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and events to:

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

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Reshaping the WCCM in the UK Community



PHOTO BY ANDREAS WAGNER ON UNSPLASH

At the beginning of 2023 the UK leadership team started discussions on how the WCCM in the UK might look going forward. We wanted to address the many changes that had taken place over recent years and reshape the community to better support all meditators in the UK.

In November 2023, a proposal was presented to the National Council meeting and with a few amendments accepted. If you look back to pages 3 and 4 of the January 2024 Newsletter you can read the key points, which focus on a more team based approach, making best use of technology, going back to basics and with a renewed emphasis on the School.

The plan included working with every region to see how the new role of Area Team member might be incorporated with a view to combining some regions into new Areas. Birgit Duncan (NE London Coordinator) and Pat Higgins (S. Manchester, Cheshire and Merseyside Coordinator) accepted the new roles of Area Liaison and the three of us met in January to agree how to start. With 34 regions we divided the responsibility for contacting everyone between ourselves meeting regularly to share progress.

We knew when we started that this would be a challenge and time consuming and it was probably just as well that we underestimated both. There were regions with very active Coordinators, some with Coordinators who really wanted to step down, others with Contacts, and those with no Coordinators where we had to contact all the group leaders.

We talked with Coordinators who were happy as things were and apart from a new title, where things were working well, there was no need for anything to change. We came across Coordinators who felt isolated and felt that joining forces with another region would give them new enthusiasm. We found group leaders and others who were enthusiastic to step up to new roles. A by-product was discovering meditation groups which we had no idea existed. We also encountered resistance and apathy.

The resistance was often around the idea that there would be more meetings with a team approach and to some extent that is inevitable, but meetings can build enthusiasm and allow ideas to be shared. The

Editor's Farewell

Readers may recall that a request for a new editor for the newsletter went out last year and I am happy to say that we now have one to take over from me. Shelagh Layet , a long time WCCM member will take on the role from the next issue.

I have enjoyed being the editor for the past 10 years, and I would like to thank everyone who has contributed pieces during that time and Andy Goddard who has worked on the layout so skillfully.

Margaret Comerford

Margaret and I were recruited by Roz to the Newsletter Team early in 2014, picking up the mantle from David Simpson. This issue is the 41st Margaret has edited - about half a million words read, spelling checked and punctuation corrected over the years. And forty one newsletter reviews over TeamViewer and Zoom, with shared coffee and time to chat as we discovered a wide range of common interests. Thank you Margaret for your huge contribution to our Community, and for being a great friend.

Andy Goddard

RESHAPING THE WCCM IN THE UK COMMUNITY CONTINUED FROM PAGE 1

idea of combining regions caused concern that there would be a need to travel huge distances, but with the technology we now have, this is not necessary even though it may be preferable. And there was the question of leadership with a team approach to be balanced against the power of shared responsibility.

Despite some difficult conversations we have come through and after a rather appropriate 9 months time period listed on page 11 you can see our new Area Teams and our new Area Team members (the word region will be dropped). Going forward we envisage a more fluid approach, with new Area Team members being invited as appropriate and with the option to create new Areas if that is what adjoining Area Teams would like. After all the months of hard work, while we haven't ended up with a new structure that is anything like the plan we started with, it doesn't matter if we have achieved something that works. All group leaders now have the support of an Area Team member and all enquirers who are looking to find or set up a group can easily make contact with someone. A big thank you to Pat and Birgit as I think we demonstrated beyond doubt the value of working as a team in the support that we were able to offer one another. And I sincerely hope that the changes that have been made will be the start of many new fruitful working relationships which will benefit every member of our community.

Many thanks to all the Regional Coordinators/Contacts who have offered service to the WCCM in the UK and have now stepped down:

- ◆ Kathleen Freeman (Hampshire)
- ◆ Mark Ball (Kent)
- ◆ Caroline Shepherd (Cambridgeshire)
- ◆ Val Hilsley (Essex)
- ◆ Margaret Comerford (Suffolk)
- ◆ Carmel Cannon (Yorkshire & Lincolnshire)
- ◆ Diana Hanbury (Devon)
- ◆ Denise Leigh (Wiltshire)

And a very warm welcome to those who are stepping up to join our existing Regional Coordinators and Contacts to form Area Teams:

- ◆ Pat Hay (Scotland)
- ◆ Jan Bundy (Scotland)
- ◆ Margaret Kay (Scotland)

- ◆ Fiona Kernohan (Scotland)
- ◆ Penelope Weston (Wales)
- ◆ Sarah Feeney (Berkshire, Buckingham, Oxford, Hertfordshire and Bedfordshire)
- ◆ Glenda Gardiner (Dorset, Hampshire and Channel Islands)
- ◆ Susan Oakes (Kent & Surrey)
- ◆ Mark Fagg (Kent & Surrey)
- ◆ Sharon Francis (Kent & Surrey)
- ◆ Alison Whittle (Cambridgeshire & Norfolk)
- ◆ Eilish Storey (Cambridgeshire & Norfolk)
- ◆ Valerie Quinlivan (Essex & Suffolk)
- ◆ Jane Mann (Essex & Suffolk)
- ◆ Vivien Proctor-Parr (Staffordshire, Shropshire, Herefordshire, West Midlands and Warwickshire)
- ◆ Clare Benians (Bristol & Bath)
- ◆ John Rhodes (Devon)
- ◆ Chris Blanchard (Gloucestershire & Worcestershire)
- ◆ Paul Batson (Wiltshire)
- ◆ Chris Cox (Wiltshire)
- ◆ Gabriel Jones (London)
- ◆ Mary Howley (London)

See page 11 for the full list of Area Team members.

Love to you all

Julie Roberts

National Liaison WCCM in the UK


WCCM
Meditation News

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'Pools of Grace' at Minsteracres Retreat Centre

In early June, Dr Sarah Bachelard arrived from Australia to lead 'Pools of Grace' the 'Gathering' at Minsteracres. The weekend was enriched for those attending by the addition of a selection of workshops on offer. Father Jim Caffrey shared the story of setting up a Contemplative Parish in the middle of Dublin, so relevant but profoundly challenging following the recent revelations of sexual abuse in Ireland and the subsequent large drop in church attendance. Paul Golightly introduced the work of Capacitar which helps people recovering from trauma. This fitted well with Terry Doyle's session on reaching out to refugees, the homeless and people 'on the margins'. Greatly appreciated were the body workshops and times for contemplative walks, led by Chris Hurley.

Keeping to the whole concept of a shared 'Gathering', below are some reflections on people's experience of their time spent with Sarah:

Minsteracres was a wonderful setting for the recent WCCM gathering. The sun shone, the views were beautiful, the hospitality warm and welcoming. The programme contained a good mix of talks from Sarah, workshops, free time, meditation and opportunities to meet or re-connect with other meditators.

Diana Ohlson.

Sarah's talks were very "meaty" with lots of ideas, references and practical examples relating to her experience of, and reflections on contemplative church. I have problems with church for various reasons and initially wasn't sure I was interested in the content of the talks but as the weekend went on, I was drawn into Sarah's ideas and experiences of a different way to be church. Most particularly her ideas around the importance of discerning and listening in the development and practice of her church stuck with me, qualities that are so needed in all aspects of life today. I was also struck by the congruence and openness Sarah showed as a person, reflecting the importance of discerning and listening as she talked and responded to questions.

There was a good selection of workshops available- I would have liked the opportunity to attend them all- but after the very thoughtful talks I chose two body-based workshops which gave me practical activities to incorporate into daily life.

The social/ mealtimes were a great opportunity to network, listen to very different experiences of life and church, have some conversations we might not have in daily life and have some laughs

Most importantly the shared meditations were an opportunity to participate in the practice that had brought us all together in the first place and which is central to all that we do through WCCM. Minsteracres has an air of peace and calm about it, and this atmosphere permeated our meditation and activities and helped to make it such an interesting and enjoyable weekend.

Angela Foley.



SARAH BACHELARD AT MINSTERACRES IMAGE: WCCM

Sarah Bachelard's retreat was a truly transformative and enlightening experience. Through her deep understanding of contemplative practices and her compassionate guidance, Sarah created a sacred space where participants could delve into the depths of their spiritual journey.

The retreat was a beautiful blend of teachings, discussions, and contemplative practices that allowed us to explore the rich tradition of contemplative spirituality within the context of the church. Sarah's insights and reflections on the importance of silence, stillness, meditation and prayer in our spiritual lives were both profound and inspiring. Throughout the retreat, Sarah gently encouraged us to slow down, listen deeply, and connect with the divine presence within and around us. Her presence radiated a sense of peace and wisdom that created a nurturing and supportive environment for all who attended.

I left the retreat feeling deeply grounded, renewed and inspired to continue on my own contemplative path. Sarah's retreat was a true gift, and I am grateful to have been part of such a transformative experience. Thank you, Sarah, for your dedication to the contemplative journey and for sharing your wisdom with us.

Cinzia Angius

I attended 'Pools of Grace' with a semi-professional hat on as I am currently undertaking a PhD studying Contemplative Teachers within Protestantism. I must confess at the outset to being a practitioner of Centering Prayer, which of course no one noticed during the meditation period! Different forms of meditation were endorsed by Sarah when she told us that the inclusive and ecumenical Benedictus Community in Australia, which she leads, does not prescribe which meditation method her members practice during the fifteen minutes

CONTINUED ON PAGE 4

Sarah Bachelard's UK Tour



SARAH BACHELARD AT LEEDS MINSTER

IMAGE:WCCM

Immediately following the Weekend Gathering *Pools of Grace* at Minsteracres Retreat Centre, Sarah Bachelard travelled, together with Sue Clarke and her husband, on a short tour to give a series of talks about *The Call of Contemplative Church* at Leeds Minster, Birmingham, Chepstow, Bath Abbey, Salisbury, and ending with a final day at the Meditatio Centre in London. The talks that she offered were: *Soul in the System*, exploring the idea of 'mysticism as resistance', challenging the idea of meditation being thought of in any way as only a means of building resilience; and *Poetry, Contemplation and the G Word* looking at the blocks that can arise for people feeling uncomfortable concerning inbuilt notions around the use of the word 'God', and what that word has come to mean to them. Sarah used the wisdom of poets and scripture to find more satisfying ways to understand its meaning in contemporary spiritual seeking and experience. At the Meditatio Centre, in her talk entitled *Shouting, Cancelling, Signalling: Christ and the Anxieties of Speech*, Sarah explored how contemplative practice makes possible difficult forms of the exchange of challenging ideas, and helps us to follow the example of Christ, to break down the 'dividing walls' that so often exist between us.

Altogether Sarah spoke to around five hundred people on her tour, and set going many different discussions and thoughts about how to share more widely the gifts contained in her talks, so relevant to people's spiritual seeking at the current time. Sue Clarke made the interesting observation that at Salisbury, where the session was held in a non church setting, there was a more open and lively interactive discussion prompted by Sarah's talk. A moving account involved an atheist who attended one of the sessions, feeling slightly unsure about what they were opening themselves up to listen to. By the end of the evening, they had been brought to tears, and noted that what Sarah was saying will... 'build a revolution'.

Comments on the Tour included:

'The visit of Sarah Bachelard to St. Mary's Priory was particularly beneficial for the member churches of the Severn Wye Ministry Area, as they are in the early stages of developing contemplative prayer groups, following a very good attendance for the WCCM introductory Course during Lent. Sarah's challenging approach to the concept and use of the God word, and the imaginative use of contemplative poetry, elicited a variety of interesting and deeply personal responses from those attending the talk. It has led to a continued dialogue in the local churches and the setting up of new Meditation groups.'

Rev Christopher Blanchard

It was a joy and privilege to welcome Dr Sarah Bachelard to share a couple of talks in Leeds Minster following her national conference. We were very encouraged by the number of people attending the talks from across West Yorkshire, and the engagement online of our You Tube channel. Sarah is a wonderful communicator and offered us a lot to think about. She speaks out of a rich experience in Australia and many of us were encouraged that we might embrace some of her practice in our own communities. We were touched by Sarah's graciousness and her vulnerability in sharing from her own context and experience and commend her books to anyone who would like to explore them.'

Rev Paul Maybury

'POOLS OF GRACE' AT MINSTERACRES RETREAT CENTRE CONTINUED FROM PAGE 3

period of silence in the weekly service, though Christian Meditation is what they teach.

There was no room for personal complacency however, as from the very first talk I was challenged in my thinking around what contemplative practices can bring to help renew the church. In her opening remarks on the topic of 'The Gift and Call of Contemplative Church' Sarah said, 'We're here to listen together to God's call – not to rescue the Church'. It may be a relief to us all that having a Messiah complex is not on God's agenda for us as contemplative practitioners, but using her own experience of contemplative community in Benedictus, Sarah also gave much food for thought. While renewed access to the contemplative has enabled many people to come back to faith, and meditation practices can sustain us through personal and collective times of fragility, she

reminded us that as we face climate catastrophe, economic precariousness, cultural polarisation and racial discrimination, 'we need an individual response, but we mainly need a collective response'. Her challenge to each attendee, who would be travelling back to their own communities (whether religious or social), was to be part of a 'maturing' church people, a community who, because they are individually contemplatively attuned, are deepening in their commitment and responsibility to the whole. I was reminded that our meditation practice is of course a tool for us to be in the presence of God, and a response to God's love and call, but as Sarah said so beautifully, 'the deeper our prayer, the deeper our concern for the world.'

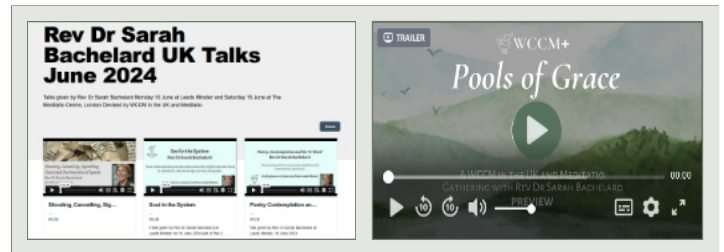
Diane Jackson.

Meditatio News

The experience of the 'Pools of Grace' Gathering at Minsteracres planted many important ideas concerning shared Meditatio/WCCM UK residential events in the future. It is very important to listen to feedback, which in a number of cases was that the contents of Sarah Bachelard's talks were so rich and multi-layered in content, that the people attending would have greatly valued more time allocated to small group meeting times for discussion and reflection on the ideas that were being presented. People wanted this particularly in order to consider how Sarah's inspirational teachings could be shared more widely when they returned to their own communities. They felt that this was especially important for the purposes of Outreach, since this whole approach offers a way back into a renewed and revitalized spiritual journey for many people who no longer feel drawn to take part in the church services that they have previously encountered.

Of course the weekend was only a short period of time and we wanted to make the most of Sarah being with us, but these requests are understandable and important, and will form an important part of future planning considerations. Ideas for another 'Gathering' in 2025 are already underway and further information about this will be given out before long.

Sue Clarke, the Special Interest Coordinator for Clergy and Contemplative Church, has been delighted at the response she is getting from clergy living in many parts of the country. If we are to nurture the seeds that Sarah has so skilfully planted during her time with us, we need to support Sue in her task of encouraging their growth and progress. Once there has been the chance to assess the



kind of support that would be most appropriate, Sue will be sharing her wisdom and guidance about the part people can most usefully play with anyone who would like to become involved.

The recordings of Sarah's talks have been sent out to everyone who attended the Minsteracres weekend, but all of Sarah's talks are being made available on WCCM+ which can be accessed on the main website: WCCM.org. You can start with a seven day free trial, but after that it is necessary to sign up. On offer there is a wonderful cornucopia of talks and discussion on all kinds of topics relating to the contemplative path. If you would like to experience Sarah Bachelard's 'Benedictus Contemplative Church' in Canberra Australia, it is possible to do so online. This opportunity was set up to cope with the problems thrown up by the pandemic and has proved very popular ever since. You can access it at: <https://benedictus.com.au>

Diana Ohlson.



[WCCM+ Pools of Grace Videos](#)

[WCCM Vimeo Tour Videos](#)



Caroline Price

Caroline Price, who died in October 2023 at the age of 72, was a wonderful lady who is sorely missed by her friends in the Bristol/Bath meditation community and by her legions of friends beyond it. She had a deep love of God and for pretty much everyone that she met - we were all described as lovely!

After a colourful start to her adult life she began to find her way as a volunteer with (and later as a trustee of) Pilsdon, a Christian community offering to share life with anyone who was struggling. She joined the Sisters of the Church, an Anglican order with which she supported children, the poor, and prostitutes in the St. Paul's area of Bristol. She eventually left the order, feeling a call to become a Roman Catholic, but never lost her connection and friendship with the sisters who cared for her wonderfully in her last months. She worked as a chaplain in Bristol's Catholic schools and as a music teacher; she was the organist in her parish, she volunteered at its Borderlands charity for refugees and asylum seekers, and in an ecological garden; she gave retreats and led *lectio divina* courses, she offered spiritual direction. In her tiny flat she hosted lunches for parishioners with nowhere to go at Christmas. Caroline was introduced to meditation at The Well Centre for Spirituality when she became its Warden (about 2000). She was involved in a weekly group there for the rest of her life, leading it until illness prevented her last

year. The group has continued since. For many years Caroline also led a meditation group at Saint James' Priory. Caroline was devoted to the Priory, its beauty and the silent oasis which it provided in the centre of Bristol.

Caroline was for years a member of the steering group which coordinated the Bristol/Bath region of WCCM. She was invaluable. Her wisdom would regularly offer fresh perspectives. And she seemed to know everyone in the Bristol Christian world! She also contributed her gifts in several practical ways:

- ◆ Caroline taught meditation at Saint Nicholas primary school. She also visited St. Brendan's sixth form college and several primary schools in the



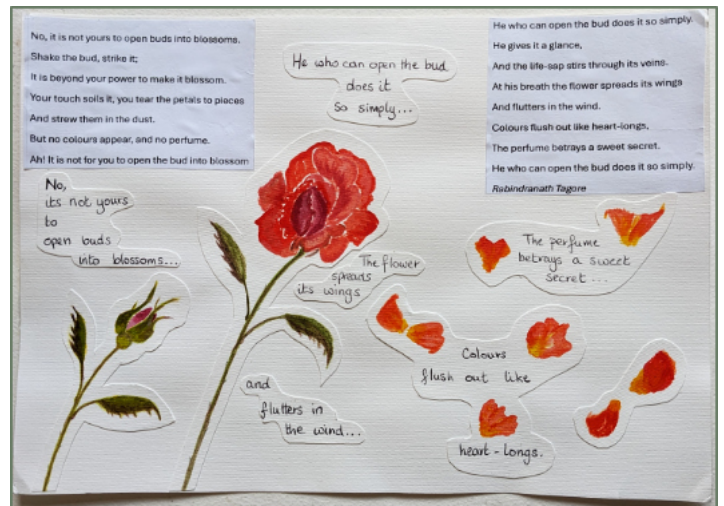
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Preparing the Way: The South West Retreat for Meditators July 2024

When my daughter asked me why I was going on a silent retreat as she gave me a lift to the station, my answer was 'I don't know'. I knew I had booked my place in the wintery months and had been looking forward to being with members of the Community again but the reality of a completely silent retreat slipped into my consciousness and I felt unprepared. That was surely the best place to be, without expectations, without goals or assumptions. What I experienced over the long weekend gave me my answer. We live in a world that gives very little time for silence and though I struggled initially, the invitation to be with others in shared silence and gentle attention proved to be more enriching than I can put into words.

We gathered at the tiny Monastery of Bernadine in Brownshill, a small village nestled in the Cotswolds close to Stroud with its steep valleys and abundant woodland. The retreat was arranged by the team with great thought and care and an open heart within which we were invited to deepen our attention through meditation, walking meditation, beautiful readings, a wide range of wisdom teachers and joining the Sisters for the Offices. The times together were also punctuated by chanting which somehow deepened the silence as we shared together this ancient communal practise of worship.

The tapestry of the days was held together by the vibrant and wonderful teachings from Rev. Mark Ball who gave a series of talks and reflections over the weekend and developed and deepened for us the grounding theme of Preparing the Way based on the life of John the Baptist. John Main's treasure of Monastery Without Walls provided the roots for our Community gathering and the poems from



Wendell Berry's *A Timbered Choir* somehow provided the branches that connected us to the landscape and woodlands in which we rested. Mark is a true word-smith and we were so blessed to have him share his insights, humour and encouragement with us.

Simone Weil notes for us that 'absolute attention is prayer'. The experience of being together in communion on this retreat, in silence, and with attention is a reminder that 'something like revelation takes place, something is given'. I am content once more to sit with my nothing and know that it is everything. I am reminded once again that by listening deeply we can connect deeply and, as John Main taught us, *Meditation creates Community*.

Jane Serrurier (Picture: Suzette Young)

CAROLINE PRICE CONTINUED FROM PAGE 5

region to introduce teachers and students to the practice.

- ◆ She led a number of quiet days for the local meditation community. In recent years her Advent Saturday days became a fixture.
- ◆ She helped to run local introductory courses for newcomers to meditation. The courses included a short live talk plus recorded teaching from John Main or Laurence Freeman. Caroline's favourite topic was Jesus as a teacher of contemplative prayer. She could talk so readily on this that we would run out of time to listen to the planned recording. She was never at a loss for words!
- ◆ WCCM in the South West runs two annual retreats.

Caroline was on the organising team for the three-day silent retreat helping to formulate its programme. At the retreat she would offer one to one spiritual accompaniment sessions. And, with her guitar, she would contribute beautifully to the singing of Compline each evening and to the closing Sunday Eucharist.

To everything she did in our community Caroline brought wisdom, warmth, love and laughter. For all she contributed, and more importantly for all she was, we miss her greatly. She was an inspiring model of contemplation and action, and of what it might be like truly to follow Jesus.

Roger Layet

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WCCM in the UK School

Four-Day Silent Retreat: 19-22 November 2024



IMAGE: HOUSE OF PRAYER
//CHRISTIAN-RETREAT.ORG

Designed as a 'stepping-stone' experience for those unsure of committing to our full Seven-Day Silent Retreat. Each of the two full days will include a short talk, a short one-to-one meeting with a spiritual director, *lectio divina*, contemplative walking, seven times of meditation, and space for personal rest and reflection. Starting with lunch on the Tuesday

and ending with lunch on the Friday, these two half-days will each include some of those elements too. Apart from those two meals, we will be keeping silence throughout our time together.

We will be guests of the beautiful House of Prayer in East Molesey, Surrey (christian-retreat.org). Our shared meals will be simple, delicious and freshly prepared vegetarian fare, with additional dietary requirements catered for.

The experience will be a wonderful way to prepare for Advent alongside a small group of fellow pilgrims familiar with meditation in our tradition and seeking to deepen and integrate our experience and practice. The silence will be immersive and intensive, and retreatants commit to participating fully in the programme.

We will be co-led by Sandie Cutts and Mark Ball, both Oblates and experienced Spiritual Directors.

The all-inclusive price per participant for an ensuite room and full board is £299.

The WCCM in the UK Trustees generously support the work of the School to help make our events as accessible as possible. In addition to an overall subsidy, a small bursary fund is available. If you would like to help us in our work of teaching and deepening meditation, please consider making a donation.

Ailsa Adamson will be happy to respond to your enquiries and booking requests: ailsa.adamson@gmail.com

Online Essential Teaching Workshop

Julie Roberts and Mark Ball invite you to join them for this six-week workshop to consolidate and deepen your practice of meditation and your awareness of the Community.

We begin on **Wednesday 25 September** and will meet online each week 7.00pm-9.00pm. The course costs £30, which includes a copy of *Sharing the Gift*.

For further information and to book your place, please email Ailsa Adamson: ailsa.adamson@gmail.com soon!

Our aim is to make the School resources as accessible as possible to as many as possible. As we prepare our programme for 2025, please be in touch if you are interested in taking part in any of our events next year. These will include an Online Five-Week Introductory Course, an Online Essential Teaching Workshop, a Residential Essential Teaching Workshop, a Four-Day Silent Retreat, and a Seven-Day Silent Retreat. Your input will help us plan dates, times, and venues!

We are also here to help you explore organising any local experience days, introductory courses, or ETWs where you are. You can contact the team by emailing Mark: mark@wccm.org

Be in touch!

Mark Ball, Liz Watson, Carole Dixon, and Ailsa Adamson



WCCM
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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:

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

giftaid it



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.



Where is God?

We have always been here; a human being is God's being, temporarily clothed in human attributes. In silent prayer, we journey through layers of experience—thinking, feeling, relating—until we reach our essential, irreducible being: our soul. This soul maintains a constant, silent communion with God, the one being from whom everything and everyone derives its apparently independent existence.

In this understanding, the distinction between the devotee and God gradually fades until there is no difference between them. Their love transcends relationship; it becomes the absence of relationship. This leads to the collapse of the belief and feeling of self and other, individual and God. Thus, when the body dies, nothing happens to being. It does not suddenly reunite with God's being because it was never separate from it to begin with. Being is eternal, unchanging, neither born nor dying.

In the words of *Blue Sky God* by Don Macgregor: "We are living in an era where mystical and scientific proof are coming ever closer, opening up a wholly new way of approaching reality and potentially solving the enormous problem that keeps science and religion apart. For many of us, the churches have seemed like the Flat Earth Society, hanging onto old interpretations of institutional faith despite our contemporary knowledge and understanding."

The relevance of a Christian path today should be clear, but why does it need to evolve like everything else? Evangelical faith and literalist Christianity are rigid and lack credibility. We have moved on from the idea of an all-powerful, interventionist God or an unforgiving tyrant. We need to move beyond the human-like God we have created. One of my many questions has always been: "Was Jesus divine, or just a human being who achieved his full potential, as the Dalai Lama would say?"



The scientific world is constantly changing with discoveries in quantum physics, Darwin's theory of evolution, Einstein's theory of relativity, laws of motion, and new sciences like epigenetics and genetics. Concepts like energy fields, morphic resonance, the nature of consciousness, the power of intention, nanoparticles, and space exploration further shape our understanding. God has often been called the "ground of being" and consciousness. While we speak of individual consciousness, we are actually part of one universal consciousness. Imagine the empathy that could exist between all of us and nature. This mystical experience of oneness is present in all faiths.

Could God then say to us, "Make your hearts big enough to contain me and your actions loving enough to express me"? Regarding the trinity, perhaps the Father represents consciousness, Jesus the Son is the expressive being, and the Holy Spirit is the driving force. This God is not a supernatural being living in time and space but the source of life and love. How can we best open our hearts to this consciousness, ever-present within us?

Chris Hill

The Ocean of Life

Here we are, each seemingly a small drop
In the infinite ocean of life on Earth.
We see ourselves and others with a
Multitude of separate features; this or that, with
Our five senses, which segregate rather than integrate.
From birth to death, always doing.

By living in the world through the body, identifying
Ourselves with it, we become subject to past memories,
Backgrounds, cultures, patterns of thinking or feeling.
The result of a highly developed egotistical mind.
Fear, consciously or not, dominates our life.
But we are not our body, nor subject to birth or death.

In reality, we are no-thing, and there is nothing to do.
In awareness of just being, the mind is decluttered
And flooded with the light of emptiness.
The world of illusions is left behind.
Fear, too, has gone, and suffering ends.
We are at peace, here and now, needing nothing.

When we stay open, still, silent and mindless,
We die to the world, and the universe
Becomes our body. Freedom is complete.
The self-seeking has been replaced by Self-awareness.
This seems to be a point of nothingness;
But this absolute consciousness is full of energy.

This energy is the life force. Magnetic waves of
Differing amplitude and frequency, pulsating in
rhythm,
Harmonised, synchronised, throughout the universe.
This is the irresistible nature of life, held by
Love, the Creator, in an infinite dimension.
The ocean of life is all.

We do not live a life. Together, we are life itself.

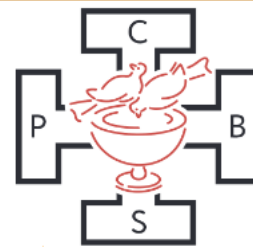
Bob Morley, June 2023

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 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



Annual UK Oblate Weekend: 12th - 13th October (arrivals Friday pm) @ The Kairos Centre, Roehampton, London. SW15 4JA.

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

London Cell: Saturday 21 September at the Meditatio Centre. Contact oblates@wccm.uk for future dates.

Midlands Cell: Monday 10:00 - 15:00 September 23 & November 28 at St Pauls Convent, Selly Park, Birmingham. Contacts: Diana Evans dianaevans15@btinternet.com & Sandie Cutts sandiecutts@gmail.com

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

Northern Cell: Monday Nov 4th 1.30 - 3pm online. Monday Dec 2nd 1.30 - 3pm online. Contact: Angela Gregson via oblates@wccm.uk for more information (@TBD = location unknown at time of printing)

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

South Western Cell: Second Wednesday of the month: Online Oct 9th 2.30-4.00; in person Nov 13th at Manvers Street Baptist Church, Bath, 10.30-4.00; online Dec 9th, 2.30-4.00. Contact Jude Carpenter jude.carpenter47@gmail.com for details.

UK Led Online Oblate Cell Meetings: Sundays 14.00 - 15.30 November 10, December 8 and Wednesday Evening 19.30 - 21.00 November 20, December 18. Contact Angela Gregson via oblates@wccm.uk for more information

Events

Events from end of September 2024 onwards. 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)

THE SCHOOL EVENTS

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

Online for 6 weeks starting Wednesday 25 September. The School Essential Teaching Workshop. Facilitators: Julie Roberts and Mark Ball. Cost: £30. For further information and to book your place, please email Ailsa.

Tuesday 19 to Friday 22 November. Four-Day Silent Retreat. Venue: House of Prayer, East Molesey, Surrey. Cost: £299 bursaries available.

WALES

Saturday 28 September 10:00 for 10:30 - 15:30. Quiet Day – The Lazarus Lens. Leader: Alison Dummer. Venue: TyMawr Convent, Lydart Monmouth NP25 4RN Cost: £10 (+ vol. donation for speaker) Contact: Diana Morgan diana_g_morgan@hotmail.co.uk

NORTH EAST ENGLAND

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>

NORTH WEST ENGLAND & YORKSHIRE

Tuesday 5 November 10:00 - 15:00. Living with the Mystics – George Fox. Introduction: Rex Ambler. Venue: Ambleside Parish Centre, Vicarage Rd Ambleside LA22 9DH. Contact: Bob Morley 0770 44 19526 rgm1@live.co.uk

Friday 15 to Sunday 17 November. The Hying Retreat. Leader: Br Martin Sahajananda Venue: Monastery of Our Lady of Hying LA5 9SE. Contact: Bob Morley rgm1@live.co.uk

MIDLANDS

Thursday 7, 14, 21, 28 November 18:00 - 18:45. Celtic Saints Online Meditation. Leader: Cameron Butland. Venue: Online via Zoom. Cost: No charge but all participants need to book in beforehand. Contact: derby.notts.cc@gmail.com

Saturday 16 November 10:00 - 15:30. Quiet Day: Soul Desire – the teachings of St Anthony of Egypt. Venue: Quaker Meeting House, Kings Heath, Birmingham. Cost: £20 or what you can afford Contact: Joy Cheek joycheek@hotmail.co.uk Places need to be booked in advance by 9th Nov 2024.

Friday 22 November 18:00 to Saturday 23 November 17:00. 'The Promise of Glory' Online Retreat. Venue: Online via Zoom. Cost: No charge but all participants need to book in beforehand. Contact: derby.notts.cc@gmail.com

Events

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

SOUTHEAST ENGLAND

Friday 18 Oct 19:00 to Sunday 20 October 16:00. From stillness to movement, from silence to song (Contemplative weekend)
Leader: Brij Waterfield Venue: House of Prayer, 35 Seymour Road, East Molesey, KT8 0PB. Cost: £230 (En-suite) £210 (Standard). Contact: T: 020 8941 2313 www.christian-retreat.org E: admin@christian-retreat.org

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

Saturdays 28 September, 19 October, 23 November & 21 December 11:00 – 15:00. Silent Saturday.

SOUTH WEST ENGLAND

Mondays weekly 18:30 – 19:00 Meditation on Zoom from Ilminster. Cost: free. Contact: Alexis le Fèvre; waterratviolet@gmail.com for an invitation.

Wednesdays weekly, 19:00-19:30, except first Wednesday of the month, 19:00:20.00. Meditation. Venue: St Mary's Minster Church, Ilminster TA19 0DU. Cost: Donations towards expenses. Contact: Susan Lendon susanlendon18@gmail.com 01460 52504

Saturday 23 November 10:00. Advent Quiet Day. Leader: Helen Adams. Venue: Faithspace Community Centre, Prewett Street, Bristol, BS1 6PB Cost: donations towards room hire. Contact: Helen Adams hradams@hotmail.co.uk, 07947 073250

Saturday 12 October 10.30 – 16:00 World Worry and Climate Change. Speaker: Peter Musgrave and Angela Greenwood (In person only)

Wednesday 16 October 18:30 – 21:00 The Sonnets to Orpheus (Rainer Maria Rilke) Speaker Mark S Burrows. (in person and online)

Saturday 2 November 10:30-16:00 Speaking the Silent Word- A Day with Meister Eckhart and the Zen Masters. Speaker Dr Rebecca Stephens

Wednesdays in November 6, 13, 20, 27 18:30 – 19:30 pm Learning to Meditate at The Meditatio Centre A 4 week course Leader Marcus Duran and friends Cost: no cost

Saturday 23 November 18:00 – 19:30 BOOK LAUNCH with JP Newell. Join JP to celebrate the launch of his new book *The Great Search* at The Meditatio Centre.

Saturday 14 December 10:30 – 16:00 Preparing for Christmas with Laurence Freeman.



WCCM

Bonnevaux & London Meditatio Centre Events

INTO THE MYSTICS
PROF BERNARD MCGINN
23 OCT. - EDITH STEIN
26 NOV. - ETTY HILLESUM
17 DEC. - JOHN MAIN



SILENT SATURDAYS
SEE LIST FOR DATES
11:00 - 15:00
MEDITATION, COMMUNITY,
FRIENDSHIP



BEHOLDING DIVINE BEAUTY
15 OCT - SARAH BACHELARD
12 NOV - GUY CLAXTON
10 DEC - ROBERT JOHNSON



SONNETS TO ORPHEUS
16 OCTOBER 18:30 - 21:00
PROF MARK S BURROWS LOOKS AT THIS
NEW TRANSLATION OF RILKE'S SONNETS TO
ORPHEUS

THE FUTURE OF WISDOM & INTELLIGENCE
MAY - DECEMBER
12 DEC. - ETHICAL WISDOM & INTELLIGENCE



**SPEAKING THE SILENT WORD:
LESSONS IN EMPTYING OURSELVES**
2 NOVEMBER 10:30 - 16:00
DR REBECCA STEPHENS



WCCM & Bonnevaux Events

DETAILS AND BOOKING AT [//WCCM.ORG/EVENTS](http://WCCM.ORG/EVENTS)
LOOK UNDER 'SPECIAL SERIES'

Meditatio Centre Events

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

Contacts - Area Team Members (REVISED 22 AUGUST 2024)

SCOTLAND TEAM

Lynda Stark - 01573 225976 lynda.stark@btinternet.com , Pat Hay - 07717 798967 patndvd@yahoo.co.uk , Jan Bundy - twobundys@rocketmail.com , Margaret Kay - margaretkay@icloud.com , Fiona Kernohan - f.kernohan@gmail.com

WALES TEAM

Jayne MacGregor - 07491 985180 jaynemacgregor@yahoo.co.uk , Don MacGregor - 07900 003199 donmacg@live.co.uk , Diana Morgan - 02921400367 diana_g_morgan@hotmail.co.uk , Penelope Weston - 07592 006052 penelopeweston63@gmail.com

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NORTH WEST ENGLAND AND YORKSHIRE TEAMS

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Joanne Caine - 0161 307 4264 / 07776 426911, Pat Higgins - 0161 962 8661 / 07962 019591 - c4lmly.wccm@gmail.com

Isle of Man:

Bernie Roberts - 07624 262588 2020moorhead@gmail.com

MIDLANDS TEAMS

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Cameron Butland - 0777 623 6482 derby.notts.cc@gmail.com

Staffordshire, Shropshire, Herefordshire, West Midlands and Warwickshire:

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Sussex:

Brian Stimpson - 01273 553216 email contact through UK Office

SOUTH WEST ENGLAND TEAMS

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Julie Moore - 07708 440609 stuart.moore3@btinternet.com

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Contacts - National & Special Interest (REVISED 22 AUGUST 2024)

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020 8095 4442

uk@wccm.org

www.wccm.uk

NATIONAL

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Safeguarding Trustee: Richard Eddleston - 07980 631311 riedd@btinternet.com

Mental Health Advice: Shelagh Layet - shelagh.layet10@gmail.com & Birgit Duncan - 0772 631 2350 birgitduncan@blueyonder.co.uk

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Website: Andy Goddard - cmukwebsite@gmail.com

Goodnews Books: John Roberts - 07970 039007 john.wilcott@gmail.com

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Area Liaison: Birgit Duncan - 07726 312350 birgitduncan@blueyonder.co.uk

Office Coordinator: Sarah Humphreys - 020 8095 4442 uk@wccm.org

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The School: Mark Ball - 07394 081521 mark@wccm.org

SPECIAL INTEREST COORDINATOR AND OTHER ROLES

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Environment: Sarah Feeney - 01296 423814 s.feeney60@btinternet.com

Learning Disabilities: Celia Gurowich - 01273 555967 celia.heneage@gmail.com

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

Meditatio Centre: Kate Middleton - 020 7278 2070 kate@wccm.org

Meditatio Country Coordinator: Diana Ohlson - 01288 354441 / 07427 006227 dohlson24@gmail.com

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Prisons: Mary Devane - 07949807577 marymurray2009@aol.co.uk

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AREA TEAM CONTACTS ON PAGE 11

WCCM+
WCCM+ is our video streaming platform that allows you to watch a selection of more than 300 hours of recordings of talks, retreats, major events, and more. New titles are added every month. You can have a seven-day free trial and after that the monthly subscription is £9.99 or free if you are a WCCM International Supporting Member.

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IN THE UK

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:
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PO Box 80029, London, EC1P 1RE