear about where service has been given by

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Contributions to the Newsletter are warmly welcomed.

Please send all items to:

uknewsletter@wccm.org

Deadline for the **Summer** issue: **1 June 2014**

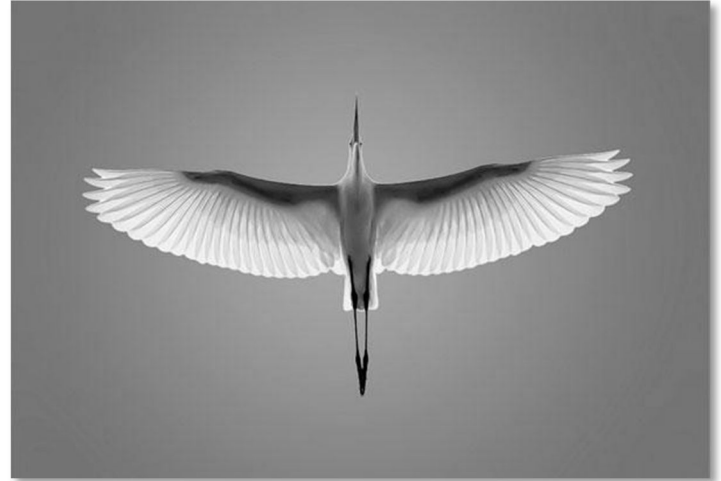
The UK Annual Conference 2014—A Very Special Time

During last year's UK Annual conference, led by Father Laurence, we listened to the comments made by those who attended. The conference was as always very rich in teaching, enfolding everyone - those enquiring and those who have been with us for a very long time - in a real sense of belonging and community.

When we were planning this year's conference, to be held 4-6 July at Swanwick, Derbyshire, we wanted to build upon the needs identified from last year.

It is clear that we have many wise leaders in the community so we have brought two of them together, **Kim Nataraja** and **Liz Watson**. They will focus on the practice of meditation as a path that is steadily and continuously waking us up, refining our awareness, enlivening and reconnecting us. The weekend will be a conference rather than a retreat, although meditation sessions will frame our time together and draw us into community.

We always have much to learn from each other and we will encourage the sharing of each other's experiences. To keep us in balance there will be time for rest and walks. **Chris Hurley** and **Terry Doyle** will lead us in yoga and tai chi.



We are delighted that **Don MacGregor**, author of *Blue Sky God*, will be joining the conference and also sharing time with us.

If you would like to join us, either for the first time or coming back, the details for booking are on the front page of Meditation News, and on our website.

www.christianmeditation.org.uk, by email from **uk@wccm.org** or telephone **0208 280 0049**.

Janet Robbins

National Coordinator's Note—Continued from page 1

members of our community, both past and present, and it is wonderful. It fills me with joy. Thank you to all who have shared, continue to share, and are thinking about sharing in the community in this way. For those who are, as I was, just 'saying your mantra', that's good too. We have no expectation but that you share this journey with us.

However, if you feel that the time is right for you to become involved in the work of the community in a wider way, please let your group leader, regional coordinator or me know. There are all sorts of roles within the community that are carried on by volunteers and we'd love to hear from you. For example, if you are attending the National Conference in July and would like to help, the conference team would love to hear from you. Also, if you happen to be based in or around London and can get to Meditation House in Ealing, there are opportunities to help out in specific ways, under the guidance of Amanda, our office coordinator. Please do get in touch.

In the meantime, enjoy this Spring edition of the newsletter.

With love,

Roz



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Newsletter of The World Community for
Christian Meditation in the UK

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The New Newsletter Team and a Huge Thank You

In the summer 2013 edition of the Newsletter Janet, my predecessor, asked for a volunteer to take over the role of Newsletter editor and since then David Simpson has valiantly continued in his role. This must have been a significant challenge for him (see *Nothing on Naxos*, Winter 2013/14) and we are extremely grateful to him for continuing.

However, production of the Newsletter has now been taken over by a newly formed Newsletter Team – comprising Margaret Comerford as editor, Dee O’Connell as sub-editor, Pia Huber managing the Events pages, and Andy Goddard looking after the desktop publishing. As you will know, Dee and Pia worked with David previously; they have been joined by Margaret, who also serves the community as an Action Group member, and Andy, who is a meditator in the Bristol area. This is a great team and I am delighted about, and very grateful for, their gift of time and skills to the wider community. So, from me, on behalf of us all, ‘thank you’ to Margaret, Dee, Pia and Andy.

And finally, a **huge ‘thank you’ to David** for many years of service to the UK community - and we wish you all the best on your journey in Naxos.

Roz Stockley, National Coordinator

Helping at The Hub

Do you live in London? Do you have skills we could use to support WCCM in the UK? Would you like to develop your office skills?

The gift of volunteers’ time and skills from within the community provide the foundation of the work of WCCM in the UK and we are looking to grow our volunteer team.

We always need help in the office including the administration of our mailing list, dealing with donations and preparing for events. If you have the skills, or are willing to learn, we would love to hear from you.

Training and support is given. We are a busy little office, we work hard but we have a lot of fun.

If you are interested in volunteering within the UK team, please contact uk@wccm.org, or leave a message on **0208 280 0049** for **Amanda Croucher**

Meditation Companions



**Do you have questions about your meditation practice?
Or about your spiritual life generally?**

**Meditation Companions
are experienced WCCM meditators
who are there for you to talk to
immediately.**

**See page 12 for an insight into the
work of Meditation Companions.**

**Contact Anne McDonnell
01603 810646
anne.mcdonnell@talk21.com**



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

Gift Aid

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

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

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

If you have any queries or would like to set up a standing order or electronic transfer, please contact the UK Office: Tel. 0208 280 0049 uk@wccm.org

Remembering David Wood – First Chairman of CMT (UK)

Roger Layet

For years David was the regional coordinator for Cumbria, where he led many people to meditation. He will also be known to some meditators around the UK as the first chair of the Christian Meditation Trust (UK) – the community's charity. In the early 2000s the UK community went through difficult times organisationally, and it was David, with a few others like John Auer and Liz Watson, who held it together. And he will be known to meditators around the world as the owner of the gravelly Mancunian voice, some of whose recorded talks entitled *Aspects of the Spiritual Life* were distributed as a part of the free quarterly CDs programme.

David originally worked as a personnel manager in industry before feeling and answering a call to become an Anglican priest. He served in parishes in northern England – what he described as declining industrial communities. But he also felt the call to silence, and laughingly recalled how he inflicted services with substantial times of silence on baffled congregations. He said that he did not really know what he was doing.

A turning point came about 1988. He went to hear a religious sister speak. When she quoted some sentences from John Main, David knew that he had found the teaching he was looking for. He knew that he had come home.

Retiring from ministry in the 1990s, David and his wife Sheila settled in Sheila's childhood home of Maryport, on the West Cumbrian coast. Perhaps there was some symbolism in living in such a remote area of England, cold and wet,



and yet full of people of character.

From Maryport, David and Sheila spread the word about Christian meditation. David arranged talks and events, collected the postal addresses of those who came, started groups, visited groups. They never used a computer – David loved to proclaim himself a dinosaur in this respect. It used to take them three days to prepare a mail shot to all the people on the list.

He said afterwards that the community grew because there were a lot of people around just ready for the teaching ... 'we caught the wave'. Cumbria remains the region of the UK with the highest number of meditation groups per head of population. It may have been true that there was a wave to be caught, but as anyone who has tried to catch one can testify, it still takes some skill and perseverance to do so.

Anyone who heard David speak would know what an engaging and committed ambassador for meditation he was. His style was inimitable – provocative, laugh-out-loud funny, both deeply human and faith-filled. For years he also wrote a

weekly column in a local journal, *Egremont Today*, a column called 'Godspot'. It was a commentary on world events, local characters, and modern attitudes, from a Christian and often a contemplative Christian perspective. Many of his pieces have since been published in a collection called *God's Hotel* – and to anyone who had lost faith in institutional Christianity they were a wonderful remedy, with titles such as 'God's Law or Sod's Law'.

I began to know David well when I became UK coordinator in 2007. He was still chair of the Trust. When I was puzzled about how to approach a thorny issue, I would call him in his Cumbrian fastness, and he would ponder and laugh, and offer some thought simple or complex ... and I would put the phone down always feeling refreshed and usually a lot wiser.

'All is gift' he would say. And he lived according to that phrase. He himself certainly was a gift. And as illness closed in (he knew for years that he had a terminal illness) he had more and more to let go. He could no longer walk the Cumbrian fells. He could not travel to attend events. Then he could not walk down to the sea front. Then he was confined to one floor of his and Sheila's house. But he never stopped encouraging others. When I stopped being UK coordinator, he sent me a lovely postcard of a print by Diana Milstein entitled 'You are never too old for adventure, said Miss Smith' showing Miss Smith, complete with hat and handbag, holding onto the back of a friendly dragon as they flew over mountain peaks.

I would still call him from time to time, and he would say that he was

David Wood

delighted to see how the community had developed, expanded, with more and more people involved in its leadership. He would say what a privilege it was to be given such a long time to die.

In February 2013 he wrote in a letter: 'Layer upon layer keeps uncovering, isn't it amazing what meditation enables, it's limitless all these beginnings. Revelations. Discover-

ing that I am (we all are) "steeped in eternity" is really helpful at these points on my journey. I have been given the kingdom of heaven, yes, but to be led to understand that this is the kingdom of eternal forgiveness is astonishing. I am a participant in the kingdom of eternal forgiveness, I'm already in it! Eternity means eternal forgiveness. Everything, everything, everything is being, has to be, forgiven. That's

the obligation of course! In Eckhart's terms, God laughing up his sleeve.'

'So yes it's all OK, and at the same time I have to find ways of opening myself up to whatever appears/is unforgiveable - in my own tiny corner, my collection of atoms, as they prepare to be swept on out into the Great Surge of Universal Life/Energy etc.'

Four local tributes

David introduced me to the stillness and silence of meditation over 25 years ago at his home in Egremont. The peace, love and acceptance at these times were for me very profound. His love, encouragement and presence, ever since those early days, has been with me on my spiritual journey, and still is, in the eternal 'now' of today.

Bob Morley

David's clear perception and wonderful sense of humour will be greatly missed, as will the profound quality of his teaching, his writing, his influence and his friendship. In a life devoted to inspiring the task of silent prayer, David leaves behind a huge legacy for promoting peace in the world.

Christine Pickering

Father Laurence

My awareness of David's exceptional personality and gift of friendship grew slowly. I came to understand by stages that, not only did he have a deep personal experience of God through the silence and stillness that meditation led him into, but that he also had a rare and beautiful gift for friendship. He lived the fruits of that experience

David, by his example, helped me to live in my own skin. I suspect that the learning process for him was not always easy but it showed in the way he would get alongside so many who come to our events and retreats. This meant so much. Over the fifteen or so years that I knew him I became more and more aware of his humility - one of the many gifts that he shared with us all.

My best memories are those of a certain chuckle down the other end of the telephone - we both knew what was meant and no further words were necessary.

Sarah Kirkup

Like many of us, I've been listening again to David's CDs. This is from *The Gift*. "What are you

looking forward to?", one old man asked. One answered, "May we meet merrily in heaven." Another, "Lord we set our faith in you". Then David said in a firm voice, "Hope! I look at death and see hope."

The other invaluable aid which I received from David were his six monthly letters to members of the Community of the Three Hours (published as *Dark Prayer*). Our desire is to mark out each Friday as Good Friday, and in our meditation choosing, as if with Jesus, to wait helplessly with those in this world who have no choice but to wait helplessly. To be an offering for the peace of the world for all, or part, of three hours.

Barbara Humphry

of the indwelling presence in his relationships with wisdom and kindness. When he taught - as many of us benefited from his gift for teaching - he spoke with a disarming gentleness and truthfulness free of ego and full of selfless concern for those he was sharing with.

He bore his long physical decline with grace and his legacy will long remain active among us.

I will miss him as a friend and we as a community will long remember him as a teacher and guide who manifested the Spirit in his manner and words.

I thank God for the grace of having known him and, on behalf of the community which he loved and enriched, I offer thanks and praise for what we saw in him - the same light into which he has now fully entered.

David Wood

Condolences from Canada

The Canadian Christian Community joins countless other meditators around the world in offering our condolences on the death of David Wood

Over the years David gave inspiration and support to meditators through the gift of his insights,

writings and talks, on spirituality and the path of Christian Meditation. Grasping the saying that 'gifts are meant to be given away', David has generously left a legacy that will live on in the hearts of all he has touched.

We mourn with Sheila, their family

and friends. David however was a man of hope, rooted in his deep Christian faith. So David would also want us to rejoice and be glad and to believe in the resurrection as deeply as he did. We mourn his loss but are grateful to have had his wonderful presence in our lives, including a visit to Canada by David and Sheila a few years ago.

Paul Harris

Address at David's Celebration of Life Service, 24 January 2014

Laughter—that's the thing about David. You just can't separate it from him. I defy you to close your eyes, picture David and not hear him laughing.

When Sheila told me about his death: swift, gentle and peaceful, she said: 'He was ready'. Even then, as we spoke, I thought I heard him laughing, saying delightedly to her: 'Didn't we do that well!' Ah, such a lovely, lovely man who took us by the hand into the silence of meditation and taught us not to be afraid of the dark. But, of course, being human, he was sometimes fearful, too, and that always made him laugh ... at the absurdity of himself, of us, of the human condition. He delighted in it and we were carried by his delight to a deeper, darker, truer place.

David came to see me about five years ago to talk about this service, this day. He didn't do it as a form of posthumous party planning, a final fling of vanity. Just the opposite. He wanted it right, his life offered to the glory of God, and that meant in the matter of the address that he didn't want a eulogy. He asked me to speak, he said, because he could trust me not to waste the

precious opportunity just talking about him. The theme he chose was, typically, straight to the point of everything. He wanted us today to think about Failing, Forgiveness and the Gentleness of God. How beautiful is that? And how David? Laying out the path of all our lives in the most economical way. Failing, Forgiveness and the Gentleness of God: the path also of meditation and of healing. The way of life into death and fuller life.

He had the compassionate knack of helping us to see that Failure was and is our life's work. It is all we can achieve and all we need to do. Just be here, be present and be prepared to fail. Again. And so, inspired by the great communion of saints who walked and wept and prayed and meditated long before us, we, too, like Mica can aim for purity: to do justice, love mercy and walk humbly with our God. Inevitably we fail, always setting out early with high hopes and shamefacedly coming home late like the prodigal son, and always discovering that it is forgiveness not guilt that awaits us in the open arms of Father. Those of us who are meditators get the learning of failure in on a regu-

lar daily basis and many of us have in the past shared with David and each other the endless failures of attention, intention and ability to stay awake. We try to practice what we understand to be our calling to come to holiness in silence. Each time we fall short we receive once more meditation's grace, which is the freedom to fail. Such a simple process, and so painful and comforting and expanding and extraordinary. You really couldn't make it up. Were it not given to us in such a patient, repetitive, cleansing way, we could never stand it. The exposure of light and love would burn us to a crisp, but for the Gentleness of God.

The Splendid truth is that all that failure, of individual and collective commission and omission, that great burden of dashed hopes and incomplete intention, is precious in the sight of God. Nothing of it is ever wasted, it is all turned to gold by the alchemy of forgiving love. Given David's commitment to the North, its people, landscape and bedrock truths, it is wonderful to find Katrin Porteous, a Northumberland poet, speaking to all our losses and longing in *The Lost Music*.

The Lost Music

There is a place where it is all recorded,
 Each look, each touch and kiss, each word, discarded
 As casually as rain into the sea,
 Is treasured there, and waits to be recovered.
 The keeper of this place is known to you
 From long ago. And yet he has no past
 And makes no plan, and feels no weight of loss,
 No fear, only moment by moment loses
 A stream of random and beautiful
 Notes without music.
 Now, in the dark place, each of us forgotten,
 We cry out for him to come down and save us.

Like the architects of buildings we shall not see,
 The planners of gardens and the planters of trees
 That will not be grown in our own children's lifetimes,
 We beg him to tell us who we have been
 In the world of light, and taste, and sunshine.
 Let the broken moments receive their true names.
 Come to us,
 Singer of men's lives, make sense of us:
 Play back the music we wrote without knowing.
 Let us hear if it was lovely.

Katrin Porteous

In the dark silence of meditation, we sometimes hear those random and beautiful notes, playing back our lives, redeeming all we thought was dross. Then, like RS Thomas, we can remember that we too have seen ...

the sun break through
 to illuminate a small field
 for a while, and gone our way
 and forgotten it. But that was the pearl
 of great price, the one field that had
 the treasure in it. We realise now
 that we must give all that we have
 to possess it. Life is not hurrying
 on to a receding future, nor hankering after
 an imagined past. It is the turning
 aside like Moses to the miracle
 of the lit bush, to a brightness

that seemed transitory as your youth
 once, but is the eternity that awaits us.

Perhaps such epiphanies are little deaths, preparing us for the real thing, when we may pray like Norman Nicholson that our eyes at the last may be blinded, not by the dark but by dazzle. David was 'ready'. In this, as in his long patient teaching ... of Failure, Forgiveness and the Gentleness of God ... he got there before us, leading by example.

In the future, when we think of him in our daily meditations, as surely we sometimes will, we might like to remember the words of Thomas More to his daughter on the occasion of their earthly separation: 'Pray for me as I will for thee, that we may merrily meet in heaven.'

With the accent, I suggest, on **merrily!**

Gretchen Stevens

Sister Patricia Mary OP

A week before Christmas 2013, Sister Patricia Mary England OP died. She was a few months away from her 95th birthday.

In recent years, Sister Patricia hosted a Christian Meditation group at her Dominican convent in Stone, Staffordshire, and on her 90th birthday handed over the baton of leading the group to Bernie Tunnicliffe, who continues the weekly meeting at the convent – open to all in the local community. As she lay sick in her room a few days before her death, she sent a message to the group

saying that she was meditating alongside them in spirit.

Sister Patricia once told me that she met John Main and Laurence Freeman in the early days of the Christian Meditation community in London. Sister Pauline, who delivered the eulogy at her funeral, spoke of how Sister Patricia described herself as having a 'restless' spirit, and how, after many years teaching in Dominican schools throughout the UK, she moved to Brentwood to live as an 'urban solitary' for nearly ten years. Sister Patricia considered these years to be of great value and she formed a number of groups who

practised Christian Meditation. She was then assigned to the Dominican convent in Ealing, where she again started prayer groups.

On my desk is the last note that Sister Patricia sent, a few weeks before her death. She was thanking me for the CDs I'd sent (recordings of the Franciscan priest Richard Rohr) whose teaching, she said in the note, 'I love'. She often told me she considered him 'a prophet for our times'. She also believed that of John Main, Laurence Freeman and all those who teach within the Christian Meditation community.

Carmel Dennison

Meditation With Children

Meditating with Children in Primary Schools

Sharing the Gift - Developing Regional Teams

I have just taken on the role of Special Interest Coordinator and want to introduce myself and tell you a little more about the growing interest amongst schools in our work with Christian Meditation with children. Charles and Patty Posnett's work across the UK over the past three years has sown many seeds. We now feel that the best way to respond to enquiries from primary schools is by further developing voluntary regional teams who would be prepared to share the gift of Christian Meditation with children.

It is clear that there are meditators who have already shown an interest in getting involved with this continuously unfolding project of bringing meditation to children, and the creative energy around different ways of doing this are truly wonderful. My focus this year will be on working with further teams of meditators who would like to work with their local schools, or who would be prepared to travel short distances within their region to do this.

By developing a regional network, we feel that we can sustain stronger links with the schools and offer support for the children, staff and parents. It also means that, should any adult wish to discover more about Christian Meditation for themselves, the local groups will be known to them and be there for them. The potential for sharing the gift of meditation through

developing local networks, based on our existing regions, is full of joyful possibilities. We do not know how this will unfold but we trust that the Spirit will support all that we are moved to do. What we do believe is that the experience of meditation, that the children receive and are supported in, will hopefully grow in a sustained and deepening way throughout their lives.

In the coming months I would like to offer a 'Training the Trainers' day, or half day, to anyone, or any group, who would like to be part of a regional team. This would enable me to share the wonderful resources that are available, offer support on how to go about sharing the gift of meditation with staff and children, and hopefully, provide any encouragement that is needed. We will also be producing a manual and a presentation CD to support you through every step of the way.

If you feel you would like to be a part of working to bring meditation to children in any way: supporting or leading a team, joining an existing team, or if you are part of a small team but would like more input and support, or are simply drawn to want to know more about the initiative, please contact me and I can begin to weave the threads of the networks together.

I am looking forward to being part of this evolving network in the coming year, and I trust you will too. I hope that, like me, you feel



that this is an exciting and joyous step on our continuing journey together in community.

If, in the meantime, you are champing at the bit to start getting involved, please do speak to your local head teacher, clergy or anyone else connected with children and share with them the wonderful gift we have to offer. If you can, take with you any material you may already have to support what you have to say, or take downloads from www.wccmmeditatio.org/outreach-education. There you will find PDFs of *Silent Testimony* and an article from *The Tablet* - or speak to me about getting hold of copies. I will help you with the next step when there is interest to take this forward. And if you are already doing this, thank you.

Jane Serrurier

Meditating with Children in Yorkshire

Sue Giuntoni and I ran our inaugural event for the Meditating with Children Yorkshire Region on 14 February in Wakefield. This followed on from a Catholic Academy Trust of eight primary schools expressing an interest in introducing meditation to children in their schools last year. I had the opportunity to assist with this event in October, when Charles and Patti Posnett presented at an INSET day for the head teachers and teachers from all schools. The Academy then requested a follow-up day for their teaching support staff who would

be involved in the meditation practice, so this was our opportunity to take the plunge.

We presented two half-day sessions to about 120 staff. This was a little daunting in prospect but was an inspirational day for us with a team of staff dedicated to furthering and deepening their pupils' relationship with God. They received the message of meditating with children with enthusiasm and it was a joy to see their commitment to putting the ideas into practice.

One quote on the Academy's website summed up their mission: 'If you are what you should be, you

will set the whole world ablaze.' I truly felt that introducing meditation to their children would help them further that mission.

Thanks to the resources available, I had a well-constructed presentation courtesy of Charles Posnett which I could edit to suit my own style. This, together with the wealth of video material from WCCM, the participating schools and the children themselves, really 'sold' the message for Sue and me. One quote from a head teacher in a video stuck with me: 'feel the fear, and do it anyway'. I'm glad I did and am now excited about leading my next event in June.

Sue Purkis

Report Back

Saddleworth WCCM Celebrates 12 Months Success

Although the first meditation session, in February 2013, at the Ebenezer Congregational Church, School Street, Uppermill was blighted by a blizzard, we were really amazed to receive nine stalwart and enthusiastic people who had trudged the treacherous streets to attend our opening.

Since then, we have met every fortnight at 10.30am, on every first and third Tuesday of the month and have been going from strength to strength. We now have 20 regular meditators. Rev. Frank Wroe, his wife Lynda, and Barry Whitehead take it in turns to lead the meditation.

We were originally encouraged to form our own centre by Lesley Easterman (WCCM regional coordinator for Lancashire) and Raylia Chadwick at the Meditation centre, Katherine House in Salford, where we ourselves first experienced John Main's meditation practice.



On Tuesday 4 February we celebrated our first year with a delicious cake kindly made by the daughter of one of our ladies. Over the Lent period we are extending our sessions to every Tuesday,

forming part of the special events carried out by all the churches in Saddleworth.

Barry Whitehead

Living with the Mystics

On 11 January I attended a day at St Nicolas' Church, Guildford, described as the first of 'a series of reflection and study days on Living with the Mystics', set up by Ray Lamb on the lines of a similar course followed recently in Cumbria. The chosen mystic was Daniel O'Leary.

We began the day with a meditation in the John Main tradition. Father Andrew, the rector of St Nicolas, then described and illustrated the chief thrust of Daniel O'Leary's inspiration. It is chiefly about the recovery of 'sacramental imagination' in our lives, or recognising the divine in the ordinary. We were shown a video illustrating how God had appeared to be unmasked to

two people in apparently quite ordinary situations; one lady, witnessing a young helper at a drop-in centre cutting a man's unkempt hair, had felt she had seen God in action; another person, on her routine journey to work, had felt the scene outside temporarily transformed in a way that left her feeling permanently more connected with humanity.

We then experienced a lectio divina based on an Epiphany meditation by Daniel O'Leary, 'Grace is Everywhere'. I found it a refreshing reminder that God, or humble, unconditional Love, is at the heart of all life, linking us together deeply in our humanity and indeed with all of creation.

In the afternoon we enjoyed a frank sharing of our experience of Christian Meditation. We also discussed the reticence we sometimes sensed in church people about engaging in it. Perhaps the increasing emphasis on mindfulness for all sorts of healing in the secular world may point some people outside the church towards meditation.

I found Daniel O'Leary's insights and our consequent sharing of thoughts very helpful.

There will be quarterly 'Living with the Mystics days' at St Nicolas Church, Guildford. If you would like further information, please contact Ray and Vicky Lamb: vicky.lamb24@gmail.com or 01483 893129.

Andrea Wood, Camberley

Llangasty Retreat 3-7 February

A silent retreat run by the Welsh regional coordinators, focusing on the Gospel of Thomas, took place at Llangasty Retreat House on the shore of Llangorse Lake in the Brecon Beacons National Park.

There were eight of us and we arrived on Monday evening, just when another storm was brewing. After compline we went into the Great Silence. Over the next three days we meditated, reflected on some of the logia of the Gospel of Thomas, listened to contemplative music (Hildegard, Palestrina, Gorecki, Taverner). Outside the wind howled, a tree came down, the rain dashed against the windows. Inside, it was warm and safe, and we practised in silence.

By Thursday morning the storm had abated and it was gently raining. Our group sat in a circle around a small table. On it was a candle and a fir cone. After reflecting on logion 28, we were instructed that if we had anything to share with the group, we should hold the cone and speak from the heart. Hearts were opened.

Friday morning brought glorious sunshine, and we were beaming. There were lots of hugs, huge thanks to Don MacGregor for his gentle guidance, and to the wonderful ladies of Llangasty who looked after us with such care and attention, and promises to come back next year.

Delyth Cresswell

Home Coming

**the window is ablaze with light,
welcoming light,
light which dispels darkness
and which, by its warmth,
awakens the feeling
of having arrived,
of coming home at last
coming home from the cold,
coming home from the darkness...
as we enter the room,
no words are needed
to express how we feel,
for we are expected,
and a notion arises,
a notion that this is the place
for which we've searched
and which wanted to be found:
at this moment of recognition
and acceptance
our efforts are laid to rest
and we are at peace.**

Margrit Dahm

Meditation Practice

Mindfulness and Christian Meditation

Mindfulness and Christian Meditation are both widely practised nowadays and have much in common. We are all aware of the stress and bustle of modern life, and seek some escape into a state of peace or freedom from stress. We might be aware that we can find this within ourselves in special moments. Through the meditation practices of Mindfulness and Christian Meditation we can find a way of stabilising these special moments and integrating them into our daily life. For some who have followed a Mindfulness course it may be important to develop this in a way which acknowledges the spiritual and they may choose to do this through Christian Meditation.

Meditation means turning round our attention which habitually flows outward to all the attractions of the world. As we sit down and turn inwards in meditation, we immediately encounter/become conscious of the frenzied activity of our mind. Learning to meditate means learning how to train and restrain this tumult of thoughts and feelings.

Among the many aspects that Mindfulness and Christian Meditation have in common is the necessity of having a daily practice. Like acquiring any other skill, the essence of meditation is that it becomes a way of life, not an occasional or one-off experience. We grow and cultivate the fruits of inner peace, stability and centred presence through daily practice. Both traditions recommend a regular daily practice. Commitment and self-discipline are both the way and the reward.

In Mindfulness you pay attention to the activity of the mind in a non-judgemental way. You become the impartial witness of your experience. You cultivate a willingness to see and ac-

cept things as they are, letting go of grasping or pushing away. You become the detached observer of your thoughts and state of mind and body, and hold your attention by focusing on the breath. You calmly notice the bodily sensations of breathing out and breathing in. The field of attention may be expanded to include whole body awareness, sounds or thought processes.

Similarly in the Christian Meditation teaching of John Main, who was the initial inspiration for the World Community for Christian Meditation, you meditate without ambition or expectation – you accept what happens, indeed he says, ‘Be grateful if nothing happens!’ The essence is faithfulness to the practice and not seeking special or altered states of consciousness.

In Christian Meditation the anchor for the attention is the age-old practice of focusing on a sacred word or phrase, a mantra. This is repeated silently and interiorly during the time of meditation. Thoughts and images are considered distractions in the time of meditation so when they come, we let go of them by returning attention to the mantra.

John Main recommends the prayer word ‘Maranatha’ and this teaching is passed on in WCCM. However, in our weekly groups we welcome all who come and, in the shared silence, each one follows their own individual practice.

Present moment awareness is fundamental in both Christian Meditation and Mindfulness practices - not being in the past, ruminating on past joys and sorrows, not anticipating the future anxiously or indulging in fantasy. We cultivate a state of Presence. Rootedness in the present moment necessarily

entails awareness of the body. A good sitting posture which is stable and balanced, with your spine upright, supports the stability and poise of the stilled mind which nevertheless ‘quivers like a bead of mercury’ – always ready to run off!

As a Christian Meditator following the teaching of Jesus, we are called to ‘leave self behind’. This is what we are doing in Christian Meditation, leaving behind the small egotistical mind and our obsession with our sense of self, in order to find the fullness of being to which the practice opens us. We follow Jesus who was able to say: ‘The Father and I are one.’

Christian Meditation is a spiritual practice. By stilling the mind we become open to our own spirit and the creator spirit of God that fills the whole universe. By awakening to the spirit who dwells in our hearts, we become one with the Spirit who ‘in silence is loving to all’. The ultimate aim in Christian Meditation is the state of presence. In the words of John Main: ‘To be one with the One who is One’. Stilling the mind allows the heart to open to the unity of Being which lies behind the rich diversity of creation. This is the deep purpose of meditation.

John Main wrote: ‘The mantra leads us to attention, a spirit of attention, a mindfulness of what is, not what has been or what might be, but what is. The first step, therefore, is mindfulness, attention. The second step – which is more like a leap, or a plunge into the very basis of all that is – the second step is the realisation that God is, that God is present, that God is now and, perhaps the most wonderful of all, that God is mindful of all’ (from *The Door to Silence* quoted in *Silence and Stillness in Every Season*, ed. Paul Harris, p.346).

Shelagh Layet

Meditation Companion or Spiritual Director?

WCCM in the UK is seeking to support our meditators as they develop their practice, by offering them the opportunity to talk to both Meditation Companions and Spiritual Directors. In trying to understand whether they may be of help to you, here is a basic definition of both, so you can see if they may be of assistance.

A **Meditation Companion** provides opportunity for anyone within the community to ask questions about their meditation practice (or their Christian faith generally). This may arise after a retreat, School, conference or at any time. Within the ever-growing context of our community, it seems important to have one-to-one personal contact easily available so that the enquirer will be assured they are immediately wel-

come and not 'bothering' any one. In this context, geographical proximity is not important since close communication can be established via e-mail, telephone or letter.

All Companions are long-term, experienced meditators who have volunteered to fulfil this role. None of us would set ourselves up as founts of wisdom, but the opportunity to listen on the one hand, and voice queries on the other, allows for mutual learning and growth.

Spiritual Directors have received specific training for their role and will therefore sometimes ask for a fee. The relationship relies on regular one-to-one meetings, so any enquirers will need to live within reasonable travelling distance. Rather than being an immediate response to a particular question,

Spiritual Direction is more likely to be a long-term relationship where it is assumed that meetings of about an hour will take place regularly over a period of time. In this way it becomes possible to move along a growing pathway of faith that thrives on a deeper, more long-term commitment and relationship.

Both Meditation Companionship and Spiritual Direction are readily available within WCCM and enquiries about either are welcome. Please do get in touch.

For **Meditation Companions**, contact:

Anne McDonnell. 01603 810646;
anne.mcdonnell@talk21.com

To see whether there is a **Spiritual Director** in your area, please contact: uk@wccm.org

The School of Meditation



Essential Teaching Weekend

16–18 May 2014

Green Pastures, Poole, Dorset

Have you been meditating for more than a year? Do you feel you would like to grow in your understanding of your meditation practice?

This residential weekend will help you arrive at a deeper insight into what the experience of meditation means to you personally . . .

And to see ways in which this experience can be shared with others.

Rooms available on a first come, first served basis. Total cost of weekend to include all meals, hot drinks etc. is **£139.00** per person.

To book a place, please contact:

Jacqueline Russell
15 Helford Close, Aylesbury HP21 8BG
01296 488450
jacq.russell@ntlworld.com

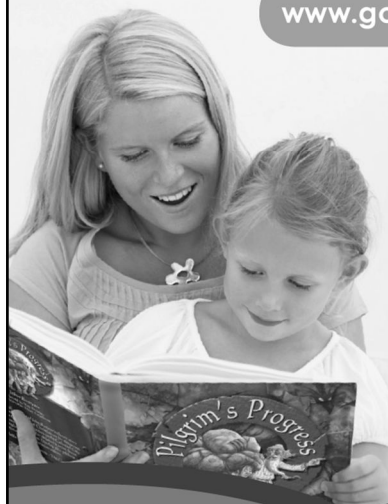
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Father Laurence's Talks Available on CD

We are very pleased to announce that some of Father Laurence's talks from 2005 have been reissued on CD.

The CDs, *A Sincere Form of Prayer* and *The Goal of Life* are part of a series of four, the other two of which will be available later this year.

Roger Layet, Chair of the Trustees, says, 'They are especially good talks, and ideal for new and nearly new groups. I have just gone back to them myself, and find them inspiring all over again.'

A Sincere Form of Prayer: To be sincere, Fr Laurence says, is to give

the gift of our self, to give our attention. But paying attention is difficult – the ego makes compelling demands. Attention needs to be learned. In meditation, as we put aside intentions to say the mantra lovingly and attentively, returning to it faithfully when distracted, we learn the discipline of attention. We are fully present to the indwelling Holy Spirit, open, and available. It is in this sense that meditation can be described as a sincere form of prayer.

The Goal of Life: 'What does anyone gain by winning the whole world at the cost of his true self?' (Luke 9:25). That is the goal of life: to

know who we truly are. The way to self-knowledge, Fr Laurence says, is self-transcendence. We need to shift from self-centredness to a deeper centre where we are conscious of union with the other, with God. The simplifying discipline of saying the mantra in meditation, even in the face of distractions, liberates us from the ego, and leads us to our true self in Christ. Thus we come to wholeness and mature discipleship.

The CDs are available from Good News Books at £7.99 each:

www.goodnewsbooks.net

John Roberts

Online Meditation

I have been asked to write an article about online meditation so that others, of more advanced years like myself, might be encouraged to try it out for themselves.

As I had decided last year to close the meditation group I had been running in my home, I started looking around for another daytime group in my home town of Bath. I meditate every day on my own, but I find that meditating with a group is invaluable. It was then that I picked up a copy of the October 2013 *Meditatio Newsletter* and read about online meditation. I felt straight away that I would like to try it. I have had a computer for about eight years, I am now 85, and it has enriched my life considerably as I have made contacts which would otherwise have been impossible for me.

I sent an email to Roger Sessions (roger@objectwatch.com), thinking he would be English. He turned out to be American. We arranged a

Skype meeting during which he talked me through the process of joining his meditation group on Google Hangout.

I joined the group on 10 January and have met up with them five times since. There are usually about six or seven of us from all parts of the States, and myself. I was warmly greeted by them all. It felt a bit strange at first: I was not in my usual spot, had to find the right chair, the reception was sometimes a bit uneven, and my co-meditators were all new to me.

Now I am settling down into it. Although there is no physical contact, I am aware of a very tangible presence, there is an even deeper silence and the prayers and readings are very powerful. It is wonderful to feel this sense of community across such a vast distance.

What does one need to participate in an online group? A computer, internet connection, built in camera and microphone, and a fairly up-to-date browser.

What are the advantages? Meditation in one's own home; meditation at times that would not suit a physical group; meditation with people all over the world; you can join in no matter where you live; and it's free!

One last benefit: You get to see everybody's cat! I have a cat and so far he has not participated with me, but then he meditates all the time.

If anyone is interested, I suggest they refer back to the original article in the October 2013 *Meditatio Newsletter*.

For anyone who is not too familiar with the computer, I suggest they find someone who can help them to set up the link. Once that is done, they can join in with the click of a mouse.

I will end with a quote from an online meditator: 'It is a time of recognizing the Christ presence in each person in our group through the sense of belonging, connectedness and coming home.'

Daphne Radenhurst

Events

National

Wednesday 9 to Sunday 13 April. Young and Contemplative Retreat.

This retreat has taken place annually for the last three years. We will share time together in stillness and silence, gather for talks about different aspects of Christian contemplation, and get a feel for the rhythm of life of Hilfield Friary, where the retreat will be held. All people around the ages of 18-30 are welcome, whether you have been meditating for many years, or are just beginning to be interested in times of quiet prayer. **Venue:** Hilfield Friary, Hilfield, Dorchester. Dorset DT2 7BE www.hilfieldfriary.org.uk **Contact:** Philip.youngcontemplatives@gmail.com

Saturday 12 to Sunday 20 April.: Young Meditators Easter Retreat.

Led by Fr Laurence Freeman OSB. Bere Island, County Cork, Ireland.

Friday 16 to Sunday, 18 May.: The School of Meditation. Essential Teaching Weekend. **Venue:** Green Pastures Retreat Centre; 17

Burton Road Poole, Dorset BH13 6DT www.green-pastures.org
Contact: Jacqueline Russell, 15 Helford Close, Aylesbury HP21 8BG 01296 488450; jacq.russell@ntlworld.com

Friday 4 July to Sunday 6 July.: Christian Meditation Conference, Swanwick, Derbyshire. **Contact:** uk@wccm.org; 0208 280 0049

Scotland

Friday 4 to Sunday 6 April.: Meditation Retreat. **Venue: St Mary's Kinnoull Monastery, Hatton Road Kinnoull Perth PH2 7BP www.kinnoullmonastery.co.uk **Contact:** Alex Holmes: christianmeditationscotland@gmail.com**

Northwest England

Living with the Mystics. Led by Bob Morley **Venue:** Friends Meeting House, Elliot Park, Keswick. Cost: £5 (Drinks provided, please bring your own lunch) **Contact:** Bob 016974 72644, rgm1@live.co.uk
Tuesday 6 May 10:00-15:30: Theme Andrew Harvey (The Hope, and others)

Tuesday 5 August 10:00-15:30: Theme George Fox (various)

Tuesday 4 November 10:00-15:30: Theme: Thomas Merton

Thursday 10 April 19:30-21:00: Meditation as a Way of Life

How the fruits of daily practice appear in life situations and relationships. **Venue:** Book Cycle, Beech Hill, Buckley Street West, Beech Hill, Wigan WN6 7HQ **Contact:** Roger Gibbard Tel: 01942 233465 Email: thegibbards@blueyonder.co.uk

Saturday 3 May 10:00-15:30: Sacred Connecton in the Midst of Change

Led by Diarmuid O'Murchu **Venue:** Bishop Bulley Barn, Rydal Hall Ambleside LA22 9LX Cost £17.50 (Drinks provided, bring your own lunch) **Contact:** Richard 01946 862990 cmcwccm@fastmail.fm

Wednesday 14 May 2014: Diarmuid O'Murchu

Venue: Rydal Hall, Rydal, Ambleside, Cumbria LA22 9LX 015394 32050
Contact: Richard Broughton 01946 86290; cmcwccm@fastmail.com

Friday 13 to Sunday 15 June: Exploring Silence. Led by Cameron Butland and Ginny Wall. **Venue:** Glenthorne Quaker Meeting Centre. Easedale Rd. Ambleside Cumbria LA22 9QH **Contact:** Richard Broughton 01946 86290; cmcwccm@fastmail.com

Saturday, 9 August 10:00-15:30: Day of Gathering

Theme: Day of Thanksgiving for David Wood **Venue:** Loweswater Village Hall No charge. Drinks provided, please bring your own lunch. **Contact:** Sarah Kirkup 01768 341258 sarah.kirkup1@virgin.net

Northeast England

Saturday 31 May 10:00-16:00: A day to nourish mind body & spirit using Tai Chi, Chikung and Christian Meditation. Led by Terry Doyle **Venue:** The Briery Retreat Centre. Suggested donation £25 (includes lunch and refreshments). Please send £10 deposit to: The Retreat Secretary, The Briery Retreat Centre, 38 Victoria Avenue, ILKLEY. West Yorkshire. LS29 9BW **Contact:** 01943 607287 briery@btconnect.com

Saturday 7 June & Saturday 12 July: Christian Meditation and Tai Chi workshops. St Antony's Priory, Durham www.stantonypriory.co.uk
Contact: terry-doyle@live.co.uk or 0191 3843747

Monday 30 June - Thursday 3 July: Christian Meditation and Tai Chi Retreat **Venue: Ampleforth Abbey near York www.ampleforth.org.uk
Contact: terry-doyle@live.co.uk or Hospitality & Pastoral 01439 766486.**

East Midlands

Saturday 20 September 10:30-16:00: The wounded meditator with Gretchen Stevens **Venue: Sacred Heart Church Parish Centre, Carlton, Nottingham, NG4 1FP. **Contact:** Peter Short petershort03@gmail.com; Tel 07748911175 Please bring your own lunch. Teas and coffee provided. Suggested donation £10**

West Midlands

Saturday, 12 April: The sacrament of the present moment. –Liz Watson **Venue: Kings Heath Quaker Meeting House, Birmingham B14 7PE. **Contact:** Joy Cheek joycheek@hotmail.co.uk or 0121 449 0511.**

Saturday, 12 July: Be still and know that I am God –Chris Hurley **Venue and contact details as above**

Manchester

Weekly groups meet on the last Saturday of each month at 13.00pm **Venue: 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**

Eastern England

Saturday 5 April, 10:00-16:00: Quiet day led by Robin Burgess.

Venue: Pleshey Retreat House Chelmsford CM3 1HA.

Contact: Jean Searson 0774 6036895 jeansearson@hotmail.com
Drinks provided, bring your own lunch. Suggested donation £15. Please book.

Saturday 10 May 11:00-16:00: Essex Meditators Community Day.

Venue: 8 The Downs, Great Dunmow CM6 1DT. **Contact:** Rosemary Drew 01371 872662 rose.drew@btinternet.com Drinks and light lunch will be provided. Donations requested. Places are limited so early booking is advised.

Saturday, 30 August 9:30-16:00: Bringing the Body to Prayer led by

Chris Hurley. Simple movements and preparing the body for sitting, as well as meditation and times of silence. Suitable for all. .

Venue / contact: details as Saturday 5 April

Southeast England

Saturday 5 April. 9:30 for start at 10:00-16:00.: God's passionate love song led by Graham Watson. **Venue: St John's Seminary, St John's Seminary, Cranleigh Road, Wonerh, Near Guildford GU5 0QX Surrey. Please book with Brian & Sheila Longman 01483 505814 or blon470680@aol.com Suggested donation: £10. Bring a packed lunch, drinks provided.**

Southwest England

Mondays 14:00–15:00 starting 28 April: Six session Introduction to Christian Meditation. **Venue: Axbridge, Somerset. **Contact:** Andy & Loraine Goddard 01934 732007 meditation@acgnleg.org.uk**

Friday 2 May. 18:00 - Sunday 4 May (Lunch time): Meister Eckhart - the road to inner freedom. Presented by Kim Nataraja
Venue: Ammerdown Centre, Radstock, Somerset BA3 5SW
Contact: 01761 433709 or centre@ammerdown.org or www.ammerdown.org/courses

Saturday 7 June 9:30–16:00: Meditation in the Christian tradition - an introductory workshop. **Venue: Ammerdown Centre. Details as above. Cost: £40, includes lunch**

Events

London

Meditatio House 32, Hamilton Road, London W5 2EH Tel: 0208 579 5911 Email: meditatio@wccm.org

Daily Meditation: at 7:00 (8.00 am Saturday and Sunday); 12:00 and 18:30 (except Wednesday 18.30)

Mondays: 19.30: Introduction to Meditation

Led by Fr Laurence Freeman OSB or others.

Wednesdays 18.00: Young Meditators Meet for yoga and meditation

First Saturday of the Month 14:00-16:00: Quiet afternoon for those on a 12-Step Program

Third Saturday of the Month 10:30-21:00: A contemplative day with meditation, lectio, discussions and sharing meals. Led by and for the young adult meditators of the community

The Meditatio Centre St Marks, Myddelton Square, London EC1R 1XX
Tel: 0207 278 2070 meditatio@wccm.org www.wccmmeditatio.org

Regular events:

Weekday 13.00-13.30: Meditation—All welcome

Mondays 19:00 : Meditation

Mondays 19:30 : Yoga

Wednesdays 11:00-12:30: Open House —a space to learn about meditation

Second Wednesday of the month 18.15-19.15: Meditation in a Time of Loss

Thursdays 19:00-21:00 (monthly): Living with the Mystics Study Group.

Special events:

Saturday 5 April 10:30-16:30: Body Workshop

Going Without and Going Within Led by Rebecca Brewin

Contact: Rebecca 07896 936625; rebecca@handtoearth.net

Thursday 10 April 19:00-21:00: Mystics Study Group: St Augustine

Facilitated by Margaret Lane Book to read: *Confessions St Augustine*—*A fresh translation* by Benignus O'Rourke OSA

Saturday 12 April; 10:30—16:30 (registration starts 9:45): Saturday

Speakers: "In the midst of Winter, I found there was within me, an invincible summer" Led by Fr Daniel O'Leary Cost £30, concessions £20 - please bring a packed lunch, coffee and tea provided.

Wednesday 30 April 18:30—21:00: Finding Meaning: Story: Our Collective Inheritance Led by Sarah Deco Cost £15 Concessions £10; Light refreshments included.

Wed 7 May 18:30—21:00: The Eight Big Problems of Life: Lust and Sadness and how to avoid them led by Laurence Freeman OSB Cost £15 Concessions £10; Light refreshments included

Saturday 10 May 10:30—16:30: The Body in Meditation Led by Catherine James and Lucy Barnes **Contact:** Lucy 07904 166123; lucybarnes@btinternet.com Cost £30, concessions £20 Please bring a packed lunch, coffee and tea provided.

Thurs 15 May 19:00—21:00: Mystics Study Group: Julian and Margery:

Sisters of the Spirit Facilitated by Stefan Reynolds
Books to read: *Julian of Norwich: Revelations of Divine Love* ed. & tr. Clifton Wolters (1966) *The book of Margery Kemp* by B.A. Windeatt

Sat 17 May 11:00—16:00: The School of Meditation: Parts of a Whole Led by Kath Houston and Kim Nataraja Cost £15, concessions £10 - please bring a packed lunch, coffee and tea provided.

Wed 28 - Thurs 29 May: The Common Ground: How Silence Reveals Unity in Diversity

Saturday 31 May 12:00—14:00: Book Launch: *The Song of Songs: A Contemplative Guide* by Graeme Watson All welcome!!

Tuesday 3 June 18:30—21:00: Finding Meaning: The Labyrinth

Led by Martin Garsed Cost £15 Concessions £10; light refreshments included.

Sat 7 June 10:30—16:30: Body Workshops: Yoga & Meditation: A Simple Practice Led by Chris Hurley **Contact:** Chris 07583 570242; chri8hurley@gmail.com Cost £30, concessions £20 - please bring a packed lunch, coffee and tea provided

Thurs 12 June 19:00—21:00: Mystics Study Group: Meister Eckhart: The man from whom God hid nothing Facilitated by Kim Nataraja
Book to read: *The man from who God hid nothing* by Ursula Fleming

Sat 14 June 11:00—16:00: Mental Health & Meditation: Knowing the Dark Night of the Soul Led by Jim Green **Contact:** Jim: jg@greenjim.co.uk Cost £25, concessions £15 - please bring a packed lunch, coffee and tea provided

Wednesday 18 June 18:30—21:30: Science & Spirituality: Cosmos and Creation Led by Prof Bernard Carr Cost £15 Concessions £10; light refreshments included

Wednesday 25 June 18:30—21:00: The Eight Big Problems of Life: Acedia and Anger and how to turn them Led by Fr Laurence Freeman OSB Cost £15 Concessions £10; Light refreshments included

Saturday 28 June from 10:30 till late; Tea 16:30; Concert 18:00 : Creative Silence: A Summer Banquet (practice - drawing - music - body - food...) Contact: Mike: michael.rathbone@yahoo.com

Saturday 5 July 11:00—16:00: Teaching on Christian Meditation: Reaching Out Led by Eileen McDade, Geoff Waterhouse and Graeme Watson **Contact:** 020 8280 0049; uk@wccm.org No charge but please bring something for a shared meal.

Saturday 19 July 10:30—16:30: Saturday Speakers: "What we need is to be Silent before this Great God" Led by Martin Laird OSA Cost £30, concessions £20 - please bring a packed lunch, coffee and tea provided

The Vita et Pax Spirituality Centre (formerly the Benedictine Centre for Spirituality) **Venue:** upstairs above the Church of Christ the King (Vita et Pax), at 29 Bramley Road, N14 4HE. This is a short walk from Oakwood Underground station on the Piccadilly Line. www.benedictinecentreretreats.org.uk To book a place on any of these events phone 0208 449 2499 or email: retreats@bcsuk.wanadoo.co.uk

Saturday, 5 April: Meditation, the journey to inner freedom.

Led by Kim Nataraja

Thursday, 26 June: Evening talk and meditation.

Led by Fr Laurence Freeman OSB

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 12:00-16:30.

2 April: New Life. John Woodhouse, interfaith coordinator.

7 May: Rise Up and Follow Me. Fr. Robin Burgess, spiritual director, Ealing Abbey parish team.

4 June: The Spirit Lives in Me. Eileen Dutt, Oblate coordinator for WCCM UK.

2 July: Living Water. Michael Moran, Salesian and worker for peace & reconciliation.

6 August: Feed My Lambs. Sarah Richards, spiritual director.

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. 0207 231 6278 or 0207 252 2453. Prebooking is necessary. Refreshments from 18:30. Suggested donation £10.

Wednesday 7 May 19:00-21:00 Rt Revd Dr Rowan Williams—'What Grows in the Gaps: Silence and Human Maturing'

Wednesday 4 June 2014 19:00-21:00 Sr Ilia Delio OSF.

Contacts

National

National Coordinator: Roz Stockley
07929 007808 uknationalcoordinator@wccm.org
Chair of The Christian Meditation Trust (UK): Roger Layet
01275 463727 roger.layet@btinternet.com
Newsletter Editor: Margaret Comerford—uknewsletter@wccm.org

Special Interest Coordinators

Oblates: Eileen Dutt—01462 621418 eduttobl@christianmeditation.org.uk
School: Jacqueline Russell—07812 152684 jacq.russell@ntlworld.com
Clergy: Fr Robin Burgess—0208 998 4710 rmeburgess@aol.com
Prisons: Geoff Waterhouse—0208 392 9917 geoffwaterhouse@f2s.com
Publicity and PR: Brijji Waterfield—07980 581351
brijji.waterfield@gmail.com
Addiction: Mike Sarson—0118 9623332 mike@ewsn.org.uk
Mental Health: Don Boyle—0788 765 1624 don.boyle@oxleas.nhs.uk
Children: Jane Serrurier—01223 505189
ukmeditationwithchildren@wccm.org
Young Meditators: Phil Seal—07531 056 337 p.j.m.seal@gmail.com
Lone Meditators: Pam Winters—0207 278 2070 pam@wccm.org
Relationship with Goodnews Books: John Roberts—01458 832704
john@tscltd.biz

Regional Coordinators

Scotland

Alex Holmes 01241 830724 alexerskinholmes@gmail.com

Wales

East: Andrew Cresswell—01597 823868 andrewcresswell62@yahoo.co.uk
West: Jayne MacGregor—01348 837750 jaynemacgregor@yahoo.co.uk
North: Sheena Roberts—01745 888239 sheenaghroberts@hotmail.com

Southeast England

Berkshire, Buckinghamshire and Oxfordshire:
Jacqueline Russell—07812 152684 jacq.russell@ntlworld.com
Hertfordshire & Bedfordshire: Paul Hayward—01234 782677
paul@chardonnay.co.uk
Surrey: Mike Beckerman—0208 979 0107 mike@mikebeckerman.com
Kent: Rev Mark Ball—01227 472557 mark@canterburycityparish.org.uk
Sussex: Tim Cullen—01273 857998 tim_cull-54@tiscali.co.uk
Hampshire: Pat Nash—01794 512006 patnash@talktalk.net

London

London (Northeast): Rev. Graeme Watson—0207 249 8701
gchwatson@blueyonder.co.uk
London (Northwest): Eileen McDade—mcdade@tesco.net
London (South – none of Kent or Surrey):
Geoff Waterhouse—0208 392 9917 geoffwaterhouse@f2s.com

East England

Cambridgeshire: Caroline Shepherd—01223 360648
carolineshep@gmail.com
East Anglia: Anne McDonnell—01603 810 646
anne.mcdonnell@talk21.com
Essex: Chris Hurley—01702 207722 chri8hurley@googlemail.com

Northeast England

Newcastle and the North East:
Charles and Jill Foister—0191 285 5054 jillfoister@googlemail.com

Yorkshire: Sue Purkis—01535 632171 / 07702 692117
suepurkis@hotmail.co.uk
Sue Giuntoni—0113 258 3780 giuntoni@btinternet.com

Northwest England

Cumbria: Richard Broughton—01946 862990 cmcwccm@fastmail.fm
Isle of Man: Bernie Roberts—01624 676274
bernieroberts3@hotmail.co.uk
Lancashire: Lesley Easterman—01204 811050
lesley.easterman@btinternet.com
Manchester: Angela Gregson—01706 226574 fapghillview@yahoo.co.uk

Midlands

East (Nottinghamshire, Derbyshire and Lincolnshire):
Peter Short—0115 961 6534 petershort03@gmail.com
East (Northamptonshire and Leicestershire):
Maggi Gordon—01604 899342 margaret.gordon191@btinternet.com
West Midlands – East (Birmingham, Warwickshire, Rugby, Coventry, Wolverhampton, Walsall, Sandwell and Dudley):
Michael Hackett—01902 790653 m.hackett124@btinternet.com
West Midlands – West (Staffordshire, Shropshire, Worcestershire and Herefordshire): Les Glaze 01952 582656 & Margaret Jarvis 01743 240401—westmids@christianmeditation.org.uk

Southwest England

Bristol, Gloucestershire and North Somerset:
Roger Layet—01275 463727 roger.layet@btinternet.com
Rev Hester Jones—01275 219838 hester.jones2@gmail.com.
Channel Islands: Angela le Page—01481 723915
ianange.kingston@virgin.net
Cornwall: Diana Ohlson—01288 354441 / 07837 311638
peter@pohlson.wanadoo.co.uk
Devon: Dawn Williams—01392 435394 & 07891015713
williamsdawn59@gmail.com
Dorset: Anita Finnigan—01305 259032 anitafinnigan@hotmail.co.uk
Somerset: Mary Wilkinson—01935 822 222
marywilkinson@bowerhinton.fsnet.co.uk
Wiltshire: Jeanne Blowers—01225 753187
jeanneblowers@virginmedia.com

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32 Hamilton Road, London W5 2EH
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Email: ukadmin@wccm.org

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