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## Next issue

*Meditation News* is published quarterly by WCCM in the UK. Contributions are warmly welcomed.

Please send articles for the next issue to:

**uknewsletter@wccm.uk**

and events to:

**events@wccm.uk**

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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 2023

### HOW THE LIGHT ENTERS:

# Contemplative Wisdom for Flourishing in Our Broken World

*Booking now open*  
<https://wccm.uk/conf2023>

*Speaker: Rev Dr Mark S. Burrows*

**Friday 2nd – Sunday 4th June 2023**  
**High Leigh Conference Centre and Online**  
**Hoddesdon EN11 8SG**

Over the years we have invited many popular speakers to lead the UK conference. This year is no exception and we are delighted to welcome Rev Dr Mark S. Burrows who travels from the USA to be with us. His wisdom and insights have already provided inspiration to many members of our community, both in the UK and across the world, and he shares a few thoughts with us on page 3.

You may already have seen the conference flyer and booking form which has been distributed to group leaders, but in case you haven't, you will find one included with this newsletter. The conference will be at High Leigh, Hoddesdon from 2nd/4th June. And to make the conference as widely available as possible, we are working with Flying Tiger

Productions to provide the option of joining us online for the talks, meditations and specially tailored workshops.

The UK conference is a key event in the WCCM in the UK calendar and provides a wonderful opportunity to get together, learn together and meditate together. It's also a great opportunity to invite those who have some interest in meditation and want to find out more about what we have to offer, so please spread the word. This year we are doing all we can to make it possible for more people to join us and be part of the conference experience, so however you attend I will look forward to seeing you there!

*Julie Roberts*  
UK National Coordinator

## Beyond the local groups

It's always a delight to introduce meditation in the Christian tradition to new people. This happened several times in Essex during 2022. We had a lovely September day, at Abberton, in one of Rev. Terry Walker's three small rural churches. Terry had invited his fellow-meditators from the Colchester Group to meet some of his parishioners, none of whom had meditated before. Meditation was introduced by Valerie Quinlivan. There followed three meditation sessions which Terry interspersed with reflections on the Gospel of Luke.

It was fine enough to spend time outside; a very peaceful environment, looking over the reservoir, the silence only broken by the sound of sheep. By the second session, initial doubts about this form of contemplative prayer were overcome, helped by the sharing of the Colchester meditators.

In October, Val Hilsley, our Essex Contact, ran an Introduction to Christian Meditation in Chelmsford and she has plans for a Quiet Day for Essex groups in May.

Othona, the Christian community out on the Essex marshes, had asked the WCCM for someone to lead a

meditation weekend retreat in November. Julie Roberts, our UK Coordinator passed that on to me. It was a weekend called *The Joy of the Ordinary*, a time of silence and meditation as well as conversations. The thirty participants came from different Christian traditions, as well as agnostics and atheists, so the emphasis was placed on 'paying attention': paying attention to the body, to the natural world and to objects in everyday use: *God walks amongst the pots and pans*. This chimed very well with St Benedict's: *The cellarer will regard all utensils and goods... as sacred vessels of the altar, aware that nothing is to be neglected*.



We were joined by the Othona community for the final meditation session in the nearby 7th C chapel of St Peter at the Walls. This overlooks the sea and is a place of supreme peacefulness.

Valerie Quinlivan

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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

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*giftaid it*

## WCCM IN THE UK Meditation News

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## Office News

**NEW OFFICE  
COORDINATOR**

We are delighted to welcome Sarah Humphreys as our new UK Office Coordinator.

Sarah joins Elena in providing valuable support to our members.

They can be contacted at [uk@wccm.org](mailto:uk@wccm.org).

**Goodnews books** Christian

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## Coming to Love Like a Refugee

*In a dark time, the eye begins to see...*

Theodore Roethke

Imagine finding yourself walking through a forest at midnight on a moonless night, with only the flickering candle of an old lantern as your guide. As you slowly make your way through the dense thickets, the lantern throws shadows as you hold it to the left and then to the right, hoping to find your way forward. The trees seem startled by your motion, keeping silent watch as they do in their rooted presence. All at once, though, a gust of wind extinguishes the flame, and you realize you have no more matches to light it again. Panic overcomes you. A surge of fear rises in your throat. You stop dead in your tracks, waiting to see if your eyes can find the path again, afraid you'll run headlong into the next tree if you go further. You feel your heart racing, and realize you are not breathing. You feel the crease of your vulnerability and sense the fragility of your life. There is no way ahead that you can dimly see or even imagine.

In that moment, you find yourself listening more intently than you had known possible before this time: you hear the creaking of tree limbs above and around you, stirred as they are by winds whistling through their outstretched arms on this particular night. Other sounds are less familiar: there are no footsteps to hear, or are there? What is that sound that seems to be moving quite close to you through the brush, snapping a branch here and there? Could it be a deer you have wakened from sleep? Or a racoon? Perhaps even a bear? Your ears are in full alert as you stand still and try to find your bearings. You feel yourself frozen in place, with time standing still.

Perhaps you've experienced something like this. If so, you know how unsettling the feeling of vulnerability is. When you find yourself facing a wall of darkness—through your own suffering, or that of others—you know that acute

### Remembering...

**Delyth Cresswell** - known throughout the UK WCCM community and beyond for her warmth, wit and musicality who with her husband Andrew moved to France in 2017 to help establish Bonnevaux.

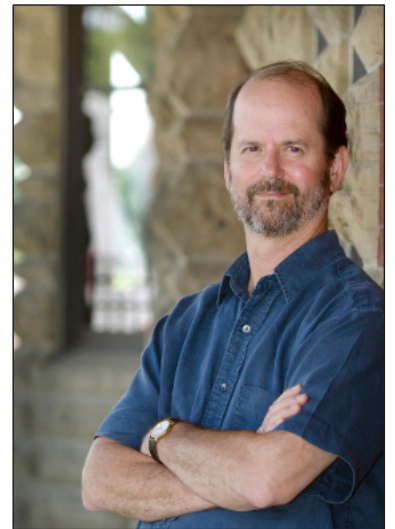
**Peter Denny** - a committed meditator and regular participant at UK events.

**Isabelle Glover** - Housewife; intellectual (including expert in Sanskrit); nature lover; adored mother to a large extended family. Friend of John Main and keystone in the Ealing meditation community. Always smiling and exploring until the day she died.



*Rest in Peace.*

sense of awareness that surges through your body, accompanied perhaps by the pressing weight of dread. And yet such moments might well awaken you to experience a heightened sense of your true "self" in the midst of the dark. They might even give you a momentary sense of belonging to a larger wholeness beyond what you can see, and quite different from the things you think you can grasp. "In a dark time," as the poet Roethke once put it, "the eye begins to see..."



REV DR MARK S. BURROWS  
SPEAKER - ANNUAL CONFERENCE

But let us return to the darkness, so often for us a source of fear. How do we face the dark? The legendary singer-songwriter Leonard Cohen wrote—famously—that "there is a crack. . . in everything, / that's how the light gets in." Precisely. That's how the light enters. Through the dark.

It may be naïve or presumptuous to say we should be grateful for the darkneses we face. But face them we must, and it is just possible—as the poet suggests—that the broken places in our lives allow the light to "get in." Our vulnerabilities, our wounds, can overwhelm us, but the light is waiting. Or, as Cohen put it:

*Every heart, every heart  
To love will come,  
But like a refugee.*

*Ring the bells that still can ring;  
Forget your perfect offering,  
There is a crack, a crack in everything—  
it's how the light gets in.*

During the conference we will explore this claim through the lens of texts by those we've come to call "mystics"—among them, Meister Eckhart and Julian of Norwich—in conversation with scripture and a sampling of contemporary poets and writers.

What we discover on the long path of meditation is that the path into a space of emptiness, leading us into a greater experience of openness, invites us to face our vulnerabilities. In and through this emptying we find ourselves embraced and held by a love that "slackens not," as Julian put it, and will not let us go. Or, as Cohen put it, coming "to love, / But like a refugee." In all this, as the apostle Paul put it, we find ourselves re-minded of "the God [who] said, 'Let light shine out of darkness.'"

*Mark S. Burrows*

Theodore Roethke, "In a Dark Time," in *Collected Poems of Theodore Roethke* (New York: Doubleday, 1963).

Leonard Cohen, "Anthem," on the CD "The Future" (1992)

## National Council 2022

It is always great to get together to share ideas and the National Council 2022 held on Zoom on 11/12th November was no exception. The meeting was attended by those in UK leadership roles including the action group, regional and special interest coordinators. This gives everyone the opportunity to influence how we go forward as we draw out the priorities for the year ahead.

On Friday evening the welcome and introduction was followed by a summary of the last year focusing on the reports from the regions and special interest coordinators which again demonstrated what a resourceful community we are. We have made considerable progress with the priorities set last year which has resulted in regular mailouts to all group leaders, the reintroduction of a quarterly postal mailout, the database update, the integration of online groups and the website relaunch ([//wccm.uk](http://wccm.uk)).

The database audit enabled us to understand how the shape of the community has changed over the last two years. Of the 29 regions we had data for, the number of groups had reduced significantly from 288 to 223. This difference was made up of 101 closed groups and 36 new groups. Of those 223 groups 163 were physical, 35 online and 25 a mix of physical and local online. In addition, we have 25 national online groups. While the effect of Covid led to the closure of some groups, with online thriving we are probably a stronger community.

On Saturday there were three excellent discussion sessions considering some of the challenges that we face. First we thought about how we engage with and what we can offer to those attending an online group. We moved on to think about how we can encourage members to become more involved. Finally we looked at new ways we can share the gift of meditation. After all the deliberations the 2023 priorities were finalised:

1. Reach out
  - ◆ To areas that are not covered at all or not covered enough e.g. young people, those in stressful jobs, those outside religious structures.
  - ◆ Support the new international/national initiatives e.g. Terry Doyle (Marginalised), Mary Devane (Prisons), Pat Hay (MwC) and Sue Clarke (Contemplative Church) as well as existing initiatives.
  - ◆ Find ways to meet people where they are at and use more approachable language i.e. young people online and the 6-week course online.
  - ◆ Take meditation to other places outside of church. e.g. community centres, developing and using the proposed advertising card idea to share the gift much more widely.
2. Review The Way We Work document making it more user friendly and with more encouraging language so people will be encouraged to take on leadership roles. Consider simplifying the role of the Coordinator and making succession easier.
3. Encourage and empower formation through ongoing training, mentoring, ETW's, buddying, group leader



meetings, and asking Oblates for support so people feel empowered before they step up.

The meeting concluded with the sharing of everyone's favourite quotes some of which you can read below and on page 7 and our closing prayers. Goodbyes are not quite the same on Zoom but the journey home is easier!

The National Council 2023 will be held on 3/5 November (venue to be confirmed.)

*Julie Roberts - UK National Coordinator*

### Some Favourite Quotes

- ◆ "I've had a lot of worries in my life, most of which never happened." - Mark Twain
- ◆ "It is silence that offers the space for our lives too big and complex to be contained or explained by any words" – Richard Carter
- ◆ "These are the 3 tenets of Zen, everything is connected, everything changes, pay attention" – Zen poet
- ◆ "Music is the silence between the notes" - Claude Debussy
- ◆ "You, God, cannot help us... we must help you to help ourselves. And that is all we can manage these days and also all that really matters: that we safeguard that little piece of You, God, in ourselves... Alas there doesn't seem to be much You Yourself can do about our circumstances, about our lives. Neither do I hold You responsible. You cannot help us, but we must help You and defend Your dwelling place inside us to the last". - Etty Hillesum's diary
- ◆ "When we increase our spiritual footprint, we decrease our carbon footprint". – Unknown
- ◆ "Don't try to find God. Simplify your scattered life, and become one in yourself. Then God will find you. The rest will follow"- Meister Eckhart's Book of the Heart
- ◆ "Those who say it cannot be done should not interrupt the person doing it" – Chinese proverb
- ◆ "We are made of the same stardust of which all things are made" – Carlo Rovelli
- ◆ "I am a hole in a flute that Christ's breath moves through – listen to this music" - Hafiz

## *Meditation at the Abbaye de Bonnevaux*

I am a Member of the Third Order, Society of St Francis (TSSF), an Anglican renewal of the Franciscan Third Order whose foundation was inspired by Francis of Assisi in 1221. Being a Tertiary is in some ways similar to being a Benedictine Oblate, but one difference is that the Third Order is an Order in its own right (and an Acknowledged Community of the Church of England).

Like many in the Third Order and Francis himself, I am actively engaged in meditation. I have long appreciated the writings of John Main, and the resources provided by WCCM. I lived in France for many years, and was interested to hear about the Abbaye de Bonnevaux, the new mother house of WCCM. Last July I had the joy of going to Bonnevaux for a "UK Pilgrimage", with the theme of "Pleroma – the Fullness of God".

The Bonnevaux web-site, <https://bonnevauxwccm.org/>, gives a good idea of the new Centre. The current buildings trace their origin to a Twelfth Century Cistercian Abbey, which was partially demolished after the French Revolution and used as a private dwelling, before being converted to a retreat and conference centre over the past few years. Living on the site is a small residential community, some of whom are young people on working holidays abroad, led by Laurence Freeman OSB. Their communal meditation, within a Benedictine framework, bears fruit in a strong sense of service and community.

The retreat I took part in followed the regular worship of the community. There are four sessions of 30 mins of meditation each day. Each is embedded in a simple service, taken at a slow, contemplative pace. There is also a daily Eucharist. The services included three readings: one from the Bible; one from a Christian source, such as John Main; and one from a "sister tradition", such as Hinduism or Buddhism.



In addition, we had some instruction on simple yoga practices, to aid us in relaxation and sitting well, and listened to talks from Fr Laurence on "pleroma". Our food was mainly well-prepared vegetables. We stayed in simple but comfortable rooms, most of which had been fitted into the attic of an old stable block.

From a Franciscan point of view, the retreat was highly accessible. It was a delight to be with people from different backgrounds and indeed countries, and to listen to extracts from the sacred writings of other faiths (notably the Upanishads). The silence of Bonnevaux is extraordinary. It is far away from main roads – indeed almost any roads – and the main sound is the wind in the fine trees of the large estate.

Overall, I thought this was a wonderful place to go for a meditation retreat, or indeed a private visit. I felt a strong sense of spiritual power there, which can only strengthen as it is continually prayed in. I hope it becomes a place of pilgrimage for many people seeking to deepen their practice of meditation.

*John M Evans TSSF*

## *Let's meditate in Shrewsbury! - Summer Meditation and Workshops 25-27 July St Chad's Church and The Quarry Park, Shrewsbury*

Following the success of last year's Summer Retreat held at Shallowford House we are planning another event this time in Shrewsbury which will follow a similar programme over 3.5 days but will be non-residential to help keep costs down.

Birthplace of Charles Darwin, Shrewsbury is set amidst the glorious Shropshire countryside near to the Welsh Borders and is one of England's finest medieval market towns.

Our event will be held in St Chad's Church and Hall and in the adjacent Quarry Park which follows the meander of the River Severn round the ancient town. It's a beautiful venue and close to the river and town which offers lots to do including a town trail tracing the formative steps of Darwin.

"Let's Meditate in Shrewsbury" is open to people of all ages, young and old and will provide for beginners an introduction to the Christian meditation tradition as taught

by John Main as well as an opportunity for those more experienced to deepen their practice and build community together.

The core of our retreat will be a series of silent meditations but we want the supporting programme to be fun and relaxing, so hopefully we will be using the park a lot; picnics, Tai Chi, meditative walks along the river, games, town and natural history trails, wilding workshops etc as well as art, music, poetry and song.

We hope you will join us and bring your families, friends and grandchildren to this unique event in our calendar.

For enquiries and further details please contact us:

*Jon Kille: [jon.kille@btopenworld.com](mailto:jon.kille@btopenworld.com)  
Carole Dixon: [carole@caroledixon.me.uk](mailto:carole@caroledixon.me.uk)*

## Holy Week Retreat 2023

For some years I have been leading a retreat for meditators in Holy Week. It was originally intended for people who might like to keep this time in retreat, but would not be able to join Fr Laurence at Bere Island, or now at Bonnevau. It has been held at various venues in the London area, beginning with the Kairos Centre at Roehampton, where it will return in 2023. This is an attractive, comfortable retreat house overlooking Richmond Park, with fine views of the park from the house.

During the retreat there are daily times of meditation, with talks to help enter the experience, alongside the major ceremonies of the Paschal Triduum, the Great Three Days of the Passover of Christ - the Evening Mass of the Lord's Supper on Maundy Thursday, the afternoon Passion liturgy of Good Friday, and the Resurrection Vigil in the early hours of Easter Sunday. The retreat then concludes with a festive celebratory breakfast, allowing people to rejoin their families for Easter. I know many prefer to spend this time in their home parishes, but it adds an extra and special dimension to be away in retreat and keep this heart and centre of the Church's year in contemplative silence with fellow-meditators.



The dates for 2023 will be Tuesday 4 April to Sunday 9 April. Those who wish can join on Thursday evening. The cost, with accommodation and meals, will be around £320.

Anyone interested in taking part who would like further information please get in touch.

Fr. Robin Burgess  
robinburgess@rcdow.org.uk 07922 535 305

## Prefaces to Meditation

All of us who go to meditation groups will know the standard format which they take: teaching, meditation, sharing. This format goes back to the beginnings of our community when John Main used to give the introductory teachings. These teachings were recorded and circulated, on tape cassettes, for use by other groups as the community grew. Later Laurence Freeman provided new teachings often extracted from his longer talks. Others also contributed. From 2005 these talks were circulated on CDs, and more recently as downloads available on the WCCM international website ([//meditativetalks.wccm.org](http://meditativetalks.wccm.org)).

In 2008 I suggested to David Wood and to Fr. Laurence that David record some talks for circulation. One of the best things I did during my term as national coordinator! David, a Mancunian, was a retired Anglican priest who had served various parishes in northern England. Within WCCM he was the first chair of our charity (then called the Christian Meditation Trust) and for years was regional coordinator for Cumbria.

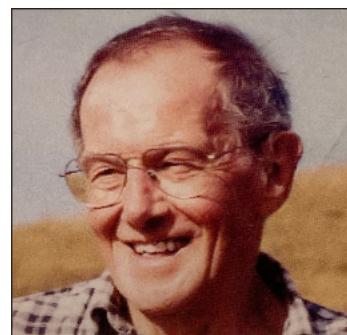
David told me that he was gobsmacked by the gift of the opportunity to produce these talks and that he was having great fun in doing so. His style was inimitable, faith filled but also deeply human. Sometimes provocative, sometimes laugh out loud funny. He recognised the importance of the discursive teachings which were normal but also knew the need for short pieces specifically prepared to lead us into meditation. He produced four sets of talks. The first, *Aspects of the Spiritual Life*, was published as a Meditatio CD in 2008 and remains available on the WCCM website. A second set, along with the first, was published by WCCM for purchase and remains available from Good News Books, under the title *Aspects of the Spiritual Life*. The third and fourth sets, both entitled *Prefaces to Meditation*, recorded in 2010 and 2011, were not widely published at the time.

Even while preparing and recording the talks David was suffering from a long drawn-out terminal illness. He died in 2013.

In 2018 the National Council of our UK community was reviewing the availability of teaching for the meditation groups. Just as David had done, it recognised the need for expanded teachings but also saw that some short introductions to the meditation periods were desirable. Two actions flowed from this discussion. Geoff Waterhouse masterminded the recording of a new set of short talks prepared specially for prison meditation groups. And David's *Prefaces to Meditation* were prepared for re-publication. Andy Goddard ensured that the sound quality was up to scratch and we also had to address issues such as copyright. COVID got in the way too. The original plan was to publish them on CDs but with WCCM worldwide moving to downloads we have now done the same. They have now been available for a while and you can find them on the UK website [wccm.uk](http://wccm.uk) in the Resources section. Go to resources on the opening menu, then to newsletters and audio, and there you will easily access these special recordings. And not only the recordings, but, thanks to Sarah Kirkup, David's successor as Cumbria coordinator, the transcripts of each talk as well.

I commend them to you as a valuable resource for groups or as a preface to your own individual meditation.

Roger Layet



DAVID WOODS

## The School Silent Retreat

SATURDAY 30TH SEPTEMBER TO  
FRIDAY 6TH OCTOBER 2023

LED BY ALEX HOLMES AND JOANNE CAINE

WHALLEY ABBEY, WHALLEY, CLITHEROE BB7 9SS

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 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 Ribble Valley.

Cost per person inclusive between £650 & £680 (not yet confirmed)

For an application form please email Ailsa or call the UK office on 020 8280 2283

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



Ailsa Adamson - ailsa.adamson@gmail.com



## Greenbelt 2023 - Volunteers Wanted!

You may have read about our presence at Green belt 2022 in the last newsletter but now we need to think about 2023.

It's a great opportunity to share the gift of meditation with festival goers but we need some keen and enthusiastic meditators to make this happen.

Greenbelt 2023 will take place at Boughton House near Kettering between 24 and 27 August - see [greenbelt.org.uk](http://greenbelt.org.uk). If you would like to be involved please get in touch.

Julie Roberts  
uknationalcoordinator@wccm.org

## More Favourite Quotes from Council

- ◆ "My spiritual goal is to one day walk into God and disappear" – Thomas Merton
- ◆ "We do not see things as they are but rather as we are" – Richard Rohr
- ◆ "All shall be well, and all shall be well, and all manner of things shall be well." – Julian of Norwich.
- ◆ "Though we travel the world over to find the beautiful, we must carry it with us or we find it not" - Emerson
- ◆ "All women become like their mothers, that's their tragedy; no man does, that's his" - Oscar Wilde
- ◆ "Kindness is more important than wisdom and the recognition of this is the beginning of wisdom". - Theodore Isaac Rubin
- ◆ "Each of us, as we journey through life, has the opportunity to find and to give his or her unique gift. Whether this gift is quiet or small in the eyes of the world does not matter at all-not at all; it is through the finding and the giving that we may come to know the joy that lies at the centre of both the dark times and the light."- Helen Luke
- ◆ "We shall find God in everything alike, and find God always alike in everything' – Meister Eckhart
- ◆ A meditator there was from old Natchez, to whom stillness came only in patchez. When told to stay still said "be darned if I will whenever Ah itchez, Ah scratchez."  
-based on Ogden Nash



**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.**



### Meditation with people with learning disabilities



A small group of people meet on a Monday afternoon for half an hour's meditation online. This includes people linked to L'Arche communities and a group in Brighton, who co-lead the preparation for our 5 minutes of silence.

We plan to write more in future newsletters, and have an explanatory page on the WCCM UK website (<https://wccm.uk/people-with-learning-disabilities/>). People with learning disabilities and others who support them are welcome to contact the Special Interest Group Coordinator, Celia Gurowich, either to join our group, talk about developing things in their own area or share other things that may be happening which we would love to know about.

Celia Gurowich

The list of Special Interest Groups is on the Resources page on the UK website [wccm.uk/resources](https://wccm.uk/resources).

Contact details for leaders are at the end of the newsletter and can be downloaded from the Resource page.

### Reflection: *Solvitur Ambulando*

The end of the 'Talking Wall' on the Falkland estate in Fife is marked by a large stone carved with the words *SOLVITUR AMBULANDO* ('It is solved by walking'; attributed to St Augustine). Along the length of the dyke there are Scots words carved into large dyke stones. All the words are connected in some way with walking. Here's a selection:

*STRAVAIGIN* (roaming, aimless wandering)

*PLOWTERIN* (walking in mud, splashing about)

*BURLIN* (moving rapidly or dancing).

I particularly like the word *YIRDIN*. Robert MacFarlane, a truly inspiring writer and walker, defines *yirdit* as 'earthy' or 'muddy' and *yird* as both 'world' and 'ground'. He elaborates, describing it metaphorically as the happy, 'grounded' state children get into when playing outside.

The final word before *SOLVITUR AMBULANDO* is *BEIN*, carved boldly into a stone at ground level. After *BLETHERIN*, *THINKIN*, *PLOWTERIN*, *BURLIN*, *YIRDIN* and a host of other actions of body and mind, you reach that grounded point of simply *BEIN*.

And isn't this just where our practice of meditation is taking us? Too much coffee beforehand, and I'm *burlin*. Seductive thoughts and images come to mind and I'm *stravaigin*. But gradually, as I stick to my prayer word, my mantra, I'm *yirdin*, more and more grounded. And then simply *bein*; being fully present, in the present moment where the Divine Presence always is.

*SOLVITUR AMBULANDO*. In the 19th century spiritual classic, 'The Way of the Pilgrim', the anonymous pilgrim sets out on a journey after hearing the words of Paul (1 Thessalonians 5:17) to *pray without ceasing*. He visits churches and monasteries to try and understand how to pray without ceasing. His travels lead him to a starets (a spiritual father) who teaches him the Jesus Prayer - *Lord Jesus Christ have mercy on me* - and gives him practical advice on how to recite the prayer uninterrupted. He walks and keeps on walking through southern and central Ukraine, Russia and Siberia, endlessly reciting his mantra, the Jesus prayer. Not everyone's cup of tea... and tragically, not cur-

rently possible because of the war in Ukraine. But in his writing, he also uses the word 'walk' figuratively, calling on the true pilgrim to '*constantly walk in the presence of God*'



"Without frequent prayer it is not possible to find one's way to God, to understand truth... Only fidelity to prayer will lead a person to enlightenment and union with Christ... No matter how you drive yourself, how much effort you exert, and what kind of physical feats you accomplish, if you do not constantly walk in the presence of God, with ceaseless prayer in your heart, then you will never have peace from disturbing thoughts and you will always have an inclination toward sin, even in small matters."

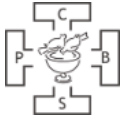
'Pray without ceasing', 'ceaseless prayer in your heart'... These calls can seem way beyond reach... especially when we finish our period of meditation and reflect that it's all been *nothin* but *burlin* and *plowterin* and *stravaigin*... in fact one big *stumblin*! But as we deepen our practice, our prayer word, our mantra, moves from the head to the heart. We begin to listen to it sounding within us, rather than merely repeating it in our heads. It's there all the time if we are attentive enough, a constant companion. Prayer is becoming not just something we do for a couple of half hour periods each day, but something we are. It might seem that we're forever *stumblin* but as soon as we become aware that simply *bein* is within reach and something we really can experience for longer and longer periods of time, then '*ceaseless prayer in your heart*' is also coming within reach.

*SOLVITUR AMBULANDO*... *SOLVED BY WALKING*? Over to you! And if this all still seems way out of reach, here's some encouragement from our anonymous pilgrim: "You can trust God not to allow you to be tried beyond your strength and with any trial he will give you a way out of it and the strength to bear it' (1 Cor. 10:13). Soon your joy will far surpass your present suffering."

Alex Holmes

(co-leader of this year's *The School's Silent Retreat*)





## 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** Monastery of Christ our Saviour, Turvey. Beds 14 & 15 October.

**UK Oblates Weekend Retreat** The Briery, Ilkley. Yorkshire 19 - 21 May in person only.

**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 angelagreenwood@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](mailto: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:** Saturdays 4 March in person (Bolton) & 1 April 13:00-15:00 online. Contact: Angela Gregson via [oblates@wccm.uk](mailto:oblates@wccm.uk) for more information

**Scotland / Borders Cell:** led by Eileen Dutt. Contact [oblates@wccm.uk](mailto:oblates@wccm.uk) for details.

**UK Led Online Oblate Cell Meetings:** Sundays 14:00-15:30: 12 March & 14 May. Wednesday evenings 19.30-21.00: 22 March, 19 April & 24 May. Contact Angela Gregson via [oblates@wccm.uk](mailto:oblates@wccm.uk) for more information



# WCCM

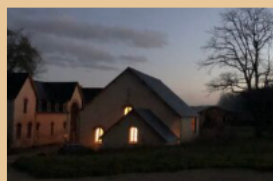
## Bonnevaux & Meditatio Centre Online Events

**METANOIA - LET YOUR MINDS BE REMADE**  
28 February - Diane Tolomeo  
21 March - David Egan  
25 April - Giovanni Felicioni  
30 May - Mark Medish



**LENT RETREAT: THE WISDOM OF THE DESERT - FREEDOM TO CHANGE**  
3 - 5 March - Laurence Freeman

**EASTER VIGIL & EASTER SUNDAY CONTEMPLATIVE EUCHARIST**  
8 & 9 April - Laurence Freeman



**MEDITATION IN THE CHRISTIAN TRADITION – A SIX WEEK INTRODUCTORY COURSE**  
Starting 1 March

**EVAGRIUS OF PONTUS- TEACHER OF METANOIA AND MINDFULNESS**  
15 April - Kim Nataraja



**METANOIA: HOW TO ACCEPT REALITY**  
17 May - Laurence Freeman

### Live Webcasts on Zoom

RECORDINGS AVAILABLE ON WCCM YOUTUBE CHANNEL

**CONTEMPLATIVE EUCHARIST: Each Sunday at 11am**

DETAILS ARE AVAILABLE ON THE WCCM WEBSITE [WCCM.ORG](http://WCCM.ORG)  
LOOK FOR 'EVENTS' OR 'LIVE' ON THE MAIN MENU.

### Meditatio Centre Events

SEE THE FULL LISTING OF ONLINE, HYBRID & IN PERSON EVENTS ON PAGE 11.

DETAILS AND BOOKING AT [MEDITATIOCENTRELONDON.ORG](http://MEDITATIOCENTRELONDON.ORG)  
LOOK FOR 'EVENTS' ON THE MAIN MENU.

## Events

Events from the beginning of 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. WCCM in the UK 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 8SG and online. **Cost:** £265 Singles; £215 Double/Twin; £85 Saturday only; £85 Online via Zoom (Friday to Sunday). Meals and drinks included for all attending at High Leigh. **Contact:** [//wccm.uk/conf2023](http://wccm.uk/conf2023) for further details and to reserve your place.

### THE SCHOOL EVENTS

**Contact:** Ailsa Adamson [ailsa.adamson@gmail.com](mailto:ailsa.adamson@gmail.com) or phone UK office: 020 8280 2283.

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

### NORTHEAST ENGLAND

**Tuesday 2 May. Retreat - Mindfulness from the Christian perspective. Venue:** Ampleforth Abbey, near York YO62 4EN. **Leader:** Terry Doyle. **Cost:** £55. **Contact:** [www.ampleforth.org.uk](http://www.ampleforth.org.uk) or 01439 766099

**Monday 31 to Thursday 3 August. Retreat - Tai Chi and Christian Meditation. Venue:** Ampleforth Abbey, near York YO62 4EN. [www.ampleforth.org.uk](http://www.ampleforth.org.uk). **Leader:** Fr Christopher Gorst OSB and Terry Doyle. **Cost:** £330 (En-suite) £300 (Standard). **Contact:** [www.ampleforth.org.uk](http://www.ampleforth.org.uk) or 01439 766099

**Friday 8 to Sunday 10 September. Christian Meditation silent weekend. Venue:** Ampleforth Abbey, near York YO62 4EN. [www.ampleforth.org.uk](http://www.ampleforth.org.uk). **Leader:** Fr Christopher Gorst OSB and Terry Doyle. **Cost:** £220 (En-suite) £200 (Standard). **Contact:** [www.ampleforth.org.uk](http://www.ampleforth.org.uk) or 01439 766099

**Friday 15 18:30 to Sunday 17 September 14:00. The Embodied Contemplative**  
**Leader:** Terry Doyle. **Venue:** Minsteracres Retreat Centre, Minsteracres, Consett Co Durham DH8 9RT. **Cost:** £190. **Contact:** 01434 673248 <https://www.minsteracres.org/product/the-embodied-contemplative-retreat-with-terry-doyle/>

### NORTHWEST ENGLAND

**Friday 24 to Sunday 26 March. The Hying Retreat:** The Voice of this Calling.  
**Leader:** Bridget Hewitt. **Venue:** Monastery of Our Lady of Hying, LA5 9SE. **Cost:** £150 (Concession rate £100)(residential). **Booking:** Please contact Heather Keogh [heatherandpeter@keoghfamily.co.uk](mailto:heatherandpeter@keoghfamily.co.uk)

**Tuesday 2 May 10.00 for 10.30 -15.00. Living with the Mystics:** Marguerite Porete.  
**Introduced by:** Bob Morley. **Venue:** Ambleside Parish Centre, LA22 9DH. **Cost:** £5. **Contact:** Bob Morley [rgm1@live.co.uk](mailto:rgm1@live.co.uk)

**Saturday 10 June 10.00 -15.00. A Day with the Sufi Mystics. Led by:** Daniel Dyer.  
**Venue:** Ambleside Parish Centre, LA22 9DH. **Cost:** Donations. **Contact:** Bob Morley [rgm1@live.co.uk](mailto:rgm1@live.co.uk)

### SOUTH WEST ENGLAND

**Mondays weekly 18:30 – 19:30 Meditation on Zoom from Ilminster. Cost:** free.  
**Contact:** Lucy Blows [lucystepsplane@gmail.com](mailto:lucystepsplane@gmail.com) for an invitation.

**Monday 20 March 18:30 – 19:30. Meditation with Reflections on the Spring Equinox. Venue:** Zoom. **Cost:** free. **Contact:** Lucy Blows [lucystepsplane@gmail.com](mailto:lucystepsplane@gmail.com) for an invitation.

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

**Wednesdays weekly, except first Wednesday of the month 19:00-19:30 Meditation.**

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

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

**Wednesday 5 April 19:00-20:00. Holy Week meditation.**

**Wednesday 3 May 19:00-20:00. Meditation with movement.**

**Wednesday 1 June 19:00-20:00. Meditation with Taize singing.**

### 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](mailto:maymbnicol@aol.com) 07768 310666

**Tuesday 4 / Thursday 6 evening to Sunday 9 April. Easter Retreat. Leader:** Fr Robin Burgess. **Venue:** Kairos Centre as above. **Cost:** £340 for five days or £320 for 3 days includes accommodation and all meals. **Contact:** Fr Robin Burgess [rmeburgess@aol.com](mailto:rmeburgess@aol.com), book with [thekairoscentre.co.uk](http://thekairoscentre.co.uk).

### MEDITATIO CENTRE

**St Marks Church, Myddelton Sq London EC1R 1XX**  
**Contact:** 020 7278 2070 [meditatio@wccm.org](mailto:meditatio@wccm.org) [www.meditatiocentrelondon.org](http://www.meditatiocentrelondon.org)  
**Repeating events** (venue The Meditatio Centre and contact [meditatio@wccm.org](mailto:meditatio@wccm.org)):

**Monday – Friday 13:00-13:30. Meditation at the Centre**

**Every Monday 19:00-19:30. Meditation at the Centre**

**Every Wednesday 13:00-13:30. Meditation online** (Link: <https://bit.ly/wedmed> Meeting ID: 452 619 517 Passcode: 300137)

**First Thursday of every month 18:00 – 19:00. On Beginning Meditation.**

**Yoga and Meditation. Leader:** Lucy Barnes. **Contact:** [lucybarnesyoga@icloud.com](mailto:lucybarnesyoga@icloud.com) (for cost and information including term dates)

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

**Every Wednesday 9:00-10:45 online**

**Single events at the Meditatio Centre, St Marks Church, Myddelton Square, London EC1R 1XX. Contact:** T 020 7278 2070 or E [meditation@wccm.org](mailto:meditation@wccm.org)

**Thursday 23 February 18:30-21:00. IN PERSON. The Labyrinth for Peace. Speaker:** Dr Martin Garsed. **Cost:** £20/£10 Light supper served.

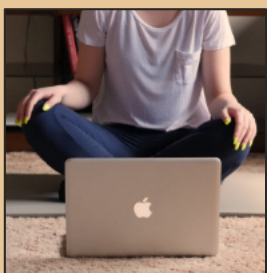
**Wednesdays 1, 8, 15, 22, 29 March AND 5 April 19:00-20:00. ONLINE. Six Week Introductory Course Meditation. Speaker:** Tina Jefferies and Chris Blanchard. **Cost:** £25 FOR 6 WEEKS.

**Saturday 4 March 10:30-16:00. HYBRID. Going to Ground: Seeking Healing from Suffering. Speaker:** Dr Rebecca Stephens. **Cost:** £40/£20 /£25 online. Refreshments served. Please bring a packed lunch.

**Wednesday 15 March 19:00-19:45. Taster for Teachers. ONLINE. Speakers:** Tim, Pat, Gilly. **Cost:** no charge but registration necessary.

**Saturday 18 March 14:00-20:00. HYBRID. That Mysterious Silence, The Meditatio Centre 10 Year Celebrations. Speakers:** Brijji Waterfield, Mark Burrows, Stefan Reynolds, Terry Doyle and more. **Cost:** £10.

## Find a virtual meditation group.



If you'd rather meet virtually, you can join an online or hybrid group organised by members of the WCCM with whom to share your practice.

The [wccm.uk](http://wccm.uk) Group Search page includes local hybrid and online groups.

Or visit [www.onlinemeditationwccm.org](http://www.onlinemeditationwccm.org) for national and international groups.

## MEDITATIO CENTRE CONTINUED

- Saturday 1 April 13:00-17:30. IN PERSON. Living and Meditating with Persistent Pain.** Speaker: Chris Hurley. Cost: £30/£15 Refreshments served.
- Saturday 15 April 14:00-17:30. ONLINE. Evagrius of Pontus: Teacher of Metanoia and Mindfulness.** Speaker: Kim Nataraja. Cost: £25/£15.
- Friday 28 April 10:30-16:00. IN PERSON. Drawing Stillness.** Speaker: Ali Shipton. Cost: £40/£20 Refreshments served. Please bring a packed lunch
- Saturday 13 May 10:30-16:00 HYBRID. The Gospel According to Zen.** Speaker: Jim Green. Cost: £40/£20 /£25 online. Refreshments served. Please bring a packed lunch
- Wednesday 17 May 18:30-21:00. HYBRID. Metanoia: How to Accept Reality.** Speaker: Laurence Freeman. Cost: £20/£10/£12.50 online. Light supper served.
- Thursday 25 May 11:30-18:00. IN PERSON. A London Pilgrimage.** Speaker: Rupert Sheldrake. Cost: £20.
- Thursday 15 June 18:30-20:30. IN PERSON. Spiritual Direction.** Speaker: Lynne Galloway. Cost: £10 Refreshments served.
- Thursday 22 June 18:30-21:00. HYBRID. Carl Jung and the Mystical Dimension of the Psyche.** Speaker: Sr Marie Claude Teer. Cost: £20/£10/£12.50 online. Light supper served.
- Thursday 29 June 18:30-21:00. HYBRID. The "You" of Prayer; the "You" of Poetry.** Speaker: Padriag O'Tuama. Cost: £20/£10/£12.50 online, Light supper served.
- Wednesday 5 July 18:30-21:00. HYBRID. Christian Meditation as Being and Prayer.** Speaker: Josie von Zitzewitz. Cost: £20/£10/£12.50 online, Light supper served.
- Saturday 15 July 10:30-16:00. IN PERSON. 'Sit Zazen Wholeheartedly... letting all things go.'** Speaker: Chris Collingwood. Cost: £40/£20, Refreshments served. Please bring a packed lunch.
- Wednesday 6 September 18:30-21:00. HYBRID. Vulnerable Us, and the Vulnerable Among Us: St Francis for Spiritually Engaged People.** Speaker: Jon M Sweeney. Cost: £20/£10/£12.50 online, Light supper served.
- Saturday 9 September 10:30-16:00. HYBRID. T.S Eliot and Kathleen Raine: Two Contemplative Poets.** Speaker: Grevel Lindop. Cost: £40/£20 /£25 online, Refreshments served. Please bring a packed lunch
- Saturday 30 September 10:30-16:00. HYBRID. Thomas Merton and the Transformative Power of Love.** Speaker: Sophronia Scott. Cost: £40/£20 /£25 online, Refreshments served. Please bring a packed lunch.
- Saturday 7 October 10:30-16:00. IN PERSON. Capacitar Workshop.** Speaker: Denise Treisman. Cost: £40/£20, Refreshments served. Please bring a packed lunch.
- Saturday 14 October 10:30-16:00. HYBRID. The Journey of Consciousness.** Speaker: Laurence Freeman. Cost: £40/£20 /£25 online, Refreshments served. Please bring a packed lunch.
- Saturday 21 October 14:00. IN PERSON. 100 Years of The Prophet.** Speaker: Lennie Charles. Cost: £20/£10, Refreshments served.
- Saturday 21 October 19:00. IN PERSON. 100 Years of The Prophet.** Speaker: Lennie Charles. Cost: £20/£10, Refreshments served.
- Wednesday 25 October 19:00-21:00. ONLINE. The Role of Meditation in a Jewish Spiritual Life.** Speaker: Rabbi Yoel Glick. Cost: £20/£10.
- Saturday 4 November 10:30-16:00. HYBRID. The Gifted Imagination** Speaker: John Bell. Cost: £40/£20/£25 online, Refreshments served. Please bring a packed lunch.
- Saturday 18 November 10:30-16:00. HYBRID. Go Gently Into That Good Night: Lessons from John of the Cross for Today.** Speaker: Prof Peter Tyler. Cost: £40/£20 /£25 online, Refreshments served. Please bring a packed lunch.
- Friday 24 November 10:30-16:00. HYBRID. Still Life Collage.** Speaker: Emma Heath. Cost: £40/£20, Refreshments served. Please bring a packed lunch.
- Saturday 9 December 10:30-16:00. HYBRID. Why Did God Become Human? Renewing our Understanding of the "Reason for the Season".** Speaker: Daniel P Horan OFM PhD. Cost: £40/£20/£25 online, Refreshments served. Please bring a packed lunch.
- Saturday 16 December 10:30-16:00. HYBRID. How The Birth of Jesus Changed Human Consciousness Forever.** Speaker: Laurence Freeman. Cost: £40/£20 /£25 online, Refreshments served. Please bring a packed lunch.



## WCCM Theme for 2023

METANOIA - LET YOUR MINDS BE REMADE  
10 ONLINE SESSIONS  
//WCCM.ORG/EVENTS/METANOIA

*Metanoia is a Greek word that simply means change your mind. This is something that comes right from the heart of the Gospel. The call of Jesus at the beginning of his public teaching was to repent. The Greek word behind that is in fact metanoia: Change the way you're looking, don't beat yourself up for the mistakes you've made but understand where you are and change your perspective.*

Laurence Freeman OSB

In the online series on the WCCM's theme for 2023, an international group of contemplatively oriented leaders, thinkers and activists bring wide-ranging perspectives to focus on how we can change our mind. With insights from religion, science, politics, economics and technology, this series will be a year-long discovery of hope and fresh insights into our future. Discussion groups will meet between the monthly online talks to allow participants to share their insights with others.

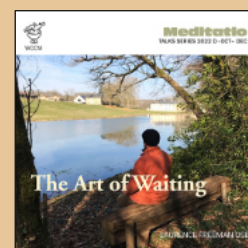
The solutions to our global problems and their means are already within our reach. What we conspicuously lack is the common mind to make them effective and to change the disastrous course humanity is on.

## 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, *The Art of Waiting* 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](http://www.wccm.uk)

Email: [uk@wccm.org](mailto: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

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

☎️ 020 8280 2283

✉️ uk@wccm.org

🌐 www.wccm.uk

## NATIONAL

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dohlson24@gmail.com

**Member of U.K. Oblate Council:** Janet Robbins–oblates@wccm.uk

**The School:** Contact UK Office

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**Elder:** Roger Layet–01275 463727 roger.layet@btinternet.com

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dohlson24@gmail.com

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**Oblates:** oblates@wccm.uk

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bentickbelinda@hotmail.com

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**The School:** Contact UK Office

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limegreenyogi@gmail.com & Chris Hurley chris8hurley@gmail.com

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**Berkshire, Buckinghamshire and Oxfordshire:** Contact UK Office

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**Suffolk (Contact):** Margaret Comerford–01799 501581

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**Isle of Man:** Bernie Roberts–01624 676274 / 07624 262588 bernieroberts3@hotmail.co.uk

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canon.stainer@gmail.com

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marytyers@aol.com

**West Midlands and Warwickshire (Contact):** Anna O'Connor - 0121 415 5020 /

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026014 and Carole Dixon–01547 540683 westmids@christianmeditation.org.uk

### SOUTH WEST ENGLAND

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