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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.org**  
and events to:  
**events@wccm.uk** to reach us by **1 May 2024**.

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

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**POOLS OF GRACE:  
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**Rev. Dr. Sarah Bachelard**

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### *Sarah's Tour Dates - see Events page for details:*

- ◆ Monday 10th June - Leeds Minster
- ◆ Tuesday 11th June - St George's Church, Birmingham
- ◆ Wednesday 12th June - Chepstow (afternoon) and Bath Abbey (evening)
- ◆ Thursday 13th June - Sarum College, Salisbury
- ◆ Saturday 15th June - Meditatio Centre, London



## Meditatio News

As you will be aware, in the UK this year we are beginning the process of following decisions made at the November 2023 National Council Weekend to try a new way of organising the Regions in order to be able to give more support to all the Meditation Groups. This is going to provide a wonderful opportunity to look at how our Meditatio work of Outreach can cooperate and integrate with this new structure. One big problem for all the Special Interest Coordinators (SICs) is that they are only one person trying to encourage and give representation right across the whole of the UK. A daunting and an impossible task. In many cases, the inevitable result is that there are 'pockets' of outreach activity, mainly centred on the place where the SIC lives, or visits regularly.

I hope that a focus for Meditatio in the UK this year can be to explore how we can work with and use this new structure to support and increase outreach activity in more areas. This process will need to include not only the thoughts of the SICs and the new area teams, but more widely will include ideas and inspirational stories from anyone wanting to be involved. In the last Newsletter I mentioned the great importance of scattering 'small seeds' about the practice of Christian Meditation and trusting the Spirit to nurture them at the right time.

A 'small seed planting' moment happened to me unexpectedly just around New Year. A homeless couple arrived at my local church after the tent that they had been living in for five months blew away in one very stormy night and got damaged beyond repair. Staying in the church while they waited for the County Outreach Team, these two friends said how they were feeling at a very low point in their lives following business failure, and then the loss of their homes had landed them in their current plight. They were desolate and struggling to feel optimistic. That particular morning was the day that our meditation group meets in one of the side chapels. This is then followed by a short spoken Mass in another part of the church where we are joined by others. The visiting couple sat at the back of the church, only concerned that their presence might be in the way. The following day the Outreach Team were due to collect them. As they waited for them to arrive, they both wanted to ask what it was that we had been doing in the side chapel before the service. The reason they explained, was that they had felt an atmosphere of complete calm descending over the church, describing the experience for them as being like an 'embrace' which reassured them in a way that nothing else had for months. In the hours that followed this experience they had begun to feel a renewed sense of optimism about the future that had previously been completely absent. They spoke of their own neglected spiritual lives, which to their surprise, they felt a desire to reconnect to again. The concept of the meditation seemed to be particularly appealing. Without any specific intention from our group, a seed was planted and the Spirit provided exactly what was needed.

I am sharing this experience because I hope that we can collect many stories of similar experiences to share between us, to show the huge variety of ways that we can in fact, plant seeds to share the gift of meditation, knowing that the Spirit will do all the necessary work in exactly the right way and with perfect timing.

I know that you will enjoy reading the article by Sue Clarke (SIC for Clergy and Contemplative Church) about the plans for a short 'Tour' by Sarah Bachelard, to follow the Pools of Grace weekend at Minsteracres in June, as well as the signs of a growth of interest that is becoming apparent in the number of positive responses that Sue is getting from clergy wishing to be a part of the network that she is setting up.

If you are interested in encouraging outreach in any way, do please contact me, as this is just the moment with the new regional organisation to think about fresh ideas that we could explore.

Diana Ohlson  
Meditatio Country Coordinator



### Meditation for Young Adults

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Meditation for Young  
People


Thursdays at 7pm

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details.

## VACANCY

### Office Assistant



WCCM in the UK

Would you or someone you know be able to help with general office duties (processing donations, updating database, responding to enquiries etc) to support the UK community?

Flexible 5 hours per week, £12 per hour based at Myddleton Square EC1R 1XX .

For more details, please email Sarah our Office Coordinator at [ukadmin@wccm.org](mailto:ukadmin@wccm.org)

## The Seed is Planted

On 27th November 2023 a new exciting venture unfolded, the launch of the Contemplative Clergy Network. I was delighted to have been invited by Fr Laurence to be part of this launch of international contemplative priests, pastors and deacons who have a passion to see Contemplative Practice grow in our churches and communities. It was a wonderful time of sharing ideas, enthusiasm and experiences as well as encouragement.

After the webinar Fr Laurence wrote to us with the words, 'The seed is planted. And it will grow to be a global tree serving the gospel with a new kind of clergy.'

In my new role as Special Interest Coordinator for Clergy who Meditate in the UK (yes it is a mouthful!) I hope to do these things.

- ◆ To encourage clergy in their meditation practice
- ◆ To link clergy with other clergy in their area for mutual support, sharing ideas and resources and fellowship
- ◆ To promote Contemplative Church both locally in my area among my colleagues and with clergy in the UK who are also promoting Contemplative Church where they live.

I have been asked if networks should be wider than 'clergy'. WCCM has always been ecumenical and embraces interfaith friendship and sharing of our commonality, we also have a desire to see Church united and growing spiritually. God is doing something new and we are participating, in our humility, in that divine work of love and friendship.

I have written to clergy on my mailing list, kindly supplied by Sarah Humphreys in the WCCM Office, and had a tremendous response. Many of you are keen to be involved in small networks and I will write back to all of you and try to connect you. If there are clergy in your area who would like to be included, I would love to know.

In the last few months I have been involved in another exciting venture. We are delighted that Rev Sarah Bachelard is coming to the UK in June this year for the annual WCCM gathering at Minsteracres, Consett, Northumberland. While Sarah is in the UK she is keen to meet as many people as possible so we are organising a tour which will work its way down the country ending at the Meditatio Centre in London on Saturday 15th June.

She will be giving talks at these tour venues, which will be different to those Sarah will give at the gathering over the weekend of 7th – 9th June. The talks may be adapted for the particular venues and participants.

Briefly these talks will be **Soul in the System** which Sarah describes as:

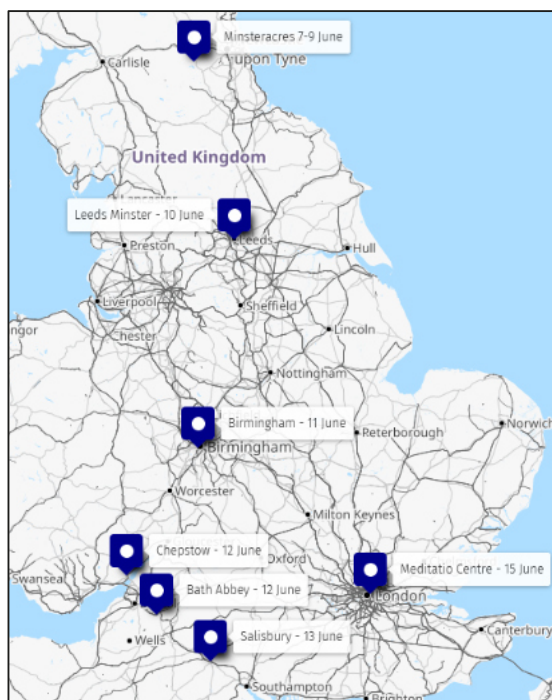
*Meditation or mindfulness practice is often promoted as a way of helping us cope better with the demands of daily life. Meditation is said to build resilience and reduce anxiety, and so it does. But at what point does 'coping' become 'colluding'? If we're asked to work in unjust systems, or to live in an inhuman way, should we be learning to adapt ourselves to such demands? This talk explores the notion of 'mysticism as resistance' and asks how contemplative practice and community might empower souls to transform, and not simply survive, the system.*

A second talk will be **Poetry, Contemplation and the G-word** and is described by Sarah as:

*Many people today seek spiritual wisdom and strength to navigate the challenges of our world. Yet for many, the word 'God' feels difficult to say; the reality it points to seems doubtful at best. Do we really need it? Can we go on, spiritually speaking, without it? Drawing on the wisdom of poets, Scripture and contemplation, this talk reflects on the meaning of the G-word and its significance for contemporary experience.*

Sarah is a highly regarded and published theologian with

a passion for contemplative practice that she eagerly shares with others. I hope you are inspired to meet Sarah either or both at the gathering and the tour. Below is the itinerary that is in the planning with the help and generosity of willing WCCM hosts up and down the country.



◆ Thursday 6th June Sarah will meet the brothers at The College of the Resurrection, Mirfield, Huddersfield before travelling to Minsteracres.

◆ Monday 10th June Leeds Minster

◆ Tuesday 11th June St George's Church, Birmingham

◆ Wednesday 12th June Chepstow (afternoon) and Bath Abbey (evening).

◆ Thursday 13th June Sarum College, Salisbury.

◆ Saturday 15th June Meditatio Centre, London

There is a strong sense among many people of faith that God is at work and spiritual renewal is beginning to shine in the world. So we can be optimistic about the future of the church opening ourselves to and being available for God's work in and through us.

If you get to any of the events please come and say hello, it will be lovely to meet you.

May God bless you in every aspect of your life.

Sue Clarke

## Peace and the Environmental Impact of War

We often speak about the desire to bring peace to our troubled world, praying and working for an end to the numerous global conflicts and wars. We, also, talk about the earth crisis and what we, as individuals and world governments, can do to reduce carbon emissions and the numerous other harms to the environment. But, how often do we (in the general sense) take into account, or are even conscious of, the destructive ecological impacts of such wars and conflicts? What's been happening in Ukraine and, especially Gaza, has really brought home to me this aspect of the earth crisis, as well as to the human suffering, on all sides.

Consider these environmental impacts. Militaries, even in peace time, have a massive carbon footprint as they consume enormous amounts of fossil fuels, and other natural resources, which contribute directly to global warming, in the manufacturing of weapons as well as in their deployment. Bombings and other methods of modern warfare directly harm wildlife and biodiversity. In Ukraine, important nature reserves and forests have been greatly affected. The effect on nature often seems to get underreported to me. Pollution from war contaminates bodies of

water, soil, and air, making areas unsafe for people and wildlife to inhabit. Then consider the resources needed in the necessary rebuilding of destroyed infrastructure, with the consequent production of even more carbon emissions.

WCCM's international centre is Bonnevaux: Centre for Peace. So, when praying and working for peace, we can be mindful not only of the obvious humanitarian suffering but, also, of the massive environmental cost of global conflicts and wars. Peace would not just alleviate direct human suffering but, also, reduce harm to the whole ecosystem. There can be no climate justice without peace. I feel rather embarrassed to admit that it's only this year that I've been truly conscious of this aspect of the ecological crisis. Also, this isn't about the right and wrong of various armed conflicts and wars, or whether or not to take up arms in defence of an invaded country. It is just about being mindful of the devastating environmental impact of war.

Sarah Feeney  
Special Interest Coordinator for the Environment

## Meditation: Be the Kingdom

A central text in the Buddhist tradition - the Diamond Sutra - offers this key piece of advice:

"A *bodhisattva* should develop a mind that alights nowhere"

We can understand a *bodhisattva* as simply someone on the path to awakening, so this essential wisdom is offered to you and to me - to each one of us.

It is an encouragement to guard against getting stuck, against turning the world into a collection of comfortingly familiar objects, against taking possession of an all-too-well known and understood reality, against opting for safety and control rather than the risk of intimacy and life in all its ungraspable fullness.

Where our minds most often alight is on that curious object of possession, our self. This is where we can get stuck and barricaded off from life itself, which is always a flow and never a thing. Our experience of self, right now, with all of its embodied joys and hopes and pleasures and frustrations, is a wonderful place to start (the only place, in fact), but it is not a final destination, not a place to alight, to settle for, to take possession of.

In all his teachings Jesus is pointing, and guiding us, beyond the self, into the movement of true intimacy that awaits us. It is always and instantly accessible, indeed it is our essential nature. This beyond-the-self mind is a consciousness or - more accurately - the shared reality which Jesus variously calls the Kingdom or the Spirit:

"You cannot tell by observation when the kingdom of God comes. There will be no saying 'Look, here it is!' or 'there it is!'; for in fact the kingdom of God is within, among and between you." (Luke 17:20-21)

*"The wind blows where it wills; you hear the sound of it, but you do not know where it comes from, or where it is going. So with everyone who is born of the spirit." (John 3:8)*

This shared reality is open, open-ended, uncapturable; it is invisible and ignored by most of us most of the time. But if we find a way of taking our attention off what we think of as ourselves, and of daring simply to open to what IS, then we will see and know that the kingdom is everywhere.

Our practice of meditation is one way towards such opening. As we take our attention off ourselves, we make the unexpected discovery that this is how we become most truly ourselves. It's not about finding the kingdom, earning the kingdom, achieving the kingdom or even being IN the kingdom. It is simply being the kingdom.

The kingdom is not a place of peace. It is peace.

Jim Green



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## Seven-Day Silent Retreat: 14-20 September 2024

The WCCM in the UK School team are offering the opportunity for you to share in the experience of the community's unique, week-long, immersive silent retreat.

From Saturday 14th to Friday 20th September, Joanne Caine and Alex Holmes will be leading the retreat at beautiful Whalley Abbey in Lancashire.

Each of the five full days will include a short talk, a one-to-one meeting, lectio divina, two short contemplative walks, seven times of meditation, and space for personal rest and reflection.

Set in the stunning riverside grounds of a ruined 14th Century Cistercian Abbey on the edge of a small market town, Whalley Abbey ([whalleyabbey.org](http://whalleyabbey.org)) is the Anglican Diocese of Blackburn's Centre for Discipleship and Prayer. Retreatants will have exclusive use of the historic house, with its comfortable ensuite bedrooms, quiet spaces, spacious gardens, and delicious food.



The silence is immersive and intense, and retreatants commit to participating fully in the programme. The experience is particularly suitable for those who have been meditating for some time in our tradition, and who have begun to integrate meditation seriously into their daily life. It is not required, but it is helpful to have attended an Essential Teaching Workshop beforehand.

Despite the intensity of this retreat participants feel a strong connection and support among each other and with the Spirit that is being shared among them. This is an opportunity for deepening and simplifying one's inner journey that bears much subsequent fruit in one's life and practice.

We are grateful to the WCCM in the UK Trustees for helping us keep the price as low as possible, for this full-board, week-long experience. The cost will be £799.

A small bursary fund has been made available, details of which will be sent to all retreat applicants. Applicants are also encouraged to explore funding options available locally. If you are interested in supporting our work, or in contributing to our bursary fund, please contact the WCCM in the UK treasurer, John Reid at [uktreasurer@wccm.org](mailto:uktreasurer@wccm.org).

**To register, or enquire, please email Ailsa Adamson at [ailsa.adamson@gmail.com](mailto:ailsa.adamson@gmail.com)**

Here are some comments from last year's retreatants:

*"I'm not new to silent retreats, having done many at different venues in UK and USA. But I have to say that this one was very different. I felt that I'd allowed myself*



*to get out of the habit of meditating twice a day and thought this week would help me to get back into a routine. I had to smile when I saw the detailed organisation of everyday from 7:0 am to 8:30 pm and I thought, "Well, if this doesn't help nothing will!!"*

*"The old manor house is large, so there were plenty of quiet places to sit. Plenty of benches in the garden too, but these were less helpful as there was also plenty of rain! And plenty of God? We kept clearing and waiting, Had I made a big enough space? We began to sense that the grace was already inside us. The space we make enables us to recognise the plenty already there inside."*

*"A chance to enter into stillness over an extended period, to stop being busy, to deepen my relationship with God. It enabled me to reflect on my life, on what I want, on where my treasure lies."*

*"I particularly appreciated staying in the beautiful and comfortable Jacobean house, with the ruined monastery adjoining it."*

*"It was with some trepidation that I booked for the silent retreat at Whalley Abbey. Could this be the right step when my meditation practice seemed so fragmented, disrupted by work and other commitments? The answer is a definite yes!"*

*"The daily one-to-one meeting gave freedom to mention various concerns, prompting me to ponder these and leaving me in a better place."*

*"I had never gone on a silent retreat before. I was open and half-excited for the encounter. I thought that it would not be all plain sailing though, and I anticipated that murky waters might be stirred. But I welcomed this... I left Whalley Abbey with a renewed sense of call. Light had shone on hidden treasure within."*



CONTINUED ON PAGE 6

“Having a concentrated period of silence would be difficult to achieve on one’s own and everyone’s motivation and company serves to hold this space. The aim is to reduce distractions and mental stimulation as we are trying to move from being in our heads to being centred in our hearts.”

Mark Ball

Poems

Air soft, water soft,  
Clouds hinting at rain or sun,  
Dew on grass, bird song.

Monastic remnants,  
Now colonized by plant life,  
Something new, alive.

Rooks calling, cows bellow,  
Fresh breeze, a single leaf falls,  
Autumn approaches.

PICTURES: MARK BALL / ALEX HOLMES

ephphatha


in this abbey  
ruined by  
religion  
silence  
is deconstructing  
me

once babel-built  
to capture  
holiness  
time served  
once more uncloistered  
free

defiantly  
incised in  
rock words fail  
monks’ graves  
their end no longer  
seen

stone wiped clean of  
meaning pushed  
aside and  
untombed  
space awaits still hushed  
me



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You can also send cheques to:

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**Do you have any questions about your meditation practice, or your spiritual life in general?**

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## Aldous Huxley & Grey Eminence

Aldous Huxley, 1894-1963, English writer and philosopher, was described by a contemporary as “a man of enormous intellect and gentle objectivity... one of the most hugely civilised human beings I have met”. Huxley is best known for the dystopian vision of his early novel, *Brave New World*, but this represents just one aspect of his wide-ranging interests. He became interested in philosophical mysticism, which he explored in *The Perennial Philosophy*, which looked at the commonalities between western and eastern mysticism. Further, he embraced modern science as well as the wisdom traditions.

For the last 24 years of his life, he had extensive involvement in the Vedanta Society of Southern California whose leader Swami Prabhavananda taught him meditation. During the years of the Second World War he moved to a small house in the Californian desert devoting himself to a life of contemplation. He remained an agnostic and found it difficult to fully embrace any form of institutionalised religion. He had deep apprehensions for the future of the developed world and his response was that of a contemplative: “we must learn how to be mentally silent, to cultivate the art of pure receptivity... we must learn to condition ourselves, to be able to cut holes in the fence of verbalised symbols which hems us in”.

I suspect he would have been very much at home in Fr. Laurence's teaching on *metanoia*. If he was alive today I could imagine him lecturing at Bonnevaux.

During his time in the desert he wrote and published an extraordinary book: *Grey Eminence*, a biography of a man born in 1577 as Francois Leclerc du Tremblay. Francois became a Franciscan friar, and for the rest of his life he was known simply as Fr. Joseph of Paris. He became foreign minister of France in all but name, serving Cardinal Richelieu who was for many years the chief minister of France. Yet at the same time he devoted hours each day to contemplation (though not meditation as we have been taught it). The reason why Huxley got interested in writing his biography was this extraordinary combination of being a mystic with being a politician - and a politician moreover deeply involved in fomenting and prolonging the appalling horrors of the Thirty Years War - because that war was deemed to be in France's interests.

There is one chapter in the strange biography of a strange man which I found fascinating and relevant to our meditation practice. The chapter describes the religious background to Fr. Joseph, and especially the contemplative spirituality of the time. Which leads Huxley to express strong opinions on the question of why the meditation tradition - on which of course our community is based - almost disappeared from western Christianity during the 17th century. But more of that later.

Huxley describes the development of the Christian tradition of contemplative prayer. He begins with the desert fathers and mothers, referencing Cassian whom he had obviously read, and moving onto Dionysius the Areopagite, the *Cloud of Unknowing* and other mediaeval mystics. He regards Dionysius as notably influential. The unknown Syrian monk who called himself by this name lived in the 5th century. Huxley devotes several pages to a summary of the teaching of the *Cloud of Unknowing*. He sees

the *Cloud* as solidly in the Dionysian tradition. He includes incidentally a wonderful section on the difficulties posed by our mind's absorption with trivial distractions.

Joseph however was influenced by the teaching of two religious of his time: the Englishman Benet of Canfield and the Frenchman Pierre de Berulle. They departed from traditional mysticism by insisting that “even the most advanced contemplatives should persist in “the practice of the passion”. In other words that they should meditate upon the sufferings of Christ “even when they had reached the stage at which it was possible for them to unite their souls with the godhead in an act of simple regard”. Huxley notes that the Dionysian mystics, whose religion was primarily experiential, had always maintained to the contrary. They had insisted that all ideas and images be put aside.

Huxley writes “the effect of Berulle's [and Benet's] ... revolution was profound ... and mainly disastrous. From the end of the 17th century to the end of the 19th mysticism practically disappeared out of the Catholic Church. ... the causes are many and complex... there can be no doubt, however, that among these causes the Berullian revolution must take an important place. By substituting Christ and the virgin for the undifferentiated Godhead of the earlier mystics, Berulle positively guaranteed that none who followed his devotional practices should ever accede to the higher states of union or enlightenment. Contemplation of persons and their qualities entails a great deal of analytic thinking and an incessant use of the imagination. *But analytic thinking and imagination are precisely the things which prevent the soul from attaining enlightenment. On this point all the great mystical writers, Christian and oriental, are unanimous and emphatic.*” [My italics]

*Grey Eminence* is a strange book about a strange man living in very different times. But I did find the chapter on the spirituality of the 17th century fascinating. In offering introductory courses I have often talked about the origins of our tradition and its continuation into mediaeval times. Huxley's book sheds some new light for me on why it largely disappeared in Western Christianity until its 20th century resurgence through luminaries such as Thomas Merton, Bede Griffiths, Thomas Keating and the other Spencer Abbey Cistercians, and of course, John Main.

Roger Layet.

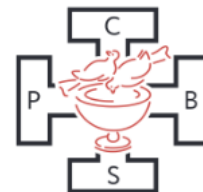


ALDOUS HUXLEY IN 1954

PICTURE: WIKIMEDIA / PUBLIC DOMAIN

## Monastics in the World – WCCM Oblate Community

Meditation creates community. Meditators who experience personal transformation through a daily practice seek to express this in ways suitable to their own path. Oblation is one of these.



The World Community is ecumenical and the Oblate community specially reflects this. However, the WCCM as a whole acknowledges a special relationship to the Benedictine tradition which was the first in the western Church to form a stable form of inclusive religious life and, in succeeding generations, has always adapted to the needs and circumstances of the age. Oblates live out their oblation in a spirit of *obedience, stability and conversion* and promise to *share always in the life and work of our Community*.

To read on, please take a look at the Oblate Path Booklet which can be found as a download or read online at [//wccm.org/become-an-oblate](http://wccm.org/become-an-oblate) or go onto our oblate website [//oblates.wccm.org](http://oblates.wccm.org)

### OUR UK BENEDICTINE OBLATE COMMUNITY

The basic element of our 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 cells meet 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 about our oblate cells, please contact [oblates@wccm.uk](mailto:oblates@wccm.uk)

### OBLATE EVENTS

**Annual UK Oblate Weekend:** 12th - 13th October (arrivals Friday pm) @ The Kairos Centre, Roehampton, London. SW15 4JA. Further details to follow in due course.

**UK Oblate Community Day:** Saturday 27 April 10.30 - 16.30 St. Mark's. London. Contact [oblates@wccm.uk](mailto:oblates@wccm.uk)

**Benedict's Well:** Weekly online Oblate led prayer session and talk. Mondays at 9am. Contact: [wccmbenedictswell@gmail.com](mailto:wccmbenedictswell@gmail.com)

### WCCM OBLATE CELL MEETINGS

**Cambridge:** Contact [oblates@wccm.uk](mailto: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](mailto:angelagreenwood@hotmail.com) 01344-774254

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

**Northern Cell:** Monday April 8th noon - 3pm in person @ Horwich. Monday May 6th noon - 3pm in person @TBD. Monday 3rd June noon - 3pm in person @TBD. Monday 2nd Sept noon - 3pm in person @TBD. Monday Nov 4th 1.30 - 3pm online. Monday Dec 2nd 1.30 - 3pm online. Contact: Angela Gregson via [oblates@wccm.uk](mailto:oblates@wccm.uk) for more information (@TBD = location unknown at time of printing)

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

**Western Cell:** led by Janet Robbins. Contact [janet@jrobbins.co.uk](mailto:janet@jrobbins.co.uk) for details.

**UK Led Online Oblate Cell Meetings:** Sundays 14.00 - 15.30 May 12, July 14, August 11, September 8, November 10, December 8 and Wednesday Evening 19.30 - 21.00 May 22, June 19, July 24, August 21, September 18, November 20, December 18. Contact Angela Gregson via [oblates@wccm.uk](mailto:oblates@wccm.uk) for more information

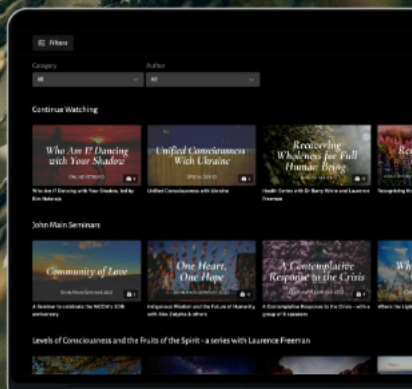
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## Events

Events from end of March 2024 onwards. Please visit the WCCM in the UK website for more details and to check for changes and additional events: [//wccm.uk/events](https://wccm.uk/events)

### NATIONAL

**Friday 7 – Sunday 9 June. Pools of Grace; The Gift and Call of Contemplative Church.** Speaker: Rev Dr Sarah Bachelard. Venue: Minsteracres Retreat Centre, Minsteracres Consett DH8 9RT. Cost per person: £275 (Single) £225 (Double/Twin); Saturday only £95 (includes lunch). Contact: 020 7278 2070 / [ukadmin@wccm.org](mailto:ukadmin@wccm.org)

Details of Sarah's UK Tour are on the website events page - search with category *UK Tour*

### THE SCHOOL EVENTS

**Contact: Ailsa Adamson [ailsa.adamson@gmail.com](mailto:ailsa.adamson@gmail.com) or phone UK office: 020 8095 4442.**

**Friday 19 to Sunday 21 April. The School Essential Teaching Workshop.** Leaders: Liz Watson and Mark Ball. Venue: Wistaston Hall Retreat Centre, Crewe CW2 8JS [www.orc-crewe.org](http://www.orc-crewe.org) Cost: £175 (Bursaries are available)

### SCOTLAND

**Friday 12 to Sunday 14 April. Retreat: The Voice of this Calling - Listening to the voice of our souls in a confusing world.** Leader: Bridget Hewitt. Venue: Kinnoul monastery Perth. Cost: £216 (whole weekend). Contact: Lynda [lynda.stark@btinternet.com](mailto:lynda.stark@btinternet.com)

### WALES

**Wednesday 12 June 13:30-15:30. Poetry, Contemplation and the 'G-word'.** Speaker: Rev Dr Sarah Bachelard. Venue: St Mary's Priory Church, Chepstow, NP16 5HU. Contact: [frchris2@icloud.com](mailto:frchris2@icloud.com)

### NORTHEAST ENGLAND

**Saturday 2 March. Meditation day in Newcastle.** Leader: Rev Nicholas Buxton, director of St. Anthony's Priory. Venue: tbc Contact: [Angela.angefoley@btinternet.com](mailto:Angela.angefoley@btinternet.com)

**Saturday 10 May 10:00-16:00. The Embodied Contemplative – Christian Meditation and Tai Chi retreat.** Leader: Terry Doyle. Venue: Minsteracres Retreat Centre, Minsteracres Consett DH8 9RT Cost: £30 Contact: <https://minsteracres.org/product/a-meditation-retreat-with-terry-doyle/> Phone: 01434 673248.

**Tuesday 7 – Friday 10 May. Tai Chi and Christian Meditation.** Leaders: Christopher Gorst OSB and Terry Doyle. Venue: Ampleforth Abbey, near York YO62 4EN. Cost: En-suite £220 / Standard £200. Contact: <https://www.ampleforthabbey.org.uk/tai-chi-and-christian-meditation-o>

**Monday 10 June 14:00-16:00 Soul in the System & 19:00-21:00. Poetry, Contemplation and the 'G-word'.** Speaker: Rev Dr Sarah Bachelard. Venue: Leeds Minster, Kirkgate, Leeds LS2 7DJ. Contact: <http://tinyurl.com/Soulinthesystem>

**Friday 21 – Sunday 23 June. Tai Chi and Christian Meditation.** Leaders: Christopher Gorst OSB and Terry Doyle. Venue: Ampleforth Abbey, near York YO62 4EN. Cost: En-suite £220 / Standard £200. Contact: <https://www.ampleforthabbey.org.uk/tai-chi-and-christian-meditation-o>

**Friday 13 – Sunday 15 September. The Embodied Contemplative retreat.** Leader: Terry Doyle. Venue: Minsteracres Retreat Centre, Minsteracres Consett DH8 9RT Suggested Donation: £190 Contact: <https://minsteracres.org/product/a-meditation-retreat-with-terry-doyle/> Phone: 01434 673248.

**Friday 11 – Sunday 13 October Tai Chi and Christian Meditation.** Leaders: Christopher Gorst OSB and Terry Doyle. Venue: Ampleforth Abbey, near York YO62 4EN. Cost: En-suite £220 / Standard £200. Contact: <https://www.ampleforthabbey.org.uk/tai-chi-and-christian-meditation-o>

**Friday 1 – Sunday 3 November Christian Meditation – Silent Retreat.** Leaders: Christopher Gorst OSB and Terry Doyle. Venue: Ampleforth Abbey, near York YO62 4EN. Cost: En-suite £220 / Standard £200. Contact: <https://www.ampleforthabbey.org.uk/tai-chi-and-christian-meditation-o>

### NORTHWEST ENGLAND

**Tuesday 7 May 10:00– 3:00. Living with the Mystics - Dante.** Leader: Bob Morley. Venue: Ambleside Parish Centre, Vicarage Rd, Ambleside LA22 9DH. Cost: Donations - £10/£5 suggested. Contact Bob Morley 016974 72644 [rgm1@live.co.uk](mailto:rgm1@live.co.uk)

**Sunday 16 June. The Aramaic Jesus.** Leader: Dr Neil Douglas-Klotz. Venue: Ambleside Parish Centre, Vicarage Rd Ambleside LA22 9DH

### MIDLANDS

**Wednesdays 1 to 22 May 18:00-18:45 Easter Online Meditation 'The Great School of Community'.** Leader: Cameron Butland. Venue: Online via Zoom. Cost: No charge but all participants need to book in beforehand. Contact: [derby.notts.cc@gmail.com](mailto:derby.notts.cc@gmail.com)

**Tuesday 11 June 18:00-19:00 Soul in the System & 19:30 -20:30 Poetry, Contemplation and the 'G-word'.** Speaker: Rev Dr Sarah Bachelard. Venue: St George's Church, Birmingham B15 3DQ. Contact: [vicar@stgeorgesedgbaston.org.uk](mailto:vicar@stgeorgesedgbaston.org.uk)

**Wednesdays 6 to 27 June 18:00-18:45 Trinity Online Meditation 'The Circle of Silence'.** Leader: Cameron Butland. Venue: Online via Zoom. Cost: No charge but all participants need to book in beforehand. Contact: [derby.notts.cc@gmail.com](mailto:derby.notts.cc@gmail.com)

### SOUTH EAST ENGLAND

**Thursday 13 June 14:30-16:00 Soul in the System & 19:00 -20.30 Poetry, Contemplation and the 'G-word'.** Speaker: Rev Dr Sarah Bachelard. Venue: Sarum College, Cathedral Close, Salisbury SP1 2EE. Contact: [nigel.done@salisbury.anglican.org](mailto:nigel.done@salisbury.anglican.org)

### SOUTH WEST ENGLAND

**Mondays weekly 18:30 – 19:00 Meditation on Zoom from Ilminster.** Cost: free. Contact: Alexis le Fèvre; [watteratviolet@gmail.com](mailto:watteratviolet@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 19:00-20:00 Meditation.**

**Wednesday 12 June 19:30 -21:30. Soul in the System.** Speaker: Rev Dr Sarah Bachelard. Venue: Bath Abbey BA1 1LT. Booking through Eventbrite. See UK website Events page

## SOUTH WEST ENGLAND (CONTINUED)

**Thursday 11 to Sunday 14 July. Silent Retreat: Preparing the Way – Contemplative insights from the life of St. John.** Speaker: Mark Ball. Venue: The Monastery of Our Lady and St. Bernard, Brownhill nr Stroud Gloucestershire. Cost: £200 Contact: Anita Finnigan anitafinnigan@hotmail.co.uk 01305 259032

**Friday 20 to Sunday 22 September. Southwest Retreat: The Voice of this Calling.** Venue: Ammerdown Centre, Radstock BA3 5SW. Speaker Bridget Hewitt. Cost £285. Contact: John Roberts john.wilcott@gmail.com.

## LONDON

**Wednesdays 19:00-20:15. Addiction and Grace Meditation Group.** Venue: Kairos Centre, Mount Angelus Road, Roehampton, London SW15 4JA. Contact: May Nicol maymbnicol@aol.com 07768 310666

## MEDITATIO CENTRE

**St Marks Church, Myddelton Sq London EC1R 1XX**  
**Contact: 020 7278 2070 meditatio@wccm.org**  
**www.meditatiocentrelondon.org**

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

**Monday – Thursday 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)

**Every Monday 19:30 – 21:00 Yoga with Lucy Barnes at the Centre Single events at the Meditatio Centre :**

**Saturday 27 April 10:30-16:00. UK Oblate Community Day.** Contact: rydal2814@yahoo.co.uk to register your interest

**Saturday 15 June 10:30-16:00. Shouting, Cancelling, Signalling: Christ and the Anxieties of Speech.** Speaker: Rev Dr Sarah Bachelard.

**Saturday 15 December 10:30-16:00. Hybrid. How the Birth of Jesus changed Human Consciousness.** Speaker: Laurence Freeman. Cost: £40/£20 Online £25

## WCCM ONLINE AND BONNEVAUX RETREATS

**Week of 25 March 2024: Holy week retreat - Sacred Life is Death and Resurrection.** (more information see [//wccm.org](http://wccm.org))

**Online series: The Space Between Words: How to read the Bible and other Sacred Texts ([//wccm.org/events/space-between-word/](http://wccm.org/events/space-between-word/))** Time: 18:30-20:30 (UK time) Cost: Single episodes £15 (conc. £10) Full series £105 (concessions £90) 18 March 2024, Monday, 29 April, Monday, 10 June 2024, Monday, 29 July 2024, Monday, 30 September .

**Contemporary Anxiety series This series looks at the issues that can cause us anxiety and how a contemplative approach can help.** Venue: online ([//wccm.org/events](http://wccm.org/events))

Monday 11 March 17:30 – 19:30 Contemplative Ecology and Grieving Through Dark Times. Speaker: James M Brown

Saturday 15 June 9:30-15:00 online. Shouting, Cancelling, Signalling: Christ and the Anxieties of Speech. Speaker: Sarah Bachelard.

Tuesday, 29 October 18:00 God 2.0 Speakers: Sr Ilia Delio in dialogue with Laurence Freeman

**Future of Wisdom and Intelligence** An online series with well-known speakers currently in development. Check [//wccm.org](http://wccm.org) for full details.

**4 week introductory course (talk, meditation, questions, sharing).** Wednesdays 17 April, 24 April, 1 May, 15 May 18:30 – 19:30. Leader: Laurence Freeman Venue: online (check [//wccm.org](http://wccm.org)) Cost: £25.

**4 week course in spiritual growth (Distractions, inner and outer silence, God, the ground of our being).** Mondays 21 October, 4 November, 18 November, 2 December 18:30 – 19:30. Leader: Laurence Freeman Venue: online (check [//wccm.org](http://wccm.org)) Cost: £25.

**Silence in the City. See [//www.silenceinthecity.org.uk](http://www.silenceinthecity.org.uk) for the programme. Unless stated otherwise all talks are at: Westminster Cathedral Hall, London SW1P 1QH. Contact: 020-7252-2453 [info@silenceinthecity.org.uk](mailto:info@silenceinthecity.org.uk) Pre-booking is necessary.**

## Revd Dr Sarah Bachelard - UK Tour June 2024

See page 3 for a synopsis of the talks

**Monday 10 June - Leeds Minster, Kirkgate, Leeds LS2 7DJ**

14:00-16:00 *Soul in the System*. Suggested donation £10. <http://tinyurl.com/Soulinthesystem>.

19:00-21:00 *Poetry, Contemplation and the 'G-word'*. Suggested donation £10. <http://tinyurl.com/PoetryandGword>

Contact: paul.maybury@leedsminster.org

**Tuesday 11 June - St George's Church, Birmingham B15 3DQJ**

18:00-19:00 *Soul in the System*.

19:30-20:30 *Poetry, Contemplation and the 'G-word'*. Donations welcome.

Contact: vicar@stgeorgesedgbaston.org.uk

**Wednesday 12 June - St Mary's Priory Church, Chepstow, NP16 5HU**

13:30-15:30 *Poetry, Contemplation and the 'G-word'*. Donations welcome.

Contact: frchris2@icloud.com

**Wednesday 12 June - Bath Abbey BA1 1LT**

19:00-21:30 *Soul in the System*. Suggested donation £15.

Booking through Eventbrite. See [UK website Events page](http://UK website Events page).

**Thursday 13 June - Sarum College, Cathedral Close, Salisbury SP1 2EE**

14:30-16:00 *Soul in the System*. Suggested donation £10.

19:00-20:30 *Poetry, Contemplation and the 'G-word'*. Suggested donation £10.

Contact: nigel.done@salisbury.anglican.org

**Saturday 15 June - Meditatio Centre, St Marks Church, Myddelton Sq, London EC1R 1XX**

10:30-16:00. *Shouting, Cancelling, Signalling: Christ and the Anxieties of Speech*. £40/£20/ £25 online.

Contact: kate@wccm.org

## Contacts - Regional Coordinators and Contacts

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WCCM  
IN THE UK

## Meditation News

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WCCM  
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Or contact:

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