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meditation news is published quarterly by WCCM in the UK. Contributions are warmly welcomed.

Please send articles for the next issue to:

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and events to:

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

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WCCM
IN THE UK

ANNUAL CONFERENCE 2022

TOUCH THE EARTH LIGHTLY

Meditation and the Future of the Planet



To book online go to
<https://buytickets.at/wccmukconf22/489899>
 or contact John Roberts 07970 039007 or email
wccmukconference2022@outlook.com

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)

An Evolution in Consciousness

Fr Laurence wrote in one of his Lenten reflections that “the lesson to learn from current crises is that humanity must evolve in consciousness far beyond what it thinks is intelligence and way beyond its pride in technology. We need the three springs of knowledge that flow directly from the source of consciousness and that await our rediscovery: faith, hope and love.

When these three ways of knowing fire together they boost us out of the orbit of stupidity and self-centredness...

Humanity is struggling to rise to this higher consciousness before we do fatal harm to ourselves, our descendants and our planet. It is the collective responsibility of all the wis-

dom traditions to advance this evolution. It is no less our personal responsibility, each of us, to do the inner work necessary and to deposit into a common fund whatever small progress each of us can make.”

If we need more inspiration to do the inner work in the context of the climate emergency, then perhaps this year’s UK conference (Touch the Earth Lightly) is for us. Led by Fr. Laurence, with James Thornton, eco-lawyer and Buddhist priest.

Places are still available. For information contact John Roberts 07970 039007 or wccmukconference2022@outlook.com To book, visit wccm.uk for a booking form or online booking.

The Changing Shape of the UK Community

At the end of 2019 few people were able to envisage what a pandemic might look like, the challenges to come, the impact on lives and the changes that would take place.

As a community pre pandemic we had about 400 groups meeting physically with the UK Oblates leading 14 weekly online groups. During the lockdowns we know that about 50% of our groups stopped meeting with about 25% going online and 25% meeting in spirit.

When we checked in November 2021 about 80% were meeting again and of those nearly 50% were back meeting in person with a few still meeting in spirit; but 15% were online only and 15% a mix of online and in person. The UK Oblates had increased their offering to 20 weekly online groups (Monday to Friday 3 times a day and twice a day at weekends).

Interestingly, we still have about 400 groups but with a significant number making use of online, mainly Zoom. At our February Coordinators meeting we identified 7 different types of meetings that are now taking place across the UK and there may be more.

1. Physical only.
2. Zoom only.
3. Hybrid group - have phone linked to Zoom and set up at the physical meeting
4. Split group - online at the same time as the physical meeting (possibly online weekly/physical monthly).
5. Alternating Group - physical one week (possibly alternating the venue), Zoom the next.
6. Peripatetic - physical and Zoom meetings being set up to bring specific groups of people together
7. Zoom social - everyone has readings to follow at a set time at home and then meet on Zoom after.

The shape of the UK Community is certainly very different to how it was in 2019 and while some types of meeting mentioned above may not continue long term, online is undoubtedly here to stay with many groups choosing this as their preferred way forward.

While there is no right or wrong, meditating physically together is a very different experience to meditating together online. We now have members of the WCCM in the



UK who have never attended a physical meeting. Equally we have members who are unable or unwilling to join online who may feel excluded. We have members who previously couldn't join a group physically and online has suddenly given them access. The ease of joining an online group has meant that these groups are often better supported, attracting new and re-connecting members.

Whether we are embracing online or sticking with physical meetings it is important to encourage everyone to meet. We are social beings and it is good to have the opportunity to chat to people about the practice, to have the opportunity to hear different viewpoints and talk about life in general. A local social gathering, a regional day or retreat, or national events like the UK Conference are possible ways to encourage this.

Change brings challenges and the implications of the changing shape of the community and what support might be helpful are being considered. If you have any ideas please do get in touch.

Julie Roberts
uknationalcoordinator@wccm.org



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.**



WCCM
IN THE UK

Meditation News

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New role focusing on the Environment

Hello, my name is Sarah Feeney and I am the Special Interest Coordinator for the Environment for WCCM in the UK, a new role which evolved from WCCM's focus on COP 26 (the United Nations summit about climate change and how countries plan to tackle it) in November 2021. I was pleased to accept this opportunity, as I have been very concerned about the climate crisis and the destruction of our environment for a long time.

My connection with WCCM started about 10 years ago when a friend introduced me to a local meditation group. I have been meditating regularly ever since. I was quite happy being on 'the edges' of WCCM, attending my local group, conferences and retreats. Then I started leading a local group last summer. Having become more involved, I have met with many meditators who share my concerns about the environment and climate change, and, like me, are keen to promote how meditation can help in our response to the healing of our planet. I am learning how WCCM works, and the work is, indeed, very much a community effort.

Since being in the role from the beginning of this year, I have been updating the "Meditation and the Climate" leaflet which was devised for COP 26, which has suggestions for quotes that meditators might wish to use in their meditation practice. This will be distributed in the near future. More information and resources on the environment can be found on the WCCM website wccm.org under 'Outreach'.

Part of the role is to develop relationships with other green / environmental faith groups, and perhaps offer how meditation and a contemplative approach might help in the response to the climate and environmental crisis we are all facing, as well as publicise WCCM events with an environmental focus to those groups. If anyone is

interested in offering meditation to such groups, please contact me.

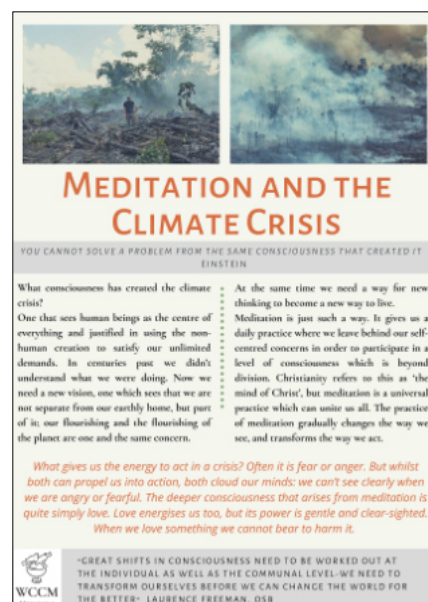
Another part of my role is to start the process of developing an environmental charter for WCCM in the UK which is a statement on our commitment to environmentally-friendly practices.

I do hope that you will join us at this year's UK conference, "Touch the Earth Lightly, Meditation and the Future of the Planet". The conference invites all those who wish to deepen their understanding of the climate and ecological emergency and find a contemplative response.

For another opportunity to look more deeply at the contemplative response to the climate emergency, you might wish to look at Jim Green's online course "Contemplating Earth" which can be found at wccm.org under 'Offerings'.

I do see the role very much as one of coordination, which includes developing a network of interested people within and outside of WCCM in the UK and would like to say a big "thank you" for all the support and guidance that I have received from members of the community and look forward to working together for a more sustainable future.

Sarah Feeney s.feeney60@btinternet.com



THANK YOU

Update on the Annual Appeal.

On behalf of the Trustees, I would like to acknowledge the generosity of those who have contributed, or will still contribute to, the Annual Appeal.

Your donations mean that the UK Community now expects to fulfil the commitment it made to support the International community during 2022. We will, of course, continue to monitor our own cost base and seek further fundraising opportunities, but we now know that WCCM can rely on our contribution this year.

Thank you so much, Roz Stockley, Chair of the Trustees.



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

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.

giftaid it

Levels of Consciousness and the Fruits of the Spirit

Retreat 8: "The Heavenly Jerusalem" - Hosted by the UK Community.

I was invited to join this retreat, originally intended to be held 'on the ground' as the saying goes at Bonnevaux but due to very well known circumstances was forced to morph into an online event.

This made me very unsure.

The idea of a retreat, I thought, is to get away from the usual mundanities of the daily grind and experience freshness, the unfamiliar and spaciousness of a week away in sacred, special surroundings.

In Fr Laurence's opening talk he stated that in fact good had come out of bad with regard to online retreats, as the highlighted national community (on this occasion the UK) were able to share the way they worked and how they survived Covid times using video and presentations. As the pandemic prevented people from coming to Bonnevaux in person, online became very fruitful as it was open to the full community allowing many to get to know one another. He described it thus "... getting to know one another on an international level and experiencing the mystery of community as it evolves with the grace of technology and the guidance of the Holy Spirit, through this difficult time".

Intrigued I decided to stay and participate fully.

We were sent a schedule which set out the timings of meditation, prayer and readings, the talks from Fr Laurence with Q&A sessions and also breakout discussion groups. There was also time for individual practice sessions for being in nature, practicing yoga, lectio divina - all

of which allowed the day to create its own dynamic; a sense after all of being on retreat, quite different from ordinary days at home.

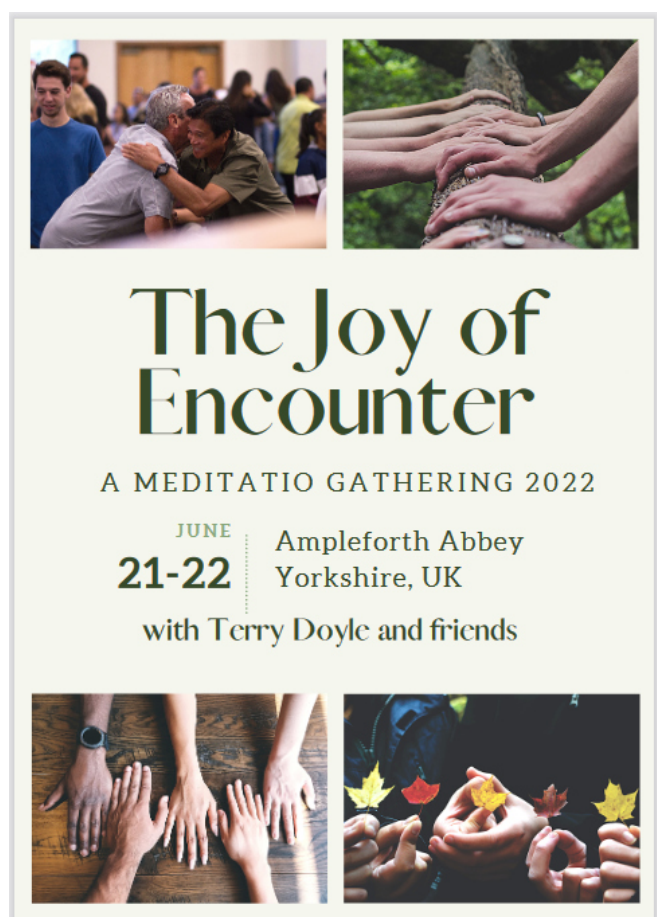
Fr Laurence gave 5 wonderful and, as ever, thought provoking talks covering the themes of the Heavenly Jerusalem and the Gifts of the Spirit. Summarising the breadth and depth of these talks is really not possible here, but briefly we explored Revelations verses 21-22. The fruits of the spirit especially hope - hope as opposed to short term consolation. We looked at the heart, the compunction of the heart and what that opening of the heart means. We learnt that Metanoia comes with this opening of the heart.

These talks, the opportunities for questions both in our groups and directly to Fr Laurence, the prayer sessions with their accompanying fabulous readings and finally the presentation on video from the UK community, all left me with a feeling of humble gratitude that I have been led to this community.

The grace of technology?

Actually, yes. Together with a huge THANK YOU to all involved in the enormous task of coordinating and putting this programme together.

Jacqueline Russell



The Joy of Encounter

A MEDITATIO GATHERING 2022

JUNE
21-22 Ampleforth Abbey
Yorkshire, UK

with Terry Doyle and friends

The Joy of Encounter – A Meditatio Retreat

Ampleforth Abbey 21-22 June with Terry Doyle and friends

Welcome to A Meditatio Retreat with a difference!

Please join us to experience the joy of sharing time with people from the margins of society. Listen to people who have experienced addiction and mental health problems, homelessness or are fleeing persecution.

Come and meditate, drum, sing, walk, eat and share together amidst the tranquil beauty of Ampleforth Abbey and Retreat Centre.

This two day *Joy of Encounter Retreat* will help us all come to discover our common Humanity in spite of different backgrounds and to experience what John Main said- that "Meditation creates Community".

MORE INFORMATION is available at:
wccm.org/events/joyofencounter

If you would like to attend the retreat, please contact
meditatio@wccm.org.
Places are limited.



The 7 Day Silent Retreat - Is This Just What You Need This Year?

Booking is in progress now for the School Retreat, a week-long experience of silence in which your meditation practice can grow and deepen. This retreat is offered every year by the School of Meditation. It is an unusual chance to experience an extended period of silence, within the safety of a grounded meditation tradition.

The retreat starts with the participants meeting each other in fellowship over a meal on the first evening of retreat, before going together into a silence which will last for the duration of retreat. This silence gives a chance for participants to step back from distraction, and to learn to become more fully connected with the present moment.

Each morning there is a short teaching given by the retreat leader. The days involve regular periods of meditation (6 or 7 each day) interspersed with other activities like meditative walking, and Lectio Divina, as well as unstructured time. Every participant is offered a daily period of companionship with one of the retreat leaders, to allow for reflection on the experience of retreat, and for support.

The rhythm of each day allows participants to explore deeper and yet deeper levels of stillness, with none of the pulls back up to distraction which the responsibilities of normal life entail. This can be a profound experience, and a precious time apart from the world.

If you would like to know more about the 2022 School of Meditation Retreat, then please contact Ailsa Adamson at ailsa.adamson@gmail.com or write to her at 5 West Green, Stokesley, TS9 5BE

School of Meditation The School's Silent Retreat



The School Retreat is a six day residential opportunity suitable for people who have begun to integrate the John Main tradition of meditation into daily life. Retreat leaders will assume that participants are familiar with the Essential Teaching of John Main as they lead you into seven periods of meditation each day. Supporting the periods of meditation are short talks, lectio divina and regular one to one opportunities to talk with the group leaders. The retreat offers the profound and integrated experience of solitude with fellowship. It is an opportunity to enter into the heart of the tradition taught by John Main.

Whalley Abbey, Whalley, Clitheroe BB7 9SS

Saturday 17th to Friday 23rd September 2022

Led by Alex Holmes and Joanne Caine (supported by Liz Watson)

Whalley Abbey is set in stunning grounds amidst the ruins of a 14th Century Cistercian Abbey. It has been a place of prayer and retreat for over 800 years, on the banks of the River Calder in the heart of the beautiful Ribbles Valley.

Cost per person inclusive £630

Bursaries to help with the cost of attending 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

Registered office: The Lido Centre, 63 Mattock Lane, London, W13 9LA Registered Charity Number: 1189977

Joanne Caine & Ailsa Adamson
School of Meditation



Peace in the Heart, Peace in the World: A milestone moment of unity and solidarity for Ukraine

The online session *Peace in the Heart, Peace in the World* was held on March 26th, with more than one thousand participants from all around the world. Maria and Albert Zacharovy, WCCM National Coordinators from Ukraine, spoke from Lviv and shared how meditation and the support of the Community have been vital for them in these dark times. The session included talks by Laurence Freeman and Herman Van Rompuy, President of the European Council Emeritus.

Watch the full session on wccm.org or YouTube.

My experience of meditation

The reason I joined a meditation group was because, in recent years, I was becoming more dissatisfied with my prayers. Coming from an Irish background I was brought up to pray regularly. However, the same prayers, rosaries, Novenas etc were repeated time and time again and the words had become so over familiar that they had lost their meaning. I was also aware that I was always talking in prayers and rarely listening. Lastly I was finding it increasingly harder to banish distractions while praying. Wanting to change all this I thought that meditation might be a way forward.

I have now been attending meditation sessions for about four months. The first few sessions were very different to what I had anticipated and there were times when I wanted to give up! I was convinced meditation would not help me with my original issues and I had made a mistake thinking that it might. I had expected a 'guided' meditation where, as a newcomer, I would be led step by step until I became confident. I hadn't realised that it would be 'guided' meditation but the Holy Spirit would be my guide! At the first few sessions after an opening prayer and a reading everyone closed their eyes and meditated for about thirty minutes. I closed my eyes too but what was I to do? I went over all my worries yet again; even said a few decades of the rosary to pass the time but that was it. Fortunately, an experienced member of the group sensed my concerns and loaned me a series of CDs, which helped me to a better understanding of what Meditation really is. As I played these over and over again at home, I became aware that my preconceptions were totally wrong.

While desperately wanting to succeed, I was worried that my personality might prevent me from coping with the requirements of meditation. Firstly, to meditate, one must be still in mind and body. During my lifetime I've always been physically busy and my mind has never been empty. It was always like a whirlwind racing from one thought to another. I've also been a great worrier, constantly reliving the past and rehearsing the future, no time for an empty mind. How could I possibly learn to meditate? To make matters worse, because of COVID it was decided, quite sensibly, not to meet as a group but to have our meetings on Zoom instead. Since I'm not confident with modern technology, this was an additional problem and I couldn't see how it could work at all. But it has!! - much to my surprise.

Many things have helped me on my journey. The members of the group reassured me and talked about their own challenges in the early stages. They told me that five minutes of meditation was better than none, to start with small steps and keep practising. It had worked for them. So I decided to persevere. By this time, it was clear that I wasn't going to be able to learn meditation on my own. I'd need the help of the Holy Spirit to be my guide. So before each session, I prayed for assistance.

I also realised that I would have to put my worries and anxieties to one side and just concentrate on the present. This was a new concept for me, so I had to learn to have a greater trust in God. My next problem was the constant distractions as thoughts still crowded my mind. I found

that the answer to this was to use a mantra; to say maranatha over and over again, and it helped my mind let go of all invading thoughts.

Even the sound of the word is calming. I focus my whole attention on the word, say it non-stop in a loving way and I find my mind becomes still. I'm able to stay in the present. I'm still in the very early stages of my journey. Do I meditate for 20 minutes, twice a day as is suggested? Sadly, not yet. Perhaps 5 or 10 at the most. The group sessions on Zoom are really helpful. The fact that three or four people are meditating together with me seems to give me strength and support and the 20 minutes fly by.

My next step is to be able to meditate by myself for that length of time. Since I started meditation, my prayer life has improved. I say fewer prayers but I am able to pay full attention to each word and every thought is from the heart. My relationship with God has grown deeper and my faith is stronger. I thank God for my experience of meditation and for the people who have helped me.

Gwen Hindley

FINAL CALL: Summer Retreat - July 25-29th Shallowford House, Stone, Staffordshire

The WCCM Summer Retreat will take place over four days this July at Shallowford House in Staffordshire, a retreat house in the diocese of Lichfield. The retreat is open to all ages, single people and families. We have had a very good response so far, but at the time of writing there are still a few rooms left so it's not too late if you are thinking of joining us, why not bring your children / grandchildren (and pets) on a holiday with a difference?



We hope everyone who comes will experience the joy of living together in community with silent prayer at its centre. The programme will provide for beginners an introduction to the tradition of Christian meditation as taught by John Main as well as an opportunity for those more experienced to deepen their practice.

We are planning an exciting programme of supporting workshops which will include; Music, song and dance provided by the Irish and Scottish Celtic harmony trio Caim; Art led by professional local artists Jim Rowley and Pam Kulizowsky; Poetry and Drama led by author and teacher Eoin Bentick and a "Wilding workshop" getting back to nature and exploring the local woodland environment, building shelters, lighting fires (without matches) and willow craft weaving led by Chris and Gaynor Hogarth.

There will also be games and activities for younger people as well as plenty of opportunity to relax and enjoy the lovely surroundings of Shallowford House.

For further information please contact either:

Jon Kille: jon.kille@btopenworld.com
or Carole Dixon: carole@caroledixon.me.uk

Meditation in Schools

Meditatio's third annual webinar for Meditation in Schools will take place on June 24, 2022 from 1:00 – 3:30 p.m. UK time. The webinar is entitled, **"Emerging from Trauma: Teaching Meditation to Children"**

Today many children and youth are experiencing adverse conditions through violence, war, separation, and the covid pandemic. Dr. Tamara Salem from Venezuela will be addressing the physical and emotional health needs she experiences with children in her practice as a pediatrician and in her outreach. She is a member of the Central Board of Directors of the Venezuelan Society of Childcare and Pediatrics and National Coordinator of the WCCM in Venezuela. Dr. Salmen will be looking at what meditation can do for children to help them through trauma. More information for registration will be coming soon.

A new flyer for meditation in schools has been produced by Meditatio. It describes what meditation has to offer to

children and youth in schools and how the WCCM can help bring meditation into schools. It will be introduced at the webinar.

Along with the flyer, a new booklet has been produced by Meditatio. The booklet will be launched online shortly after the above webinar. It offers international guidelines for the standardization of programs for meditation in schools. Our hope is that these guidelines will inspire and encourage WCCM leaders teaching meditation to children and adolescents to develop their own national standard program in collaboration with their WCCM National Council following the international guidelines, and that they can be shared by all working in the field.

For information about the webinar and meditation in schools outreach, please contact meditatio@wccm.org <https://wccm.org/outreach-areas/children-and-meditation/>



Bonnevaux UK Pilgrimage and Retreat 5 - 10 July 2022



As we start to enjoy the fruits of sharing time together again at residential events, a very special and long awaited event is now approaching - the first ever UK national community pilgrimage and retreat to Bonnevaux. The retreat is entitled 'Pleroma' which is the New Testament word for the fullness of being. The retreat will be led by Fr Laurence Freeman.

At the time of writing there are number of places still available and I hope that if you haven't already booked you will be able to join us. For an information sheet with details of costs, travel arrangements, preparation for the retreat and more write to Philip Kitchen at bonnevauxpak2022@gmail.com who is our Bonnevaux contact in the UK. Bookings are made directly via the Bonnevaux website <https://bonnevauxwccm.org/all-programmes/national-community-pilgrimage-uk/>

This is a wonderful opportunity for the UK community to come together to connect and enjoy the benefits of the beautiful space that has been created at Bonnevaux. It would be wonderful to see you there!

Philip Kitchen and Julie Roberts



UK National Pilgrimage and Retreat

Pleroma or the Fullness of Being: Come and Deepen Your Meditation Practice at Bonnevaux

LAURENCE FREEMAN WILL EXPLORE 'PLEROMA' THE NEW TESTAMENT WORD FOR THE FULLNESS OF BEING IN CHRIST WHICH GROWS IN US.



Date: Tuesday 5 to Sunday 10 July

Location: Bonnevaux

Fr Laurence's theme will be 'Pleroma' the New Testament word for the fullness of being in Christ which grows in us. This will also be a grace-filled time for the community and meditators from the UK to meet.

All our events taking place at Bonnevaux offer an opportunity to discover the rich cultural and historical French and European heritage of the 12th-century Abaye de Bonnevaux, as well as to explore the varied and natural beauty of the land which we cultivate as a model of ecological responsibility.

For an information sheet with details of costs, travel arrangements and more write to Philip Kitchen at bonnevauxpak2022@gmail.com

To book go to <https://bonnevauxwccm.org/all-programmes/national-community-pilgrimage-uk/>

PSALMS FOR PRAYING – an invitation to wholeness

Nan C Merrill (Bloomsbury, 2007)

For many years I have sought solace in the Grail edition of The Psalms, intuitively given to me by a parish priest and answering a previously unrecognised need. I sank into the beautiful poetry, especially at times of joy or sadness, and for the years after I had moved on from his parish, I would continue to pray them - it is a well-thumbed tome.

Increasingly over the years, and especially the last two, I have become more conscious of the language we use/is used in our religious rites and associated texts. In particular, I have become a) more creation centred (God within and around, not out there and remote) and b) feel uncomfortable about the patriarchal way the Christian faith has often been expressed. So it was with delight that I discovered Nan C Merrill's book *Psalms for Praying* which responds to these reservations, a book which feels compassionate, intimate and more in tune with the Divinity I experience. Of course the Grail version is still beautiful although it does not always express the heartfelt longings or sorrows or praise as I now feel them. Let me say that this book is not an exact replacement of the psalms but in it they have become "living prayers that evoke, albeit subtly, new insights, new emphases, new words and phrases, in some instances new verses" (Preface vii). And in moving between The Old Testament Psalms, the Grail version and Nan's version, which I sometimes do, there may be a difference in numbering by one or two, but this is always resolvable.

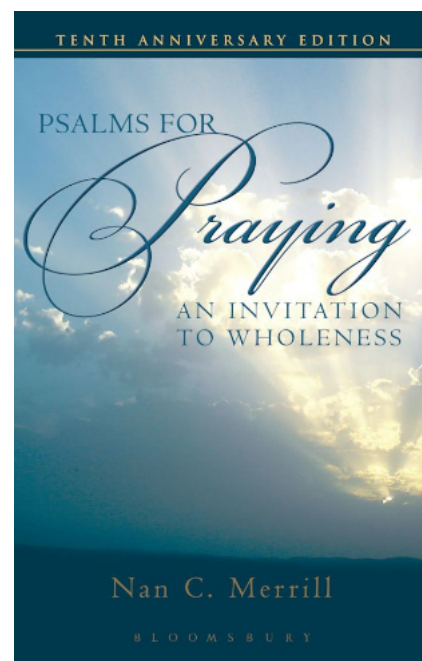
Let me share with you a few examples of the new words and phrases Nan speaks of. Firstly, I love the way she conveys such intimacy by replacing God or Lord with Beloved, such as "Answer me when I call, O my Beloved" (Psalm 4), or "Oh love, my Beloved" (Psalm 8), echoing the language of The Song of Songs. My prayer of the psalm is not then to a distant father figure but to my lover, my closest friend. Similarly, God is referred to as Creator (Psalm 19); Divine Guest (Psalm 20), Listening Heart (Psalm 39), Gentle Healer (Psalm 69) and many more titles reflecting the devoted and cherished relationship of the divine to humanity.

Another key change is the removal of references to an angry, vengeful God, replaced with a recognition of our own responsibility and need to act. So instead of God firing arrows of rage at us (G Psalm 37), we ask the Beloved to be compassionate and acknowledge the arrow of fear and guilt we ourselves have created (Psalm 38); or instead of pleading with God to "fight those who fight me" (G Psalm 34) we read "forgive on my behalf those who abuse me" (Psalm 35). There is also often a change to present tense, which recognises the immanence of the Divine within us, and contemporary expressions which may make them more relevant for some – such as "in the name of nationality, security and progress" (Psalm 50) and "deliver me from the addictions of society" (Psalm 51). To give you a feel, I have (with permission) included Psalm 13 to give you a feel for the language.

In summary, this book feels like it is written for, and to be prayed from, a heart of love and reflecting sensibilities to today's world. I recognise that some of us are immersed in

the traditional language, having prayed the Psalms through the daily office, for example, and thus feel spiritually attached to them. However, there may be times, that Nan's version may speak to the heart in a different way, and I would urge you to take a look.

Note: Unless otherwise stated (e.g. Psalm 50) all references are the Nan C Merrill's Psalm numbering. G Psalms refers to the Grail numbering.



Psalm 13

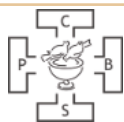
How long, my Beloved?
 Will you forget me forever?
 How long will you hide your
 face from me?
 How long must I bear this pain
 in my soul,
 and live with sorrow
 all the day?
 How long will fear rule my life?

Notice my heart and answer me,
 O my Beloved;
 enlighten me, lest I walk as
 one dead to life;
 Lest my ego fears say,
 "We have won the day;"
 Lest they rejoice in their strength.

As I trust in your steadfast
 Love;
 my heart will rejoice,
 for in You is freedom.
 I shall sing to the Beloved,
 who has answered my prayers
 a thousand fold!
 Come, O beloved, make your home
 in my heart.

Roz Stockley

Psalms for Praying – an invitation to wholeness by Nan C Merrill published Bloomsbury, 2007. Psalm reprinted with permission from the publisher. ISBN 9780826419064.



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.

For more information contact oblates@wccm.uk

OBLATE EVENTS

Annual UK Oblate Weekend: Saturday 15 and Sunday 16 October at The Monastery of Christ Our Saviour, Turvey, Bedfordshire. Further information to follow. Please contact: Angela Gregson via oblates@wccm.uk for more information.

Quarterly Community Days: 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): Saturday 4th June, 2nd July, 6th August, 3rd September. Contact: Angela Gregson via oblates@wccm.uk for more information.

UK Led Online Oblate Cell Meetings: Sundays 11.00-12.30: 10 July, 14 August & 11 September. Wednesdays 19.30-21.00 22 June, 24 August & 21 September. Contact Angela Gregson via oblates@wccm.uk for more information.

WCCM Online Series, Future of Intelligence

This online series of four round tables is an exploration of the Integral Intelligence with prominent experts from the science, spiritual, political world: Dr Iain McGilchrist, Cynthia Bourgeault, Dr. Mary McAleese, Prof. Charles Taylor & many more



21 April 2022: Dr Iain McGilchrist along with Natalie Zeituny and Marco Schloremmer explore **Hemispheric Intelligence** (recording available).

21 July 2022: Spiritual Intelligence In this round table dialogue, Laurence Freeman along with Alan Wallace and Cynthia Bourgeault explore **Spiritual Intelligence**.

8 Sept 2022: Artificial Intelligence - Promises and Perils In this round table dialogue, Dr Susan Schneider along with Prof Andrew Briggs and Alessandro Colarossi explore **Artificial Intelligence**.

24 Nov 2022: Socio-Political Intelligence In this round table dialogue, Prof. Charles Taylor along with Dr. Mary McAleese and Herman Van Rompuy (TBC) explore **Socio-Political Intelligence**.

Learn more here: <https://wccm.org/events/future-intelligence/>



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

Goodnews Books

St John's Church Complex
296 Sundon Park Road
Luton
Bedfordshire LU3 3AL

01582 571011

orders@goodnewsbooks.co.uk
www.goodnewsbooks.co.uk

All events are subject to Covid-19 restrictions, some may be held online by video-conferencing. Contact the organiser(s) for information.

Events from end of May to September. 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. Annual Conference – Touch the Earth Lightly. Leaders: Fr Laurence Freeman & James Thornton. Venue: High Leigh Conference Centre, Hoddesdon, Herts EN11 8SG. Book online: <http://buytickets.at/wccmukconf22/489899> (or email: wccmukconference2022@outlook.com)

Tuesday 5 July to Sunday 10 July. UK National Pilgrimage to Bonnevaux and Retreat – Pleroma or the Fullness of Being. Leader: Fr Laurence Freeman. Venue: Abbaye de Bonnevaux Retreat Centre. Cost: £155 per night. Application by email: Philip.Kitchen.Bonnevauxpak2022@gmail.com

School of Meditation Events

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

Saturday 17 to Friday 23 September. The School of Meditation Silent Retreat. Venue: Whalley Abbey, Whalley, Clitheroe BB7 9SS. Cost: £630 per person - includes accommodation, all meals, talks and resources. Contact: email: ailsa.adamson@gmail.com or call the UK office on 020 8280 2283.

NORTH EAST ENGLAND

Tuesday 21 to Wednesday 22 June. The Joy of encounter – a Meditatio gathering. Leader: Terry Doyle and friends from Justice First, WCCM projects and the community at Ampleforth, Middlesbrough. Venue: Ampleforth Abbey, near York YO62 4EN. Contact: meditation@wccm.org ALL WELCOME! PLACES ARE LIMITED SO CONTACT US NOW

Monday 11 to Thursday 14 July Christian Meditation and Tai Chi Retreat. Venue: Ampleforth Abbey, near York YO62 4EN. www.ampleforth.org.uk. Contact: 01439766486; pastoral@ampleforth.org.uk

Friday 9 to Sunday 11 September Christian Meditation and Tai Chi Retreat. Venue: Minsteracres Retreat Centre, Minsteracres, Consett DH8 9RT www.minsteracres.org. Contact: 01434 673248

Friday 16 to Sunday 18 September Silent Meditation Retreat. Venue: Ampleforth Abbey, near York YO62 4EN. www.ampleforth.org.uk. Contact: 01439766486; pastoral@ampleforth.org.uk

Friday 7 to Sunday 9 October Christian Meditation and Tai Chi Retreat. Venue: Ampleforth Abbey, near York YO62 4EN. www.ampleforth.org.uk. Contact: 01439766486; pastoral@ampleforth.org.uk

NORTH WEST ENGLAND

Saturday 16 July. Christian Meditation Cumbria Day of Gathering. Venue: Dalemain, House nr Penrith. Contact: Cameron Butland cdsao3@gmail.com

Tuesday 2 August 10:00–15:00. Living with the Mystics. Venue: Ambleside Parish Centre. Cost: £5. Contact: Bob Morley rgm1@live.co.uk

Tuesday 27 September. A Day Retreat: Deep Simplicity - The Freeing Wisdom of Meister Eckhart. Leader: Rev. Dr. Mark S. Burrows. Venue: Penrith. Contact: Cameron Butland cdsao3@gmail.com

Tuesday 1 November 10:00–15:00. Living with the Mystics. Venue: Ambleside Parish Centre. Cost: £5. Contact: Bob Morley rgm1@live.co.uk

Repeating event:

Saturday 28 May and 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. See page 4 for details. Leader: Jon Kille. Venue: Shallowford House, Stone, Staffordshire ST15 0NZ. Cost: approx £300 per person (to be finalised). Contact: John Kille 07912 026014 jon.kille@btopenworld.com

SOUTH WEST ENGLAND

Thursday 21 (eve) to Sunday 24 July (lunch time). WCCM South West Silent Retreat - Oneness. Leader: Alex Holmes. Venue: Greenhouse Christian Centre, 17 Burton Road, Poole, Dorset BH13 6DT. Cost: £251 - £281 bursaries available. Contact: Anita Finnigan anitafinnigan@hotmail.co.uk 01305 259032

Friday 23 (eve) to Sunday 25 September (Lunch time). WCCM South West Contemplation and Community Weekend Retreat. Heart-Work and the Art of Loving - Rainer Maria Rilke and the call to flourish. Leader: Mark S Burrows. Cost: £239 bursaries available. Venue: Ammerdown Centre Radstock Somerset BA3 5SW. Contact: John Roberts 07970 039007 john.wilcott@gmail.com

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 (venue The Meditatio Centre and contact meditatio@wccm.org):

Monday – Friday 13:00-13:30. Meditation in person

Every Monday 19:00-19:30. Meditation in person

Every Wednesday 13:00 – 13:30. Meditation in person and online .Link to join: <https://bit.ly/wedmed> Meeting ID: 452 619 517 Passcode: 300137

Yoga and Meditation. Leader: Lucy Barnes. Contact: lucybarnesyoga@icloud.com (for cost and information)

Term dates: Summer: 20 April to 18 July (half term 30 May – 3 June) / Autumn 12 September to 14 December (half term 24-28 October)

Every Monday 19:00 – 21:00 in person. Meditation followed by Yoga

Every Wednesday 9:45-11:00 online

Every Friday 10:00-12:00 in person Yoga followed by Meditation at 11:30

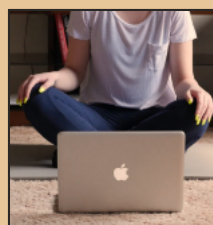
Single events:

Wednesday 18 May 19:00 – 20:30. Online Earth Crisis Forum. Leader: Jim Green. Cost: free. link to join: <https://bit.ly/ecforum1>

Wednesday 25 May 19:00 – 20:30 (online only). That art Thou: Some implications of oneness/interbeing. Leader: George Wilson. Cost: £15 Concessions £10

Saturday 28 May 10:30 – 16:00 (Centre and online). Many Dimensions: The Spiritual Poetry and Fiction of Charles Williams. Leader: Grevel Lindop. Cost: £30 Concessions/online £20

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

MEDITATIO CENTRE (CONTINUED)

Wednesday 1 June 19:00 – 20:30 (Online only). Therese of Lisieux: Mystic of Loving Confidence in God. **Leader:** Prof Bernard McGinn. **Cost:** £15 Concessions £10

Thursday 2 June 18:00-19:00 (and every first Thursday of each month). An Introduction to Meditation in the Christian Tradition.

Saturday 11 June 10:30 – 16:00. Feeding among the Lilies: the Practice of Lectio Divina. **Leader:** Stefan Gillow Reynolds. **Cost:** £30 Concessions/online £20

Wednesday 15 June 18:30 – 21:00. Out of the Wreck We Rise. **Leader:** Martin Laird O.S.A. **Venue:** (centre and online) **Cost:** £15 Concessions/online £10

Saturday 25 June 10:30 – 16:00 (Centre and online). A burning passion for God – Reflecting on Marguerite Porete. **Leader:** Dr Rebecca Stephens. **Cost:** £30 Concessions/online £20

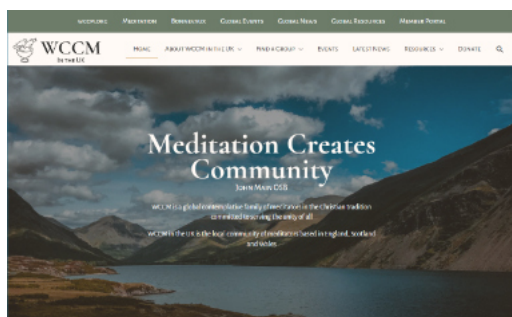
Wednesday 6 July 18:30 – 21:00 (Centre and online). Two Contemporary Women Writers: Reading as Contemplation. **Leader:** Josie von Zitzewitz. **Cost:** £15 Concessions/online £10

Thursday 7 July 18:00-19:00 (and every first Thursday of each month). An Introduction to Meditation in the Christian Tradition.

Saturday 23 July 10:30 – 16:30 Being an oblate of the WCCM Contact: oblates@wccm.uk

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.

wccm.uk - a new face for an old friend



Between now and the next newsletter our website is changing. We have a new design from the team that created the WCCM international website and a new address to go with WCCM in the UK. Just type **wccm.uk** into your browser - it will take you to the current website and get you prepared for when the new design goes live!

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



WCCM

Online Events

UNIFIED CONSCIOUSNESS SERIES

26 July: Herman van Rompuy

27 September: Mary McAleese

25 October: Alan Wallace

8 November: Alex Zatyorka

13 December: Marco Schorlemmer



SEEING WHAT PAUL SAW

with Fr Laurence Freeman

4 July: The old self and the new self

28 November: The all inclusive Christ

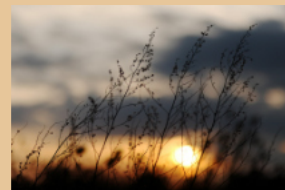
EVENING SPEAKER SERIES

12 September: 'From Victim to Witness' -

Martin Laird

5 December: 'Beauty and Christianity' -

Robert Kiely



FUTURE OF INTELLIGENCE - ROUND TABLES

21 July: Spiritual Intelligence

8 September: Artificial Intelligence - Promises and Perils

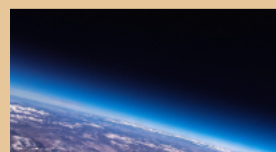
24 November: Socio-Political Intelligence

EMERGING FROM TRAUMA:

TEACHING MEDITATION TO CHILDREN

24 June: 'A Meditatio Webinar for Meditation with Children with Dr Tamara Salmen and

Laurence Freeman OSB



CONTEMPLATING EARTH

WITH JIM GREEN

An online course on a contemplative response to climate emergency

PILGRIMAGES IN 2022

5-10 July: UK Pilgrimage to Bonnevaux

18-19 October: Contemplative Marian

Pilgrimage 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.

UK OFFICE

WCCM in the UK – Registered Charity No. 1189977

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✉ uk@wccm.org

💻 www.wccm.uk

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Oblates: oblates@wccm.uk

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London (Northwest): Revd Nick Jones ObSB–07801 559070 nickjones114@gmail.com

London (South–none of Kent or Surrey): Contact UK Office