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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
to reach us by **1 August 2023**.

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

Editor: Margaret Comerford
Events: Pia Huber
Production: Andy Goddard

Contact us

-  www.wccm.uk
-  uk@wccm.org
-  020 8095 4442

UK Coordinator's Letter

In November 2003 when I stumbled across the WCCM I never imagined that such a discovery would shape my life. I certainly never envisaged that I would have the privilege of serving as the national coordinator for the WCCM in the UK. Twenty years on and still at the heart of the WCCM is our mission statement:

To communicate and nurture meditation as passed on through the teaching of John Main in the Christian tradition, in the spirit of serving the unity of all.

This mission has found expressions in many new and innovative ways both locally and internationally, most recently through offering meditation, courses and retreats online. The Bonnevaux Centre for Peace has opened, offering a new vision of a monastery without walls and if the opportunity arises I can only encourage you to visit Bonnevaux (see bonnevauxwccm.org). The UK has often been at the forefront of new developments offering support to the international community, however while much has changed the basic mission remains the same.

Since the lockdown the UK community has been responding to the changes that have taken place. We have improved communications. We have integrated the online groups into our database and launched the new website - wccm.uk. We have moved our office so that we are now located with the international office. We have updated the flyer and the bookmark and introduced a postcard designed to be left in community spaces or on noticeboards (Copies available from the office - you can see them at wccm.uk/resources). And now with our newsletter editor moving on - see page 2 - we are thinking about how the newsletter might look in future.



In the last 20 years so much has changed and we have evolved into a global community easily connectable with our international friends via the internet. However, at the centre of the UK community are meditators who attend our local in-person and online groups. We are now looking at how we might reorganise, to simplify our structure and re-focus our limited resources to better support UK meditators, while at the same time working more closely with the international community. (See the articles on Meditatio's Outreach work in several areas on page 4.) We don't want to go back to how things were but rather to embrace the opportunities to go forward. Our mission hasn't changed but the world has, the WCCM has and in the UK we want to respond to those new opportunities, while continuing to enable the deepening of our personal practice and sharing the gift of meditation. It is a gift that has the power to change lives in so many ways - it has certainly changed mine!

Please do get in touch if you have any thoughts.

Julie Roberts
National Coordinator
WCCM in the UK
uknationalcoordinator@wccm.org

We have moved!

**WCCM in the UK,
PO Box 80029, London, EC1P 1RE**

**Telephone: 020 8095 4442
Email: uk@wccm.org
www.wccm.uk**

Newsletter Editor Vacancy

Are you or anyone you know in the UK meditation community interested in taking on the role of editor of Meditation News, our UK newsletter?

I have been undertaking the editor role, alongside Andy Goddard who oversees the layout and production side of the newsletter since 2014 and feel after nearly 10 years it is time to offer the opportunity to someone new. This is a volunteering role; it is done for love, not money!

I have enjoyed the role and it works well splitting the putting together of the newsletter between two people, particularly with Andy who has the necessary desktop publishing skills.

So what does the role of editor comprise? Basically it is overseeing and managing the content, following an editorial policy that maintains a clear focus on WCCM's mission of sharing the teaching of Christian Meditation according to the tradition introduced by John Main. The role requires only a basic level of digital skill with Microsoft word documents as one needs to proof, correct and edit articles. There is liaison with the UK Coordinator which

ensures issues and events relevant to the UK community are covered.

We welcome submissions from readers, often these are write ups of events, reflections on one's meditation practice or reviews of books on a contemplative theme. Andy and I review the newsletter together once he has done the layout and we are assisted by Pia Huber who collates the events information for each issue.

The time commitment is not onerous, mostly limited to spending several hours over a couple of weeks between the copy deadline and preparing the articles which are then forwarded to Andy for laying out. We have 4 issues a year.

If you are interested and would like to discuss further please contact me at uknewsletter@wccm.org or Andy Goddard andy.wccm@acgnleg.org.

Margaret Comerford



 **WCCM**
IN THE UK

Donations

If you would like to make a donation to support the work of WCCM in the UK, you can donate online at:
wccm.uk/donate

You can also send cheques to:

WCCM in the UK
PO Box 80029, London, EC1P 1RE

Please include your name, address and email and make cheques payable to: **WCCM in the UK**

Gift Aid *giftaid it*

If you are a UK taxpayer you can Gift Aid your donation, which increases the amount we receive at no extra cost to you. Information about Gift Aid and a declaration form is available online or from the office.

WCCM in the UK Meditation News

Meditation News is available in colour in the *Resources* section of the UK website wccm.uk and in monochrome by post.

Please contact the UK Office to receive an email when a new issue is available, or check the *Latest News* on the website where you will also find a selection of articles from the newsletter.

SAVE A TREE... If you would like to swap from printed to online just let the UK Office know!

Publication Dates

- ◆ October 2023: copy date 1 August.
- ◆ January 2024: copy date 1 November.
- ◆ April 2024: copy date 1 February.

Articles for publication should be sent to the editor at uknewsletter@wccm.org and events should be sent to events@wccm.uk by the copy date.. **Please do not send to personal email addresses.**

 **WCCM**
IN THE UK

Meditation News


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 **Goodnews books**
Christian

See online the range of books, talks, and DVDs
WCCM in the UK Distributors

- Resources for schools and churches
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Introducing our WCCM Bodywork Contact

Maybe, like other members in WCCM you have an interest in embodiment?

In 2009 someone invited me to learn meditation at their local WCCM group.

Peggy Jackson's living room, in a sleepy village in Cumbria, became my "school". Age 103, her bed is in that room now and she still keeps a daily silence. Her original group continues in her village in another home.

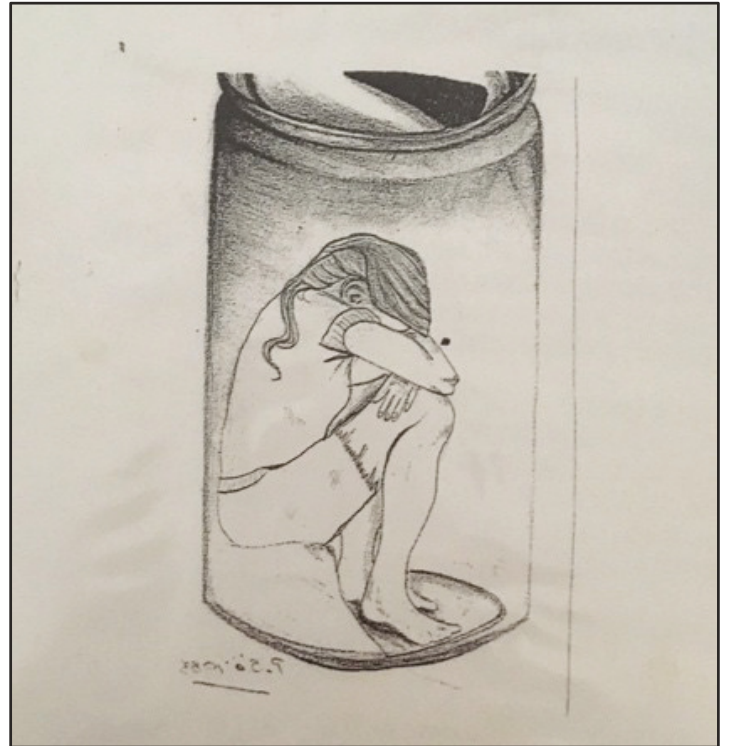
I remember turning up at Peggy's front door. A newbie to contemplation. Astonishingly, it had not been part of my ministerial formation. On call, in rural parishes, personal praying was on the run, snatched, wordy and a source of my constant Presbyterian guilt. Spaces for silence in Church of Scotland worship were rare beyond the 2 minutes on Remembrance Sunday. As a chatty extrovert, silence was not something I found comfortable at all.

Inside Peggy's home, I sat on her floor. A knee injury was preventing my daily running routine and it wasn't possible to sit upright in a chair. At this time, my marriage was secretly in a slow motion break down.

Childhood trauma was surfacing. A physio said, "try Yoga". A counsellor said "take time out". Like Yoga; meditation was just another "thing" to try. However, on the Yoga mat I was learning to connect with my body for the first time. Truly listening to the bottled up physical, emotional and spiritual pain. Friday morning meditation at Peggy's became a weekly "thing". Body awareness, silent sitting, paying attention, mental focus, breath work became the deep well of Christ's healing that I would soon practice daily.

All these years later, Marantha, "Come Lord", continues to be my daily mantra in a silence that holds no fear. I have made more peace with my past. "I am my body, I am not my body".

My work today is about pioneering an ecumenical ministry of Yoga and meditation integrated with Christian spirituality. I follow in the footsteps of Christine Pickering, founder of Maranatha Yoga. Creating practices to reducing the dualism between body and mind continues to be fulfilling and fascinating. Over the past 3 years and during the pandemic, I have met or spoken to other Christians



teaching Yoga, as well as many others who are interested in body based practices and contemplation. Terry Doyle, Lucy Barnes, Chris Hurley are probably already known to you. I have practiced Yoga online with Giovanni Felicioni streaming from Bonnevaux. It is wonderful to be a member of WCCM with such a strong ethos of embodiment and embodied practitioners.

If you would like to make contact, for more information or signposting to body based teachers or to share your story, it would be lovely to hear from you:

Pauline Steenbergen
 maranathayogacumbria@gmail.com

*Peace be with you
 Pauline*



A wineskin, traditionally made of goatskin or sheepskin, was used to hold or dispense wine. Storing new wine in old skins while it was still fermenting risked splitting the skins and causing the wine to be lost. Jesus uses the metaphor of new wine in new wineskins to illustrate the perennial freshness of the revolution he began and continues to drive – his empowering call to a renewed consciousness that will bring forth new forms and structures of human life. Christians pray that the 'reign of God will come down on earth as it is in heaven'.

The powerful parable of the wine and the wineskins will inspire the trio of teachers, Cynthia Bourgeault, Andrew Harvey and Laurence Freeman presenting this year's seminar. Each sees the urgency of a renewed global Christianity empowering the breakthrough in consciousness and behaviour that humanity needs in order to survive.

New Wine New Skins John Main Seminar 2023 online & at Bonnevaux September 14-17. Visit [//wccm.org/events](http://wccm.org/events) for more details and to book.

Outreach News

Meditatio, the outreach arm of WCCM, has just celebrated ten years of exploring sharing the gift of Christian Meditation with the secular world. In particular with those who, because of their circumstances, may otherwise not have the opportunity to experience the life changing blessings that meditation can bring into their lives.

After these years of working hard to create connections and prove the value of the work, a real momentum is growing that is both very exciting but humbling, because the gift of meditation releases the joy of loving encounters for everyone involved. The logo of the WCCM shows two doves, one looking inward and drinking in the life giving waters of the spirit, and the other turned outwards to the world. Like the natural rhythm of breathing, the deep inner work releases the flowing out and sharing of love.

This is the first *Meditatio Letter* which will bring news and brief updates of *Meditatio* activities taking place in the UK. The UK Newsletter will run longer articles as before, exploring in more depth areas where this sharing is taking place.

Meditatio want to invite many more meditators to be a part of the opportunities that are opening up. There are now so many different ways that you can be involved, and guidance and ongoing support is there to ensure that you will feel confident in taking the first steps, and to make sure that there is ongoing advice available to turn to at any time.

One example of Outreach currently taking place is the inspirational work being undertaken by Terry Doyle in the area of Social Justice. He shares meditation with the homeless, asylum seekers and with those feeling marginalized by society. The need for more help with this vital task could not be more urgent at the moment.

Mary Devane, a long time meditator and with many years of working in the prison service, is currently starting to share news of a new Toolkit that she has produced for taking this invaluable gift of meditation to prisoners and the staff who work with them. (See page 5 for more details.)

Pat Hay and her team are re-launching Meditation with Children. They are seeking people willing to go into primary schools to bring support to the teachers by meditating alongside them in the classroom as they introduce the practice to their pupils. There will be online follow on guidance for the staff, but personal encouragement is vital, especially in the early stages. Again, the need for this work is so important following the impact on young people of the pandemic and the stress that many of their families are currently suffering.

Sarah Feeny is keen to hear from anyone prepared to reach out to other faith organisations interested in ecology and the climate crisis, in order to share the capacity of meditation to create the essential changes to hearts and minds for the challenges ahead. (See page 6 for further details.)

After seven years of carefully monitored research, Beate Steller, a long time meditator with the WCCM and specialist in Care of the Elderly, has fine tuned a programme for introducing meditation and contemplative activities for

people living in Care Homes. Beate has found that the practice brings peace and meaning to people at this stage of their lives and that it is a deeply satisfying experience to be allowed to share it with them. She has produced detailed instructions as to how to start, and full information about the activities that have proved helpful. All of this she will share online to anyone drawn to this work. If this interests you, can you send me your name and we will set up an online session with Beate. (See page 6 for more information.)

Different areas again which may attract you more, and are covered by *Meditatio*, are Business, the Academic world, and IT and the changes in Technology rushing towards us all. The crucial relevance of the contemplative mind to keep the balance in these disciplines is so vital, and *Meditatio* would love to hear from you if you are interested.

Meditatio wants to thank everyone in the UK community who has already so generously given time and dedication to the Outreach programme. There is such a variety of paths to explore in sharing meditation, all richly rewarding and full of interest and personal learning. All that is needed now is your enthusiasm and support!

Diana Ohlson - Meditatio Country Coordinator.
email: dohlson24@gmail.com Tel: 01288 354441



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 in Prisons

Metanoia, the WCCM theme for 2023 translates as *Let your minds be remade*. Prison is a huge challenge to mind, body and soul. Meditation provides a way through, transforming the mind and healing body and soul. Prisoners' testimonies are the most powerful advocate for offering meditation in prisons.

James Bishop, Benedictine Oblate, author, meditator and former WCCM International Prisons Coordinator learnt to meditate in a US prison whilst serving a long sentence. He wrote:

Through the Rule and through meditation, I have come to know that I was in a self-made prison for many years, and when I was finally sent to a physical prison, I became freer than I had ever been in my life' (1)

Max, a prisoner and meditator at HMP Glenochil in Scotland compared prison to a monastery:

'Even though this place is a cacophony, it is in many ways a great opportunity. This is my place of practice, my monastery, and I must learn to embrace it fully.' (2)

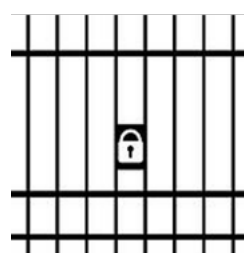
In England, Wales and Scotland there are approximately 92,500 prisoners of which 89,000 are male and 3,500 female (3). Prison statistics are grim reading and in the 20 years I've worked for and now with the prison service in the UK, the following statistics taken from a report in 2002 depressingly seem to have remained the same:

- ◆ Many prisoners experience a lifetime of social exclusion.
- ◆ They are 13 times as likely to have been in care as a child,
- ◆ 13 times as likely to be unemployed,
- ◆ 10 times as likely to have been a regular truant from school,
- ◆ 20 times more likely to have been excluded from school and
- ◆ 2.5 times as likely to have had a family member convicted of a criminal offence.

Many prisoners' basic skills are very poor with 80% writing skills at or below that of an 11 year old child and 65% numeracy skills and 50% reading skills aged 11 or below. They also have poor mental and physical health: 60 to 70% were using drugs or alcohol before imprisonment, over 70% suffer from at least two mental disorders. 20% of male and 37% of female sentenced prisoners have attempted suicide previously and 60-70% self-declare learning difficulties and disabilities

There is also the risk that a prison sentence might actually make the factors associated with re-offending worse, as 1/3 lose their house and job whilst in prison, 2/5 lose contact with their family and being in prison increases dangers to mental and physical health including being introduced to drugs in prison (4). Our WCCM symbol of the two doves reminds us that meditation is the union of contemplation and action yet a recent WCCM survey 'The Missing Peace' showed that whilst there about 120 countries in the WCCM and hundreds of community groups,

The only way OUT is IN



there are just 7 countries with prison meditation groups and only 14 active groups. These are Australia (4 groups), UK (4 groups), USA (3 groups), Trinidad & Tobago (zoom group for 6 prisons), and Italy, Spain and Mexico with one group each.

The prison harvest is plentiful but the workers are few! There are a variety of possible reasons why— it may simply be that you've never thought about it, or if you have, it's a fear of the unknown and possible anxiety about your personal ability to cope. It may also be a lack of experience or knowledge of working with prisoners or within the prison system or not knowing how to approach prisons initially and establish a group.

However, help is at hand! I've written a toolkit *The only way OUT is IN* which is available on the [WCCM International Website](https://wccm.org) under Outreach – Social Justice – Prisons section (5). This guide is full of practical information to encourage and equip you with what you need to set up a prison meditation group. Contents include research on the benefits of meditation in prisons, how to decide if running a prison meditation group is for you, types of prisons and prison systems, getting started: how to approach a prison, running a Prison Meditation Group with suggested models of delivery as well as a wide range of further information and resources about meditation in prisons. Also on the website are recordings of the May 2023 International Forums on Meditation in Prisons which feature an introduction by Fr Laurence, input from myself and discussions with experienced prison meditators.

Our aim for 2023 is to break into more prisons in the UK and worldwide! If you have any queries please contact me via my email below. I look forward to hearing from you.

Mary Devane - mary@wccm.org
International and UK Special Interest Coordinator for Prisons

1. From 'A Way in the Wilderness: A Commentary on the Rule of Benedict for the Physically and Spiritually Imprisoned' by James Bishop, Continuum 2012
2. From 'Peace Inside: A Prisoner's Guide to Meditation' edited by Sam Settle, Jessica Kingsley Publishers 2017
3. Sources: Data from UK Government for England & Wales & Scottish Government 2022
4. Ref: UK Social Exclusion Report of July 2002 'Reducing Re-offending by Ex-Prisoners'
5. <https://wccm.org/wp-content/uploads/2023/05/WCCM-Prison-Toolkit-FINAL-8-May-2023.docx>

Meditation in Care Settings

Many decades ago, when I started my own journey of meditation and living more mindfully as a young twenty-something-year-old, I would never have thought that I would now be spending my days meditating with elders who are approaching their late 90s! Although I started my meditation journey with Vipassana meditation, I soon discovered Christian Meditation and have been meditating in this tradition for decades.

My family and I cared for my mother for 9 months before she died peacefully in her home. Those 9 months were rich and deeply meaningful for me. I watched her living with an awareness and intention that I had never encountered in her before. I knew that I needed to remain connected to my mother in a meaningful way by immersing myself in work with older people. I discovered that working with older people has been a great gift.

Nearly a decade ago, I completed an essential teaching weekend with the Australian Christian Meditation Community (NSW) and was invited to start meditation for older people living in an aged care home. Many reminded me that they lived through the 1960s and had done some form of meditation or relaxation program in their long lives.

Some years later, I completed a Masters degree based on research of one of the Meditation Groups that I facilitated. I have been on a wonderful learning journey, and I hope the offering of a guidebook, *Meditation for Older People* will bring that richness to other older people.



The purpose of this book is to promote the facilitation of Mindfulness Meditation Groups in all aged care settings, so that older people have the opportunity to reflect in a mindful and meaningful way on their life as it unfolds mo-

ment by moment. As a social worker with decades of generalised group work experience and skills, I have found that facilitating a therapeutic group space for older people is different. The facilitation required is specialised due to the context in which these individuals are living, especially if they are residing in an aged care setting. For this reason, this book is a 'how to' book, a practical guidebook based on research, yet with stories and examples woven throughout, in order to hear the voices of elders who are choosing to live more mindful, contemplative lives.



Although the research that forms the basis of this book was undertaken in a residential aged care setting, the practice and facilitation of Meditation Groups is relevant and effective in all aged care settings. This practical guide will not only help facilitators to understand the many benefits of mindfulness meditation, but also to develop the skills and confidence required to run both short- and long-term meditation groups with older people. Step-by-step instructions for running a 6-week mindfulness meditation group, as well as extra resources for further sessions are provided.

If we have even a small group of people from the UK WCCM community that is interested in facilitating such a Meditation Group for older people, I am happy to offer a free 1.5-hour familiarisations via Zoom. I would also be able to provide the people who attended with a free PDF copy of the book which includes the resources and handouts.

My website on <https://beatesteller.com/mindfulness-meditation/> for more details. Note this book is a non-commercial project and all royalties go to WCCM.

Beaté Steller

Ecological Matters

I am writing this after being on the recent climate protests in London (in April), reflecting on the large number of Christian organisations and charities that came together for the 'No Faith in Fossil Fuels' service at St John's Church in Waterloo, with a subsequent procession of over 1,400 Christians to Parliament. Besides Christian Climate Action, there was representation from a range of Christian organisations such as Tearfund, CAFOD, Green Christian, and the Salvation Army, plus a number of clergy. If interested, [here is the link for the letter](https://christianclimateaction.org/2023/04/23/shell-calls-police-on-lord-sentamu), written by a number of Christian charities, that the former Archbishop of York, Lord Sentamu tried, unsuccessfully, to deliver to Shell Headquarters en route (<https://christianclimateaction.org/2023/04/23/shell-calls-police-on-lord-sentamu>).

I met some other meditators from WCCM there. The cli-

mate and environmental crisis, with its subsequent social injustices, are a great concern, and have been for some time, for many Christian organisations, with WCCM being part of that movement of growing awareness and concern. WCCM has its own contribution to make in the realm of contemplative prayer, and offering the practice of meditation to others.

I did take some WCCM leaflets to distribute at what was called the 'Faith Hub' but I was so 'in the moment' with the service and the march that I completely forgot to give them out! I'm sure there will be further opportunities, though, for such outreach for WCCM. If interested in assisting with this, please contact me.

CONTINUED ON PAGE 7

The School Silent Retreat

SATURDAY 30TH SEPTEMBER TO
FRIDAY 6TH OCTOBER 2023

LED BY ALEX HOLMES AND JOANNE CAINE

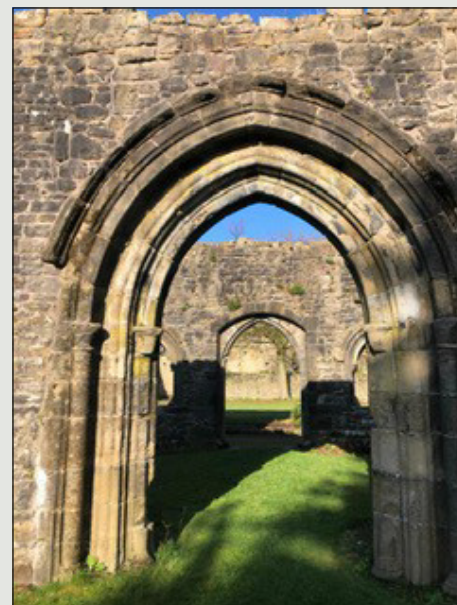
WHALLEY ABBEY, WHALLEY, CLITHEROE BB7 9SS

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 Ribbles Valley.

Cost per person £650 inclusive. Bursaries to help with the cost of attending are available. Please ask.

For an application form please email Ailsa Adamson
ailsa.adamson@gmail.com or call the UK office on 020 8095 4442



ECOLOGICAL MATTERS CONTINUED FROM PAGE 6

NEW ONLINE MEDITATION GROUP

It seems very timely, then, to mention a new weekly online meditation group, with a focus on the ecological crisis, which started on Thursday May 4th at 7.00pm. The meditation is followed by a time of sharing thoughts and feelings around the climate crisis. It is open to all meditators, not just those in the UK. It is led by Jane Greenlees, a UK meditator. If you would like to join, please contact Jane on greenlees1207@gmail.com This is an initiative by Meditatio, the outreach arm of WCCM, which has other resources under its Earth Crisis: Climate and Ecology programme.

EARTH CRISIS FORUM TALKS

These talks are hosted by different meditators from around the world, focusing on how the crises are affecting their countries. So far, there have been talks hosted by Australia, New Zealand, and Brazil. Recordings of previous talks can be found on the main WCCM website, on the [Earth Crisis: Climate and Ecology section](#), under Outreach. Here is the link <https://wccm.org/outreach-areas/earth-crisis-climate-ecology/>

Further talks are planned for this year from other countries. If you would like to be on the mailing list for these webinars, please contact Kate Middleton at meditatio@wccm.org

EARTH CRISIS FORUM BLOG

There is a new blog space on MYWCCM to share information and ideas with each other about all things climate and ecology. Again, please look under the [Earth Crisis: Climate and ecology section](#), <https://wccm.org/outreach-areas/earth-crisis-climate-ecology/> on how to join

FAITH AND ENVIRONMENTAL ORGANISATIONS

The Earth Crisis: Climate and Ecology section, also, has a list of relevant faith and environmental organisations that meditators might be interested in.

Ecology Matters!

Sarah Feeney
Special Interest Coordinator for the Environment

125. *The Soul as Love*

*"Who are you, love?" says reason.
"I am God" says Love.*

For Love has no shame, honour or fear;
Although secure in itself, its doors are always open;
It is beyond harm.
It needs nothing outside of itself,
No thought, word or work.
As perfection, it has become the soul
Which inhabits every form of life.

Mind and reason, however, are always half blind;
They see or hear from outside themselves,
Or from the senses in their doing.
As the created self, they have required separation,
Resulting in differences, identities and images.

But Love draws all matter into itself,
Making One of all that has separated,
Becoming for ever new, and forever present.
It is a free gift of divine Grace, without the need
For any intermediary, worship or penance.

Meditation on the soul as pure love
Has one intention; to love faithfully without reward.
There is no need for fasting or prayer.
Love has changed the soul into itself,
Lacking nothing, for evermore.

The soul – the link of love between
The created self and the eternal spirit.
It has everything, yet has nothing,
Knows everything, yet knows nothing.

Bob Morley, March 2023
Italics: Quote from Marguerite Porete

Meditation With People With Learning Disabilities

The Brighton group explain more



Margaret, Shirley, Gregory and Marion have been meeting in a local prayer group for the past 30 years, and have recently been meditating during their meetings, as well as helping to found an online weekly meditation group. This

meets on a Monday afternoon and includes people from L'Arche communities and others. Information about the group can be found at <https://wccm.uk/people-with-learning-disabilities/>

Gregory:

I think it's very interesting. Wonderful place to talk about it and describe it to other people, other people in the world. I bring my book and I say 'Hands on knees, hands on heart, finger on lips, close your eyes'. I like doing it. I see my friend E. I knew him before anybody else did, a long time ago.

Marion:

It's very nice doing it. I do the breathing bit—like this, hands in and out. Breathe in and out—(using a) special breathing thing with colours'.

Shirley:

It's all right. I sing 'Jesus bids us shine with a pure clear light. Like a little candle burning in the night. In this world of darkness we must shine, You in your small corner and I in mine'. I taught it to people. I knock on the bell on Monday after the quiet time and before it too. I ring it 3 times.

Margaret:

I do the Welcome sometimes at the beginning. I like doing that. We see all the people on that one (laptop) all the people on there. Other people could come along too'

Gregory:

My word in the quiet is Jesus

Shirley:

mine's peace

Marion:

love

Margaret and Celia:

Abba

Margaret:

I like being quiet

Gregory:

Sometimes I do it in my own bedroom

Contact Celia Gurowich, the Special Interest Coordinator for People with Learning Disabilities, for more information - see back page for contact details.

Meditation - online or physical or both?

It is six years since online meditation began in the UK. In 2017 a small group of Oblates started offering online meditation twice a day, morning and evening. Their aim was to offer meditation to meditators who could not get to a physical group, through disability, being housebound or there was no group meeting within a realistic travelling distance. It was also suitable for meditators who wanted to meet more often than once a week.

It started slowly with only a few joining at first, but gradually numbers started to increase. All who came enjoyed it and commented on how it had helped their discipline of meditating twice a day.

In 2020 Covid arrived. Physical groups stopped and online boomed.

Many group leaders came to enquire how to run a group online, to see how it was done. Online meditation became a lifeline to many during this time.

Eventually things started to 'open up' once more and physical groups restarted.

We wondered if the mediators joining online would decrease. They did not!

A survey was carried out last year by WCCM in the UK to see how things had changed, how groups were meeting, etc. The survey revealed that many local groups had decided to stay online, many had restarted their groups meeting physically and some do both, they became hybrid, some of their members meeting physically and some joining online at the same time.

The face of meditation had changed

Online and physical groups both offer valuable ways to be together to meditate:

- ◆ **Online groups** - meeting people from other geographical locations - worldwide. Opportunity to meet twice daily from the comfort of your own home.

- ◆ **Physical groups** - local to where you live. There is something special about meeting physically.

It's very definitely not a case of 'either or' but 'as well as'!

Both are very important ways that enrich our spiritual path. Being in regular contact with other meditators either virtually or physically is so encouraging and uplifting.

Fr. John Main encourages us to meditate twice a day. Knowing that the community is meeting twice a day at certain times, even if you cannot join them, is very comforting and encouraging.

HOW TO JOIN AN ONLINE MEDITATION GROUP

- ◆ Go to the Online Meditation website: <http://www.onlinemeditationwccm.org>
- ◆ *Filter by language* → *English speaking* That will bring up all the English speaking groups
- ◆ Look for a suitable time and day. Click the *Join this group* button and you will be asked for your email address. That will then be sent to the facilitator for that group who will contact you with the link.
- ◆ You do not go straight through to the group.

HOW TO JOIN A LOCAL MEDITATION GROUP

- ◆ These can be found on the wccm.uk website You can check here to see if there is a local group in your area <https://wccm.uk/group-search/>
- ◆ You will be asked for your Post Code which will show groups in your area. Click on *More Info* to show the location of a selected group. You can then make contact with the Group through the Regional Co-ordinator or the UK Office.

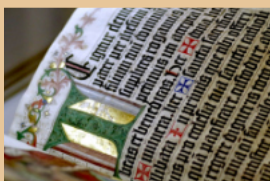
Julia Williamson - Online Meditation Coordinator



WCCM

Bonnevaux & Meditatio Centre Online Events

METANOIA - LET YOUR MINDS BE REMADE
 25 July - Jane Williams
 5 September - Marco Schorlemmer
 21 November - Jane & Dennis McAuliffe
 12 December - Mark Carney



THE SPACE BETWEEN WORDS: HOW TO READ THE BIBLE AND OTHER SACRED TEXTS
 9 sessions starting 18 September - Laurence Freeman

NEW WINE, NEW SKINS JOHN MAIN SEMINAR 2023
 14-17 September - Cynthia Bourgeault, Andrew Harvey and Laurence Freeman



CHRISTIAN MEDITATION AS BEING AND PRAYER
 5 July - Josie von Zitzewitz

VULNERABLE US, AND THE VULNERABLE AMONG US: ST FRANCIS FOR SPIRITUALLY ENGAGED PEOPLE
 6 September - Jon M Sweeney



THOMAS MERTON AND THE TRANSFORMATIVE POWER OF LOVE
 30 September - Sophronia Scott



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 Oblate Community Days: Saturday 1 July 11.00 - 4.30 ONLINE ONLY; 2 September 10.30 - 4.30 IN PERSON ONLY @ St. Mark's. London.

Benedict's Well - weekly online Oblate led prayer session and talk. Mondays at 9am.
Contact: wccmbenedictswell@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

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 for more information

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

Western Cell: led by Janet Robbins. Contact janet@jrobbins.co.uk for details.

UK Led Online Oblate Cell Meetings: Sundays 14:00-15:30: 9 July & 13 August. Wednesday evenings 19.30-21.00: 19 July & 23 August. Contact Angela Gregson via oblates@wccm.uk for more information

Events

Events from the beginning of August. 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)

JOHN MAIN SEMINAR 2023 - NEW WINE, NEW SKINS

Thursday 14 to Sunday 17 September. New Wine, New Skins – John Main Seminar 2023. Leaders: Cynthia Bourgeault, Andrew Harvey and Laurence Freeman. Venue: Online & at WCCM Bonnevaux See [//wccm.org/events](http://wccm.org/events) for details.

THE SCHOOL EVENTS

Contact: Ailsa Adamson ailsa.adamson@gmail.com or phone UK office: 020 8095 4442.

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

SCOTLAND

Tuesday 5 September 10:30 for 11:00 – 16:00. Befriending our fears in the way of St. Francis. Leader: Jon M. Sweeney. Venue: Augustinian Centre, 41 George IVth Bridge, Edinburgh EH1 1EL Cost: £20. Contact: Jan Bundy bundyj66@gmail.com (information and application form)

WALES

Saturday 14th October 10.00 for 10.30 - 3.30. Quiet Day: 'Establishing peace in ourselves - being places of peace for the world'. Leader: Chris Whittington Venue: Tymawr Convent, Lydart, Monmouth NP25 4RN Suggested donation £10. Bring a packed lunch. Tea and coffee provided. Contact: Barbara_bar_demi@hotmail.co.uk 07957 945421

SOUTHEAST ENGLAND

Friday 13 – Sunday 15 October. Going deeper in silence, stillness and simplicity. Leader: Brijji Waterfield. Venue: The House of Prayer 35 Seymour Road East Molesey UK, KT8 0PB Cost: £200 (Standard) £220 (Ensuite). Contact: admin@christian-retreat.org 020 8941 2313

EAST OF ENGLAND

Saturday 23 September 9.30 - 3.30. A quiet day of WCCM Meditation & Prayer. Venue: The Octagon Room of St Mary's Church, Maldon, CM9 5HW Contact: Val Hilsley for further details. 07887785502 or email valhilsley@btinternet.com

NORTHEAST ENGLAND

Friday 8 to Sunday 10 September. Christian Meditation silent weekend. Venue: Ampleforth Abbey, near York YO62 4EN. www.ampleforth.org.uk. Leader: Fr Christopher Corst OSB and Terry Doyle. Cost: £220 (En-suite) £200 (Standard). Contact: www.ampleforth.org.uk or 01439 76699

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

Saturday 30 September and every last Saturday of each Month (except August and December) Manchester Meditates – A day of gathering, meditation and peace in the city centre. Leaders: Pat Higgins and Joanne Caine. Venue: The Friends' Meeting House, 6 Mount Street, Manchester M2 5NS (opposite the Central Library, nearest metrolink St Peter's Square). Cost: Donations accepted. Contact: patricia_higgins@hotmail.com or joannecaine2@gmail.com

Events (continued)

NORTHWEST ENGLAND (CONT.)

Tuesday 1 August. Living with the Mystics - St John the Evangelist. Leader: Richard Cox. Venue: Friends Meeting House, Elliot Park, Keswick, CA12 5NZ. Cost: Donation £5 suggested. Drinks provided, please bring your own lunch. Contact: Bob Morley 0770 44 19526 rgm1@live.co.uk

Saturday 19 August 10:00 for 10:30-15:30. Christian Meditation Cumbria Day of Gathering. Leader: CMC Community. Venue: Langwathby Village Hall, 7 Low Farm, Langwathby, CA10 1NH. Cost: Suggested voluntary contribution of £10. Drinks provided, please bring your own lunch. Contact: Heather Keogh heatherandpeter@keoghfamily.co.uk

Friday 10 to Sunday 12 November. The Hying Retreat. Leader: tbc. Venue: Monastery of Our Lady of Hying, LA5 9SE. Cost: £150 (Conc. £100) residential

SOUTH WEST ENGLAND

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

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

Mondays weekly 18:30 – 19:30 Meditation on Zoom from Ilminster. Cost: free. Contact: Lucy Blows lucystepsane@gmail.com for an invitation.

Friday 22 – Sunday 24 September. Metanoia: Let your minds be remade. Leader: Canon Patrick Woodhouse. Venue: Ammerdown Centre, Radstock, Somerset BA3 5SW. Cost: Standard weekend rate £279 (£269 per person in shared room). Caravanners and campers £199 (discounts available). Contact: John Roberts 07970 039007 john.wilcott@gmail.com

Saturday 14 October 10:00-16:00. Homeward Bound... By Way of Stillness. Leader: Alex Holmes. Venue: Brownsword Hall, Pummery Square, Poundbury, Dorchester, DT1 3GW. Cost: £14. Contact: rozstockley@copsewood.org.uk 07929 007808

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 :

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. lucybarnesyoga@icloud.com (for cost and information including term dates)

Every Monday 19:00 – 21:00 and Friday morning 9:45 – 11:00 in person.
Meditation followed by Yoga
Every Wednesday 9:00-10:45 Online Yoga

SINGLE EVENTS AT THE MEDITATIO CENTRE

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 Treissman. Cost: £40/£20, Refreshments served. Please bring a packed lunch.

Sunday 8 October 11:00-13:00. IN PERSON. Contemplative Eucharist (3rd in 2023) – thanksgiving for our 10th anniversary. Leader: Fr Robin Burgess. Refreshments served afterwards

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.

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, *Enlightenment* by Laurence Freeman OSB, are available now to listen online and to download.



Keeping In Touch

If you would like to ...

- Receive Meditation News by email or post
- Find out about meditation groups in your local area
- Find out about the Lone Meditator Network

Visit: www.wccm.uk

Email: uk@wccm.org or Phone: 020 8095 4442

Or contact:

WCCM in the UK,
PO Box 80029, London, EC1P 1RE

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