

meditation news



Newsletter of The World Community for
Christian Meditation in the UK

2021 Issue 1

 www.wccm.uk

 facebook.com/wccmuk

 uk@wccm.org

 020 8280 2283

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Next issue

meditation news is published quarterly by The World Community for Christian Meditation in the UK. Contributions are warmly welcomed.

Please send articles for the next issue to:

uknewsletter@wccm.uk

and events to:

events@wccm.uk to reach us by **1 June**.

Space is limited and if the item is more than 700 words please contact us in advance.

Editor: Margaret Comerford

Events: Pia Huber

Production: Andy Goddard



It is with great sadness that we have to postpone this year's UK Conference. We have been advised that the venue at Swanwick is closed until early July.

We had hoped to meet together as a community and to share in the celebration of a physical gathering. But we do have a date in 2022, so **please put this date your diary. The 2022 UK conference will be in Hoddesdon in Hertfordshire from Friday 17th June to Sunday 19th June.** We will let you have more details in forthcoming newsletters and on our website.

Meanwhile, we do hope that you are able to enjoy newfound freedoms in the coming spring and summer. We look forward to WCCM local groups meeting again and regional events taking place.

*Janet Robbins
On behalf of the UK Conference Planning Team*

Making the Divided Self Whole

A Response to Fr Laurence's Letter in the *Meditatio* Newsletter November 2020

Thank you for your many stimulating letters.

The notion of the divided self has been present for many generations, and to have reached such divisions within ourselves, families and communities and what we now call a "global village" is just no longer acceptable. It won't be until we have a holistic attitude to all parts of our life that healing on all levels can take place within society.

I reflect – in the 1960's I nursed in an eminent London Hospital. Most of our patients were referred to us with serious complicated diseases. I loved every minute of working on the wards particularly night duty. On night rounds, the senior nursing staff visited each ward and were escorted around with a staff nurse, pausing at the foot of each bed to discuss progress and treatment.

Patients were referred to by their diagnosis e.g. Prostate Problems Bed One, the Stomach Ulcer Bed Two, Fractured Femur Bed Three – a clear demonstration of divisions!

But still hospitals have outpatient departments for individual organs and diseases – really difficult if you have more than one complaint! We know all the organs in our body interact continuously, even old sayings remind us of this fact – venting the spleen, gut instinct, teeth on edge etc.

We have chosen to treat our ailments with modern medicine or allopathy, the drugs are disease specific, all

our pharmacopoeias are written with those divisions in mind. Different diseases in different people have different origins – surely the whole body needs treating at the same time – the symptoms are merely messengers of the disease or imbalance. Take the paradigm of mind, body and spirit for instance. We all know how to look after ourselves physically by eating well and exercising regularly. Our minds thrive on learning and thinking. And our spirit – who looks after that? But it is our spirit that suffers the greatest in the divided body.

Religions give us guidelines or pathways to encourage us towards a life of fulfilment even transformation. But many folks now feel the need to emphasize the more spirit-filled part of religion finding the rituals within our belief systems insufficient. There is a huge thirst to find the answers to the meaning of life and faith. The divided and confused self needs to heal.

As church congregations provide an enormous sense of community, wouldn't it be wonderful to swell the numbers of believers and non-believers by teaching meditation within every parish, not necessarily by the very busy clergy, but by making it an initiative of WCCM!

Maybe then we can begin to make the divided self, whole.

Chris Hill

Sharing the Gift of Meditation – Grants

The World Community for Christian Meditation exists simply to share the gift of meditation, a gift it received through the teaching of John Main.

If you have an idea about how you would like to help share this gift and need a grant to help you, please follow the link from the 'Grants' banner on the homepage or contact the UK Office for more information about how to apply.



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**Do you have any questions about
your meditation practice, or your
spiritual life in general?**

**Meditation Companions are
experienced WCCM meditators who
are there for you to talk to, in
confidence.**

**Contact Bob Morley.
rgm1@live.co.uk
tel. 07704 419526.**



News from the School of Meditation

After the series of cancellations in 2020 we are very much looking forward to holding some residential events this year.

Unfortunately the planned Essential Teaching Weekend at Ammerdown in May has had to be postponed because the centre will not have been able to reopen. We are trying to reschedule this for later in the year and the date will be published on wccm.uk, the UK website, and in the next *Meditation News*.

The rescheduled 7 day Silent Retreat at the Greenhouse Christian Centre in Dorset will take place from the 18 to 25 July. Details can be found on the right. Reservations are now being taken.

You will see that we have a new contact name for events and welcome Ailsa Adamson to the School of Meditation team. Ailsa will be looking after bookings for us, taking over from Jacqueline Russell who is stepping back after many years of devoted service. From us all, a BIG thank you to Jacqueline for all she has contributed.

By the time you read this another Essential Teaching Online course will have been completed. We plan to hold more Essential Teaching courses online as it makes them easily accessible to everyone. If you are interested please get in touch and we will start planning!

Julie Roberts

julie.ann.roberts@icloud.com

School of Meditation UK Coordinator, WCCM in the UK

ESSENTIAL TEACHING ONLINE

- Ever thought about attending an Essential Teaching Weekend ?
- Put off by the travelling, the cost, or being away from home?
- Why not register for an Essential Teaching Online?

The online course on Zoom incorporates the basics of the residential course and comprises of eight, two hour sessions spread over several weeks with meditation, teaching and discussion. The cost is £20 to include the book "Sharing the Gift".

If you think this might be for you, please get in touch to register your interest or for more details.

Julie Roberts

julie.ann.roberts@icloud.com

01458 832704

The School of Meditation in the UK Seven Day Silent Retreat



Led by Julie Roberts

Sun 18th - Sun 25th July 2021
The Greenhouse Christian Centre, Poole, Dorset
www.the-greenhouse.org

With seven meditation sessions each day the school retreat is intensive. It is suitable for people who have been meditating seriously for some time in our tradition, and have some experience of integrating meditation into daily life. It forms a natural progression from the Essential Teaching Weekend offering a time of silence and stillness with a daily flow of meditation, a short talk and regular meeting with one of the retreat leaders. It offers a profound, integrated experience of both sides of the spiritual journey of meditation - of solitude and fellowship, and gently opens participants to explore how they are called to share the gift.

The Greenhouse offers comfortable accommodation, single occupancy rooms with some ensuite which will be allocated according to need. Cost per person £639.00 inclusive. Bursaries to help with the cost of this retreat are available - please ask.

For an application form please email: ailsa.adamson@gmail.com
or call the UK office on 020 8280 2283

The World Community for Christian Meditation in the UK



We need a Social Media Enthusiast!

WCCM in the UK wants to improve its presence on social media to reach a wider and more varied audience.

We are looking for someone who can manage our Facebook account, has experience of setting up and managing other social media accounts and is able to regularly post information about UK events and activities.

If you are enthusiastic about social media and would like to support the WCCM in the UK community we would like to hear from you.

Roz Stockley has more information and can be contacted on 07929 007808 or by email rozstockley@copsewood.org.uk

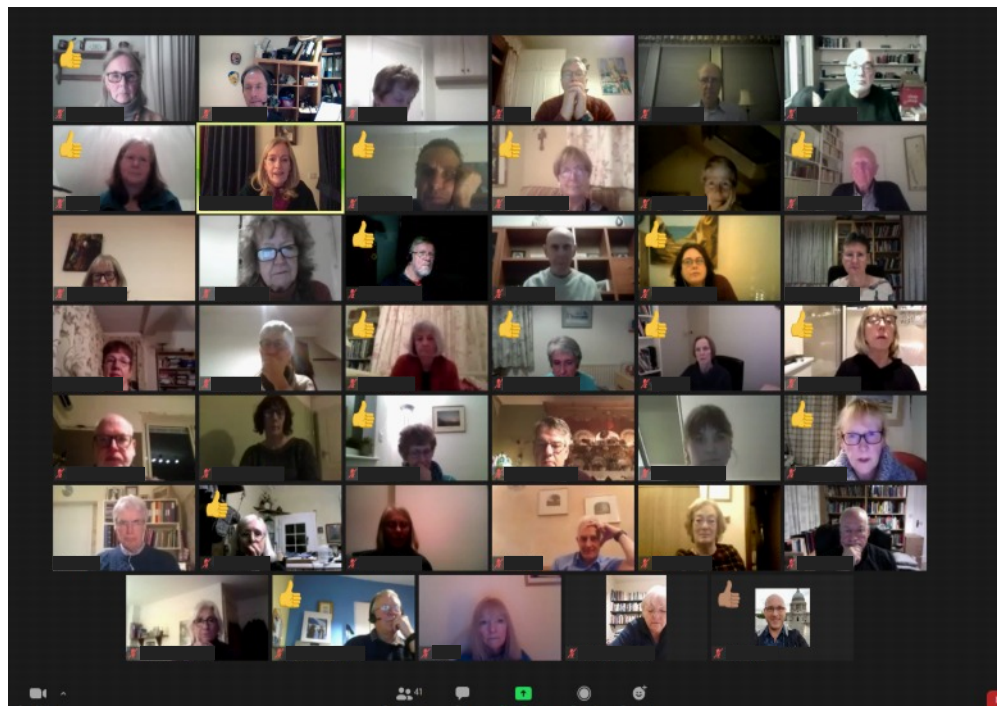
The National Council 2020

The National Council for the UK community is an annual meeting, principally of regional (RCs) and special interest coordinators (SICs), the Action Group (AG) and a few others. Usually it is a working, decision making event held over a weekend at a conference centre. Its work is to share experience, review activities for the year just ended and decide on the priorities for the coming year.

This year, perhaps more than other years, the National Council was a celebration of achievements and an acknowledgement of difficulties, as well as an opportunity to discuss plans for next year. Meeting up virtually was made possible as, both nationally and internationally, we have embraced the marvellous technology offered by Zoom. This platform has enabled many of us to stay connected with friends, family and our meditation groups and attend religious services remotely. If you wanted to, you could also go on retreat, participate in the Essential Teaching course online and be uplifted by the offerings of the website www.acontemplativepath-wccm.org. However, there were also members of our community who could not, or did not wish to, embrace this technology and we also wanted to hear about their experience. So, in preparation for the National Council, the Action group asked the members to complete a survey which enquired about their experience during the year and thoughts for the coming year.

In planning the meeting, the AG needed to recognise that long Zoom calls can be tiring, so the sessions and meditations were spaced out and, hopefully, not too long. During the two days, an average of 39 people joined the 7 discreet sessions. The structure of the sessions enabled us to meet as a large group for presentations and in smaller groups for discussions, the equivalent of meeting in breakout rooms. Julie Roberts facilitated the main sessions and Roisin Williamson managed the technological aspects with aplomb. Small group sessions and meditations were facilitated by members of the AG.

During Saturday evening, as well as meditating together, the large group session orchestrated by Roger Layet offered attendees the opportunity to share a few words about something they were proud of in their region/area. It quickly became apparent that despite the circumstances there had been lots going on to feel pride about. This session also gave us the opportunity to hear each other, to reconnect with friends we hadn't seen for a



year and, where someone was new in post, to make new friends. It was wonderful to see and hear so many familiar faces. Once the sharing was over, Roz Stockley presented a summary of the survey results. The survey itself had asked about the year in some detail, both in general and specifically in relation to the impact of Covid 19; how the coordinators were connecting with their group leaders and special interest areas; what their thoughts were about the coming year and what areas they believed would be important to focus on in 2021. Some very interesting feedback was received which had helped to frame the Saturday sessions, along with providing the basis for some of the priorities.

After meditating together before breakfast, Saturday morning and afternoon were the significant hour-long working sessions. The delegates were each randomly allocated to one of 5 breakout discussions for about 20 to 30 minutes, after which the groups reconvened and each group facilitator fed back to the Council on the key points raised. During the four sessions we acknowledged the challenges for RC's/SIC's this year, considered how we could support the outreach roles of RCs/SICs going forward, discussed using both online, physical meetings or a combination in the future and, lastly, what could be our priorities for 2021. The output was truly rich and varied. You may like to know that one of the key priorities was about helping new-in-post coordinators. Historically they may have been able to meet up and discuss their roles in some depth but obviously this hadn't been possible this year. The outcome has been the establishment of a regular on-line meeting facilitated by Richard Broughton and attended by about 10 people, who are sharing ideas and practices. The first one was held in December, with another to follow in January.

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Desert Island Books

The National Council were asked which book we would take with us if we were stranded on a desert island, the Bible and Complete Works of Shakespeare having been left by the previous occupant...

- The Brothers Karamazov – Dostoevsky
- The Nation's Favourite Poems
- Stillness Speaks – Eckhart Tolle
- An Anthology of poems – Rumi, Rilke, RS Thomas, et al
- The Beekeeper of Aleppo – Christy Lefteri
- Francis: A Life in Songs – Ann Wroe
- Silence and Stillness – John Main
- The Cloud of Unknowing – Anonymous
- Collected Works of St. Teresa of Avila
- The Book of Joy: Lasting Happiness in a Changing World – Dalai Lama and Desmond Tutu
- Awareness – Antony De Mello
- A Spirituality in the 21st Century, a Commentary on the Rule of St Benedict – Joan Chittister
- The New Man – Thomas Merton
- Going Beyond – Geoffrey Barton
- Divine Dance – Richard Rohr
- Walking with Angels – White Eagle publishers
- Just This: Prompts and Practices for Contemplation – Richard Rohr
- Zen Gifts to Christians – Robert Kennedy
- The Tao of Pooh and the Te of Piglet – Benjamin Hoff
- Song of the Golden Hare – Jackie Morris
- Living Presence: The Sufi Path to Mindfulness – Kabir Helminski
- Letters to Kate – Judy Roblin



- Book of the Heart – Meister Eckhart, edited by Jon Sweeney and Mark Burrows
- The Splash of Words: Believing in poetry – Mark Oakley
- The Light Within – Laurence Freeman
- Christian Koans (Article, not available) – Richard Rohr
- Return to the Centre – Bede Griffiths
- A New Earth – Eckhart Tolle
- The Essential Writings Of Christian Mysticism – Bernard McGinn
- The Worrysaurus – Rachel Bright
- Collection of Writings (out of print) – David Wood
- A Return to Love: Reflections on the Principles of a Course in Miracles – Marianne Williamson
- Hymn of the Universe – Teilhard De Chardin
- Light out of Darkness – Kathleen O Sullivan

National Council 2020 continued from page 4

In past years, Saturday evening would have been a chance to chat, sit in the bar, sometimes share a quiz and then, on Sunday, conclude on the priorities for the following year and share a Eucharist. Of course, none of this was possible in 2020. Instead, after our final meditation, Janet Robbins asked us what book we would like to take with us to a desert island. What a library of titles were received! It was a lovely way to end what was an unusual but nevertheless very productive weekend. The only thing left to do was to conclude on the priorities, which, using all the input from the weekend, the AG did shortly thereafter.

To finish my report, as well as saying a huge thank you to all who have supported others on their meditation journey during this extraordinary year, the AG would also like to thank the members of the National Council for their contributions to the weekend and for the subsequent feedback. We didn't know a meeting would be possible, but it was and what a fruitful time it was too.

Roz Stockley



Goodnews books Christian

See online the range of books, talks, and DVDs
WCCM in the UK Distributors

- Resources for schools and churches
- Sale or return book-packs for events

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A December day in the life...

The alarm goes off. It's 6 o'clock. The room is cold, and outside it's very dark. The nights recently have been very cold, leaving a hard frost in the morning, but beautifully clear. Although we are only 10 kilometres south of Poitiers, there is remarkably little light pollution here, and on clear nights the sky is lit up by the Milky Way.

I have learned that the best thing is not to groan and roll over, or to think about the hellishness of it all, but just to get straight out of bed, shut my window, and put on the kettle for a cup of coffee. I then get dressed, and make my way down to the kitchen to put porridge on and check the coffee percolator is all ready to produce a fresh pot for breakfast. Then wellies on, and a slow walk up the hill to what was the barn, and is now our magnificent meditation hall. Apart from the motion triggered outside lights, everything is in darkness. A few silent bodies sit quietly on cushions in a large circle around the altar; a single oil lamp flickers in front of the icon. At 6:30 precisely, the gong sounds, three times. Eventually all the lights outside and in the lobby go off, and the sky outside slowly lightens to a pearly grey.

At 7:20 morning prayer starts. Usually the whole community is now present. We sing a Taizé chant, someone reads a psalm, another something from a sister tradition. Today it's a passage from the Rig Veda, read by Karen, a Workaway volunteer from Denmark, who's been with us for seven weeks, but will leave us soon and go home for a *hygge* family get together. Then the gong again, and afterwards Laurence reads us today's gospel,



Jesus telling the apostles to go off and cure everyone of everything, which I'm beginning to realise is a perfectly reasonable instruction. And we all sing the Benedictus canticle, which is a beautiful way to begin our day.

Back down the hill in the daylight to silent breakfast (we don't really speak until after 9 o'clock, and try not to bang the pots and pans too much in the kitchen, which is tricky if you're on cooking duty and trying to prepare lunch for 12). On a weekday, we all meet in the library at 9:15 to read that day's chapter of St Benedict's Rule, and then to share our responses. This can be quite challenging, and



amusing, as he occasionally suggests beating the children, and he's very agin laughter and idle gossip. Chapter 7, the longest, which takes several days to read through, is also I think the most difficult for us to take on board. It's on the twelve steps of humility; I think, after three years, it's beginning to make sense – the ego does not leave the room without a fight.

At 10 we finish with a minute's silence, and make sure everyone knows what's to be done, and who's doing it, and then we go off on our separate ways. At 12 the bell rings for midday prayer, so we down tools and walk back up the hill. A chant, a section of psalm 118, a reading from John Main, meditation for 30 minutes, a reading from a Christian mystical text – yesterday we had Meister Eckhart, saying something amazing about how God the Father gives birth to the Son in us. Then back for lunch, the bell is rung to tell everyone food is on the table and it's time to say grace. We usually have lunch in silence, with one or two of us serving everyone at their places. Today we had lentil stew, cooked by me, but mostly yesterday so I've had an unexpectedly quiet morning, and jacket potatoes and nice spicy cabbage produced by my angel for the day, Jean-Claude, another Workaway volunteer, from Vietnam, via France, West Africa and California. He has had a colourful journey here, as many have; the angel for the day helps the cook, lays the table and clears away and cleans up after meals; their last job is laying up everything for breakfast the following morning, so it really is a full day's work.

On Thursdays we all sit down after lunch in front of a big white marker board, gridded up for the coming week, and work out which of us will do what jobs in the week ahead – cooking, cleaning, shopping, leading prayers, ringing the bell, taking out the rubbish and compost. Separately John organises all the bricolage, the DIY jobs like building the library shelves, or fitting doors in the attics; Henriette organises the kitchen garden and all the logistics, and I'm responsible for outside activities, but mostly those are done by Jean-Christophe, who has worked at Bonnevaux for thirty years, and knows every tree and sanglier (wild boar) by name.

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A December day in the life... continued from page 6

After lunch Karen and I go for a walk around the estate – it's 65 hectares of woods and meadows, with a little river called La Rune, and a small lake. The French quite rightly call it a pond, and in the summer it's more of a bog, filled with frogs and toads and fish fry, and farmed by a giant white egret, supposedly a migrant from Egypt, but he seems not to bother with the Egyptian bit, and just stays here with his friend the grey heron. A walk around the estate is a proper walk and can easily take a couple of hours, what with all the sanglier and deer tracks to look at, and different trees and wild flowers to identify. There are also several natural springs on the estate, unfortunately contaminated with nitrate run off from the surrounding agri-businesses, so not really approved of for drinking although some of us do. And the woods are filled with deer ticks, so Lyme disease is an issue. I and Jean-Christophe both got a dose in the summer, which at least demonstrated the wonders of the French medical service to me – the French take it for granted, but it works like a Rolls Royce – doctor's appointment that afternoon, and blood test and results confirming the doctor's diagnosis the following morning by email, and super strength anti-biotics for a week. Small amounts of cash change hands at each stage, but utterly without fuss, and given the speed and efficiency of it all, I have absolutely no complaints.

This evening we are all meeting in a general assembly of the Association to elect a new board, which is important, and inevitably, compliquée, and probably conducted in French, which I can follow well enough, although I have trouble expressing myself at more than infant level. Jean-Christophe and I manage, but mime and sign language often take over, as he speaks no English at all. As a long term member of the resident community, I have a vote, so I must pay attention. It will also probably mean we will miss evening prayer and meditation, and singing the Magnificat with Geert, who is a very fine baritone from Belgium. And he's a good cook. He is going to make his final oblation here in two weeks' time.

After evening prayer and meditation, we have an informal, pick up sort of supper, and a chance to chat. We might watch a film together in the library, or have a games night. Tonight we're having a little party because two of our visitors are leaving – I take Tina to the Gare in Poitiers at 7

tomorrow morning, but she plans to come back in a month; she is going to telework from here for the WCCM in the UK until her contract runs out.

And so to bed. Tomorrow is Sunday, so we get a lie-in – first meditation at 7 o'clock. Yippee.

*David Simpson,
a member of the community at Bonnevaux*

Emptiness

Contemplation, the descent into nothingness.

A release of everything temporary.

A knowing that all things are empty;

No forms, no feelings, no thoughts or perceptions.

Is emptiness the absence of Love too?

No.

Emptiness is the heart of all perceived things.

To embody emptiness is to be

Totally receptive to the Love that Is.

Surrounded, penetrated, becoming at One with;

Our Being has fathomless depth.

The gift of Grace allows

A full emptying to take place;

Aversions and attachments are no longer.

Even awareness of Being has gone.

A silent stillness.

This vacuum of emptiness

Is filled with pure Love. It flows eternally;

An outpouring, which becomes veiled

By the awareness of mind and body,

And the return of thought.

Bob Morley, November 2020



Donations

If you would like to make a donation to support the work of WCCM in the UK, you can donate online at:

wccm.uk/donate

You can also send cheques to:

WCCM in the UK

Lido Centre, 63 Mattock Lane, London, W13 9LA

Please include your name, address and email and make cheques payable to: *WCCM in the UK*

Gift Aid

giftaid it

If you are a UK taxpayer you can Gift Aid your donation, which increases the amount we receive at no extra cost to you. Information about Gift Aid and a declaration form is available online or from the office.

Sharing the Gift: Two projects supported by our Eileen Cox legacy

Our national community has been distributing funds from the legacy from London Meditator Eileen Cox for the past two years. We know that the benefits of our meditation practice continue to be very relevant, and as a community we are keen to encourage new projects which will share the gift of meditation.

As I write (January 2021), the pandemic is surging and times are difficult for all; but we have the hope of

improvement over the next few months, and our Trustees would like everyone to think and dream about projects which will help take meditation to a wider community.

Please visit our WCCM UK website for details on how to apply. In the meantime, we hope that the story of two initiatives will inspire you: a pattern of quiet days in Preston, and a meditation venue in rural Herefordshire.

Richard Broughton

Quiet days at Xavarian Centre Preston -- Joanne Caine

A patient half hour with straightforward form filling has enabled us to secure a sustainable bi-monthly opportunity for people to realise they can enjoy "quiet in company", find a deeper sense of quiet and stillness and also benefit from chatting at the appropriate times with friends on the same journey.

The funding set up a regular pattern of Quiet Days for the North Manchester and Lancashire WCCM Region. These days enabled group leaders to feel supported by each other in their role and for all participants to develop the silence through meditation in the prolonged hours of the day. There were 7 days held from February 2019 to

February 2020, with attendance for each day ranging from 12 to 22.

Comments from participants:

It is good to have a central event for the region to meet regularly and share. I have learnt so much by listening how other groups operate. It has given me the confidence to start my own group. It is a good place and time just to share aspects of your spiritual journey with like-minded people.

I feel that out of all my coordinator activities, this is the most valuable so when the time is right we will re engage with the Xavarian Centre and continue as a real space, real time here and now opportunity.

Sharing Christian Meditation at the Fold -- Tina Jefferies

In 2011, Tina and husband Nick began offering their own home and garden as a place of peaceful retreat. Inspired by Rowan Williams' book, *Silence and Honey Cakes* – Tina had discovered a reference to WCCM and subsequently John Main's teaching, and found her daily contemplative meditation practice legitimised within her Christian faith. Later, during workshops she was running on silence and prayer within the diocese and beyond, she found increasing levels of interest in meditation and contemplation within Christian tradition. In response, in 2017, she held a 6-week WCCM Introductory Course at her home. An ecumenical meditation group was then formed, and has gone on meeting bi-weekly ever since.

Then, in 2018, whilst volunteering at Bonnevaux, France, Tina and Nick felt affirmed in making the move to a new home where they could build on the development of the following vision:

To nurture understanding of meditation and contemplation in the Christian tradition, and their vitality to spiritual development, through hospitality of heart and hearth.

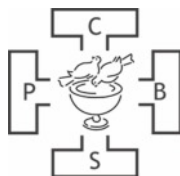
And so it was in April 2019 that they moved to their small farmstead on the rural borders of Herefordshire and Wales. The place would afford them greater opportunity



to create self-catering retreat accommodation and workshop days for larger gatherings in an inspiring environment. The place itself, rather run down and unloved, is being developed to become an invitingly peaceful place. It is taking much time, energy, hard work, and resource, but gradually, and despite setbacks, it is emerging!

Rural Herefordshire is a dispersed and sparsely populated community, presenting challenges to gathering people together. Partly because of the necessity of travel, but also introducing something perceived as "new" (such as Christian meditation) time is required for innovative approaches to settle and grow. Rather than be set back by such obstacles, it was necessary to build from this context. So this was the genesis of creating a garden

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Monastics in the World – WCCM Oblate Community

Meditation creates community. Meditators who experience personal transformation through a daily practice seek to express this in ways suitable to their own path. Oblation is one of these.

The World Community is ecumenical and the Oblate community specially reflects this. However, the WCCM as a whole acknowledges a special relationship to the Benedictine tradition which was the first in the western Church to form a stable form of inclusive religious life and, in succeeding generations, has always adapted to the needs and circumstances of the age. Oblates live out their oblation in a spirit of 'obedience, stability and

conversion' and promise 'to share always in the life and work of our Community'.

The basic element of the Oblate Community, is the 'cell'. This word has a long monastic tradition referring originally to the monk's cave or room. With us it is used to describe presence not only physical space. The cell meets with regularity, to meditate, to share the Word, to consider their ways of sharing in the work of the wider community and where time allows share a meal together. All are welcome.

International Oblate Coordinator: Eileen Dutt

07721 574767 or eduttobl@christianmeditation.org.uk

Oblate Events

Annual UK Oblate Weekend: Saturday 16 and Sunday 17 October 2021. at The Monastery of Christ Our Saviour, Turvey, Bedfordshire. Please contact: Angela Gregson via oblates@wccm.uk for more information..

The next **Quarterly Oblate Community Day** will be an online Zoom meeting. Contact: Gilly Withers gilly@withers.org 07896 742047 for details.

Benedict's Well - weekly online Oblate led prayer session and talk. Mondays at 9am. Contact: Julia Williamson julia.williamson78@gmail.com

WCCM Oblate cell meetings

Cambridge: Contact: Jane Serrurier 07557 476227

North London: Meets at Christ the King Church, Cockfosters. Contact: Philomena Phillips philomenaphillips51@hotmail.co.uk or on 07970 971674

Berkshire: Online Zoom meeting on the last Wednesday of each month from 14.15 - 15.45. Contact: Angela Greenwood angelagreenwood@hotmail.com 01344 774254

Northern Cell (Leeds): Saturdays 22 May and 10 July. Contact: Angela Gregson via oblates@wccm.uk for more information.

Online UK Led Oblate Cell Meetings: Sunday 11 April 11.00-12.30, Wednesday 21 April 19.30-21.00, Sunday 9 May 11.00-12.30, Wednesday 19 May 19.30-21.00, Sunday 13 June 11.00-12.30 & Wednesday 23 June 19.30-21.00. Contact Angela Gregson via oblates@wccm.uk for more information.

Sharing the Gift continued from page 8



meditation studio resourced to share the message of meditation through hospitality as well as teaching: a place where people could drop-in and learn more.

Subsequent conversation with Regional WCCM Co-ordinator, Margaret Jarvis, supportive of Tina and Nick's work and intentions, suggested an application to the

Eileen Cox Legacy Grant. Funds were awarded and have made a vital contribution to the development of this rural meditation room.

As the finishing touches are put to the build, it is hoped that people will come from near and far to explore and connect with meditation by attending teaching days, courses (Zoom facilitated), and gain inspiration from residential stays at The Fold. We plan to hold a programme of events from late spring 2021.



A new look to our new charity

In the Winter issue of *Meditation News* Roz Stockley explained changes being made to our UK charity and announced our new name: **WCCM in the UK**.

Over the winter the WCCM international team made changes to the 'brand': a new logo, a common colour scheme and typography for websites and documents, and a new website template. These have been offered to the national communities and over time we will adopt them in the UK. Visit www.wccm.org to see the changes.

The new UK logo shown above (it may be in black and white instead of green) is the first change you will see. If you receive letters or emails with *WCCM in the UK* or the new logo, they are from the UK community. If you need confirmation that a message is genuine, do contact the UK office: uk@wccm.org or 020 8280 2283.

PAM CONNOLLY R.I.P. 3 December 1946 – 14 January 2021

Reflections from the WCCM community who knew her.



We were sad to hear of Pam's death in January. Pam was an Oblate and committed WCCM member.

Her funeral was on 27 January at Harehills Lane Baptist Church, Leeds and a recording is here:

<https://bit.ly/3bBywLY> (until the end of April)

Pam made her full Oblation at the Monastery of Christ the King, Cockfosters in December 2010. She fulfilled her commitment to share in the life and work of our Community: From the beginning of her joining WCCM, Pam was always an active member of the Community. In 2007 she became joint Regional Coordinator for the Yorkshire Region, and did a great deal to establish and build the Yorkshire Community into what it is today. Pam helped to organize retreats and quiet days, whilst leading her own meditation group in Harehills. She was also actively involved in setting up Fr. Laurence's first visit to Trinity and All Saints University in Horsforth, Leeds. It was after Fr. Laurence's visit that the Yorkshire Region began to grow, with groups beginning to blossom all over Yorkshire.

She was Coordinator for The School of Meditation in the UK for about 18 months but then her health made it impossible for her to continue.

She was deeply committed to our Community and was a regular attendee at the annual UK Conference.

She was a founder member of the Northern Oblate Cell which meets in Leeds, and we will miss her presence and thoughtful, heartfelt, sharing. Initially the Cell met at Pam and her husband Peter's home and founder members have reflected:

I used to love our Cell meetings at her house in Leeds, she would always make us feel so welcome. Pam would also be a supportive presence whenever we had gatherings at Cockfosters and I have very fond memories of her. She would greet me with a very warm welcome and hugs, hot coffee, and at lunchtime when we had a shared table Pam would offer homemade bread, soup and cakes.

As the Cell grew, we made the decision to hire a room in a church centre and started to meet there. These are reflections from those days:

I was so impressed by her engagement with the cell meetings and her very thoughtful and sincere contributions.

I felt her strong, peaceful and generous presence each time she was there. May that inner peace accompany her through the next part of her journey.

She was a lovely person. I will keep her family in my heart and prayers.

She would often send me beautiful homemade cards of pressed flowers from her lovely garden. I treasure the love expressed through them.

I will miss her friendship which had grown over the years that we trod our Benedictine path together.

One year when Fr. Laurence came to Cockfoster's to lead his usual UK Advent day, Pam & I had travelled down by train from the East & West of the North and during the late morning it started to snow heavily and continued throughout the afternoon. We found the underground was still running so we were able to get back into central London to catch our respective trains home. We kept in touch by text messages, to see how we were each doing in respect of trains still running. Pam texted me after about an hour that trains back to Leeds had stopped running and she was booking into a hotel for the night and trying again next day. I was more fortunate, trains were still running on a very reduced service, but 4 hours later I did get back up North.

She looked forward to being with her Oblate Brothers and Sisters at our Annual UK Weekend and attended even when her health was deteriorating. She was deeply saddened when she wasn't able to do so in 2018 and 2019 because of her poor health.

Other's who remember Pam have reflected that:

She was such a friendly, open and warm-hearted person. A real advert for the effect of meditation. She was also very committed to the Community and always willing to help. It was a pleasure to know her.

It always felt good to be greeted by Pam with her beautiful smile coming from her beautiful soul.

Pam was very warm and kind. When Pat & I travelled up to Leeds, in 2019, I think, for a UK Oblate Cell meeting, she willingly put us both up for the night, gave us a lovely evening meal and breakfast and met us at the station. It was lovely having that homely stopover, rather than staying elsewhere.

I remember Pam travelling to an event in East Anglia from Leeds which really impressed me and also providing me with hospitality overnight when I assisted with an event she had organized in Leeds.

Events

Events are subject to COVID-19 restrictions, some may be held as online Zoom events, others may be cancelled at short notice. Contact the organiser(s) for the latest information.

Events from March. Please visit the Christian Meditation UK website for more details and to check for changes and additional events: [//wccm.uk/events](http://wccm.uk/events)

National

Annual Conference: *Touch the Earth Lightly* has been postponed until 2022. See front page and website for details.

School of Meditation Events. Contact: Ailsa Adamson ailsa.adamson@gmail.com or phone UK office: 020 8280 2283.

Essential Teaching Online. Leader: Julie Roberts. Venue: Online. Cost: £20. Please register your interest for the next one. Contact: julie.ann.roberts@icloud.com

School of Meditation Essential Teaching Weekend. This event has been postponed – revised date will be on UK website when available.

Sunday 18 to Sunday 25 July. School of Meditation Seven Day Silent Retreat. Venue: The Greenhouse Christian Centre, Poole Dorset. Cost: £639 inclusive. Bursaries are available.

Northwest England

Tuesday 4 May 10:00-15:00. Living with the Mystics – Hildegard of Bingen. Introduced by: Heather Keogh. Venue: Ambleside Parish Centre, Vicarage Road, Ambleside, LA22 9DH. Cost: suggested donation £5. Drinks provided, please bring your own lunch. Contact: Bob Morley rgm1@live.co.uk 016974 72644

Southwest England

Thurs 15 to Sunday 18 July. South West silent retreat. Theme: Oneness. Venue: Greenhouse Christian Centre, Poole, Dorset. Short talks from Alex Holmes. Cost: £239/269. Bursaries available. Details: Anita Finnigan 01305 259032 anitafinnigan@hotmail.co.uk

Fri 24 to Sunday 26 September. South West “contemplation and community” retreat. Speaker: Liz Watson. Venue: Ammerdown Centre, Radstock near Bath. Details: John Roberts john.wilcott@gmail.com

London

Wednesdays 19:00-20:15. Addiction and Grace Meditation Group. Venue: Kairos Centre, Mount Angelus Road, Roehampton, London SW15 4JA. Contact: May Nicol maymbnicol@aol.com 07768 310666

Meditatio Centre St Marks Church, Myddelton Sq London EC1R 1XX 020 7278 2070 meditatio@wccm.org www.meditatiocentrelondon.org Bookshop opening times: Monday - Friday 10:00-17:00

Please keep in touch for up to date information about our events. Some of our events will be offered at the Centre and some online.

We are continuing to offer online meditation on Wednesday 13:00. Please contact meditatio@wccm.org to join.

Repeating events:

ONLINE MEDITATION every Wednesday 13:00 – 13:30. Contact: meditatio@wccm.org for the zoom link

BREATHING WORKSHOP every Thursday 9:00 – 10:00. Contact: lucybarnesyoga@icloud.com for the zoom link

Single events:

Wednesday 3, 10, 17, 24 March 19:00- 20:30 Six Week Introductory course to Christian Meditation Leader: Evonne Galloway and friends Venue: online Cost: FREE

Saturday 13 March 13:00-18:00 Mind Melds Science and Spirit. Speaker: Rev Don MacGregor Venue: online Cost: £30/£20

Tuesday 23 March 7.00 – 8.30 Chinese Classical Thought and Meister Eckhart. Speaker: George Wilson Venue: online Cost: £15/£10

Saturday 17th April 10:30-16:00. Staying Sane in Insane Times Speaker: Simon Parke Venue: online Cost: £30/£20

Westminster Cathedral

Daily Meditation: 12.30–13:00 Monday to Friday. In the chapel in St Paul's Bookshop. All welcome.

First Wednesday Quiet Days: Due to COVID-19 restrictions all events have been cancelled.

Silence in the City

See www.silenceinthecity.org.uk for the programme. Unless stated otherwise all talks are at: Westminster Cathedral Hall, London SW1P 1QH. Pre-booking is necessary. Contact: 020 7252 2453 info@silenceinthecity.org.uk

Keeping In Touch

If you would like to ...

- Receive Meditation News by email or post
- Find out about meditation groups in your local area
- Find out about the Lone Meditator Network

Visit: www.wccm.uk

Email: uk@wccm.org or Phone: 020 8280 2283

Or contact:

**WCCM in the UK ,
Lido Centre, 63 Mattock Lane, London, W13 9LA**



Bonnevaux Online Programme



Health (Dr Barry White & Laurence Freeman)
Recovering wholeness for full human being

Monthly seminar Jan – Nov 2021, the WCCM Year of Health

Wisdom Living & the Joy of Connection – Talks for Younger Adults (Laurence Freeman) – Saturdays once a month March to December



Finding Losing Finding (Laurence Freeman)
Easter Retreat

Online Retreat 1 to 4 April

Who Am I? Dancing With Your Shadow (Kim Nataraja)
Online Retreat 12 to 15 May



Visit wccm.uk/bonnevaux for details.

UK Office

WCCM in the UK – Registered Charity No. 1189977 & **The Christian Meditation Trust (UK)**—Registered Charity No. 1101900.

📍 Lido Centre, 63 Mattock Lane, London W13 9LA ☎ 020 8280 2283 ✉ uk@wccm.org 🌐 www.wccm.uk

National

National Coordinator: Contact Action Group team leader, Regional or Special Interest Coordinator. Otherwise, contact UK Office.

Chair of WCCM in the UK & CMT(UK): Roz Stockley—07929 007808 ukchair@wccm.org

Safeguarding Trustee: Richard Eddleston—07980 631311 riedd@btinternet.com

Goodnews Books: John Roberts—01458 832704 john.wilcott@gmail.com

Action Group

National Coordinator: See National listing above.

Administration: Roisin Williamson—020 8280 2283 ukadmin@wccm.org

Clergy: Fr John Bannister (see below)

Communications: Roz Stockley—07929 007808 rozstockley@copsewood.org.uk

Meditation with Children in Schools: Laura Mapstone—07503 737350 ukmeditationwithchildren@wccm.org

Special Interest Coordinators

Addiction: Mike Sarson—0118 962 3332 mikesarson8@gmail.com

Bonnevaux Contact: Philip Kitchen pakitchen@gmail.com

Clergy: Fr John Bannister—07788562488 johnlbannister@gmail.com

Learning Disabilities: Celia Gurowich—01273 555967 celia.heneage@gmail.com

Lone Meditators: Pam Winters—020 7278 2070 pam@wccm.org

Marginalised: Terry Doyle—07971 105082 terry-doyle@live.co.uk

Meditatio Country Coordinator: Diana Ohlson—01288 354441 / 07837 311638 dohlson24@gmail.com

Meditatio Centre: Kate Coombs—020 7278 2070 kate@wccm.org

Meditation Companions: Bob Morley—07704 419526 rgm1@live.co.uk

Regional Coordinators and Contacts

Scotland

Alex Holmes—01241 830724 / 07778 536677 christianmeditationscotland@gmail.com

Wales

South and East: Barbara Jones—01600 772895 bar_demi@hotmail.co.uk

West: Jayne MacGregor—01437 720131 jaynemacgregor@yahoo.co.uk

South East England

Berkshire, Buckinghamshire and Oxfordshire: Gilly Withers—0118 973 4617 / 07896 742047 gilly@withers.org

Hampshire (Contact): Kathleen Freeman—07951 897570 klvfreeman@aol.com

Hertfordshire and Bedfordshire: Martin Zetter—07771 972444 m_zetter@yahoo.co.uk

Kent: Mark Ball—07394 081521 markball@gmx.com

Surrey (Contact): Laura Mapstone—07503 737350 workmapstone@gmail.com

Sussex: Brian Stimpson—01273 553216 brianstimpson@icloud.com

East of England

Cambridgeshire: Caroline Shepherd—01223 360648 carolineshep@gmail.com

Essex (Contact): Val Hilsley—01245 472685 valhilsley@btinternet.com

Norfolk: Contact UK Office—uk@wccm.org 020 8280 2283

Suffolk (Contact): Margaret Comerford—01799 501581 margaret.comerford@btinternet.com

North East England

Newcastle and the North East: Anne Claridge—01833 631309 anne.claridge@doctors.org.uk

Yorkshire and Lincolnshire: Martin Townshend—07584 248794 altomadness@icloud.com

Carmel Cannon—yorkshire.christianmeditation@gmail.com

North West England

Cumbria: Rev Cameron Butland—07776 236482 cdsa03@gmail.com

North Manchester & Lancashire: Joanne Caine—0161 653 8725 / 07776 426911 joannecaine2@gmail.com

Mental Health Advice: Shelagh Layet—shelagh.layet10@gmail.com

Birgit Duncan—020 8883 0666 / 0772 631 2350 birgituduncan@blueyonder.co.uk

Newsletter Editor: Margaret Comerford—uknewsletter@wccm.org

Events Listing: Pia Huber—events@christianmeditation.org.uk

Website: Andy Goddard—07881 988767 cmukwebsite@gmail.com

Meditatio Country Coordinator: Diana Ohlson (see below)

Regional Coordinator Liaison: Richard Broughton—07740 736403 richard.broughton@zoho.com

School of Meditation: Julie Roberts—01458 832704 julie.ann.roberts@icloud.com

Liaison with WCCM International: Roger Layet—01275 463727 roger.layet@btinternet.com

Meditation With Children in Schools: Laura Mapstone—07503 737350 ukmeditationwithchildren@wccm.org

Oblates: oblates@wccm.uk

Palliative and Long-term Care: Linda Bentick—01743 243132 bentickbelinda@hotmail.com

Prisons: Contact UK Office or email ukprisons@wccm.org

Safeguarding: Lucy Blows—07791 646044 lucystepslane@gmail.com

School of Meditation: Julie Roberts—01458 832704 julie.ann.roberts@icloud.com

Online Meditation: Julia Williamson—01252 672145 julia.williamson3@ntlworld.com

South Manchester, Cheshire & Merseyside: Pat Higgins—0161 962 8661

patricia_higgins@hotmail.com

Isle of Man: Bernie Roberts—01624 676274 / 07624 262588

bernieroberts3@hotmail.co.uk

Midlands

Northamptonshire and Leicestershire: Canon Richard Stainer—07896 182999 canon.stainer@gmail.com

Nottinghamshire and Derbyshire: Mary Tyers—07870 362026 marytyers@aol.com

West Midlands and Warwickshire: Rose Lynch and Michael Hackett—01902 790653 m.hackett124@btinternet.com

Staffordshire, Shropshire and Herefordshire:

Jon Kille—01952 253648 / 07912 026014 and Carole Dixon—01547 540683 westmids@christianmeditation.org.uk

South West England

Bristol and Bath: Heather Williams—heather9.williams@gmail.com

Deirdre Stainer—01225 872110 christianmeditationbathcentral@btinternet.com

Channel Islands: Angela Le Page—01481 723915 ianange.kingston@virgin.net

Cornwall: Diana Ohlson—01288 354441 / 07837 311638 dohlson24@gmail.com

Devon: Diana Hanbury—01803 762415 diana.hanbury@gmail.com

Dorset: Angela Penwarden - 01202 748974 angelapenwarden@virginmedia.com

Gloucestershire and Worcestershire: Jude Carpenter - 01452 831688 judith.carpenter12@btinternet.com

Somerset: Julie Roberts—01458 832704 julie.ann.roberts@icloud.com

Wiltshire: Jeanne Blowers—07510 240721 jeanneblowers@gmail.com Denise Leigh—01225 863916 deniseleighso@gmail.com

London

London (Northeast): Birgit Duncan—020 8883 0666 / 07726312350 birgituduncan@blueyonder.co.uk

London (Northwest): Contact UK Office uk@wccm.org 020 8280 2283

London (South—none of Kent or Surrey): Geoff Waterhouse—020 8392 9917 geoffwaterhouse@f2s.com