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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:
events@wccm.uk
to reach us by **1 January 2023**.

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

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One of the highlights of the WCCM in the UK calendar is our national conference which provides an opportunity for us to come together to meditate, to learn, to make new friends and meet up with old friends.

This year we have taken a big decision to offer a hybrid conference which means there will be both a residential and on-line option. We appreciate that there are many reasons why people are unable, or do not want to travel and a hybrid conference provides an exciting opportunity for those who would be unable to attend otherwise. We want everybody to feel included in this key community event and as always bursaries will be available.

I have been attending conferences since 2005 and they are always different, always worth going to and this

year's will be no exception. I am delighted that **Rev. Dr. Mark S. Burrows** (www.msburrows.com) has agreed to speak. Mark is well known to the WCCM, offering talks, leading retreats and through his writing, notably *The Book of the Heart*. He is a speaker who reminds us of wisdom and spiritual truths that lift the spirit. Our conference title, *How the Light Enters: Contemplative Wisdom for Flourishing in our Broken World* will, I hope, resonate and entice you all.

Basic details are shown here on the front page. Flyers will be sent out to all group leaders at the beginning of January when booking will open.

Please save the date - Friday 2nd to Sunday 4th June 2023 - see you there!

Julie Roberts
UK National Coordinator

WCCM and Maranatha Yoga UK at Greenbelt 2022

WCCM members, Mary McVay, the Meditation group leader for South Northants and North Milton Keynes, and group member Felicity Drouet joined Maranatha Yoga UK leaders Revs. Pauline Steenbergen and Steve Carter, Cumbria, during the August Bank Holiday this year. Together, they facilitated an outdoor embodied communion at the "Grove" venue, in Boughton House, near Kettering, Northamptonshire.

On Sunday 28th August from 6-7pm, soaked in summer sun, under mature lime trees, beside a pond, with swans and a waterfall feature, 80+ people of all ages, all denominations and many spiritually curious gathered as one. There was a welcoming prayer and a scripture focus throughout on John 15 – "The Vine". Participants were invited to move through warming postures; sitting, kneeling, twisting, inversions and tree pose. Eventually moving into child posture and lying flat on the grass in a cross



position. Whilst looking up at the sky for a whole body blessing of Shalom, Lisa Andradez, from Maranatha Yoga, shared a spoken affirmation that enabled personal and corporate stillness. During the hour of breath awareness, connectivity with nature and all beings, each posture was integrated with simple incarnational liturgy. Because this was a "first" at Greenbelt, there were no expectations. Steve Hollinghurst, venue manager at The Grove, felt it had gone really well and is keen to repeat the experience at Greenbelt in 2023, which is the 50th anniversary of the



STEVE CARTER, UNA BENTLEY AND PAULINE STEENBERGEN

Festival. In advance, it was hard to fully imagine or prepare for so much interest this year! However, all 100 WCCM bookmarks were given away on wooden trays distributing gluten free oatcakes and red grapes. These humble symbols shared by Mary, Felicity and Maranatha Yoga teacher Una Bentley and her husband Simon, drew attention to Christ's words: "This is my body – This is my blood". Participants were totally engaged and visibly emotional at times during the experience. All were mindful of how rare large gatherings for worship have been during the pandemic. Following on from this rich sharing there was a time of silent sitting in the tradition of WCCM practising the mantra "Maranatha". Feedback afterwards was meaningful and moving indeed. One man said that bringing his body into child pose during the absolution enabled a feeling of forgiveness he'd never felt before. It is clear that this collaboration between WCCM and Maranatha Yoga UK was a blessing and we hope to explore what might be possible again next year; 24- 27 August 2023. Beyond a shared communion service, it would be good to have a tent to raise more awareness about WCCM, offer resources to take away, hold regular times of silent meditation, talks on embodied spirituality, Q&A's and space to listen to connect with festival goers informally.

Pauline Steenbergen



WCCM
IN THE UK

Meditation News

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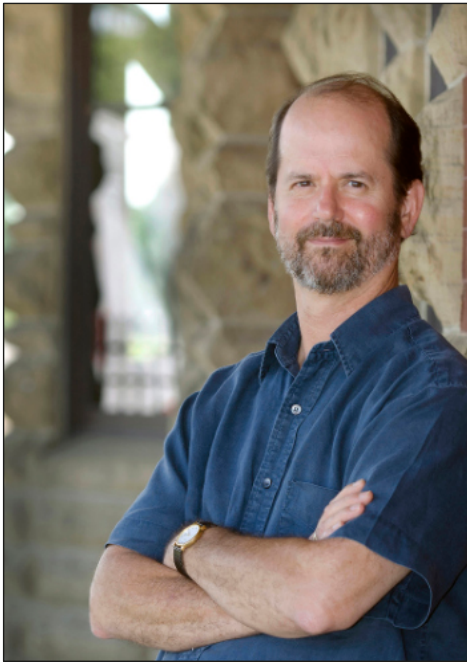
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South West Retreat – Heart-Work: The Art of Loving with Mark S. Burrows



The September South West region retreat at the Ammerdown Centre near Radstock was a wonderful weekend of fellowship, teaching and silence.

We were delighted to be joined by the Rev. Dr. Mark S. Burrows as our speaker. Mark will be leading the WCCM National Conference in 2023 (see the front page). Mark's theme for the retreat weekend was Heart-Work: The Art of Loving looked at through the lens of Rainer Maria Rilke's poetry and writing. Mark interspersed his talks with beautiful

music from Voces8 and a reading of Rilke by Meryl Streep.

As someone who was unfamiliar with Rilke's poetry, I found the way Mark led us into this remarkable writing incredibly inspiring and insightful. The poems were unfurled line by line, often alongside the spoken German, which enabled retreatants to absorb the beauty and meaning of each line

before our minds allowed us to rush on, as they so like to do!

Our times of eating and being together were enriched by the silence we shared, punctuated by meditation sessions in the beautiful Chapel. It was also wonderful to share the Eucharist on Sunday, led sensitively by Rev. David Wilcox, previously at St Mary Redcliffe, Bristol.

Clare Benians

Sonnets to Orpheus II. 21

Sing the gardens, my heart, that you don't know;
like those poured into glass: radiant, unattainable.
Fountains and roses of Isfahan and Shiraz:
sing them with joy and praise each one, incomparable.

Show, my heart, that you could never live without them,
that their figs are ripening just for you,
that you mingle with them as the winds stir
their blossoming branches, caressing your face.

Don't mistakenly think that anything's lacking
in what you've decided: to be!
As silken thread you're woven into the weave

Whatever image you've joined yourself to in your heart,
if only for a moment in this anguished life,
feel how it's part of the whole, this glorious tapestry.

Rainer Maria Rilke translated by Mark S. Burrows
(©2022 Mark S. Burrows)



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

Remembering...

Michael Hackett who was a coordinator for West Midlands & Warwickshire.

Peter Jarvis a friend of the community often seen at events camera in hand.

Sister Lucia who worked as a coordinator in South London.



Rest in Peace.

Pleroma - A Retreat at Bonnevaux

Members of the UK community visited Bonnevaux in early July for a retreat led by Fr Laurence. The theme for the retreat was Pleroma - a fullness of life in the power of Jesus, as John Main described it. Most people probably only had a hazy awareness of what Pleroma was, and so arrived with a lot of curiosity. Some had visited Bonnevaux before this trip and had an idea of what to expect – others who had not, felt a natural apprehension as to what it would be like. Any concerns were immediately put at ease by the warm welcome extended by the Community and greeting by the guest master.

The guest accommodation, obviously new, was well appointed and very comfortable. The Community had made sure we found our rooms quickly and the accommodation more than met everyone's expectations. The weather was warm and as inviting as the Community had been – blue skies, a cooling breeze at times. The food was prepared and served in a restaurant within the accommodation block (former stables) which was next to the main meditation/conference room. A local chef did the catering and the meals were generally regarded as excellent.



The pace was easy, with the possibility of four sessions of Meditation each day, not everyone participated in the first session but most joined the other three. There was Evening and Morning Prayer and Mass several times in the week.

Philip writes that "... as the time progressed it became clear that in life we are led through several experiences of self-emptying (Kenosis) and fullness of being from God (Pleroma). With a confident faith we can, I believe, learn that these experiences can guide us through some of the more difficult elements of our lives and ultimately lead us to our loving God. If by no other means than through the continuing reassurance that God is with us."

Fr Laurence gave a talk each morning developing the theme of the retreat. A group session each afternoon allowed us to share our thoughts on the day.

A good many of the participants particularly enjoyed the yoga sessions with Giovanni whose calming voice was in



keeping with the activity! He also led a Meditation walk in the afternoon.

Meals were in silence until the evening meal – silence was resumed after the evening meal.

There was plenty of free time for private contemplation. We could explore the lovely expansive grounds, or rest and read in our rooms. There was a bookshop onsite which was helpful.

We returned to the UK very refreshed and at peace and would certainly recommend to others a visit or stay at Bonnevaux, the WCCM's beautiful home.

Philip Kitchen & Val Hilsley



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.**



Summer Retreat 2022 at Shallowford House

We met for five days at the end of July and were a full house with thirty two people and five dogs. Our retreatants, including four young people had come from as far apart as Aberdeen and Exeter, London, Oxford, Manchester, Ashby-de-la Zouch, Bradford-on Avon and Hong Kong.

The programme included beginner's Tai chi early in the morning for those who could make it and three core meditation periods each day. During the day there were workshops in watercolour art, poetry, music and "wilding" keeping us busy, all interesting and challenging. In the evening after a good Shallowford meal and with the bar open we enjoyed music from the Celtic folk group Caim together with many individual contributions from the floor, it was great fun.

Following the lockdowns I hadn't met up with a large group of people for some time and I was wondering how I could cope with it. However, surprisingly the presence of the dogs put me at ease quickly, I realised they don't wear a mask but live and accept every moment as it comes, a great lesson for us. Recovering from a recent stroke I started to feel the broken parts of me were being healed and



reconnected at a deep level. The programme mix of art, music, craft and contemplation really worked and was a surprisingly powerful combination. The five days were full of surprises and I met some wonderful people. I came away feeling changed and truly transformed.

I have been to many retreats in the past but this new approach gave me an insight into how we can introduce meditation to a wider audience in a less formal way. I think this model is for the future and will speak to ordinary people of different ages and backgrounds, this is much needed in our world.

Les Glaze

I have found the experience incredibly rewarding and relaxing- the perfect blend of action and contemplation! I would definitely recommend it to others and happy to help in the future—thank you for a wonderful experience - M.D

I think it is wonderful to have a retreat where all the family and dogs can come too. I would certainly



recommend this to others— much easier to invite families as many would not cope with the WCCM retreats which are mainly talks- also appropriate for a range of ages, which is very welcome. - M.C

A huge thanks to all the organisers and workshop leaders. I am also grateful for having met such a diverse and interesting group of people, I have made new friends! - D.D

I have absolutely enjoyed myself- a perfect location— the shared silence was very powerful and I will take that impression away with me. - M.L

We felt so welcomed in a warm and accepting way that enabled us to relax and just be- there is such a different presence amongst meditators! - F.F

I must say this has truly surpassed expectations, I thought I would enjoy myself but I have been positively enriched! - E.B

UK Office Coordinator 21hrs - £15ph - London

The WCCM in the UK ([//wccm.uk](http://wccm.uk)) has a vacancy for an Office Coordinator in London, working the equivalent of 3 days a week as part of a small and friendly team.

The aim of this role is to act as a central point of contact for all members of, and enquirers to, the UK community, to coordinate and action referrals and other communications, to manage the office systems and one other staff member. The work can, in part, be carried out at home using remote access to the server, although the office holder will need to go into the office usually one day a week.

Successful applicants will have Microsoft Office skills, be used to working with office equipment and will have some knowledge of, or willingness to learn, Microsoft Access. They will have good communication and organisational skills and an ability to work independently on a variety of tasks with attention to detail. The successful applicant will work closely with the National Coordinator.

Please contact Julie Roberts at uknationalcoordinator@wccm.org with a copy of your CV and to request further details, or phone 07977 215501.

Some Reflections from the 6 Day Silent Retreat

I feel so honoured to be able to recount some of the blessings received through our 6 Day School Silent Retreat at the end of September. Here are some quotes from retreatants' end of retreat reflections, which they agreed to share with you.

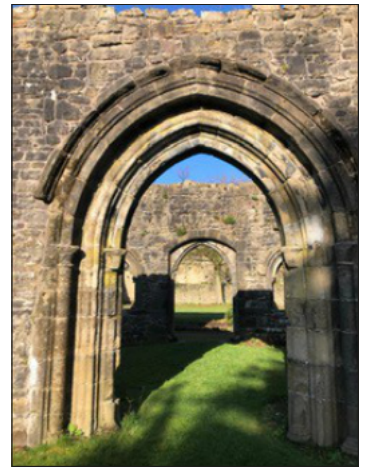
The silence has been a balm. We've been together within the silence, holding each other. It took a full 4 days for the near overwhelming anxieties, with which I arrived, to fall into the background. They of course remain, but after 4 days of allowing the mantra to predominate, it has become easier to side step them. The upheavals ahead are on several fronts, but I will leave Whalley Abbey firmly believing the words of St Paul "My grace is sufficient. My power is made perfect in weakness."

I have been meditating for decades. This retreat caught my eye- it was daunting. Could I be better at it? I discussed this with a friend. "Are you ready?" she said. I did not know then and I do not know now – but I came. I know I was called. "You did not choose me, I chose you." says Jesus. This experience has been one of being held, taught and encouraged as ONE with our leaders, the group and the abbey. My meditation has not changed. It remains as fickle as ever and I pray that I may remain faithful. My reality has not changed. I have been changed. I am stronger in Christ. I will watch with Him and he will point the way. I hope in the Lord now and forever. Thank you all!

I arrived with great expectations. I leave full of gratitude for small things. "Little nothings" lead to a deeper intimacy and peace.

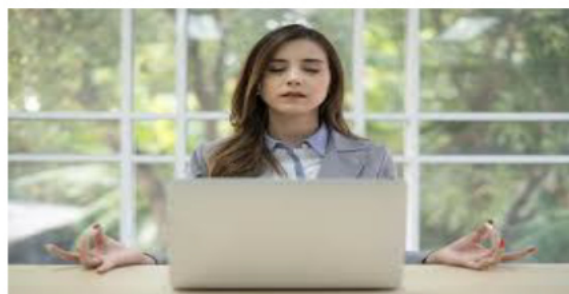
In 'Dream of Gerontius' Newman writes, 'it is the very energy of thought which keeps thee from thy God.' Never was a truer word spoken to my mind. Joanne, therefore, set the right tone for me with her introductory remarks stressing the importance of avoiding anything (reading, devices etc) that would over stimulate our mental energy. Our aim was to bring our energy down, out of our minds, which so often block us from that stream of life we call God. She also made the point that we were on a communal journey and this was made very vivid with our

walking group meditations and our sitting meditations. The concentration involved in keeping in step with the person in front was very absorbing and very grounding. One of the things that most struck me about the week is that the stiller I became, the more attentive I was to other people. I really valued Alex's daily talks with his interesting quotations and helpful reflections on desire, grace, maturity, happiness and love.



CONTINUED ON PAGE 7

The School's Essential Teaching Workshop (On-line)



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 Workshop online is a development from the Essential Teaching Weekend (Residential), which is also available. Through a Zoom link, teachers in the community, will offer talks, group discussion, practical exercises and shared meditation online, to help you build confidence to deepen your understanding and share the gift of meditation.

Zoom Link

Friday 20th January 2023 6pm – 8pm

Saturday 21st January 10am – 12 noon & 1pm -3pm

Saturday 28th January 10am – 12 noon & 1pm -3pm

Saturday 4th February 10am – 12 noon & 1pm -3pm

You will need to attend all sessions

The style of each session is relaxed and informative, with opportunities for you to develop and contribute your personal style of communicating this tradition.

Cost £30 per person

For more details and the 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

Seven periods of meditation sounds like a lot, but it is necessary if we are to ever begin to stop the chatter and surface thoughts and begin to make the journey from head to heart. For me, this has been my journey during my time at Whalley Abbey. I have been ably supported by the other retreatants who all faithfully kept the silence and by the caring and careful planning from Joanne and Alex. I have also been supported each day by the short and insightful talk given by Alex, gently encouraging us to explore such questions as, "What do I really want?" "What do I hunger for?" "Do I dare enter the centre of my soul?" Each talk held the sense of pilgrimage; starting out, being on the way, what next? I have learnt a lot about my meditation thanks to my daily meetings. It really helps me going forward in my practice. I have a sense that the silence I have experienced over the last days and what I have learnt will resonate for a long time to come. I am so grateful for this time.

Wonderful retreat. Well organised, supported and balanced with many opportunities to deepen understanding. Good time for reflection and contemplation in this blessed place. Highly recommended. Such gratitude. Thanking you.

The depth of silence during meditations was profound. The one and a half hour pattern of meditation defined the day. It consisted of a half hour meditation, twenty minute contemplative slow walk in single file, well spaced, followed by a reading and another half hour silent meditation. A talk after breakfast stimulated some reflection which seized my attention at some point of each day. Talks and readings fed into each other providing a nurturing framework. A daily one to one talk with a leader helped to "clarify" the movement of my spirit. Whalley Abbey is set in beautiful tranquil grounds with a river running by which aided reflection. The house is comfortable providing well for our needs. The chapel is prayerful and a perfect size for our small group. We were undisturbed by the regular house activities and wonderfully provided for. Excellent food served with care and consideration.

Due to the beauty and appropriateness of the location we agreed to book the next Six Day School Retreat at Whalley Abbey – 30 September to 6 October 2023. The prices are not yet confirmed but likely to be between £650 and £680 for 6 days full board.

I am very aware of the financial pressures and uncertainties facing us all, so need to confirm this booking as soon as possible or accept that we just need to cancel altogether. Please register your interest with Ailsa if you are in a position to want to start saving for this retreat. Bursaries may be available. Please ask. (See flyer below.)

With love and light Joanne Caine

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 contemplative walks, 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

(for a second year)

Saturday 30th September to Friday 6th October 2023

Led by Alex Holmes and Joanne Caine

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 between £650 & £680 (not yet confirmed)

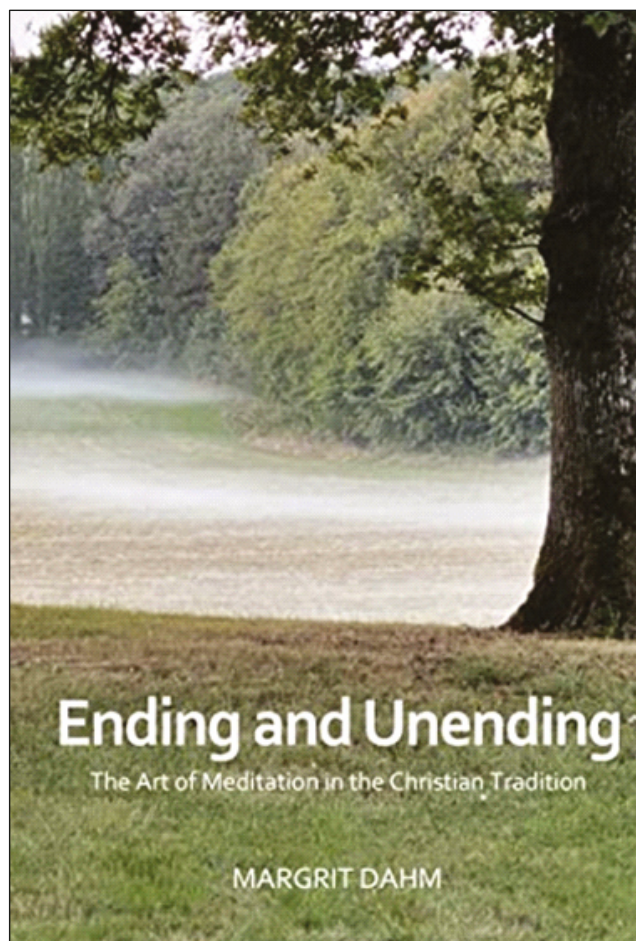
For an application form please email ailsa.adamson@gmail.com
Or call the UK office on 020 8280 2283

Bursaries to help with the cost of attending are available. Please ask.

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

Ending and Unending: The Art of Meditation in the Christian Tradition

A new poetry book by Margrit Dahm, reviewed by Stefan Reynolds



This is the second book of poems by Margrit Dahm about meditation that are treasured by the community. The first, *Transforming the Moment*, was published by Matthew James in 2016. Medio Media have published the new book.

Laurence Freeman writes about the poems:

It is with great pleasure and deep appreciation that I have read and enjoyed Margrit's new collection of poems. They clearly express her sensitivity to both the inner and outer worlds and to the dimension of the Spirit which unites them. In these dark days of our civilisation, every voice that speaks truth from the heart and, as the apostle Paul says, "speaks the truth in love", is a gift of hope.

This collection of poems touches on topics of life, love, sadness, joy, oneness. Margrit Dahm's simple, easy lines surprise us even as they uncover timeless truths often lost in layers of cluttered vision. To read these poems is to grow in our sense of wonder and trust in the transformative power of meditation.

We learn to let go ...
Not much seems to change,
and yet it does:
the focus has shifted.

My own feeling is that the poems are like a soft river flowing and soothing one into meditation. Or one can just read one at a time. They remind me of the still small voice that leads us gradually, through the ups and downs of life, into

wisdom. Margrit shows us that this is a wisdom hard won but once won is never lost.

Here are two of my favourites (from p. 55 & p. 64 of the book)

Inner and Outer

Sounds of different thoughts
surround the sea of silence:

soon the trees will be green again

a deep peace is awakened,
awareness spreads throughout:

the daffodils have passed their prime

the bus fills up with people:

that which is passing mingles
with that which is timeless

His Touch

His touch is never heavy –
it is light and undeterred
by any lack of thoughtfulness.

It can be easily overlooked
and neglected if we let
ourselves be driven
by too much busyness.

But when we feel that
joyful spark once more
which can lighten every heart
and every burden,

we recognize that it is his
touch which brightens our day

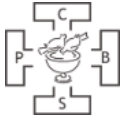
Margrit sees meditation as a journey and each poem gives a little taste of what it is like to be on the way. In the Foreword of this book Margrit writes,

I hope that the small landmarks I have created here will send out a word of encouragement to those who might read them; they are meant to be markers which point the way when we embark on this journey the end of which will always be the realm of the unending grace and presence of God.

I highly recommend this book and am sure many will enjoy it.

It is available through various outlets and through the Medio Media website on this link: <http://tiny.cc/dahm2>

Stefan Reynolds



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

Quarterly Community Days: St. Mark's Church. Saturday 11 February 10.30 - 16.00. 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.

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

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

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

Northern Cell (Leeds): Saturdays 3 December, 7 January, 4 February & 4 March. Contact: Angela Gregson via oblates@wccm.uk for more information

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 December, 8 January, 12 February & 12 March. Wednesday evenings 19.30-21.00 14 December, 18 January, 22 February & 22 March. Contact Angela Gregson via oblates@wccm.uk for more information

Safeguarding

Safeguarding, like data protection, is one of those words that seems to have crept up on us in recent years, often feeling as if it just makes life, or at least running a group, a lot more complicated for us all. We are well aware of the high-profile cases of abuse, ones that hit the headlines, cases that we all abhor. The child killed or badly physically abused. The cases of sexual abuse, both outside and within the church. However, there are also less obvious but still damaging forms of abuse, from discrimination to control, and anyone may be at risk.

Any organisation has a responsibility to prevent abuse of any kind. This is why WCCM in the UK has a safeguarding policy. This can be found under that title at the bottom of the front page of our website (www.wccm.uk). The aim is to raise awareness of situations of possible abuse, how to recognise them, and a clearly laid out process of what to do if you think they are occurring. There is a very helpful appendix at the end of the document that gives a brief outline of different forms of abuse, ways that we might not have thought about previously.

Like all organisations, we have safeguarding officers. Any incident of possible abuse needs reporting to them and they will advise you how to proceed from there. They are also supported by experts, in our case by the Christian organisation *Thirtyone:eight*. They also advise on when DBS checks are necessary. This all reflects that we take these matters very seriously.

The above is the formal response to possible situations of abuse. There is though, another approach to safeguarding, which is that safeguarding is the responsibility of everyone. It may not be so high-profile, but forms of abuse can be going on all around us. There are times in our life when we may all be vulnerable to being a victim of some form of abuse. This may be at a time of loss in our lives or a time of great change, or when we feel out of our depth with new technologies. We may feel ashamed at not being able to cope with the situation we find ourselves in.

What a meditation group can offer is a safe place where a meditator feels comfortable to speak openly. A place where they feel listened to and not judged by anyone, but a place of compassion and love. This is the responsibility of everyone, but especially the facilitator of the group.

There is a further positive in seeing safeguarding as everyone's concern. By being aware of these negative behaviours, we can try and ensure that our group, or our community, or our church, is in fact a welcoming place, an inclusive place, a place where everyone is accepted for who they are. A place where a person is able to speak freely without fear of retribution, however subtle this may be, and where there is not any abuse of power.

Richard Eddleston

Ecology and Meditation

This year, global extreme weather events continue to remind us of the effects of climate change and the damage to the environment. Here in the UK, we have experienced more wild fires, heatwaves, flooding and drought, with all their devastating consequences on nature and people.

The ecological crisis is a central concern for the WCCM. Contemplative consciousness is seen as being integral to the saving of our planet. Meditation can help in our response to the climate catastrophe and environmental destruction, as it increases our awareness of the sacredness and the interdependence of everything and everyone on our planet.

I've come across the phrase: 'when we increase our spiritual footprint, we decrease our carbon footprint'. I don't know where I read it, but if anyone knows, then please let me know! It is a phrase that has stayed with me.

Part of the role of being a Special Interest Coordinator is to be a resource for the area of special interest. With this in mind, I am putting together a list of quotes and books with a focus on nature, ecology, and the ecological crisis, for the UK website. Meditators may read and use these, if they so wish, for when meditating on their own or in a group. If you have any suggestions, then please let me know. This is in addition to the 'Mediation and the Climate' leaflet that is on the UK website, copies of which can be obtained from the UK office.

I am mindful that the next UN Conference on Climate Change, COP 27, is being held this year in Egypt 6th to 18th November. Perhaps meditators might like to use the quotes on this leaflet, or others, during this period.

Meditators might be interested in the Earth Crisis Forum talks organised by Meditatio. The recording of the last one

in July, from Australia, can be found on the main WCCM website, on the Earth Crisis: Climate and Ecology section, under Outreach. The next one is planned for November 8 this time coming from Brazil at 6pm Brazil time. Again, there will be a recording if people can't make it. Please contact Kate Middleton at meditatio@wccm.org if you would like to be on the mailing list for these webinars, with more planned for next year. The Earth Crisis section, also, has a list of relevant faith and environmental organisations.

I would like to remind meditators of Jim Green's online course, *Contemplating Earth*, which can be done in one's own time. It is a very useful resource.

To finish, if anyone in the community has a particular interest in the environment and the ecological crisis, then I'd be very pleased to hear from you, as I would like to look at offering meditation to other faith and environmental groups, as well as planning future events that have an ecological focus. Also, it would be useful to share ideas and resources.

Sarah Feeney

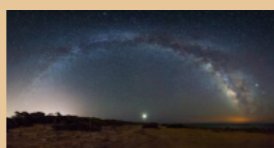
Special Interest Coordinator for the Environment
s.feeney60@btinternet.com



WCCM

Online Events & Looking Forward

UNIFIED CONSCIOUSNESS SERIES
13 December: Marco Schorlemmer



EVENING SPEAKER SERIES
5 December: 'Beauty and Christianity' - Robert Kiely



Live Webcasts on Zoom

RECORDINGS AVAILABLE ON WCCM YOUTUBE CHANNEL

CONTEMPLATIVE EUCHARIST: Each Sunday at 11am

CHRISTMAS EVE VIGIL: 24 December at 9pm

CONTEMPLATIVE EUCHARIST- CHRISTMAS DAY: 25 December at 11am

**DETAILS OF ALL THESE EVENTS ARE AVAILABLE ON THE WCCM WEBSITE
WCCM.ORG**

Save the Dates 2023 - Online!

A listing of the planned WCCM and Bonnevaux events in 2023 is on the [//bonnevauxwccm.org](http://bonnevauxwccm.org) Bonnevaux webpage under *Programme*.

22 February - Ash Wednesday Contemplative Eucharist with Laurence Freeman

1 - 5 March - *The Wisdom of the Desert: Freedom to Change* - Lent Retreat with Laurence Freeman

On the ground!

Retreat leaders include:

- ◆ Cynthia Bourgeault - Benedictine Wisdom
- ◆ Sarah Bachelard - Risking Delight
- ◆ Andrew Harvey - Sufi Mystics
- ◆ Young Adult Retreat
- ◆ Rowan Williams - How Contemplation Shapes Our Action

Events from end of December to March. 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. SAVE THE DATE! Annual Conference 2023 – How the Light Enters: Contemplative Wisdom for Flourishing in our Broken World
Speaker: Mark S Burrows. **Venue:** High Leigh Conference Centre, Hoddesdon, Herts EN11 8SC. **Full details available early in 2023.**

THE SCHOOL EVENTS

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

Friday 20 January & Saturdays 21, 28 January, 4 February. The School Essential Teaching Workshop online.

Saturday 30th September to Friday 6th October. The School Silent Retreat.
Leaders: Alex Holmes and Joanne Caine. **Venue:** Whalley Abbey, Whalley, Clitheroe BB7 9SS

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

SOUTH WEST ENGLAND

Saturday 3 December 10:00 for 10:30-17:00. Advent Quiet Day – Dazzling Darkness. Leader: Caroline Price. **Venue:** Emmaus House, Sleep Lane, Whitchurch, Bristol BS14 0QN. **Cost:** Suggested Donation £11 for one session £22 for the full day. **Contact:** Caroline carolineshalom.price@gmail.com 07786 934687.

Monday 19 December 18:30 – 19:30. Winter Equinox reflection and meditation.
Venue: Zoom. **Cost:** free. **Contact:** Lucy Blows lucystepsplane@gmail.com

Events at St Mary's Minster Church, Ilminster TA19 0DU. Cost: Donations towards expenses. **Contact:** Susan Lendon susanlendon18@gmail.com 01460 52504

Mondays weekly 18:30 – 19:30 Meditation on Zoom from Ilminster,
Wednesdays weekly 19:00-19:30 Meditation.

Wednesday, 21 December 19:00-20:00. Meditation with reflections on the Winter Solstice.

Wednesday, 4 January 2023 19:00-20:00. Meditation and Poetry reading.
Leader: Michael Grevis.

Wednesday, 2 February 2023 19:00-20:00. Meditation and Organ recital.
Leader: Sam Baker.

Wednesday, 1 March 2023 19:00-20:00. Meditation and reading of creative writing. Leader: Alison Templeton.

Wednesday, 22 March 2023 19:00-20:00. Meditation with reflections on the Spring Equinox.

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 including term dates)

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

Every Wednesday 9:45-11:00 online

Visit www.meditatiocentrelondon.org for details of the Meditatio Centre 2023 Programme Including Laurence Freeman, Kim Nataraja, John Bell, Sofphronia Scott, Padraig OTuama, Dr Rebecca Stephens, Prof Bernard McGinn, Prof Mark Burrows and lots more!

SILENCE IN THE CITY See www.silenceinthecity.org.uk for the programme. Unless stated otherwise all talks are at: Westminster Cathedral Hall, London SW1P1QH. **Contact:** 020-7252-2453 info@silenceinthecity.org.uk Pre-booking is necessary.

Meditatio Talks Series

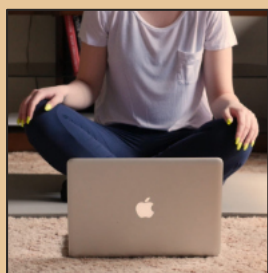
Four times a year for many years a Meditatio CD was sent to each registered Christian Meditation group around the world. These talks have come from many different teachers in the community, including John Main and Laurence Freeman.

These Meditatio CDs are now offered as audio files that can be downloaded (<http://tiny.cc/medtalks>) 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, *Breakthrough* by Laurence Freeman OSB, are available now to listen online and to download.



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).

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

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