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WCCM
IN THE UK

ANNUAL CONFERENCE 2022 TOUCH THE EARTH LIGHTLY

Meditation and the Future of the Planet



Speakers: Laurence Freeman OSB & James Thornton
Friday 17th – Sunday 19th June 2022

High Leigh Conference Centre, Lord St, Hoddesdon EN11 8SG
(AA accredited as Covid Confident: the Centre has in place risk assessments, safety measures and staff training to operate safely within Govt. guidelines)

A date for your 2022 diary!

It's Happening - The 2022 UK Conference
Finally a physical gathering in June!

I am delighted, truly delighted, to let you know that we have planned the 2022 UK Conference at Hoddesdon. It will be a physical gathering and after 2 years, we can finally feel confident that it will take place!

The Conference offers us the chance to be together after such a long time apart; to share in the love of our community; to meet old friends and to welcome new friends.

We are delighted that Father Laurence Freeman and James Thornton will be present, leading the talks. Our workshop leaders will be offering a range of new workshop sessions, reflecting our time apart. In physical groups, we can share in that special way, when we gather together in a room. Whilst many of us have experienced the richness of our online

Raising Funds for Your Community

Would you like to help your community to finance its activities and its donations to the international community in a different way? Different, that is, to dipping into your own pocket (which we really thank you for and please don't stop) but there can be other ways to fundraise too, which can also be great fun.

Do you remember the notelets we sold which used photographs provided by community members? Sadly, these



have all been sold. Should we do this again? Do let the office know if you'd like some. Another activity was painted stones. Several community members really enjoyed decorating them and would have like to sell them more widely but as these were a bit heavy, they were all sold at a conference.

More recently, someone chose to use

lockdown time to hand sew – and produced the doggies shown in the picture. Made of old fleece blankets and tops (donated) and polyester filling (surplus pillows), they cost nothing except time and have been well received and paid for by family and friends, with comments like “cute” and “so soft”. It's an ongoing project and there may be some on sale at next year's conference. There has also been the selling of surplus vegetables grown at home and free range eggs sold to friends during the year, friends who especially like the freshness and the fact that the proceeds are going to charity.



It may be that you have some great ideas that you'd like to share. Big or small. Or just do and see what happens. We'd love to hear from you and we'd also love to receive.

WCCM IN THE UK *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.

WCCM IN THE UK *Meditation News*

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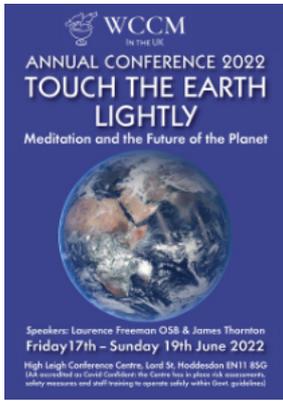


Do you have any questions about your meditation practice, or your spiritual life in general?

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.





Because we are the problem, we are the solution

In understanding climate change and the destruction of nature, there are two dimensions we need to explore: the rational and the emotional. Let us look at how meditation can help us see into these dimensions.

On a rational level, when we study the effects of climate change and nature loss we see that civilisation is heading towards a cliff. If we study deeply enough we see there are solutions. But the solutions need us to turn around all the manifestations of our culture. Otherwise the cliff beckons. We can do it, but it will require concentrated effort.

On an emotional level, as we begin to register the scale of the horror and its consequences, our natural reaction is to feel anxiety. We next turn away because of the discomfort. Yet the discomfort grows as we see fires, floods, famines in the news. The next natural reaction is despair. The problems are so vast, how can I do anything, how can anyone?

Disempowerment follows despair in a downward cycle till any thought of the natural world—once so refreshing—becomes painful.

These feelings don't evaporate on their own. We must face them directly. But where do we find the power to look directly on these fears—which after all are not irrational?

Here meditation provides an opportunity. In the space meditation opens, we learn to step out of the tight ropes that negative emotions bind us with. We look up and see there is a far horizon. We understand that whatever feeling has a grip on us, it is just a feeling. We are the landscape of the far horizon. The feeling is a storm passing through. It will move through like all weather systems.

This safe space allows us to explore feelings safely. We can feel a feeling through. We can imagine what happens if we don't solve climate change and nature loss. We will find that we would take much of the natural world down with us as we perhaps wipe ourselves out. But life would remain. Some life would remain and re-establish itself on a long timescale.

Letting ourselves feel these feelings to the bottom also opens hope. We will not extinguish life on Earth. That's the place to start. The next realisation is that environmental problems are mental problems. Change how we think, then change how we act, then we save civilisation.

Meditation is the safe and intimate laboratory in which we can explore how we feel, connect it with how we think, and learn to modify our forms of thought. Meditation allows us to rewrite the mental and emotional programs that we run, and which run us, until we become aware of them and learn how to work with them. When we do become aware of them, we can edit the programs to become people who act responsibly and on behalf of life.

So going quietly into meditation in this way can save the world. Because we are the problem, we are the solution.

James Thornton



James Thornton has dedicated his working life as a lawyer to caring for the planet. He is now CEO and Founder of ClientEarth – an international charity (220 staff) which holds businesses and governments to account for their environmental legal obligations. James is also a Zen Buddhist priest who teaches meditation to environmental activists and author of A Field Guide to the Soul, about finding out who you are through meditations with nature.

WCCM IN THE UK CONFERENCE CONTINUED FROM PAGE 1

presence, being together physically offers a vital form of connectedness.

Safety has been uppermost in our planning and we are delighted that CCT Conference Centre in Hoddesdon has received the COVID Confident Certification. This means that they have been stringent in their measures to safeguard us. So we feel that we can be together in a secure environment.

I trust you will recognise that we have been very mindful

of your needs and the need for us to gather together as a community of love.

We hope to see you in June 2022, when we come together for a truly inspirational conference.

The Conference Flyer will be sent out and on our website early in the new year, but in the meantime, **please make a note of the date in your diary.**

Janet Robbins
On behalf of the UK Conference planning team

WCCM National Community Retreat Series

WCCM National Community Retreat Series - No 8 to be hosted by the UK community and led by Fr Laurence Freeman, online from Bonnevaux - January 27 to 30, 2022.

As an international community it has not been possible during this last year to meet fellow meditators from around the world on retreat at Bonnevaux and so Fr Laurence and the team at Bonnevaux are coming to us!

In 2021 the WCCM National Community Retreat Series was launched starting in the Philippines with a plan to offer online retreats throughout the year. Since then retreats have been hosted by national communities across the world from Poland to Malaysia and the UK community is delighted to have been invited to host Retreat 8. All retreats are open to anyone to join and give everyone an opportunity to enjoy the uniqueness of what different communities have to offer.

Retreat 8 - 'Levels of Consciousness and the Fruits of the Spirit: The Heavenly Jerusalem' described below, promises to be fascinating....

The English poet William Blake wrote an ecstatic poem called 'Jerusalem' which became an anthem for universal peace and justice. It echoes the vision of the heavenly Jerusalem (Rev 21: 9-27) in which religion has been replaced by the direct experience of God. In this final retreat of the 2021 series, Fr Laurence will consider the changing spiritual consciousness of humanity with the earthquakes in religious traditions in the hopeful light of a rising contemplative consciousness.



There is more about the retreat on the WCCM website including some information about creating a retreat space at home. To register, simply go to wccm.org and search for 'community retreat 8' and scroll down for the details.

This is a great opportunity for the UK community to come together with the international community and support one another, in a time of shared silence and I hope as many of you as possible will be able to join us.

Julie Roberts
julie.ann.roberts@icloud.com
School of Meditation Coordinator - WCCM in the UK

WCCM STAFFORDSHIRE, SHROPSHIRE AND
HEREFORDSHIRE

Summer Retreat July 2022

Shallowford House, Staffordshire
25th July - 29th July 2022

We are planning a retreat with a difference!
People of all ages are invited including families,
young people and old.

The holiday retreat is based on silent meditation and includes workshops in music and the arts as well as games and activities for younger people.

An opportunity to relax, reflect and enjoy the lovely surroundings of Shallowford House, Staffordshire.

If you would like to register your interest in joining us at Shallowford House, if you have skills to offer or would like to help in some way please contact Jon Kille:

Tel.: 01952253648

Mobile: 07912026014

Email: jon.kille@btopenworld.com

Bacon butty

When Jesus went to Sychar, a village in Samaria
He couldn't find the shops because it was a foreign area.
He saw a well, but didn't have the means of drawing water
So asked the lady standing there, 'Give me a drink, my daughter.'
They had a feisty chat about her husbands, thirst and mountains
And Jesus said his water gushed from everlasting fountains.
The woman wanted some of this, and as a kind of swap
Produced a bacon butty from the local village shop.
He paused for just a second, then swept his doubts away.
All things my Father made were good, so who am I to say
The pig's a dirty animal! I must not be too hasty
For I am very hungry (and I've heard that bacon's tasty).
So little pigs throughout the world – yes, Peppa, Babe and Percy
Do not hang your heads in shame, for God in his great mercy
Has let you feed the hungry, a holy task and big,
And first through heaven's pearly gates could easily be PIG.

Aileen B Urquhart
29/8/2021

News from the School of Meditation

Having postponed all residential School of Meditation events planned for this year and last year it seemed something of a miracle that the 7 day silent retreat was able to go ahead in July. This is always a special gathering and was probably valued more this year after the challenges of the last 18 months. Some of the words used to describe the week were 'wonderful' 'enriching', 'gift'. For us all it was a very intense and personal experience providing a memorable step on the journey, often in ways that we could not have anticipated.

A third Essential Teaching Online took place in May/June. This is clearly a good option for group leaders and anyone who can't make it to a residential teaching. It is a great way to deepen practice and understanding and by the time you read this we hope to have offered another residential Essential Teaching weekend. This is due to be held at the Briery from October 1 to 3 and led by Joanne Caine and Bob Morley. No doubt simply being able to come together as meditators will be much appreciated.

In 2022 there is currently one event planned which is an Essential Teaching weekend at St. Columba's House in Woking, Surrey from March 11 to 13 (flyer below). If you would like to attend the weekend at St. Columba's please



contact Ailsa as soon as possible for an application form. And, if you would like to register your interest in an Essential Teaching either online or residential, or the next 7 day silent retreat which will probably take place in the Autumn please contact Ailsa (ailsa.adamson@gmail.com).

Julie Roberts
School of Meditation Coordinator

School of Meditation Essential Teaching Weekend



Have you been meditating in the tradition taught by John Main for more than a year? Would you like to deepen your understanding of your meditation practice and be more confident when talking about it? An Essential Teaching Weekend is a participative residential weekend. Presentations by teachers in the community, group discussion and practical exercises will help to build confidence to pass on the gift of meditation.

St Columba's House, Woking
11th to 13th March 2022

The style of the weekend is relaxed and informative. The comfortable accommodation is newly refurbished, offering ensuite facilities see www.stcolumbashouse.org.uk The UK community has enabled this subsidised cost which includes all accommodation, meals, talks and resources.

Cost £175 per person

For more details, including information about bursaries and the application form, please email: ailsa.adamson@gmail.com or call the UK office on 020 8280 2283



MEDITATION AND THE CLIMATE CRISIS

YOU CANNOT SOLVE A PROBLEM FROM THE SAME CONSCIOUSNESS THAT CREATED IT
EINSTEIN

What consciousness has created the climate crisis?

One that sees human beings as the centre of everything and justified in using the non-human creation to satisfy our unlimited demands. In centuries past we didn't understand what we were doing. Now we need a new vision, one which sees that we are not separate from our earthly home, but part of it; our flourishing and the flourishing of the planet are one and the same concern.

At the same time we need a way for new thinking to become a new way to live.

Meditation is just such a way. It gives us a daily practice where we leave behind our self-centred concerns in order to participate in a level of consciousness which is beyond division. Christianity refers to this as 'the mind of Christ', but meditation is a universal practice which can unite us all. The practice of meditation gradually changes the way we see, and transforms the way we act.

What gives us the energy to act in a crisis? Often it is fear or anger. But whilst both can propel us into action, both cloud our minds: we can't see clearly when we are angry or fearful. The deeper consciousness that arises from meditation is quite simply love. Love energises us too, but its power is gentle and clear-sighted.

When we love something we cannot bear to harm it.

All information concerning the COP26 Conference in Glasgow is available on the special newsletter *Meditation and the Climate Crisis*, which is being regularly updated with dates of events during and around the time of the conference. There are also talks, videos, leaflets for WCCM Group Leaders and meditators young and old, and other relevant information.

The newsletter is on the WCCM *Nature and the Environment* page:

wccm.org/outreach-areas/nature-and-the-environment/

Special talks and meditation sessions on line will be listed with full details for joining. Speakers will include Father Laurence, Linda Chapman, Jim Green, Liz Watson etc. as well as WCCM members from abroad whose countries are particularly impacted by the climate crisis. Leaflets to download are also available on the website.

Meditation isn't a quick fix, but it does bring about deep change. One thing is for sure: nothing will happen unless we take the first step.

GREAT SHIFTS IN CONSCIOUSNESS NEED TO BE WORKED OUT AT THE INDIVIDUAL AS WELL AS THE COMMUNAL LEVEL-WE NEED TO TRANSFORM OURSELVES BEFORE WE CAN CHANGE THE WORLD FOR THE BETTER

LAURENCE FREEMAN, OSB

Contemplating Earth

8th – 29th August 2021: another three weeks in the life of the Earth – its four and a half billion years of existence extended by another twenty-one days. On the 8th of this month the Intergovernmental Panel on Climate Change issued its Sixth Assessment Report, confirming that unless unprecedented cuts are made in carbon emissions, the 21st century will see global warming in excess of 2°C, with catastrophic implications for all life on Earth. The next three weeks also saw the announcement that the previous month had been the hottest July globally since records began, that 2020 had been the hottest year ever recorded in Europe and that Madagascar was on the brink of the world's first climate-induced famine. And all through this period – as for every day now, in every year – the wildfires raged, floods surged, hurricanes left trails of destruction, habitats were relentlessly destroyed by human activity and hundreds of species became extinct, never to be seen again on the face of the Earth.

It has also been the three week period in which I have been writing an online course called *Contemplating Earth* that will be available on the WCCM website from October onwards. The opportunity to engage with the course is part of our community's contribution to the profound shift in consciousness and behaviour that now must happen if life on Earth is to flourish or even survive. In November Glasgow hosts COP26 – the UN climate conference which many regard as the most important meeting that has yet taken place in the history of humanity – and of the Earth.

We could have called the course *Meditation and the Environment* or *Meditation and Climate Emergency*, but even those worthwhile titles wouldn't have opened up the perspectives that are carried by *Contemplating Earth*. The popular (mis)understanding of contemplation is that it involves paying targeted attention to a particular object or idea – a kind of patient and lovingly mystified scrutiny of something. The practice of contemplation itself teaches us that it is nothing like this. It has been described by some as the suspension of the distancing subject-object relationship in favour of a simple and silent participation in a loving "community of subjects." It is the experience of wordless, open-hearted intimacy and presence. We can learn to contemplate from each other, from great teachers, from indigenous people, from children and from animals. The teachers of this life-as-prayer and prayer-as-life are all around us. The greatest, though, might just be the Earth herself. The title of the course perhaps suggests that we start paying attention to our planet and to our relationship with it – and so we should, urgently. But as we deepen into our practice and our learning, perhaps we will realise that actually we are being invited to *join in* with what the Earth herself is constantly, effortlessly doing. The title of the course turns out to be a description of the planet and her ceaseless prayer: this is a *contemplating Earth*.

Writing the course brought the presence of questions – now much more urgent and vivid than ever before – that I and many meditators have long lived with:

- ◆ What is the relationship between contemplation and the need for direct action in the name of social justice?



- ◆ Is meditation a means to an identifiable end? Can it be instrumentalised in that way?
- ◆ What if all of our efforts are forlorn?
- ◆ Do we know what we want to achieve? (or is escaping from all ideas of 'achievement' the only goal we can allow ourselves?)
- ◆ What if it's already too late? (for what?)
- ◆ What is hope?

As ever, many questions and – as ever – no readily available answers. We will, as Rilke says, have to *live* the answers ourselves. The chapter titles that emerged may give you a clue to the kind of territory the course journeys through:

- ◆ Now/Apocalypse;
- ◆ Hope;
- ◆ Intimacy;
- ◆ Different Dreams;
- ◆ Transforming Consciousness...

It has been a privilege to spend these weeks in the close company of many great teachers, all ablaze with the truth of their vision: people such as Pope Francis, Joanna Macy, Thomas Berry, Hildegard of Bingen, Father Charles Brandt, Miriam-Rose Ungunmerr, Sir David Attenborough and our own Linda Chapman* whose words close the course and this short piece because they can never be spoken too often:

"Please engage in contemplative action in whatever way you can. Write to politicians, protest peacefully but with deep conviction, join climate and renewable energy groups. We cannot wait any longer."

Jim Green

*Linda Chapman's blog: www.opensanctuarytilba.org/lindas-blog

We see in the world what we carry in our hearts

Calais, 10.00 pm, crossing the canal via the rusty metal footbridge; the still surface of the canal water mirrors the golden hues of the summer sunset. Yet this image of a city coming to rest at the end of the day belies a deeper never-sleeping reality, the turbulent chemical mix of intolerant Calais authorities, the often violent police, and a refugee community camped on the city's periphery and seeking peaceful coexistence.

Calais is a city that undergoes multiple facelifts. The latest, the renovation of the seafront esplanade, cost €46m. Adjacent to a stylish new wooden boardwalk and large skate park, the Calais 'Dragon' roams. *'The Calais Dragon can lie down, stand up, run at up to 4km/h and flap its huge wings. Passengers can climb onto the beast's back via a staircase on its tail before taking a trip along the Calais seafront'*. It spits water at you too.

These facelifts are understandable from the point of view of the authorities who yearn to refocus the world's media away from the constant influx of refugees who, in turn, yearn to move on, to cross the Channel to the UK. 'Hey, look, Calais is a city of fun' these renovations declare. Yet, witnessing first-hand the continual, often violent, harassment of the refugee community by the police, the zero-tolerance-towards-refugees approach of the Mayor's office, it is easy to be cynical about Calais' cultural flag-waving. And then judgemental. Artistic endeavours appear in the urban landscape that seem to emerge from a dark underbelly of Calais' unconscious. A new mural has been painted on a gable end next to the Museum of Lace-Making. Part of the design looks like a small boat sinking under the towering waves. (Thousands of refugees have drowned crossing the Mediterranean; a small number in the Channel). Another mural, still in the making, has a horrified face peering at you from a place of lush verdance through a hole in a concrete wall. (A shocked Calaisian looking through a hole in one of Calais' concrete 'security walls' at an encampment of refugees..?) Various markers in the pavement record the presence in the city of English 'walking artist' Hamish Fulton. One, in particular, seems mocking of the arduous treks, often life-threatening, sometimes deadly, taken by the tens of thousands of refugees who have passed through Calais. It reads "Hamish Fulton walked 10 times back and forth from this line in Boulevard Jacquard to the Quai du Commerce via Rue de Vic, Calais, France 21 March 2013".

Edinburgh meditator Maciej Zurawski recently posted a quote of Goethe on the Edinburgh Meditation Facebook

page. Rephrased, it reads: 'We see in the world what we carry in our hearts'. Is my cynical and judgemental perception of the Calais psyche a projection of darkness in my own heart? I recall the recent gospel readings which included the 8 'Woes' of Jesus recorded in Matthew 23, 'woe to you scribes and Pharisees...' 'Beware!' warned the priest in his short homily, 'beware that you don't become judgemental of others. Pray for them, love them, don't judge them. Jesus could read the hearts of the scribes and Pharisees. We can never fully read the hearts of others'.

OK, accepted! But I'm convinced we can grow in our ability to see and understand as we emerge from the entrapment of our 'limited ego-focused self' and allow ourselves to be transformed by the Divine Hand. This is the mind-blowing transformation that we open ourselves to in our daily practice of Christian Meditation. We are being changed. Addressing God, St Augustine wrote:

'O Eternal Truth and True Love and Beloved Eternity! You are my God, to whom I sigh both night and day. When I first knew you, you lifted me up that I might see that there was something to be seen, though I was not yet fit to see it. And you revealed the weakness of my sight.....I realised that I was far from

you, in the land of unlikeness, and I heard your voice as if from on high: 'I am the food of those who are strong; grow and you shall feed on me; but you shall not change me, like the food of your flesh, into yourself, but you shall be changed into my likeness' (Confessions, V11, 10).

Each day we are being changed, born anew...or assenting to a birth within us:

'Tend only to the birth in you and you will find all goodness and all consolation, all delight, all being and all truth. Reject it and you reject all goodness and blessing. What comes to you in this birth brings with it pure being and blessing. But what you seek or love outside of this birth will come to nothing, no matter what you will or where you will it. (Meister Eckhart - Sermon on Matthew 2:2.)

Thank you St Augustine; thank you Meister Eckhart. I was about to give myself a hard time for my cynicism in Calais! Like all of us, I must just keep going with my daily contemplative practice and allow truth, goodness and purity of vision to birth as and when the good Lord decides!

Alex Holmes



International Oblate Retreat

THIS YEAR'S INTERNATIONAL OBLATE RETREAT, 9 TO 11 JULY, WAS AN ONLINE EVENT HOSTED BY THE OBLATE COMMUNITY IN BONNEVAUX. FR LAURENCE FREEMAN LED THE REFLECTIONS ON THE THEME: *THE OBLATE PATH: WHAT'S MONASTIC WISDOM TODAY?* TWO OBLATES FROM THE UK GIVE THEIR EXPERIENCES OF THE WEEKEND BELOW.

IF YOU WOULD LIKE TO KNOW MORE ABOUT THE OBLATE COMMUNITY AND THE PATH THEY FOLLOW, PLEASE CONTACT THE UK COORDINATOR AT OBLATES@WCCM.UK OR VISIT [HTTP://OBLATES.WCCM.ORG](http://OBLATES.WCCM.ORG)



The Oblate Retreat which brought so many of us together via Zoom was very special; there were over two hundred of us from all corners of the globe, over 30 countries.

Over the weekend twelve new Postulants and twelve new Novices were received by Fr Laurence and the Community, and a further twelve were received for Full Oblation. Fr Laurence spoke to each group separately, I was one of those received as a Novice. I was asked how I felt – and to my surprise I said I was excited, a feeling I had not anticipated; excited and a little nervous!

Fr Laurence gave three inspiring talks on the vows or precepts of oblation. The Friday talk was about Obedience – listening to the inner meaning of everything. He said that in meditation we can identify three elements – simplicity, silence and stillness. He shared with us images showing the Mantra Metaphors offered by Fr John. The Saturday

This retreat was for me, attending as a postulant, an extremely enriching experience. There was so much to nourish the mind and the heart. It was almost overwhelming to have the visual confirmation of belonging to a large world wide community, the monastery without walls, and to meet those who have trod the path of becoming an oblate long before me. When the community audibly and visibly welcomed us my heart overflowed and that happened more than once during those three days. Hearing and feeling the sincerity and love of those who were becoming novices or oblates was for me rich beyond words. And I think what I was feeling was the love of Christ that John Main spoke about – the “monastery”, a “participatory context in which the love of Christ can be fully known”. I felt it was a precious gift to be part of the world wide sharing and that nothing could compare to such a meaningful gathering.

How special were those three days! Yes, they were tiring but at the end, although I would have liked it to continue and felt somewhat bereft when the laptop screen fell si-

lent, I realised that now was the time to let the words of Father Laurence and others sink in. I did feel I had been on a journey through the great truths of Obedience, Simplicity and Conversion. I know that although those three days are over, the oblate path is still, and always will be, ahead of me.

talk went on to speak of Stability – reading from Chapter 58 of the Rule. He spoke of perseverance, fidelity and commitment, saying that the model of stability is Jesus himself. The Sunday talk spoke of Conversion – growth, development, change; saying that Conversion becomes a way of life - we are learning up to the very end.

We were also blessed with a Yoga session with Giovanni from Bonnevaux on Friday and Chi Kung with Tauno from Estonia on Saturday; both of which gave us some welcome physical activity after looking at a screen for so long.

It was a joy to come together with so many from all over the world following the same path and the support and friendship offered was I am sure felt by all.

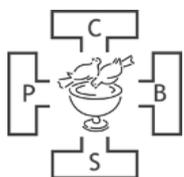
Carole Dixon

I once went on a journey of 36 days across an ocean in a sailing boat, a voyage, before the digital age, day after day encountering what the wind and weather would bring, living a simplified life, and after arriving at our destination dropping the anchor in the dark, the next morning waking up to see the beautiful vista ahead of us and then looking down at the anchor chain holding us firmly in one place – the realisation dawned that the journey was at an end and the tears fell. The journey had been so different to anything else and so special. And that was how I felt about having journeyed through those days of the retreat – it had been so special!

– it had been so special!

Jan Bundy





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 prom-

ise '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 15 and Sunday 16 October 2022. at The Monastery of Christ Our Saviour, Turvey, Bedfordshire. Please contact: Angela Gregson via oblates@wccm.uk for more information.

Quarterly Community Days: 15 January 2022 online; 20-22 May at The Briery, Ilkley; 23 July at St. Marks, London. Contact Angela Gregson (UKOC) via oblates@wccm.uk for more information.

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 oblates@wccm.uk for new cell contact.

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 13 November 12.00 - 15.00 (online), 11 December (online) & 22 January (location TBC).
Contact: Angela Gregson via oblates@wccm.uk for more information.

UK Led Online Oblate Cell Meetings: Sunday 14 November, Wednesday Eve 24 November, Sunday 12 December, Wednesday Eve 22 December, Sunday 9 January 2022, Wednesday Eve 19 January, Sunday 13 February, Wednesday Eve 23 February. Contact Angela Gregson via oblates@wccm.uk for more information.

Events

Events are subject to COVID-19 restrictions and may change or be cancelled at short notice. Contact the organiser(s) for the latest information.

Events from late October. Please visit the WCCM in the UK website for more details and to check for changes and additional events: [//wccm.uk/events](http://wccm.uk/events)

NATIONAL

Friday 17 June to Sunday 19 June 2022. Annual Conference – Touch the Earth Lightly. Leaders: Fr Laurence Freeman & James Thornton. Venue: High Leigh Conference Centre, Hoddesdon, Hertfordshire. A flyer with further details and booking information will be available at the start of 2022.

SCHOOL OF MEDITATION EVENTS

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

Essential Teaching Online. Please register your interest for the next one with Ailsa.

Friday 11 to Sunday 13 March 2022. Essential Teaching Weekend. Venue: Saint Columba's House, Woking, Surrey. **Contact:** Details are on page 5. Email Ailsa for information and an application form.

NORTH EAST ENGLAND

Friday 22 to 24 October. Embodied Contemplative Retreat Christian Meditation & Tai Chi. Leader: Terry Doyle. Venue: Minsteracres Retreat Centre, Minsteracres, Consett, Co Durham DH8 9RT **Cost:** £175. **Contact:** 01434 673248 www.minsteracres.org.uk

Friday 29 October. Ampleforth Abbey Christian Meditation & Mindfulness Day. Venue & Contact: Ampleforth Abbey as above.

NORTH WEST ENGLAND

Friday 21 to Saturday 22 November. Online Retreat. Contact: Cameron Butland cdsao3@gmail.com for details.

Friday 26 to Sunday 28 November. Boarbank Retreat. Contact: Cameron Butland cdsao3@gmail.com for details.

Friday 25 to Sunday 27 March 2022. Lent Retreat - Oneness. Leader: Alex Holmes. Venue: Whalley Abbey. Contact: Cameron Butland cdsao3@gmail.com for details and to reserve a place.

Repeating events:

Every last Saturday of each month. Manchester Meditates – A day of gathering, meditation and peace in the city centre. Leaders: Pat Higgins and Joanne Caine. Venue: The Friends' Meeting House, 6 Mount Street, Manchester M2 5NS (opposite the Central Library, nearest metrolink St Peter's Square). **Cost:** Donations accepted. Contact: patricia_higgins@hotmail.com or joannecaine2@gmail.com

MIDLANDS

Monday 25 to Friday 29 July 2022. Summer Retreat July 2022. Leader: Jon Kille. Venue: Shallowford House, Staffordshire. **Cost:** approx £300 (to be finalised). Contact: John Kille jon.kille@btopenworld.com 07912 026014

FIND A VIRTUAL MEDITATION GROUP.



If you'd rather meet virtually, you can easily find an online group organised by members of the WCCM with whom to share your practice. Visit www.onlinemeditationwccm.org for details (or see *Community* on the wccm.org home page).

Events continued

SOUTH WEST ENGLAND

Wednesday 3 November 19:00-20:00. **Speaker:** Ian Adams, poet, writer and Anglican priest. **Venue:** St Mary's Minster Church, Court Barton, TA19 0DU (via Zoom). **Cost:** Donation. **Contact:** Susan Lendon, 01460 52504, susanlendon@talktalk.net

Saturday 11 December 10:00-17:00. **WCCM Bristol and Bath Advent Retreat.** **Venue:** Emmaus House in Whitchurch (Sleep Lane, Bristol, BS14 0QN). **Cost and booking: see details at: <https://adventretreat-wccm-bristolbath.eventbrite.co.uk> (from 25 October)** **Contact:** Clare Benians bristol@christianmeditation.org or: 07970 004898.

Repeating events:

Mondays 18:30-19:00. **Meditation on Zoom with the Ilminster group.** **Contact:** Lucy Blows lucystepsplane@gmail.com for an invitation

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

Contact: 020 7278 2070 meditatio@wccm.org www.meditatiocentrelondon.org

Repeating events:

Mondays - Fridays 13:00-13:30. **In-Person Meditation.** **Venue:** The Meditatio Centre. **Contact:** meditatio@wccm.org

Wednesdays 13:00-13:30. **Online Meditation.** **Contact:** meditatio@wccm.org for the zoom link

Thursdays 9:00-10:00. **Breathing for Meditators Online.** **Leader:** Lucy Barnes. **Contact:** lucybarnesyoga@icloud.com for the zoom link

Mondays 19:00-21:00. **Weekly In-Person Yoga.** **Venue:** The Meditatio Centre. **Leader:** Lucy Barnes. **Contact:** lucybarnesyoga@icloud.com

Fridays 09:45-11:00. **Weekly Online Yoga.** **Leader:** Lucy Barnes. **Contact (for cost and information):** lucybarnesyoga@icloud.com

Single events:

Saturday 23 October 10:30-16:00. **The Way of the Franciscans: Mystic Paths for Contemporary Seekers.** **Speaker:** Daniel Horan OFM. **Venue:** The Meditatio Centre/Online. **Cost:** £30/£20. Please bring a packed lunch. Tea/coffee provided.

Saturday 6 November 10:30-16:00. **Mysterious Wisdom.** The Spiritual Quest of WB Yates. **Speaker:** Gravel Lindop. **Venue:** The Meditatio Centre/Online. **Cost:** £30/£20. Please bring a packed lunch. Tea/coffee provided.

Thursday 11 November 19:00-20:00. **Meditation and the Climate Crisis.** **Speaker:** Liz Watson. **Venue:** Online. **Cost:** no fee, but please register.

Saturday 27 November 10:30-16:00. **Start Advent.** **Speaker:** Simon Parke. **Venue:** The Meditatio Centre/Online. **Cost:** £30/£20. Please bring a packed lunch. Tea/coffee provided.

Saturday 11 December 10:30-16:00. **Preparing for Christmas.** **Speaker:** Laurence Freeman **Venue:** The Meditatio Centre/Online. **Cost:** £30/£20. Please bring a packed lunch. Tea/coffee provided.

WESTMINSTER CATHEDRAL

Daily Meditation and First Wednesday Quiet Days are currently suspended.

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. **Contact:** 020-7252-2453 info@silenceinthecity.org.uk Pre-booking is necessary.

Stop Press

The next WCCM Newsletter was not available when Meditation News was sent for printing.

It can be downloaded from the newsletter web page wccm.uk/newsletters and will be included with the next newsletter mailing.



Upcoming Events

WISDOM LIVING & THE JOY OF CONNECTION

TALKS FOR YOUNGER ADULTS
30 October: Another Oneself
20 November: Ascesis
18 December: Sacred Texts
29 January: Who Do You Say I Am?



WCCM NATIONAL COMMUNITY RETREAT SERIES

Levels of Consciousness and
the Fruits of the Spirit

4-7 November: Living Life Anew
27-30 January: The Heavenly Jerusalem

SPEAKER SERIES

7 October: A Quest for Wisdom
9 November: A Healthy Intelligence for Our
Digitised Societies
25 November: A Caring Economy
16 December: Why Meditate?



HEALTH SERIES WITH DR BARRY WHITE & LAURENCE FREEMAN

2 November: The Harmonies of a Healthy Life
(Register for access to past recordings)

PILGRIMAGES IN 2022

17 to 24 February: Contemplative Journey to
the Holy Land
18-19 October: Contemplative Marian Pil-
grimage to Fatima, Lourdes and Bonnevaux



Live Webcasts on Zoom

RECORDINGS AVAILABLE ON WCCM YOUTUBE CHANNEL

CONTEMPLATIVE EUCHARIST: Each Sunday at 11am

MEDITATION SESSION: Each Thursday at 11.15 am

YOGA CLASS: Each Tuesday at 3.45 pm

DETAILS OF ALL THESE EVENTS ARE AVAILABLE ON THE WCCM WEBSITE WCCM.ORG
LOOK FOR 'EVENTS' OR 'LIVE' ON THE MAIN MENU.

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

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

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