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

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Tributes to Charles Posnett 1944 - 2022, WCCM Oblate



Charles now lives fully, beyond all fear all doubt and all division in the love of God his creator. His guide into this beatitude is the same transcendent person - Jesus the Christ - in whom he lived by faith and discipleship throughout his life.

We believe this as he now knows it, beyond belief. He knows it through experience just as we know through our experience that we miss him and are here to thank God that our lives - especially those of Gilly and his children - were enriched and blessed because he was part of our lives.

His capacity to know reality by direct experience has been expanded way beyond what we can know ourselves today. But our human capacity to know God is the same as our capacity for love and our capacity to love is as unbounded as God's. Charles has now reached the 'further shore'. He is lifted up and beyond all limits, all boundaries.

As a contemplative Christian, as someone who meditated daily for so long, Charles was open to this limitless

love and now he has fallen into love with God in Jesus with every fibre of his being. His mortal life was preparing him for this because after all, we are what we live. Where he is, there we are going.

For many years Charles was for me a friend and adviser, a selfless collaborator in the community he discovered through meditation and himself passed on to others. His love for the work of meditating with children showed how deeply he understood the importance of this transmission. I trusted his wisdom and integrity and fidelity. He was kind, patient and loving - all fruits of the spirit that shone in him. Even as we miss him, let us be thankful that we knew him and thank God for his life.

On behalf of the WCCM community I offer condolences to his family and friends and deep gratitude for all he contributed to the community of meditators and oblates for so long.

Message from Fr Laurence that was read out at Charles' funeral

WCCM in the UK Conference 2022 "Touch the Earth Lightly"



FR LAURENCE FREEMAN - LIZ WATSON - ROGER LAYET

Third time lucky! Having been postponed twice due to the pandemic, WCCM in the UK's conference finally took place in June at High Leigh Conference Centre in Hertfordshire. The theme was meditation and the ecological crisis. As well as talks and periods of meditation, there were workshops on poetry, body work, song and dance, being present in nature, and the work of meditation itself.

Attendees had the opportunity to get together in person for the first time for a long while with other members of the WCCM community. I met many people for the first time whom I had only seen at online meditation sessions or in zoom meetings.

Roger Layet saved the day when James Thornton, one of the two speakers (the other being Fr Laurence Freeman) was unable to attend, by giving a heartfelt and comprehensive talk on climate change, the environmental catastrophe and the spiritual context. One source he quoted that stood out for me was from Thomas Berry: "I am primarily interested in public spirituality...which... is, I think, much more significant than the cultivated spirituality of marginal groups or individuals engaged in intensive prayer and meditation apart from the dynamics of the larger human community". This perhaps is the challenge for the WCCM community which was reflected by Fr Laurence saying that as a community we have a responsibility to share the gift of meditation as part of the Christian mission.

Fr Laurence highlighted how meditation can help in our response to the ecological crisis, how it contributes to a universal consciousness that is necessary to save the planet. The environmental movement is one of consciousness and repentance. The increased awareness of ecology is not just about the survival of our species but about an increased appreciation of creation, of a mystical view of nature. He talked about meditation in relation to sacrifice, how both are acts of love and attention, which made me think that actions we take in our lives in response to the crises, if done with love and attention, would not feel like 'making sacrifices'.

Fr Laurence led the Sunday Contemplative Mass from High Leigh, with a number of delegates participating in the live-streamed service (a first for the UK!) and joined by the Bonnevaux community. If you have not had a chance to do so, I highly recommend watching this very special service with an ecological theme. The link is <https://youtu.be/lkrhnDspQVE>

The conference included the launch of WCCM in the UK's environmental statement, "Our Commitment to Eco-friendly Practices" which can be found at the bottom of every page on the new UK website www.wccm.uk along with other policies. It provides a reference point which we can all use to try to reduce our carbon footprint.

For myself, I had the pleasure of meeting Fr Laurence in person in my new role as Special Interest Coordinator for the Environment. Overall, the conference went very smoothly, with Julie Roberts in her new role as National Coordinator, helped by a very competent conference planning team!

*Sarah Feeney,
Special Interest Coordinator for the Environment*



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IN THE UK

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IN THE UK

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Charles's presence was so full of energy, so very positive, he gave his whole self to all that he committed to. His warmth, sense of fun, joy-filled face and big hugs whenever he met other Oblates and meditators, quickly put anyone new at ease. He was a man of honesty, integrity and deep faith, a good listener who always had a word of encouragement when needed. He had many gifts including warmth, wisdom and hospitality, full of joy and fun. Charles was deeply committed to the oblate way of life within WCCM and his oblation poured out into his service, particularly in the UK in teaching meditation to children in schools. It inspired him to lovingly compile a video, a most moving recording of children sharing their experiences of meditation. And of teachers offering advice about how to introduce meditation to children.

Experience over time, taught him that there needed to be an online program produced which schools could pay a fee to access. This was in order to teach new staff joining the school how to pass the teaching and practice onto the children so that the teaching didn't get corrupted or end when staff members changed. The money needed to set this up and produce the program was all donated by meditators who were inspired by Charles's sound and enthusiastic words and presence. That program is still being used. Nothing was too much to ask Charles if he would be willing to do. The first time at the Annual UK Oblate Weekend when Fr. Laurence couldn't be with us in person and was going to link via Zoom, it was Charles who was asked and enthusiastically took on the tech challenges and got the link working beautifully.

Charles your physical presence will be very much missed when we gather as Oblates, but we know you are with us in spirit.

*Members of the UK Oblate Council, Angela Gregson,
Janet Robbins, Julia Williamson*

Charles and I - and Patty, his first wife - all shared the same mentor (our very precious Rita McKenna) as we pursued the Oblate novitiate. On occasions, when Oblates gathered together at Cockfosters, we would come together and share what it meant to us to be on the Oblate Path. We were all at different stages of our journey and each of us in our own way were grappling with some of the big questions responding to our call had thrown up for us.

Questions such as, "Why me? Is this for real and for life? Am I up to it? And, Service. "In what way can I best serve the Community?"

Charles answered this last question by holding pivotal roles within the Community including helping to get meditation taught in schools.

His long experience in running his own business and his generous nature enabled him to share his wise counsel on the guiding board and on the board of trustees which he chaired for a number of years. Latterly much of his energy was devoted to the development of Bonnevaux. Quite a legacy for us to continue building on!

And I feel I can't write a reflection on Charles without mentioning what it meant to me when Gilly told me that she and Charles were going to be married and to be later present when Father Laurence celebrated their marriage. I can only add that the love we shared taught us the true meaning of community. The lesson we learnt is that when we love one another, we expand and grow and all manner of wonderful things can happen.

Eileen Dutt International Oblate Coordinator

Conference 2023

The next WCCM in the UK National Conference will take place from 2 to 4 June 2023 at High Leigh, Hoddesdon, Hertfordshire.

The speaker will be Dr. Mark S Burrows and the theme and further details will be announced in the next newsletter.



Help With Live Streaming Of Events

Could you help, or do you know anyone who can help us with live streaming the UK conference in June 2023?

It would be great to hear from anyone who has any experience of live streaming.

Contact Julie at ukcoordinator@wccm.org or call 07977 215501

Connecting with Young Adults

In the last newsletter I wrote about the changing shape of the UK community, the upsurge in the number of online groups and the various types of meetings that are now taking place. These changes are directly related to the pandemic, but there's one thing that's changing that's not -we're all getting older! As someone recently commented at a meeting, she was the youngest person when she joined the group 20 years ago and still is.

In these uncertain times introducing young adults to the gift of meditation has never been more important. This has been acknowledged internationally with Tayna Malaspina being appointed as Young Adult Coordinator. Recently Tayna has been very active in encouraging people to attend the retreat for young adults held in person at Bonnevaux (and online) at the end of July.

And of course it would be great to have the energy of young adults to help nurture the balance between contemplation and action that our community needs. As a community we offer a space where we can come together and have an influence on some of the big issues of our time and young adults have shown the drive and determination they can bring to this, especially environmental issues.

As part of the activities at the last National Council participants were asked to come up with ideas as to how we could make contact with the 20 to 40 year age group. A lot of suggestions were made and this was added to at our June coordinators meeting. You can read the list below. While none of us can follow up everything I would encourage you all to have a look at the list and see if there is anything you can do.



The first suggestion on the list is to offer a monthly young meditators group in the UK, so if you are reading this and thinking it is something that might appeal to you, or maybe to someone you know, please do get in touch.

In the UK we have special interest coordinators engaged in various outreach work but as yet no-one representing young adults, so if there is anyone who feels they could make a difference and would like to know more about the role of a special interest coordinator again, please do get in touch.

I look forward to hearing from you.

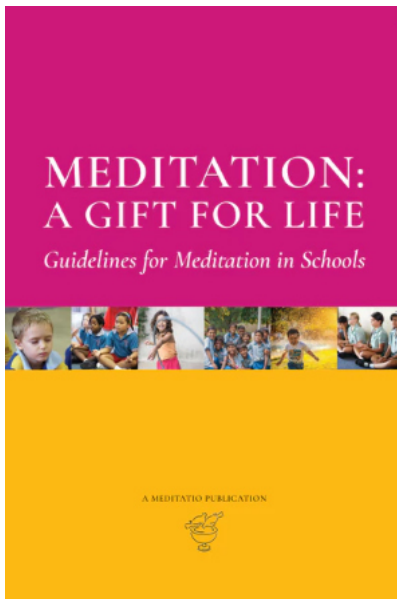
Julie Roberts
National Coordinator WCCM in the UK

Connecting with Young Adults (20/40yrs)

SUGGESTIONS MADE AT THE NATIONAL COUNCIL 2021 & JUNE COORDINATORS MEETING

1. Monthly young meditators group
2. Gather existing young meditators and ask them
3. Special Interest Coordinator for young adults
4. Through further education colleges and universities
5. Channel back from Bonnevaux to UK community
6. Put ads in university libraries/chapels
7. Offer meditation sessions in university libraries/chapels
8. Invite our children and grandchildren
9. Introductory course for young adults
10. Invite young adults from online groups onto our database
11. Through social media
12. Youth church
13. Meet where they are i.e. meditation and drink in the bar
14. Find out what attracted our young meditators
15. Offer family meditation experiences
16. Encourage young oblates to share the gift and learn from them
17. Avoid Christian language
18. Have targeted events for young adults
19. Online tasters for young adults
20. Contact university chaplaincies
21. Use an app like Meetups
22. Offer evening meetings in secular settings
23. Through bodywork classes (yoga, chi gung, tai chi etc)
24. Through environmental/social justice/marginalised networks.
25. Tie in with teaching meditation with children

Launch of the New Guidelines for Teaching Christian Meditation in Schools



As we all know, teaching meditation to children has been seen as a very valuable gift in helping children develop spiritually, the children enjoy it and it is a gift for life. The introduction into schools and elsewhere has been carried out in different ways in different parts of the world. Sometimes the work has had the support of a Diocese, and sometimes from an Education Department. However, often

there has been no official support and it has grown through the work of committed volunteers within the National Communities.

In reviewing the effectiveness of our work, it made sense to find out what was going on world-wide and then to adapt our practices in the light of that knowledge. To aid this process a small international group of people working in the field has developed guidelines for effective practice. These guidelines, 'Meditation a

Gift for Life', have recently been published and are available from meditatio@wccm.org.

In the UK volunteers have offered guidance to teachers on how to teach Christian meditation in school for some years, mostly through training days. We have all followed a similar approach, originating in Australia, which teachers liked and they subsequently found it easy to implement in their classes. Indeed, teachers have been genuinely surprised and delighted by how the children have responded, how they have loved to meditate and how it has benefited the class and the individual children.

Now a group within the UK are intending to update our way of offering In-service training to schools. In addition, as we all need ongoing support to help us continue our practice, whether alone or in a group setting, so do teachers. Consequently, and as the Guidelines suggest, it would be very valuable to have local meditators willing to learn how to support the teachers in primary schools in their neighbourhood. The UK group will be putting together ways to facilitate this. This is a work in progress, a new beginning. We will keep you updated and please do get in contact with us via uk@wccm.org if this is of interest to you.

Pat Hay

Open Heart

Our centre, our heart, of infinite depth
Boundless, without form or image.
A chasm of emptiness, yet filled with love,
Eternally new, spacious and fresh.
Home of the soul.

Its invisible doors are always open
To welcome all life that comes near.
Although hidden by a cloud of unknowing,
The entrance is as a refining fire
Through which only love may enter
The ashes of matter and mind are
Left behind in the world of time and space.

What can we humans bring to gain acceptance?
Nothing. What can we lose? Everything.
How can we fill the cup which is full already?
Be silent; throw ourselves at the door
Of eternity, which knows only love.
The witness glorifies in the becoming Oneness;
Purified in the flame, and swallowed whole.

Deep in the cave of the heart,
Divine love meets the soul-mirror;
Reflecting, transforming and enabling
Creation, which is that of the world outside.
The open heart, holding and being held in Love.

Bob Morley



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.**



The Joy of Encounter – a very special retreat at Ampleforth Abbey

In our continuing Synodal journey Pope Francis encourages us to get alongside people from the margins, to walk together and to listen to their stories. The vision for this two-day retreat was to give people from the so-called margins of society an opportunity to experience a wonderfully therapeutic and welcoming environment that ordinarily they would never have. It was led by Terry Doyle and sponsored through the Eileen Cox Legacy Fund and Meditatio.



ity to take part in an Art Therapy workshop, making our own mandalas – intricate circular patterns with a spiritual significance. The repetition entailed in forming a symmetrical pattern was also calming and satisfying. We were offered a variety of further tools to promote healing and enhance wellbeing, including Tai Chi, Zen walking, Capacitar Wellbeing and Emotional Freedom Technique. We were invited to take up and use anything we personally found helpful.

A coach brought 21 people from Middlesbrough, drawn from members of the North East Opera NEO group, which uses the power of music to help give disadvantaged people a voice; the Saltburn Addiction Recovery Group; and the Methodist Asylum Project MAP. In solidarity with them were about 15 self-funded people with some experience of meditation, and we quickly all mixed together in mutual support and friendship.



A whole variety of activities was offered to us, all aimed at well-being. Twice each day there was an opportunity for meditation, guided by Terry or by Kate Middleton from WCCM. We shared the discipline of the silence, binding us together to form a community.

The facilitators of North East Opera, Emily Smith and David Pisaro, came to lead us all in a superb session billed as 'Freeing the Voice with The Joy of Singing'. Using a variety of songs including spirituals and rounds they encouraged us all to participate enthusiastically, often at full volume. This uplifting experience reinforced the feeling of being a family.

We were invited to join the monks' offices of Little Hour (before lunch) and Compline (Night Prayer), as well as Mass. Praying with the monks was new for some of us, but most people were up for trying out different experiences, and found they enjoyed the peaceful, calming effect of the prayers.

We also had the opportu-

After supper in the evening, in the Crypt under the Abbey Church, we met with a group of sixth form students from Ampleforth College for a time of mutual sharing. Together we listened intently as several people told us something of their story. It was moving to hear of the struggles people have overcome, and how for some of them regular meditation has been part of their healing. We all listened and learned from each other, and left feeling encouraged and hopeful.

Many of us were overwhelmed by the spacious and luxurious accommodation in the newly refurbished Grange at Ampleforth, as well as the beauty of the valley in perfect midsummer weather. The monks were most welcoming, and the food was delicious and plentiful. We also had the opportunity to take a tour of the Abbey or to join a walk to explore the valley.



The Joy of Encounter was aptly named. A warm and friendly family atmosphere was quickly established, and any initial apprehension was soon banished. We encountered each other, individually and as a group. We encountered the monastic Community, the sixth form students, and we encountered God. The feedback at the end was tremendous as it had proved to be a truly joyful and healing experience all round, and an example of how our Church and our Meditation Community can be when it reaches out creatively to those on the margins.

Sue Westmacott



Living with the Mystics Day on Pierre Teilhard de Chardin

A SUMMARY OF THE DISCUSSION AND INSIGHTS.

INTRODUCTION

Pierre Teilhard de Chardin was born near Clermont Ferrand, France in 1881. His father served as a regional librarian and was a keen naturalist. He collected rocks, insects and plants and encouraged nature studies in the family. Teilhard's spirituality was awakened by his mother. In 1899, he entered the Jesuit novitiate in Aix en Provence. In 1901, he made his first vows. Teilhard continued his philosophical studies in Jersey until 1905. Strong in Science subjects, he was sent to teach physics in Cairo, Egypt.

From 1912 to 1914, Teilhard worked in the field of palaeontology in the museum of Natural History, France. In the first world war he served as a stretcher bearer, and was decorated for valour. He later wrote: "...the war was a meeting ... with the Absolute." In 1916, he wrote his first essay, *Cosmic Life*, where he considered his scientific and philosophical thought was revealed as his mystical life. While on leave from the military he pronounced his solemn vows as a Jesuit. In 1919, he wrote *The Spiritual Power of Matter*, and became an assistant professor at the Catholic Institute of Paris.

For the next 2 decades or more, he travelled widely, particularly throughout Asia. During all these years, Teilhard contributed considerably to an international network of research in human palaeontology, and wrote *The Divine Milieu* and *The Phenomenon of Man*. These works, together with other writings, were not accepted by the Jesuit authorities in Rome, and he was forbidden to write and teach his work.

Teilhard was convinced that human spiritual development is moved by the same universal laws as material development. He wrote, "...everything is the sum of the past" and "...nothing is comprehensible except through its history. 'Nature' is the equivalent of 'becoming'. There is nothing, not even the human soul, the highest spiritual manifestation we know of, that does not come within this universal law."

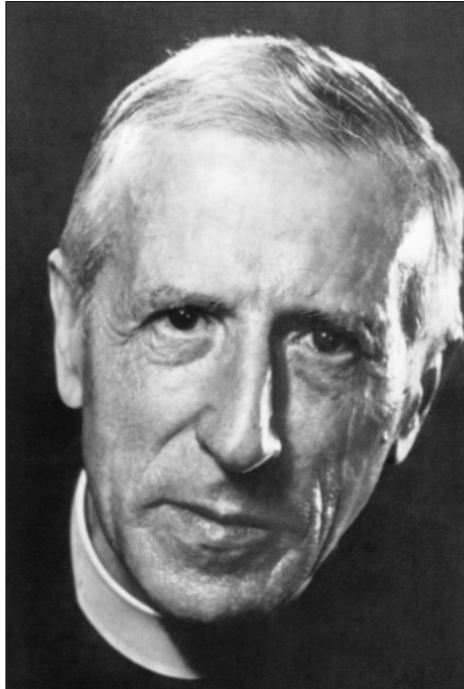
THE DIVINE MILIEU

This is an expression which tries to capture the meaning of two different experiences. On the one hand, it refers to an entire environment; on the other hand, it means at the same time a central point, a centre where all realities come together, meet and converge. The divine presence in the world is this mysterious 'milieu', radiating throughout all levels of the universe, through matter, life and human experience. We are immersed in this milieu, in which our soul may be swept away and divinised. All realities, all experiences, all our activities, all our joys and suffering,

have this potential for divinisation, for being set on fire through the outpouring of divine love.

THE PHENOMENON OF MAN

The *Phenomenon of Man* represents Teilhard's attempt at reconciling his religious faith with his academic interests as a palaeontologist. It gives an account of the unfolding of the cosmos and the evolution of matter to humanity, to ultimately a reunion with Christ. In the book, Teilhard abandoned literal interpretations of creation in the Book of Genesis in favour of allegorical and theological interpretations. The unfolding of the material cosmos is described from primordial particles to the development of life, human beings and the 'noosphere' and finally to his vision of the 'Omega Point' in the future, which is "pulling" all creation towards it.



THE NOOSPHERE AND THE OMEGA POINT

For Teilhard, the noosphere is the sphere of thought encircling the earth that has emerged through evolution as a consequence of its growth in complexity/consciousness. The noosphere is therefore as much part of nature as the atmosphere, biosphere and geosphere. Social phenomena are part of the noosphere and include, for example, legal, educational, religious, research, industrial and technological systems. In this sense, the noosphere is constituted by the interaction of human minds. The noosphere thus grows in step with the organization of the human mass in relation to itself as it populates the earth. He saw the Christian notion of love as being the principal driver of "noogenesis", the evolution of mind. Evolution would culminate in the Omega Point — an apex of thought/consciousness—which he identified with the return of Christ on the 'last day', or 'day of judgment'.

CHRISTIANITY AS HIS PRIMARY FAITH

Teilhard's faith was thoroughly incarnational and Christocentric. He described Christ as a 'universal element' present everywhere through God's creative action, and the 'soul of the world'. He was a great supporter of ecumenical and interfaith ideas, whilst always emphasising the transformative power of the Christian faith. Teilhard recognized the importance of bringing the Church into the modern world, and approached evolution as a way of providing a rational meaning for Christianity, particularly creation theology. For Teilhard, evolution was "the natural landscape where the history of salvation is situated."

Bob Morley

Picture: Pierre Teilhard de Chardin (1955) Unknown author, CC BY-SA 3.0, Wikimedia Commons

A Contemplative Christianity for Our Time - Sarah Bachelard

Do you ever have the experience of reading a book and feeling that you just have to pass this on to other people?

I recently read Sarah Bachelard's book entitled *A Contemplative Christianity for Our Time* - and I have this feeling in spades!

The book is a record of the talks which Sarah gave to the John Main Seminar in 2019. I listened then to recordings of the talks and was inspired by them. I later learned that they would appear in book form and now at last have read them.

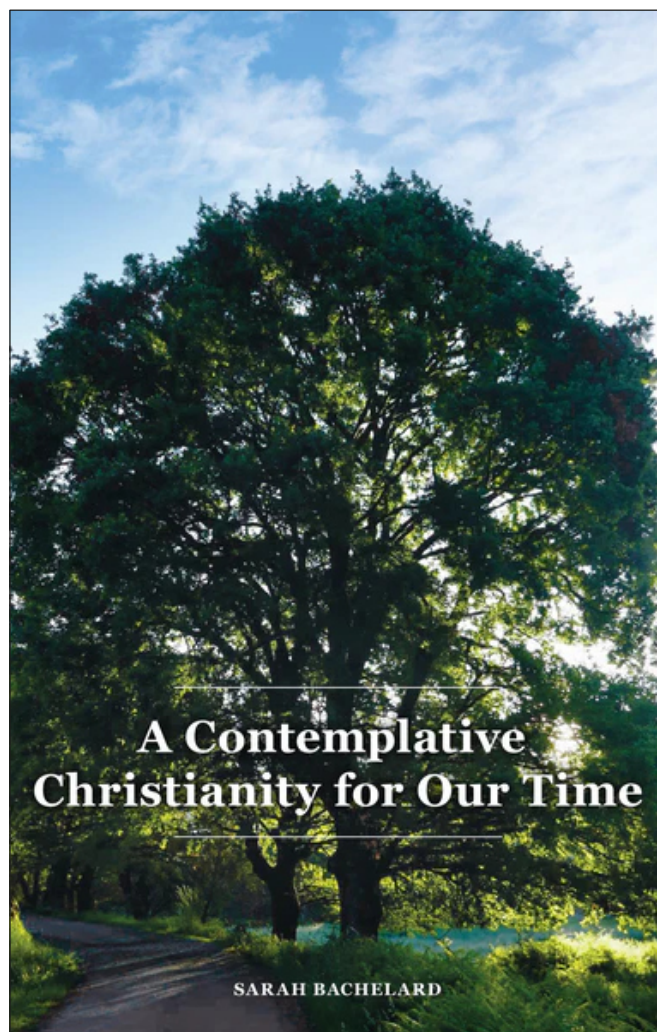
The chapter headings indicate the subject matter: Contemplation and Christianity in our time; Religion-less Christianity in a secular age; Jesus the Christ; The Vocation of a Contemplative Christianity; A Church come of age.

Who do I want to give the book to? Quite a raft of people. Rev. Hester, friend and colleague in the local meditation community, as a gift as she leaves for pastures new. C, occasional meditator, moved by the concern for the future of her grandchildren to become coordinator in her parish for responses to the 2022 Synod. She sees the church as stuck and dying and yet she does not want the heart of Christianity to be lost. The book would be relevant to her because it concludes with a vision of how the church might be for our time - so perhaps I should send it to the Vatican as well!

To G and R, who came to hear Sarah when she spoke for our local community in Bath a few years ago, and who described the experience as finding an oasis in the desert. B, our daughter, teaching religion to a reception class in a Catholic primary school and finding most of her sustenance from meditation and from a group she belongs to which ponders the scriptures each week. H and H, who decamped from Christianity some years ago and have found an enriching home in Zen Buddhism. Rev. L, another Zen teacher, but continuing her ministry and helping train future priests. Rev. B, farsighted Catholic priest and preacher of the spiritual homilies which are a must to listen to on live stream in this household. You are not alone, Rev. B!

Why do I like this book so much? I find its ideas exhilarating. They stretch me and yet they remain within my intellectual grasp. Mostly. Here is just one: that 21st century secularism is actually a fruit of the teachings of Jesus. You may need to read Sarah to follow this. The notion is that secularism helps unmask a form of Christianity that is insufficiently converted to the way of Christ. It is a reaction to the false forms of the sacred which we humans sadly develop. Such as the twentieth century Roman Catholic teaching that attendance at Sunday Mass is a condition of salvation. And yet... *a self-sufficing humanism is not enough for us to become truly human. It is only in encounter with God that our human being is truly realised.*

It helps me that the exposition is so clearly structured. I like structure! And then to anyone who seeks to meditate and tries to follow Christ the ideas are really important. Sarah has obviously had her struggles in faith about which she is open. It also helps that she approaches serious material with a lightness of touch. This was so apparent in the original talks (available in *Offerings* on the WCCM website)



and to me it still comes through to a degree even in the medium of print.

Finally, the ideas are offered in a gentle and non-prescriptive manner, exemplified by the use of the word A in the title. Sarah offers (important word) a (important word) way forward. I am reminded of John Main speaking about his teaching on meditation: *I don't say it is the only way. I don't even say it is the best way. I say it is the only way I know.*

Roger Layet

A Contemplative Christianity for Our Time by Sarah Bachelard is published by Meditatio ISBN 978-981-14-7380-7. The book is available from WCCM in the UK's distributor, Good News Books at £9.99



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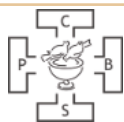
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Monastics in the World – WCCM Oblate Community

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

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: there isn't a Community Day this quarter. 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.

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

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

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

Northern Cell (Leeds): Saturday 3rd September, 1st October, 5th November. Contact: Angela Gregson via oblates@wccm.uk for more information.

NEW... Scotland / Borders Cell: led by Eileen Dutt. Contact oblates@wccm.uk for details.

UK Led Online Oblate Cell Meetings: Sundays 11.00-12.30: 11 September. & 13 November. Wednesdays 19.30-21.00 21 September. & 23 November. Contact Angela Gregson via oblates@wccm.uk for more information

The WCCM Meditation App

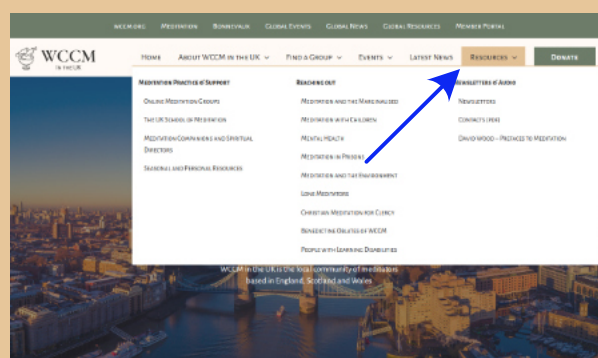


The latest version of the Meditation App is a user-friendly and practical companion for those who want to develop a more contemplative style of life while learning to meditate.

This includes a timer, links to daily and weekly resources, community news worldwide, information about retreats and online events, online and physical groups and all the other web resources of the WCCM. A feeling of connection with other meditators helps the beginner keep going and also deepens the experience. It helps to realise the deeply personal aspect of meditation is also communal. .



WCCM in the UK Resources



The UK Community offer resources about Meditation Practice and Support, Reaching Out, Newsletters and Audio.

Visit **wccm.uk** our new website and hover over **Resources** on the menu to show the full list and make your selection.

The International Community also offers a myriad of teaching and similar resources on its website. You can reach these direct from **wccm.uk** just click on the **Global Resources** link at the top of the page; this link take you away from the UK website.

Events

Events from end of August to December. 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 2 June to Sunday 4 June. Annual Conference 2023 – SAVE THE DATE!

Speaker: Mark Burrows. **Venue:** High Leigh Conference Centre, Hoddesdon, Herts EN11 8SG.

SCHOOL OF MEDITATION EVENTS

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

WALES

Friday 2 evening to Sunday 4 December lunch time. WCCM in Mid Wales Advent

Retreat – Unified Consciousness: Love is the Meaning. Speaker: Liz Watson

Venue: Llangasty Retreat House, Llangasty Tal-y-llyn Brecon LD3 7PX **Cost:** £215 per person. **Contact:** Barbara Jones bar_demi@hotmail.co.uk 01600 772895

EAST OF ENGLAND

Wednesday 12 October 19.00-20.30. Introduction to Meditation. Venue: Priors Hall, in Norwich Cathedral grounds. **Contact:** Chris Hull chrishull@phonecoop.coop

NORTH EAST ENGLAND

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

Tuesday 27 September. A Day Retreat: Deep Simplicity - The Freeing Wisdom of

Meister Eckhart. **Leader:** Dr. Mark S. Burrows. **Venue:** Penrith. **Contact:** Cameron Butland cdsa03@gmail.com

Friday 7 to Sunday 9 October. Boarbank Retreat. Venue: Boarbank Hall Guest House

Boarbank Hall, Allithwaite, Grange over Sands, Cumbria LA11 7NH **Leaders:** CMC members. **Contact:** cdsa03@gmail.com

Monday 31 October 10:00-15:30. Poetry and Silence. Speaker: Kenneth Steven –

Poet and Writer. **Venue:** Christchurch Penrith. **Cost:** Donations Refreshments, bring your own lunch. **Contact:** cdsa03@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

MIDLANDS

Saturday, 20 August 10:00-16:00. Quiet day. Leader: Jeffrey Gould and Pat Higgins

Venue: Dean Row Chapel, Chapel Road, Wilmslow Cheshire SK9 2BX **Cost:** free donations welcome; tea and coffee provided, please bring a packed lunch.

Contact: Pat Higgins 07962 019591 patricia_higgins@hotmail.com or Jeff Gould 01625 402952 Jeffreylanegould1959@talktalk.net

South West England

Wednesday 7 September. Taize singing and meditation. Venue: The Minster

Ilminster **Cost:** free. **Contact:** Lucy Blows lucystepsplane@gmail.com or Susan London susanlondon18@gmail.com

Monday 19 September 18:30 – 19:30. Autumn Equinox reflection and meditation.

Venue: Zoom. **Cost:** free. **Contact:** Lucy Blows lucystepsplane@gmail.com

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

Saturday 8 October 10:00 - 16:00. Dorset Meditators Day: The Life and Legacy of

Hildegard of Bingen. **Leader:** Rev Shenna Gabriel. **Cost:** £13 suggested donation. **Contact:** Roz Stockley 07929 007808, rozstockley@copsewood.org.uk

Monday 19 December 18:30 – 19:30. Winter Equinox reflection and meditation.

Venue: Zoom. **Cost:** free. **Contact:** Lucy Blows lucystepsplane@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

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

First Thursday of every month 18:00 – 19:00. Introduction to Meditation in the Christian Tradition.

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

Term dates: 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 9:00-10:15 online

Single events:

Saturday 3 September 13:30 – 17:00. Movement and Meditation Leader: Chris Hurley. **Cost:** £25/£15 refreshments available.

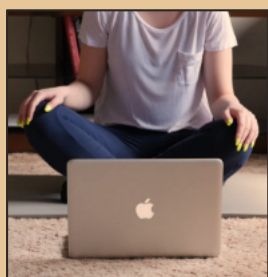
Thursday 8 September 19:00-21:00. A Celebration of Love: Mother Mary and the Way of True Being - ONLINE ONLY. Leader: Camille Helmski. **Cost:** £15

Saturday 24 September 10:30-16:00. A Contemplative Art Workshop. Leader: Michelle Charles. **Cost:** £30/£20 refreshments available. Please bring a packed lunch.

Saturday 1 October 10:30-16:00. A Contemplative day with the Mystics. Leader: Mark Burrows. **Cost:** £30/£20 refreshments available. Please bring a packed lunch.

Saturday 15 October 10:30 – 16:00. Laurence Freeman at the Centre. Cost: £30/£20 refreshments available. Please bring a packed lunch.

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.online-meditationwccm.org for details (or see *Community* on the wccm.org home page).

Events continued

MEDITATIO CENTRE (CONTINUED)

Thursday 20 October 18:30-21:00. Meditation, Recovery and Addiction. Leader: May Nicol. **Cost:** £10 suggested donation refreshments available.

Saturday 22 October 14:00 and 19:00 (two showings). Opening the Heart: Poetry and Prose by Mevlana Rumi and Kahlil Gibran. **Leader:** Lennie Charles. **Cost:** £15/£10 refreshments available.

Sunday 23 October 12:30. Opening the Heart: Poetry and Prose by Mevlana Rumi and Kahlil Gibran. **Leaders:** Lennie Charles including Duncan Mackintosh. **Cost:** £15/£10 refreshments available.

Saturday 12 November 10:30-16:00. Signposts of Love, Authenticity & Meditation. Leader: John Siddique. **Cost:** £30/£20 refreshments available. Please bring a packed lunch.

Thursday 24 November 18:30-21:00. On Pilgrimage. Leader: Prof Peter Jaeger. **Cost:** £15/£10 refreshments available.

Saturday 26 November 10:30-16:00. Save the Date - ADVENT EVENT more news to follow.

Saturday 17 December 10:00-16:00. Preparing for Christmas. Leader: Laurence Freeman OSB. **Cost:** £30/£20. Festive refreshments available. Please bring a packed lunch.

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.

Meditatio Talks Series

Four times a year for many years a Meditatio CD was sent to each registered Christian Meditation group around the world. These talks have come from many different teachers in the community, including John Main and Laurence Freeman.

These Meditatio CDs are now offered as audio files that can be downloaded and used at weekly groups and for personal reflection. A simple tutorial (<http://tiny.cc/medtonl>) shows you how to find and download the audio files.

The latest talks, *The Brick Wall of the Ego 2* by Laurence Freeman OSB, are available now to listen online and to download.



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:

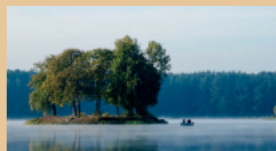
WCCM in the UK,
Lido Centre, 63 Mattock Lane, London, W13 9LA



Online Events

UNIFIED CONSCIOUSNESS SERIES

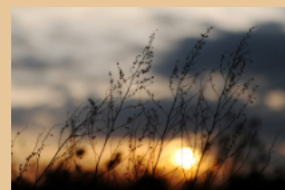
27 September: Mary McAleese
25 October: Alan Wallace
8 November: Alex Zatyarka
13 December: Marco Schorlemmer



SEEING WHAT PAUL SAW
with Fr Laurence Freeman
28 November: The all inclusive Christ

EVENING SPEAKER SERIES

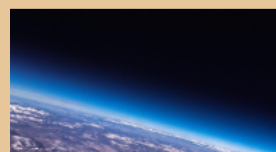
12 September: 'From Victim to Witness' - Martin Laird
5 December: 'Beauty and Christianity' - Robert Kiely



FUTURE OF INTELLIGENCE - ROUND TABLES
8 September: Artificial Intelligence - Promises and Perils
24 November: Socio-Political Intelligence

ATTENTION IN COMMON A SEMINAR WITH ALAN WALLACE 15-17 September

The theme will identify essential elements of universal wisdom and unified consciousness in straightforward and practical ways.



CONTEMPLATING EARTH
WITH JIM GREEN
An online course on a contemplative response to climate emergency

PILGRIMAGES IN 2022
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: Recordings only

YOGA CLASS: Recordings only

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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dohlson24@gmail.com

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

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Meditation With Children in Schools: Contact UK Office

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Bodywork Contact: Rev Pauline Steenbergen–07743 927182
Maranathayogacumbria@gmail.com & Chris Hurley chri8hurley@gmail.com

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