

The World Community for Christian Meditation in the UK



SUMMER 2013

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

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LOOKING FOR A NEWSLETTER EDITOR!

I am hoping that this little article will speak to a member of our community. David Simpson has been our newsletter editor for some time, offering his time to bring together all the wonderful articles you send in each quarter. David has taken a sabbatical and I hope you will enjoy reading his article in this issue.

If you have just two days each quarter to give your time and talents, please do contact me. There are two wonderful volunteers who will support you: Dee who proofs the newsletter and Pia who collates the events pages. I sign off the copy and it goes to our printers. What we need is someone who is able to use the newsletter template to populate the articles and photos. It does not need design or high level IT skills. We try to keep it all very simple.

So, if you feel called to offer your time, please give me call or email me. I shall pray that someone comes forward.

Janet Robbins

UK National Coordinator

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Deadline for next issue 1 September 2013

STOP PRESS! GREENBELT FESTIVAL

If you are thinking of going to the Greenbelt Festival in Cheltenham over the August Bank Holiday, look out for us!! WCCM has once again been invited to offer Christian meditation as part of the worship programme.

A lively team of young meditators will be offering their time to explore meditation with festival goers. Jon Kille and the team will be delighted to see you there and make yourself known to them. Rumour has it that there may be some very interesting ways in which they will be reaching out to share in the practice!

ONE AND THE MANY UNITY OF FAITH – DIVERSITY OF BELIEF

**Christian Meditation Conference
14 – 16 June 2013**

Chris Culwick

This was my first Conference and I wasn't quite sure what to expect so I was a little anxious. I arrived with a friend and apart from him, I only knew one other person attending. The greeting we received was most welcoming and friendly and we settled into our respective rooms. Although having been christened as a child, I have only of recent years attended church, a local Anglican church, spasmodically, but meditate quite regularly.

Having attended the first meditation and listened to Father Lawrence's first talk and attended Compline, the whole community engaged in Silence until 8.30 am the following day. It was a lovely way to begin the week-end, for me, to try and settle and ground myself before the tight week-end schedule before me.

I use the words 'tight schedule' as the programme, although presenting a most inviting content, required me to be hopefully discerning, in picking what to attend from the excellent choice of offered. I put my name down for the Singing ▶

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workshop on Saturday morning and Exploring our practice in the afternoon

I started the day with Tai Chi at 7.15 am, never having engaged in this Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. Terry who facilitated the session, seemed most skilfully to gauge what movements to ask us to perform, bearing in mind the variety of age, shape and size. It was the most pleasant experience and I found that I was quite calm grounded and relaxed at the beginning of the meditation session that followed the Tai Chi shortly afterwards.

By the time I'd experienced the Tai Chi, a meditation session, breakfast and a second most excellent talk by Father Lawrence, having discussed my tendency to do too much with my two friends, I decided to take their advice and drop the two workshops. This week-end experience was already helping me. 'Less is more' has always baffled me, but as one gets older, it is a good maxim.

In amongst all this I was meeting various individuals who were experiencing the conference in different but equally helpful ways.

At meal times, throughout the week-end I found myself on different tables talking to a whole variety of people sharing, religious, spiritual and life experiences.

By the Saturday afternoon I needed a nap and took one, without feeling guilty that I should be doing something all the time.

In addition to all of the above, by the end of Saturday I had listened to three talks by Father Lawrence and the aggregate effect was helping me with me issues with faith and/or belief in conjunction with the meditation sessions. I particularly liked his talk that started with the question 'What is a heap?'. There was a huge amount to absorb, from his talks alone and, although listening intently, felt a little overwhelmed, but sitting here writing this a week later, various parts of his wisdom are popping up as I write. For me, I know it is about putting some of that wisdom into practice.

The Final talk and Plenary session, allowed me to ask a question about my ten minute meditation sessions at home and based on the 20- to 30-minute sessions recommended by those wiser than I, I have begun to extend my sessions. I'm pretty sure I will



connect with some inner pain and, as a result, need to heal. The whole experience will hopefully help strengthen my shaky belief and faith and thus improve my connection with god.

All in all, the conference helped to unlock parts of me by being immersed in the wonderful community there.

ONE AND THE MANY

a reflection by David Hayward

I attended the WCCM conference, held at High Leigh, for the first time this year. It was a great venue to hold the conference, and we were looked after well by the staff.

It was sometimes a little overwhelming with so many people, and so much to do and to join in. Perhaps sometimes less is more, and I decided to attend only one workshop; The labyrinth – a brief introduction and walk. Martin Garsed gave an interesting and informative talk and then we all had the opportunity to experience a walk in the labyrinth, space for contemplation and reflection. It was both an experience to do the walk, and also to watch others on their journey, and finally to share our experience. This workshop reminded me of a visit many years ago to the great cathedral of Chartres where they have a huge labyrinth.

Perhaps the conference most of all reminded me of the breadth and size of WCCM and I saw beyond the perimeter of the group that I attend in Westminster. With delegates from the Channel

Islands, the Shetlands Islands and the USA, the conference was a great opportunity to meet other Christian meditators and share experiences. It was also a time to grow closer to those people I already know, not least, as on a pilgrimage, on the travels to and from the conference.

My question at the end of the conference was "What can I do for our community?". It was also a time to reflect on my daily practice and renew my commitment to my meditation group. The fruits of meditation were certainly shown to me from many others during these few days.

THE ONE AND THE MANY: THE UK CONFERENCE AT HIGH LEIGH

Janet Robbins

I want you to imagine over 170 people of all ages, sat together meditating. The stillness is awesome. The sense of community is extraordinary. Someone who came to the conference for the first time asked how we did it? How did we create this sense of community? And it is very, very simple. We meditate together and we know one another, not by name or by association, but just by BEING together. I have asked Chris to write an article for this newsletter. It is a beautiful endorsement of all that WCCM hopes to offer.

The conference had many special elements and the whole weekend was held together by the talks from Father Laurence. If you were unable to be there, you can hear what he had to say, as all the talks were recorded. (If you want more information, please contact the UK office.) Father Laurence arrives, receptive to us and to where he will take us. He gave us the chance to explore the way in which meditation purifies the eye of the heart. This leads us to recognise the eye of the spirit in others, their wholeness. We understood how this can lead to a wonderful community of faith, which may be composed of people with different beliefs, coming together without losing their own identity. Our own Christian meditation community has a part to play in developing trust and friendship and a capacity to unite.

The conference programme also included a number of workshops, all fully subscribed and creating the need to offer extra sessions.

We were delighted that Patrick Woodhouse offered a chance for people to explore their practice. The Labyrinth was especially popular and Martin Garsed was an enthusiastic teacher. Liz Watson's sessions of Lectio Divina provided a place of reflection in an otherwise busy weekend, though Tai

chi and Yoga, led by Chris Hurley and Terry Doyle, did give a time of relaxation. The joy of singing could be heard from Delyth Cresswell's workshop and really energised not just the singers, but the listeners as they passed by! There were a number of people interested in hearing about the oblates of our community from Angela Gregson. And never forgetting the inspiration of the meditation with children workshop, led by Charles and Patricia.

The overriding message from the whole conference was that we enjoy being part of this community, wherever we may be on the journey.

CONTEMPLATIVE DAY FOR LANCASHIRE WCCM

Barry G. Whitehead, Saddleworth Group

The seemingly long and never-ending northern winter suddenly changed to summer on 20 April. The sun shone down from a clear blue sky as 55 members of various Christian Meditation groups of the Lancashire area gathered at the Tabor Carmelite Retreat Centre in Preston.

The 'Day of Gathering', a day of quiet reflection, was led by Stephen Wright and explored the contemplative way that was supported by several experiential sessions to cultivate inner stillness and openness. The contemplations were based on Kings 19, John 3 and John 4, and the morning and afternoon sessions closed with sacred dances. This was a day to deepen our relationship in God, for insight and simply 'letting God be God'. Though not based on the John Main tradition, all who attended found the day to be inspirational and felt that it complemented the meditative way.

Tabor Carmelite Retreat House makes a beautiful venue for Christian-based courses and envelops every individual who enters with a comforting silence providing the ideal environment for attaining inner peace.

At lunchtime and during breaks, group members renewed past acquaintances in the garden and conservatory whilst enjoying the unaccustomed warm sunshine. All in all the day was a great success thanks to Stephen Wright for the direction of the day's events and hearty thanks were also given to Lesley Easterman and volunteers for the organization and administration that led to such an enjoyable day for all involved.

ABIDING...

*Brother John Mayhead OSB
Monastery of Christ Our Saviour, Turvey*

We were privileged to host an oblate day here at Turvey on 11 May for the WCCM led by Geoffrey Barton and Janet Robbins, and three of the monks of Turvey were able to join the group for the morning session. There was an element of industrial espionage about this for me as I wanted to find out just what it is that makes the WCCM so successful and was there something in it that could benefit Turvey.

But as both Geoffrey and Janet spoke and, above all, as we entered into twenty minutes of silence the most obvious lesson for me was that I needed this more than perhaps Turvey did! It was delicious to be on the receiving end both of other people's wisdom and of other people's silence, or rather of other people's shared wisdom and silence. Geoffrey meditated on John 15 and his stress on 'abiding' and Janet added to this with a sharing of her own need for prayer and silence in the midst of a very busy schedule. These struck home. So often at Turvey we can get so caught up in the busyness in providing for others that the very real peace that others feel here is lost to us. We fail to 'abide'.

So these were comforting words especially those spoken by Janet out of real need. And then Janet went on to talk of life in a very poor Indian village forced to live by the rhythms of day and night and to live by simple physical labour. This is close to our heart here also. With all the caveats about romanticising the poor and 'being worked to death' it spoke of a real hunger for using our bodies well. Geoffrey continued with a meditation on a fine drawing by Jyoti of God the Father embracing God the Son and there was a powerful sense of envelopment in both the drawing and the process of meditating and commenting on it. In short, we felt part of the group and the mission and meaning of WCCM became apparent. It was simply to draw others into this peace which goes beyond understanding, a peace there for everyone, even for 'professional' Christians like ourselves.

ABIDING ... AT TURVEY

By Liz Watson

Turvey Abbey is a Benedictine monastery of men and women near Bedford. It belongs to the same Olivetan congregation as Monte Oliveto in Italy and Cockfosters in London. The Olivetan congregation is Fr Laurence's monastic family so it seemed a very good location for a meeting of WCCM Benedictine oblates. Bedford is also well on the way from London

to Kettering, my home town in Northamptonshire and where my niece lives.

I hadn't seen my beloved niece for ages so it seemed ideal to join the oblates at Turvey then continue on for an evening with my niece and family. And so it turned out to be. There was a very warm welcome at the Abbey, both from the monks and from Eileen, who wanted to extend Benedictine hospitality for those like myself who had not taken the oblate path. Several aspects of the day impressed themselves on me, but most of all the depth of fellowship in the gathering, and this painting by Indian artist Jyoti Sahi.

Our leader for the day, Geoffrey Barton, suggested we focus on the image as a sort of 'visio divina', a sacred gazing, whereby we allow the spirit of the image to draw us, speak to us and abide in us. I still have the picture on my desk and it keeps on reminding me as I glance at it that something beyond words was given to me in that sacred gazing and does indeed now abide in me. I don't know whether the reproduction is good enough for you to do some sacred gazing of your own. I recommend it!

IN MEMORY OF PAMELA COELHO

*Sue Hatton – St Stephen's
Christian Meditation Group, Shepherd's Bush*

It is with sadness that I have to inform the many friends of Pam Coelho at WCCM of her death at Easter after a long battle with cancer.

Born in India, Pam had a dynamic career in executive administration with Swissair, first locally and later moving between offices in continental Europe. She finally settled in London in the 1970s and made a comfortable, welcoming home there. All who knew her will recall her gift for hospitality, golden sense of humour and proactive concern for the well-being of everyone with whom she came into contact, however briefly.

Her first encounter with the world of Christian Meditation came when, with her customary foresight, she recognised the need to plan her retirement after a working life filled with creative activity. She chose a series of courses linking meditation with yoga, with a view to maintaining fitness and human connectedness in a changing world.

However, she was unprepared for the impact that Christian Meditation would have on her lifelong Catholic faith, which she frankly admitted had, until then, been something for Sundays only. She suddenly found that spiritual growth through this form of worship in silence was becoming the most important force for change in her life and she wanted to mark the transition by studying to become a Benedictine oblate

at the monastery in Cockfosters.

As part of her offering of work in the community, she elected to start two new Christian Meditation groups in her local area, Shepherd's Bush, one at her home church and the other at an Anglican church with which she had had no previous contact – a courageous step typical of Pam's initiative and faith. Both groups are still strong, thanks entirely to her nurturing skills, and I have had the privilege of taking over the care of the Anglican group from my inspirational friend, from whom I received so many blessings, but chiefly her friendship.

Pam also contributed her office skills as a volunteer with Medio Media at St Mark's and colleagues there will remember her vivacity and 'can do' attitude to problem-solving. Her fine intellect, lightness of touch and practicality were at the heart of her contribution here. She was widely read and could provide customised reading lists for enquirers or mature group members direct from her memory.

I have to say that, though her intellectual skills remained unaffected, it would be wrong to minimise the intense suffering Pam underwent over the last four years. Her illness, coming suddenly and devastating in its side-effects, deprived her of the gifts of clear speech, mobility and buoyancy of spirit she used to enjoy and share unstintingly. Before this she had led a rich cultural life and been adventurous in her travels, regularly visiting contacts across the globe.

She was able to enjoy her 80th birthday in February, celebrating at the Savoy Hotel with her family. I give thanks for her life and the privilege of having known her.

* * *

Living Waters

Margaret Dahm

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 anymore
Here, I can rest, and rest until
my heart is satisfied right to the core

THIS MEDITATOR'S PERSONAL CREED

Anon

As a Catholic I have always been challenged by the words that I felt required to recite during Mass. For example, as a young adult beginning to think more seriously about my faith, the words "Glory be to God" troubled me. I felt hypocritical saying them (what did these words actually mean?) but yet felt obliged to. Furthermore, over the years at Mass I have thought about The Apostle's Creed, most often struggling to say all the words with sincerity and acceptance as my tenet of belief. I am now nearing retirement age and the saying of the Creed is still a challenge.

Recently, in order to go some way towards resolving these dilemmas I decided to write down what I believe I do believe. It's not perfect, as I can see questions in some of the words I use; it's a work in progress, but it feels more honest to me than just reciting words that someone else has written for me to believe. I do, however, thank the person or persons who did write them as they have given me something to work around.

Before you read the following, do you know what you would write?

This meditator's personal creed

I believe in one God, the father he is called, maker of everything, of whom I am part and to whom I shall return.

I believe in Jesus Christ, of God, who was born of Mary, was crucified, died, was buried and then rose again to show me the right way of life and that I shall not die for ever but live eternally.

I believe that every sin is redeemable but that I need to acknowledge my responsibility for it to be forgiven. Only you and I are able to not forgive me, God always does.

I believe in the Holy Spirit who always guides my path should I choose to ask for guidance and relinquish my assumption that I know how it should be done.

I believe in church as community where we all strive to follow truth and to love each other. I also believe in church as a space where this community can express its love for and thanks to God and say yes to God's sacramental gifts.

I believe in faith, hope and love and the greatest of these is love.

Amen

BETSI

Diana Morgan

I am a member of WCCM and last year, Andrew Feyi-Waboso and myself began a meditation group in Canton, Cardiff. We have sessions once a fortnight at the moment. The group helps me as I find it difficult to do the 20 minute slots on my own.

My background is fundamentally in Ignatian Spirituality and I really value the power of silence. I often find that, when I am walking (I do not drive), I discover that I am meditating. Words from the liturgy might come or a line from a hymn. They act as a mantra.

I have recently returned to poetry writing. What happens as a poem is formed? Somehow, out of an insight or observation, in the silence of the heart, words begin to form and take shape. This is certainly what happened when I wrote this poem. It was published in 'Poetry Wales'. The copyright is mine (I write under my maiden name as I used it for broadcasting and writing before my marriage).

BETSI

Riddled with nothing but genes.
 Closer to the ground, diminished
 but spirit higher than the clouds
 that jet-soak her Valley.
 Joints jarred. Chocolate mis-shapes,
 delectable melt-in-the-mouth centres.
 Clutching mine with sudden force
 lifting hands. A kiss to remember
 forever and three days. And the man
 she adores more caress-cosseted,
 holding. Holding till the journey's over,
 the race zimmered out. A little longer.
 He brings his girl home. Sharing still.
 Cups of tea, cupboard china chinking,
 sound of the sips, familiar chatter.
 The chapel. Seion. The chapel.
 And his flowers cover her frail frame
 that leaps out freely, lambing in
 pastures sung of for a lifetime. Unseen.

© Diana Gruffydd Williams

Betsi was a much-loved cousin. She was a very devout person, a Sunday School teacher in the local Baptist chapel, Seion, and a great presence in her local community (Cwmaman in Aberdare, South Wales). When she wanted to marry Ted, there was great opposition as she was a teacher and he was a mere

caretaker. The marriage, though not blessed with children, was movingly close and faithful. As the years went by, her arthritis got worse and people used to say that she was 'riddled' with it. But her spirit was far finer than the restrictions her body imposed on her.

I went up to see Betsi in hospital a few times when she was seriously ill. Those times were so precious. Betsi was barely able to communicate but, when I asked her if she would like me to say a prayer, she squeezed my hand as if to say Yes. In the middle of the ward, in a loud voice (Betsi didn't have her hearing-aid), I slowly went through the Lord's Prayer in Welsh. When it was over, she squeezed my hand again. On another visit, with the strength that those close to death often find, she took hold of my hand and lifted it to her mouth to kiss. Ted was at her bedside so much of the time and it was very touching to see the simplicity of his devotion.

MEDITATION (AND LIFE) – WORK OR PLAY?

David Simpson

My life fell off a cliff about a month ago. I am beginning to see it as the mysterious working of the Spirit, although it certainly didn't feel like it at the time, I have certainly been 'held', as they say, these last few weeks, not just by loved ones, but especially by the kindness of strangers. As I have been traveling by almost every means of transport I have met quite a number each day, and I can only think of two who were negative (as in deeply unpleasant).

I left my Kindle on a ferry and was feeling rather bereft. A kind young Englishman, on his way to a conference on pests of potatoes and tomatoes (which are apparently related in some way) gave me his book, which he had just finished, called *Running with the Pack* by Mark Rowlands, a philosopher at Miami University. He likes philosophising while doing long runs (10 to 30 miles) because he gets into a zone, or several zones, of consciousness, where thoughts just float up and by, a lot like meditation. Although the book is structured around his various runs, mostly with his dogs, one of which was a wolf called Brenin, hence the title, it is really a meditation on the nature of work and play and on the intrinsic value of things. For me it led neatly on from the last book I'd finished on my Kindle – *How much is enough?* by Lord Skidelsky and his son – which discusses many of the same issues.

What is work? Work is instrumental – that is, you do it for something else. So you do a job for the money, you may go running for your health, or to prolong your life, or to win prizes. By that definition,

anything in life that you do not do for its own sake, is work. A man and a woman making love are not working. A prostitute of whatever gender almost certainly is – it's not the act itself, but the money earned that is their motive. When you start to think about this, you realise how much of life is in fact a kind of work. That it consists in doing something for the sake of something else. Despite my recent woes, I am quite lucky, because actually an enormous amount of my life has tended to be play. My work in computers I would often happily do for nothing. I have been for the most part physically fit and have hugely enjoyed swimming, gliding, skiing, cycling.

So I have mostly been a player, rather than a worker. But this is not to say these things have been easy or fun. Often they involve extremely hard work, stress, disappointment, even pain (like long distance running, for example) – but I haven't done them for any other reason than the sheer joy of doing them.

What about love, family, friends? At their best, these are all "play". We love people for their own sake – our children, our partners, our friends. To that extent all these relationships are the purest play (which is a good definition of selfless love or agape, and perhaps why the Hindus talk of God's play or lila).

So why did my life fall off a cliff, if I am such an accomplished player? Because pretty much everything over the course of the last few years became progressively less and less play, and more and more work, including meditation.

Meditation became for me not an end in itself, a thing to do entirely for its own sake, but a way of coping with all the other things that were going wrong in my life, of escaping from them, of making myself calm down, and also of providing the escape route – that *I will become* a better, kinder, more capable, more loving person, because I am meditating regularly. Even perhaps become enlightened, one with God, go to heaven (which would obviously solve all my problems!). So meditation itself became work, and possibly, as a result, actually harmful. Because it allowed me to avoid the present and the reality of me, now. I don't have infinite patience or love, or the ability to take on other people's burdens, without breaking down. As Father Laurence has said a lot recently – the virus of perfectionism had got me, but I couldn't see it.

From John Main's 'Word Made Flesh' (These words from John Main resonate with David's words):

'One of the most difficult things for Westerners to understand is that meditation is not about trying to make anything happen.... According to our imagination or predispositions, we may have different ideas of what should happen. For some

it is visions, voices or flashes of light. For others, deep insights and understanding. For others again, better control over their daily lives and problems. The first thing to understand, however, is that meditation is nothing to do with making anything happen. The basic aim of meditation is indeed quite the contrary, simply to learn to become fully aware of what is. The great challenge of meditation is to learn directly from the reality that sustains us.'

ESSEX WCCM GROUPS

Valerie Quinlivan

On 13 April, seven of the fourteen Essex groups were represented in a gathering at the home of Rosemary Drew in Great Dunmow. The purpose was to get to know each other, share information on practice and resources, and, of course to meditate together.

Essex co-ordinator, Chris Hurley, had brought the groups together and Rosemary had provided the hospitality. She already has a regular Quiet Day programme in her home, and her garden, garden room and chapel are a lovely environment for Quiet Garden days. Rosemary gave an introduction on the aims of the day, followed by a preparation for meditation led by Chris, and then thirty minutes' meditation. After lunch, we discussed how we might continue to be in touch and support each other. We explored material produced by Meditatio and discussed events put on at St Mark's and around the country. We agreed that we would welcome this sort of day as an annual event and Rosemary generously offered her house again. We also felt individual groups should try and meet with one or two others nearby for one-off events. Altogether, it was a very satisfactory initiative and we were all grateful to Rosemary and to Chris.

Starting a new group

John Ashdown-Hill is a member of Colchester Meditation Group. Recently he felt there might be a need for a new group near his home, over the Essex border in Suffolk. He emailed the local churches of all denominations in the immediate locality with a date and a venue for an introduction to Christian meditation. This took place at 1.30pm on Wednesday 17 April in St Michael's C of E Church, Brantham. Some members of the Colchester group went along to support him. There were enough interested people to take the initiative forward. It was agreed to meet once a fortnight, the next meeting will be on 1 May at the same time. The venue will be confirmed. Please contact Chris Hurley for more details.

YOUNG MEDITATORS: NEWS AND REFLECTIONS

Philip Seal (p.j.m.seal@gmail.com)

On 19-20 April a group of sixteen meditators met for a day retreat at The Community of St Claire in Freeland, near Oxford. The group consisted of representatives from WCCM, including Janet Robbins (our National Co-ordinator), and 18-30 year olds who are part of a grassroots community called 'Young and Contemplative'. The aim of the retreat was to spend time together in silence, and to continue thinking about how we can encourage younger meditators on the contemplative journey.

For the past two years I have had the role of 'Young Persons Co-ordinator' for WCCM, and the main fruit of that role has been the formation of the 'Young and Contemplative' group. Young people have begun meeting regularly for retreats centred on silent prayer, as well as writing articles about the contemplative life (watch this space: a new booklet of reflections is on its way). If you know of a young person who might be interested in being part of these activities, please be in touch with me at the email address given below.

The meeting at Freeland was a chance for 'Young and Contemplative' folk to put forward ideas about how we can support meditators in the 18-30 age bracket. It was good to be able to do this with the help of friends from WCCM. Following our discussions at Freeland, and as a reflection on my two years in the role of 'Young Persons Co-ordinator', I would like very briefly to share four simple things that I have learnt about meditating with younger people, and which might be helpful for the work of WCCM.

Firstly, it is important for young people to be able to share silence, and the community that flows from it, with people of their own age. We learn to swim by listening to more experienced swimmers, but also by watching those at our level struggling and growing. Secondly, it helps to be gentle with the practice. A direct route into pure prayer for those who are younger and still in the midst of psychological formation can be the addition of kataphatic prayer (such as Taizé chanting) to the repetition



of an apophatic mantra. Thirdly, time spent in sharing emotions in small listening groups can deepen a community of trust and friendship. At 'Young and Contemplative' gatherings, for instance, we meet for Dharma Sharings, during which we listen deeply to one another. Fourthly, and most importantly, the hunger for the contemplative life is as strong amongst young people as it is anywhere. Meditation with young adults could be as powerful a flow as meditation with children has become in recent times. Thank God for that!

On behalf of 'Young and Contemplative', this comes with a huge THANK YOU to Janet Robbins, Jon Kille, and Les Glaze for convening the recent meeting at Freeland, and for offering their listening ears and wise support. Here's to more meetings in the future, and to the growth of meditation with young adults.



THE SCHOOL OF MEDITATION

Pam Connolly

Father Laurence in his Lent talks from Bere Island this year, spoke of wisdom he compared the wisdom which appears to be sophisticated – refined, subtle, intelligent and wordly; a wisdom which is often taught in our education establishments and churches, with the wisdom of Jesus.

The wisdom of Jesus is revealed in His self awareness; His wisdom emerges out of that Divine truth within which He lived.

“Sophistication often conceals self doubt and confusion. The Simple are warriors whose only weapon is love ... we need to trust ourselves to the pure simplicity of truth found within our own experience. It is the integrity of our own experience that brings us to life.”

The School weekends empower and encourage us to go deeper into stillness and silence. In this way we live through that doubt which plagues us all and learn to see that in Him “We know ourselves as lovable and loved” [Father John Main “*Anxiety to Peace*”]. And thus our trust and faith in Jesus as teacher and brother and lover grows. The maturing of the integrity and harmony of mind, body and spirit is the context and purpose of the work of the School.

The two weekends held so far this year, the first in Yorkshire at the end of February entitled “The Roots of Christian Mysticism” and the second in Glastonbury at the end of March, “The Essential Teaching Weekend” reflected that purpose.

Our final weekend for this year will take place in Stroud, Gloucestershire in November: a six-day Silent Retreat where silence is broken only by a short daily teaching on “The Gospel of Thomas” and individual spiritual guidance. [This Retreat is now full but it is proving popular so I am looking to repeat it at the end of January in a different location.]

We are planning similar weekends for 2014 in other parts of the UK. If you are interested do keep a watch out for them in the Newsletters or you can always indicate an interest by emailing me: connolly.pamela@gmail.com.

THE PARABLE OF SILENCE

Written by Emily Mackie at the Essential Teaching Weekend in response to an exercise on “Sharing the Gift”.

A certain pious man was making his way to the temple for prayer. All the way through the busy streets and market place he sung out praises and incantations to the Lord.

“I will praise you O Lord with my whole heart;
I will tell of all your wonders.
I will be glad and rejoice in you;
I will sing praise to your name, O most High”
[Psalm 9]

Outside the temple was a poor man in rags, sitting silently. The pious man stopped and cried scripture to the heavens.

“Arise O Lord! Lift up your hand O God.
Do not forget the helpless”
[Psalm 10]

And promptly he handed the poor man the whole of his coin purse. He then entered the temple and began his ritual of prayer, bowing and raising his hands and speaking in tongues, imploring his God in all manner of ways to bring about his work.

On leaving the temple the pious man noticed the poor man was still sitting in the same place, silently. “Why are you still here?” he asked the poor man. “I gave you a whole month’s wages, even more. Why not go buy robes to clothe yourself and food to eat? Are you begging? Is it more money you seek?”

To which the poor man replies,

“In his arrogance the wicked man hunts down the weak, who are caught in the schemes he devises”
[Psalm 10].

He gets to his feet and hands back the coin purse. “Sir,” said the poor man, “all this time you have been singing and crying out praises to the Lord so that all might hear you, while I have been sitting here silently as God speaks. Your words are of the world and are as frivolous as money, but silence, silence is of God and has no price.”

WCCM Benedictine Oblate’s Day

Sunday 29th September

Monastery of Christ Our Saviour, Turvey

Talk by Fr. Laurence on
‘Dynamic Stability’

Meditation

‘Bring & Share’ meal

Mass

Meet friends old and new

Day is open to all meditators

Some accommodation is available at £25.00/night

Suggested donation of £15.00

Contact: Eileen Dutt (UK oblate coordinator)

eileendutt@yahoo.co.uk

07721 574767

please begin text message with “Oblate Day”

A WALK IN THE PARK

Charles and Patricia Posnett

It was November 2011 when Christian meditation was introduced at St Joseph's Primary School. As reported in the Light of the North, Bishop Hugh Gilbert said Mass at the start of the in-service training day and the staff were very enthusiastic about sharing the gift of meditation with the children. Eighteen months later it was lovely to go back to the school and hear how it had made a really positive difference to life in the classroom.



When I talked to Karen Tominey, the headteacher at St Joseph's, she told me that the school was doing a sponsored walk to help the Senior Citizens at Northcote Lodge. The money raised would go towards the purchase of a minibus so they would be able to go on trips and outings around the community. Karen invited us to join them for a walk with the children as far as Duthie Park. Once at the Park the children would take part in different activities.

This seemed a good idea and had the double attraction that we would have the opportunity to share some time of meditation with the children in the beautiful surroundings of the Japanese garden and the sunken garden.



We felt very privileged to share this time with them and, as the pictures show, the children enjoyed it too. To see children deep in meditation is a moving sight. You realise that they are experiencing a profound and beautiful stillness within themselves and they seem to be able to cut themselves off from all the

extraneous distractions around them. On this occasion this included a helicopter passing overhead, not to mention the seagulls!

One of the things about meditation is that it is never measured or graded but it does have distinct fruits and benefits. In the case of St Joseph's Primary School Mrs Henry's P4 class meditate regularly in class. Patrick says that he feels, "Relaxed and calm," and can pray better. Una enjoys meditation because she feels, "Confident and happy," and can speak to God. Siena feels close to God and "Holy" because when meditating with her eyes closed, she feels good about the world. Lucy enjoys meditating and says "You can really feel God is listening to you."



Mrs Gardner's P2 class also meditate regularly. Orla (aged 6) said she feels, "Happy like sunlight in the room." Erik said, "I feel that I am lifted in the sky and meditating to God." Leo said, "It makes me feel that I can see all my friends and family that have died." And Szymon said, "It makes me feel that God touches my heart."

In the eighteen months between our two visits we have had the privilege of introducing Christian meditation to thousands of primary school children throughout the United Kingdom and it's interesting to see how it satisfies a real hunger for silence in such a busy world. Furthermore in all the schools that we visit we are reminded that children are born contemplative and really love to meditate. We know this because they are sufficiently enthusiastic not only to meditate at school, but also to take the practice into their homes.

Children meditate together as naturally as they breathe in and out. They enjoy the simple discipline with its simple structure and it is a real privilege to share the simplicity with them. Not that meditation is always easy because it isn't. Like most disciplines it requires daily practice, but if we practice it often enough we hope and pray that it really will become like "a walk in the park."



Christian Meditation
with Children

**For further information contact Charles Posnett.
Special Interest Coordinator –
Christian Meditation with Children –
The World Community for Christian Meditation.
T: 01525 873536 E: charles@posnett.entadsl.com**

QUIET GARDENS AND QUIET SPACES A SIMPLE MINISTRY OF HOSPITALITY AND PRAYER – WWW.QUIETGARDEN.ORG

Penny Lovelock

“Come with me by yourselves to a quiet place
and get some rest” (Mark 6:31)

The Quiet Garden Movement encourages the provision of a variety of local venues where there is an opportunity to set aside time to rest and to pray. A Quiet Garden comes into being when someone responds to the vision of the Movement and agrees to open their garden for the occasional days of reflection and stillness.’

I thought what a lovely idea to offer my home in Newbury. The Quiet Garden Movement was very enthusiastic and encouraging, and as God would have it, I re-met an old friend and we got talking about it. She was very keen to join me, so we began to pray about it – that I have to say is the centre of our work. We pray regularly for each opening, for the people who will come, for the garden and the weather! We open three times a year, in June, July and September.



We have very special leaders who come and run the day. The days follow a pattern of scriptural input, usually following a theme, followed by times of quiet personal meditation around the garden, or house if the weather is unkind.

We are just the hosts, offering a dozen people a time, a venue for a day of peace. There is a wonderful sense of tranquillity here on these days, in the centre of town. We are an oasis of quiet amongst the bustle around us.

We have now, on request from some of our guests, opened one day which is not led but is for the contemplative who seeks to just come and be silent. The day is opened with prayer and a reading, then people disperse to the garden for their quiet time. We offer a good lunch which everyone seems to enjoy, and a garden full of flowers and many corners for privacy.

It is a real privilege to be able to offer our garden to people who wish for a time of quiet with God.

It seems that these places are greatly needed in this stress-ridden world. I would encourage anyone to come and taste, or even to open their own garden for this oasis of peace.

A DAY OF REFLECTION ON THE SPIRITUAL DYNAMIC OF FILM

Sheila Longman, Local Group Leader

The day was led by Adrian Scott; Retreat Leader, Spiritual Director and published poet whose work is often in the field of male psychology and spirituality. “God in all things; even in film”.

Adrian chose a variety of clips from mainly well-known films to bring to our attention some of the important issues we need to deal with in our lives. *The Way* (Emilio Estevez) illustrated bereavement, loss, grief and the re-evaluation of our lives. It also depicted personal humiliation as a turning point, or moment of transition, when we learn more of who we are by observing our reactions to such an uncomfortable experience.

In *Dancing with Wolves* (Kevin Costner), John Dunbar pulls the rotting carcasses of animals out of the lake, the source of his drinking water, before he can rebuild his military frontier post. This was clearly applied to our need to clear out the parts of our past lives which hinder our progress on our journey. Adrian selected clips from many other films; poignant, amusing, disturbing and challenging.

This was a deeply moving and spiritually enriching day. Adrian is an able, sensitive and deeply caring presenter, providing us with a Day of Reflection which will inspire us for our future paths and encourage us to watch film with ever more detailed attention to how God might be encountering us.

* * *

A World Within

Margrit Dahm

When I enter into the sanctuary
I leave my dusty shoes behind,
I step forward silently
and let my mind and thoughts unwind.

Brightened by the soft and calming light
the space within begins to open wide,
I am welcomed in and I rejoice
listening to the gentle voice.

In this company I stay
till daily tasks call me away,
but I know I can return
and the light won't cease to burn.

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jeanneblowers@virginmedia.com

EVENTS

NATIONAL

Tuesday 9 July to Wednesday 10 July 2013, 09:00. Justice (A Meditatio Seminar). Chaired by Fr Laurence Freeman. **Venue:** Meditatio Centre, St Marks Myddelton Square London EC1R 1XX. Lunch and refreshments are provided. **Cost:** day: £50.00 2 days: £80.00. **Booking:** email/online/phone. **Contact:** Kate Coombs; meditatio@wccm.org. **Telephone:** 020 7278 2070

NORTHEAST ENGLAND

Ampleforth Abbey:

July 1 - 4 - CM and TC Midweek retreat

Sept 6. 10:00-16:30 - CM and TC Workshop led by Terry Doyle and Fr. Christopher. Meals and refreshments will be provided throughout the day - alternative diets can be catered for on request. **Cost:** £32.00. **Contact:** Pastoral Team at Ampleforth Abbey. **Telephone:** 01439 766486. For more information: www.hpo.ampleforth.org.uk/ booking-enquiries

St Antony's Priory Durham:

Sat July 13 CM and TC Workshops

Sat Sept 14 CM and TC Workshops

For all of the above contact:

Terry Doyle terry-doyle@live.co.uk

Fri 13 to Sun 15 September 17:00 ends 14:00. In the stillness the Divine is born. Meister Eckhart and the Birth of God in the Soul. Led by Roswitha Jarman at the Briery Retreat Centre, 38 Victoria Avenue Ilkley West Yorkshire LS29 9BW. Full board. £125.00 for full weekend. £25 for Saturday attendance with lunch, £10 addition for Saturday dinner. **Contact** Sue Giuntorni (giuntorni@btinternet.com) Tel. 0113 258 3780 or Sue Perkis: suepurkis@hotmail.co.uk. Tel 01535 632171

NORTHWEST ENGLAND

Saturday 27 July 2013, 10:00-15:30. Praying with Music. A day of meditation and music. Led by Rev Kath Dodd. **Venue:** Hawkshead Hill Baptist Chapel, Hawkshead Hill Baptist Chapel LA220PW. Drinks provided, bring your own lunch. **Cost:** £12.50. **Booking:** Essential. Space is limited. **Contact:** Sarah Kirkup. sarah.kirkup1@virgin.net. **Telephone:** 01768 341 258

Tuesday 6 August. Living with the Mystics. At Quaker Meeting House, Elliot Park, Keswick (next to Booths). Teilhard de Chardin. 'The Hymn of the Universe' and other titles. **Cost** £5 on the day. Bring your own lunch, drinks provided, 10.00 – 3.00. **Contact** Bob Morley, rgm1@live.co.uk 016974 72644

Friday 18 October 2013. 10:00 to 15:30. Living with a Monastic Heart (Benedictine and Celtic Traditions). **Led by** Dr. Esther de Waal. **Venue:** Bishop Bulley Barn, Rydal Hall Ambleside LA22 9LX. Drinks provided, bring your own lunch. **Cost:** £17.50. **Booking:** Essential. **Contact:** Sarah Kirkup. sarah.kirkup1@virgin.net. **Telephone:** 01768 341 258

Friday 18 October to Sun 20 October, 17.15 to 14.00. The Eye of the Heart. Led by Alex Homes, with Terry Doyle at The Briery Retreat House, Ilkley, LS29 9BW. Full board £148. **Contact** Lesley Easterman, 01204 811050. lesley.easterman@btinternet.com

Friday 1 – Sunday 3 November. The Boarbank Retreat. 'Obedient to Love' with Cameron Butland.

The retreat will be guided by a series of reflections followed by times of contemplative prayer. The whole weekend is in on theme of unconditional love as revealed to us through the Gospels in the experience of St Anthony and in all who have followed the way of silent prayer. **Cost** £115 (whole weekend). **Contact:** Sarah Kirkup. sarah.kirkup1@virgin.net.

Tuesday 5 November. Living with the Mystics. At Quaker Meeting House, Elliot Park, Keswick (next to Booths). The Dalai Lama. 'The Good Heart'. **Cost** £5 on the day. Bring your own lunch, drinks provided, 10.00 – 3.00. **Contact** Bob Morley, rgm1@live.co.uk 016974 72644

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

14 May 2014 Diarmuid O'Murchu at Rydal Hall.

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

Thursday, 4 July 19:00 to 21:15. Meditation and Meal. Annual social event for Bristol region meditators. Meditation followed by a bring and share supper. Bring food and drink to share. **Venue:** Apostle Room, Clifton Cathedral, Clifton Park Bristol BS8 3BX. Donations to the Cathedral. **Contact:** Roger Layet 01275 463727; roger.layet@btinternet.com

Saturday 6 July 2013. 10:00-17:00 start and finish of the whole day. The workshops will be at 12.00, 13.45, and 14.45. Each will last 45 minutes. **Introductions to Christian Meditation.** **Venue:** St Brendan's College, Broomhill Road Brislington Bristol BS4 5RQ. **Contact:** Roger Layet 01275 463727; roger.layet@btinternet.com

Friday 27 September to Sunday 29 September 2013; 17:45 on 2013-09-27 to 13:30 on 2013-09-29. **THE WOUNDED MEDITATOR.** Weekend retreat, partly silent. A practical guide. **Led by:** Gretchen Stevens (and others). **Venue:** The Ammerdown Centre, Radstock, Somerset BA3 5SW. **Catering:** Included. **Cost:** £164-174. Campers and caravanners £95. **Booking:** Necessary. **Contact:** Amanda Jones; aubj39@dsl.pipex.com. **Telephone:** 01872 240097

SOUTHEAST ENGLAND

Saturday 27 July 2013. 12:00-17:30. Christian Contemplative Worship and Meditation. Led by Jeff Gould. **Venue:** Meadow Chapel, Meadow Chapel, Godalming, Surrey, GU7 3JB. Lunch and afternoon

tea provided. No Cost. Booking: Book for attendance numbers. Contact: UCA Events Officer, Jeff Gould. Telephone: 01625 403509

Saturday 5 October 2013. 10:15-16:00. The Heart of Contemplation. A Day of Reflection. Led by Julienne McLean. Venue: St Augustine's Abbey, St Augustine's Abbey Sample Oak Lane Chilworth Nr Guildford, Surrey GU4 8QR. Please bring a packed lunch: tea and coffee provided. Cost TBC. Booking: To book a place, please contact Brian & Sheila Longman 01483 505814 or sheilaannlongman@aol.com. Telephone: 01483 505814

EAST MIDLANDS

Saturday, 19 October 10:00 to 16:00 Contemplative Practice – where religious traditions meet. Led by Elizabeth West. Venue: St. Peter's Church, Church Street Cogenhoe NN71LS. Bring your own lunch, drinks provided. Suggested donation £5. Please contact if you intending to come: Maggi Gordon 01604 899342; margaret.gordon191@btinternet.com

EAST ENGLAND

Sunday, 7 July: Music and Meditation. Noggs Barn, 97, School Lane Little Melton Norfolk NR9 3LA www.noggsbarn.org

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

LONDON EVENTS

EALING ABBEY

Parish Hall, Marchwood Crescent, London W5 2DZ.

Springs of Living Water - Teachers of the Contemplative Way

Wednesday, 3 July 19:00-21:00. Simone Weil led by Sheelah Trefle-Hidden

Wednesday, 10 July 19:00-21:00. Thomas Merton - Gina Garrett

Wednesday, 17 July 19:00-21:00. John Main - Isabelle Glover

Each evening will begin with 20 minutes' meditation and will include a break for refreshments and time for questions and comments.

THE MEDITATIO CENTRE

St Marks, Myddelton Square, London EC1R 1XX

Tel: 020 7278 2070 (Mondays to Fridays 9:00-17:00)

Email: meditatio@wccm.org

Weekday Meditation at 13.00-13.30 - All welcome

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

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

The official launch of The Meditatio Centre was on 19 March 2013. A variety of talks, workshops and groups are being planned, see below (where no contact is given please use above contact details)

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

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

Meditation in a time of loss. Led by Liz Watson. Contact Lizwatson@blueyonder.co.uk

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

Saturday 13 July 11am to 4pm. Meditation retreat day (especially for groups in North and East London) facilitated by Revd Graeme Watson. Suggested donation £10 (includes lunch)

Saturday 7 September 11am to 4pm. Introduction to Christian Meditation facilitated by Geoff Waterhouse and Eileen McDade. Suggested donation £10 (includes lunch)

Saturday, 10 September; 11:00-16:00 Being Present – Supporting Each Other's Mental Health. Led by Jim Green; cost £25; please bring a packed lunch, coffee and tea provided. Contact Jim: jg@greenjim.co.uk

Tuesday, 17th September; 18:30-21:00 The Common Ground – Interfaith: Jewish Scriptures. Led by Dr Jonathan Gorsky; cost £15

Tuesday, 24th September; 18:30-21:00 The Common Ground – Interfaith: Christian Scriptures. Led by Dr Michael Kirwan; cost £15

Wednesday, 25th September; 18:30-21:00 The Common Ground – Interfaith: Zen Gifts. Led by Robert Kennedy SJ; cost £15

Saturday, 28th September; 11:00-16:00 Meditation and Healing of Memories in Addiction Recovery. Facilitated by Mike Sarson & Fr Nicholas Broadbridge; cost £25; please bring a packed lunch, coffee and tea provided. Contact Mike 07887 656778; mike@ewsn.org.uk

Tuesday, 1 October; 18:30-21:00 The Common Ground – Interfaith: Islamic Scriptures. Led by Ahmad Achtar; cost £15

Saturday, 5 October; 11:00-16:00 Meditation with Children a Training Day for Educators. Facilitated by Charles and Patricia Posnett; cost £25; please bring a packed lunch, coffee and tea provided. Contact Charles 07973 331038; charles@posnett.entadsl.com

Tuesday, 15 October; 18:30-21:00 God as Consciousness. Led by Don MacGregor; cost £15

Saturday 19 October 11am to 4pm. Reaching out: London Group Leaders' Day. Facilitated by Liz Watson. Suggested donation £10 (includes lunch)

Saturday, 26 October; 10:30-16:30 The Forgiving Victim: A New Paradigm for Understanding and Living the Way of Jesus Today. Led by James Alison; cost £30; please bring a packed lunch, coffee and tea provided

Saturday, 2 November; 11:00-16:00 The person who live in the moment lives in eternity (Mental Health and Meditation). Led by Peter Tyler and Hymie Wise; cost £30; please bring a packed lunch, coffee and tea provided.

Saturday, 16 November; 11:00-16:00 The Spirit of Step 11. Facilitated by May Nicol; cost £25; please bring a packed lunch, coffee and tea provided. Contact May 07768 310666; mayMBNicol@aol.com

Saturday 30 November 11am to 4pm. Advent Quiet Retreat Day facilitated by Geoff Waterhouse and Graeme Watson. Suggested donation £10 (includes lunch)

Saturday, 22 December; 10:30-16:30 Spirit Matters; Preparing for Christmas. Led by Laurence Freeman; cost £30; please bring a packed lunch, coffee and tea provided

Thursday evenings (fortnightly) Course: Roots of Christian Mysticism: bookings must be made in advance for the whole term (Autumn term (6 sessions) £90.

September 12: Mystics for our Century by Patrick Moore

September 26: The Cloud of Unknowing by Graeme Watson

October 10: The Spanish Mystics by Julianne McLean

October 24: The Sacrament of the Present Moment by Liz Watson

November 7: Thomas Merton and the contemplative call today by Elizabeth Holmes

November 19 (exceptionally Tuesday) John Main by Laurence Freeman

Bodyworkshops:

Mondays, 16:00-16:45; Children's yoga and meditation (suitable for ages 5-7) led by Lucy Fawcett; cost £5 each class. Payable half-termly in advance (April 15-July 15; Sept 9 – Dec 9)

Mondays, 19:30-21:00; Yoga by Lucy Fawcett; cost £14 drop-in, £12 for 6 classes £8 concessions. (26 Mar-22 July; 9 Sept-16 Dec); contact Lucy: lucy@fawcett@me.com

Saturday, 21 September; 11:00-16:00 Holding on and letting go (Yoga). Led by Rebecca Brevin; cost £25; please bring a packed lunch, coffee and tea provided. Contact: Rebecca: 07896 936625; rebecca@handtoearth.net

Saturday, 12 October; 11:00-16:00 Under Standing Yoga for the Meditator. Led by Giovanni Felicioni; cost £25; please bring a packed lunch, coffee and tea provided. Contact: Giovanni: gravity@rolfing-yoga.com

Saturday, 23 November; 11:00-16:00 Giving Attention (Yoga). Led by Chris Hurley; cost £25; please bring a packed lunch, coffee and tea provided. Contact: Chris: 07583 570242; chri8hurley@gmail.com

MEDITATIO

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 18:30 from 15 July

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

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

WESTMINSTER CATHEDRAL

Daily Meditation: 12.30-1pm 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.

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

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

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

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

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

4 December In the Beginning was the Word, the Word was with God and the Word was God. Margaret Lane, leader of retreats and quiet days. Student of Augustine of Hippo.

SILENCE IN THE CITY

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

Wednesday 4 September 2013 7-9 pm (Refreshments from 6.30pm) Fr Robert Fruehwirth. **Silence and Self-Acceptance: Julian of Norwich and the Journey to Wholenss.** Suggested donation £10.

Wednesday 9 October 2013 10:30-16:30 (Refreshments from 6.30pm) Edwina Gately: **Mystics, Rebels and Prophets: Women who went before us and walk with us today.** Venue: The Prayer Centre Nazareth House, 169-175 Hammersmith Road, London W6 8DB. Refreshments provided. Suggested donation £20. Please bring a packed lunch.

Wednesday 9 October 2013 7-9 pm (Refreshments from 6.30pm) Edwina Gately: **One Woman's Journey of Faith and Prayer: from Africa to the Bars and Brothels of the Inner City.**

Wednesday 7 May 2014 7-9 pm (Refreshments from 6.30pm) Rt Revd Dr Rowan Williams, former Archbishop, now Lord Williams of Oystermouth and Master of Magdalene College, Cambridge: Title tba

Tuesday 18 November 2014 7-9 pm (Refreshments from 6.30pm) Fr Timothy Radcliffe O.P. Title tba

A DAY OF REFLECTION



The day will offer the opportunity to explore the many dimensions of Christian contemplative prayer in our own journey towards being "open to the infinite and infinite possibilities."

(Thomas Keating's phrase in Open Mind, Open Heart)

The day will be led by

JULIENNE McLEAN

Julienne practises as a psychologist and Jungian analyst in north London. She is also a spiritual director with a lifelong involvement in the Christian contemplative tradition.

<http://www.contemplativespirituality.org>

Saturday 5th October 2013
10.15 – 4.00 pm

St Augustine's Abbey
Sample Oak Lane
Chilworth
Nr Guildford, Surrey
GU4 8QR

(off the A248 near Chilworth Station)

Please bring a packed lunch: tea and coffee provided

To book a place, please contact
Brian & Sheila Longman
01483 505814 or sheilaannlongman@aol.com



SUMMER MEETING AT GODALMING

The UCA is delighted to announce that it will hold its summer gathering at Meadrow Chapel, Godalming, Surrey on Saturday, 27 July 2013. The pleasant setting should be conducive to good fellowship and peaceful encounters. The day will focus on contemplative approaches to worship and private meditation/devotion. Lunch will be offered, free of charge, from twelve noon. A worship service will then be offered in the contemplative tradition, offering time and space for quiet reflection. After a short break, in which participants can take advantage of the beautiful chapel garden, a representative of the World Community for Christian Meditation (www.christianmeditation.co.uk), Mr Raymond Lamb, will offer an introduction to that tradition, followed by a period of silent meditation. A question and answer session will follow the meditation. Meadrow Chapel member, Nick Morrice, will then give a presentation on the medical education project he supports in the country of Nepal. The UCA wishes to continue its support of this effort and is grateful for this opportunity to learn what Nick has observed in his visits to that country. The day's events will end with a substantial afternoon tea. There is no charge made for taking part but it would be appreciated if potential attendees would contact the UCA Events Officer, Jeff Gould (email jeffreylanegould@btinternet.com / telephone 01625 403509), for catering purposes. The chapel's website is www.unitariangodalming.org.uk.

Unitarian Christian Association Summer Gathering

'Christian Contemplative Worship and Meditation'
Meadrow Chapel, Godalming, Surrey, GU7 3JB
www.unitariangodalming.org.uk

SATURDAY, 27 JULY 2013

Programme

- 12 noon-Lunch (free of charge)
- 1 p.m.-Worship
- 2 p.m.-Introduction to Christian Meditation, offered by Raymond Lamb of the World Community for Christian Meditation
www.christianmeditation.org.uk
- 3.30 p.m.-Presentation by Nick Morrice on his support of medical education in Nepal
- 4.30 p.m.-Afternoon tea

Please contact the UCA Events Officer, Jeff Gould,
if you plan to attend, for catering purposes.
email jeffreylanegould@btinternet.com / telephone 01625 403509,

MEDITATION *Companion*

Do you have questions about your meditation practice or spiritual journey?

Would it help to talk confidentially to an experienced meditator?



The Meditation Companion team is a group of experienced meditators from our WCCM community who are prepared to share the benefit of their own practice. They will be available by phone or e-mail for anyone within the WCCM community.

The Meditation Companion is someone willing to lend a listening ear to a question you might have on your meditation practice or simply provide an opportunity for you to share something of your spiritual journey.

You can get in touch with a Meditation Companion by contacting:

Anne McDonnell on 01603 810 646
e-mail: 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 provide your Name & Address and make cheques payable to: CMT (UK)

GIFTAID:

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

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

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

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