

# WHAT'S ON at THE MEDITATIO CENTRE

September – December 2023

**Weekly Schedule:** Lunchtime Meditation: 1 - 1-30pm Monday – Thursdays  
Meditation online 1 - 1.30pm Wednesdays  
Evening Meditation: 7 - 7-30pm Mondays  
Yoga with Lucy Barnes: 7-30 - 9-00pm Mondays  
Beginning Meditation: 6-00 - 7-00pm 1<sup>st</sup> Thursday of each month

## EVENTS:

### Being an Oblate of WCCM

Sat 2 Sept 11.00-4.00pm at the Centre

If you would like to explore this Benedictine path as a way of life growing out of your meditation we will be happy to help you understand what it involves. **No charge**

### “Vulnerable Us, and the Vulnerable Among Us”: Jon Sweeney

Weds 6 Sept 6.30-9.00pm at the Centre/Online

Jon discusses how it is ok to feel scared and vulnerable, because we can help others by starting from our own vulnerability. He will look at this using examples from the life of Francis of Assisi. **£20/£15 Online: £12.50**

<https://meditatiocentreondon.org/events/vulnerable-us-and-the-vulnerable-among-us-st-francis-for-spiritually-engaged-people/>

### TS Eliot and Kathleen Raine: Two Contemplative Poets: Grevel Lindop

Sat 9 Sept 10.30-4.00pm at the Centre/Online

Amid the chaos of the 20<sup>th</sup> Century, two poets found their own spiritual paths. Their poems allow us to share two very modern spiritual quests. **£40/£20 Online: £25**

<https://meditatiocentreondon.org/events/ts-eliot-and-kathleen-raine-two-contemplative-poets/>

### Living and Meditating with Persistent Pain: Chris Hurley

Sat 23 Sept 1.30-5.00pm at the Centre

Looking at the scientific understanding of chronic pain, and considering how these insights can be applied in everyday life. A day of talking, listening and gentle movement, with Chris; yoga teacher and meditator in WCCM **£30/£15**

<https://meditatiocentreondon.org/events/meditationforpain/>

### Thomas Merton and Transformative Power of Love: Sophronia Scott

Sat 30 Sept 10.30-4.00pm at the Centre/Online

“To say that I am made in the Image of God is to say that Love is the reason for my existence, for God is Love” - Thomas Merton How do we sense God’s Love for us? **£40/£20 Online:£25**

<https://meditatiocentreondon.org/events/thomas-merton-and-the-transformative-power-of-love/>

### Capacitar Technique Workshop: Denise Treissman

Sat 7 Oct 10.30 -4.00pm at the Centre

A workshop teaching these easy-to-learn holistic practices - drawn from ancient cultures and current research- to empower, encourage and bring each other to life. Denise is a Capacitar UK trainer/teacher. **£40/£20**

<https://meditatiocentreondon.org/events/capacitar-technique-workshop/>

### Contemplative Eucharist led by Fr Robin Burgess

Sun 8 October 11.00-1.00pm at the Centre

The 2<sup>nd</sup> Contemplative Eucharist this year, in thanksgiving for our 10<sup>th</sup> anniversary. Fr Robin Burgess is a Catholic priest in the parish of Ealing Abbey, where John Main began his first meditation group. **All welcome. Refreshments afterwards.**

<https://meditatiocentreondon.org/events/contemplative-eucharist/>

### Laurence Freeman: The Journey of Consciousness

Sat 14 October 10.30-4.00pm at the Centre/ Online

When was your first conscious moment? Whenever it was, it began a journey from narrow self-consciousness to Christ-God consciousness. On this day together we will learn the stages on the journey of awakening. **£40 /£20 Online £25.00**

<https://meditatiocentreondon.org/events/the-journey-of-consciousness/>

### Celebrating 100 Years of the Prophet: Lennie Charles and musicians

Sat 21 October 2.00pm and 7.00pm at the Centre

Gibran’s The Prophet is an allegorical guide to living; one that many have turned to at critical times in their lives. Join us for this celebratory event with music, poetry and prose, with the fabulous Lennie Charles and friends. **£20/£10**

<https://meditatiocentreondon.org/events/celebrating-100-years-of-the-prophet/>

to book: [www.meditatiocentreondon.org](http://www.meditatiocentreondon.org)

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### EVENTS:

**The Role of Meditation in Jewish Spiritual Life: Rabbi Yoel Glick** **Weds 25 Oct 7.00- 9.00 pm. Online only**  
Rabbi Glick is a teacher of Jewish Mysticism. In this talk we will explore how Judaism uses Contemplative practices to deepen the traditional prayers and rituals, and what role Meditation plays in the Bible. **Online £20/£10**  
<https://meditatiocentrelondon.org/events/the-role-of-meditation-in-a-jewish-spiritual-life/>

**From Christianity to Christ: Brother Martin** **Thurs 26 Oct 6.30-9.00pm at the Centre/Online**  
Christianity is in crisis. There is a movement away from being 'believers' to being 'seekers. From Christianity to Christ. Br. Martin is a Benedictine monk, author, and one of the closest followers of Bede Griffiths. **£20/£10 Online£12.50**  
<https://meditatiocentrelondon.org/events/from-christianity-to-christ/>

**The Gifted Imagination: John Bell** **Sat 4 Nov 10.30-4.00pm at the Centre/Online**  
Imagination has a major role to play in the development of faith. It helps us to unlock meaning which intellect cannot offer. John Bell is minister of the Church of Scotland and member of the Iona Community **£40/£20 Online: £25**  
<https://meditatiocentrelondon.org/events/the-gifted-imagination/>

**"Gently into that Good Night": John of the Cross: Prof. Peter Tyler** **Sat 18 Nov 10.30-4.00pm at the Centre/Online**  
St John of the Cross is one of the most misunderstood theologians. Rather than being a 'gloomy dark night' he invites us into the mystery and ecstasy that await our spiritual journey. **£40/£20 Online: £25**  
<https://meditatiocentrelondon.org/events/gently-into-that-good-night-lessons-from-john-of-the-cross-for-today/>

**Still Life Collage: Emma Douglas** **Fri 24 Nov 10.30-4.00pm at the Centre**  
A workshop focussing on still life. The morning will be spent drawing, the afternoon using different materials to create a collage. Beginners are welcome. Meditation and dialogue will be part of the day. **£40/ £20**  
<https://meditatiocentrelondon.org/events/still-life-collage/>

**Breathing for Meditators: Lucy Barnes** **Thursdays 30 Nov and 7,14,21 December 9.00-10.00am Online**  
Gentle breathing and movement sessions done from your chair, focussing on breathing, gravity, and releasing tension. No previous experience necessary. All welcome. **No charge, but donations welcome: wccm.org/donate**  
<https://meditatiocentrelondon.org/events/breathing-for-meditators-in-advent/>

**"Why did God Become Human?" Daniel Horan OFM** **Sat 9 Dec 10.30-4.00pm at the Centre/Online**  
In the season of Advent we reflect on God's choice not only to be 'God for us' but also 'God with Us' (Emmanuel) at a time when it may be difficult to see the Light of Christ. **£40/£20 Online: £25**  
<https://meditatiocentrelondon.org/events/why-did-god-become-human-renewing-our-understanding-of-the-reason-for-the-season/>

**Laurence Freeman: How The Birth of Jesus changed Human Consciousness** **Sat 16 Dec 10.30 -4.00 at Centre/Online**  
The life, teaching, death and Resurrection of Jesus, awakened human nature in a definitive way, at a personal level, but also at the unified human level, because our identity is far more than the individual ego. **£40/£20 Online:£25**  
<https://meditatiocentrelondon.org/events/how-the-birth-of-jesus-changed-human-consciousness-forever/>

to book: [www.meditatiocentrelondon.org](http://www.meditatiocentrelondon.org) email: [meditatio@wccm.org](mailto:meditatio@wccm.org) phone: 0207 278 2070