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

Please send articles for the next issue to:
uknewsletter@wccm.org
and events to:
events@wccm.uk to reach us by **1 August 2024**.

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

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Production: Andy Goddard

Contact us

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-  uk@wccm.org
-  020 8095 4442

Meditatio Outreach



IMAGE: LINUS NYLUND ON UNSPLASH

It has been a great privilege, while I have been holding the role of Meditatio Country Coordinator for the UK, to attend the meetings of the Meditatio Council and hear the ideas, insights and details of the initiatives that the International Coordinators are working on. The list of Meditatio areas shows how varied and wide the exploration of the potential that a meditation practice can be across a huge range of human activities and challenging problems. The key areas covered at the moment are: Addiction and Recovery, Health and Medicine, Mental Health, Business and Leadership, Meditation with Children (including those with Special Needs), Interfaith, Social Justice, Science and Earth, Climate and Ecology.

I really do urge you to visit the main WCCM website if you have not already

done so, and search for Meditatio Outreach ([//wccm.org/meditatio/outreach](http://wccm.org/meditatio/outreach)). You will be richly rewarded. It is full of fascinating, insightful and encouraging materials. It will extend and enhance how you relate to your own personal journey of meditation. If your main experience to date has been with your own local group, it will be a glimpse into the range of ways that people in many different parts of the world are exploring the value and amazing gifts of meditation, and the way that these can be shared with people who might otherwise never have the chance of benefitting from them.

I do encourage you to make these visits to the Outreach pages a regular part of your journey as a meditator. You may not wish to be directly involved yourself in outreach, but it will be a mind and heart opening experience, and keep you connected to what is taking place in a very exciting field of exploration.

Here in the UK we are very blessed to have two of the people involved in taking on an international role as well as being a Special Interest Coordinator in the UK. Terry Doyle, who

Meditation for Young Adults

Weekly Online
Meditation for Young
People

Thursdays at 7pm

Everyone welcome!

Contact uk@wccm.org for
details.



works with 'People on the Margins' and those with problems of 'Addiction'. Terry for example, recently held a project which brought together meditation, music and performing arts to celebrate in his area the lives of asylum seekers in the past, who incidentally did so much to help bring prosperity to their new home. Working in combination with the arts is proving to be a very exciting new way of reaching out to people. Mary Devane is opening ways to bring meditation to prisoners and ex-offenders who can benefit so much from a contemplative practice. Mary is working on tailor made online ways of doing this, which she hopes will enable many more people to be reached.

My role has involved me in trying to understand more of what is taking place in the Outreach areas of the WCCM, and for me personally, it has been very exhilarating just to begin to grasp the sheer scale and potential of what is beginning to evolve from the research and work of Meditatio.


But this brings me back to asking meditators in the UK to remember the key task of "planting small seeds". In order for this to keep taking place, could I ask you to check the page in the UK Newsletter, where our Special Interest Coordinators are listed and their contact details provided. All that you need is to bear in mind that without changing anything in your current day to day life, you can make a decision to "plant small seeds". Just keep alert to the possibility that you may already know, or come across, teachers, volunteers doing nature preservation, people helping asylum seekers coming to your area, people assisting at foodbanks etc. These are the very people that we need to reach and inspire. These are people already involved and

committed in trying to bring about positive change, but who may never have considered the role of meditation in their field of interest. An open, sensitively timed inquiry as to whether they ever meditate with the people they are working with, can open up all kinds of conversations. To take any spark of response further, it can be very helpful to carry some of the WCCM UK simple pocket sized introductory cards with you, plus if you are talking about a possible Meditatio concern, the contacts for our various SICs. The cards can be provided by your group leaders, or you can get a pack from the London Office. If you have looked ahead at the Outreach pages on the web you may well be able to say something that could deepen their interest further, but suggesting the contact details of the relevant person in the UK can immediately give them access to anything that they might be interested to know.

Doing a great job of Outreach doesn't have to involve lots of pressure and commitment that you may not be in a position to give. But it does take being alert to opportunities 'on the wing', to spread the gift. Being just that bit prepared can make all the difference to helping the person you are talking to take the next step. It would be such a blessing if we could take up this simple practice, and we will never know how many people we may have helped by doing so.

Finally, don't forget to keep a lookout for forthcoming 'Forums' that the Earth Crisis Group will be announcing shortly. Any of the previous ones can be accessed on the Meditatio pages of the website.

Diana Ohlson dohlson24@gmail.com

**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

giftaid it

Gift Aid


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



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.



WCCM
IN THE UK

Peggy Jackson - 29 February 1919 - 22 March 2024

WCCM meditators in the village of Dalston, near Carlisle and throughout Cumbria, UK are saddened by the death of Peggy Jackson.

She was 105 and died peacefully in her own home, in the village square, overlooking St Michael's Church, with her carers and friends close by. This picture was taken only 2 weeks before her death.

Rev Kathleen Reale, local group leader, estimates that Peggy became involved in WCCM in the 1990's when the Dalston group was run by Rae Lister, an Anglican Lay Reader. Peggy went on to lead the group by default once it started meeting in her home and continued until about 2018 aged 99. Her home was a place of radical hospitality - that blue front door always open night and day and a very warm welcome to all. Everyone in the village knew her. She blessed everyone who entered and she exuded a calm, sparkly heartfelt peace in her eyes, face, voice and hugs. Once asking herself "why am I still here?" It was clear that her calling was to pray for her family, friends, neighbours, village, city, county, country and world.

I turned up as a stranger at her blue door in 2009, unannounced and she took me in and introduced me to the



power of stillness, silence and the mantra Maranatha. It was in Peggy's house that I met my now husband. Peggy was our bridesmaid aged 99, going behind us down the aisle on her mobility scooter with a bouquet of daffodils to 'Thine Be The Glory'.

St Michael's Church, Dalston was packed full for Peggy's funeral on 11th April 2024 with 3 vicars leading the service. Kathleen, one of them, gave the eulogy and summed Peggy up with this prayer by Martin Israel:

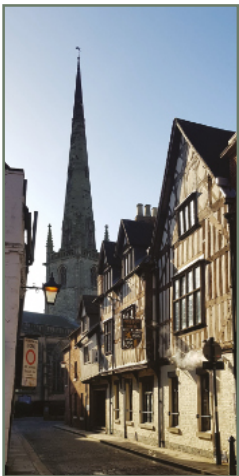
Let the healing grace of your love, Lord, so transform me that I may play my part in the transfiguration of the world from a place of suffering, death and corruption to a realm of infinite light, joy, and love.

Make me so obedient to your Spirit that my life becomes a living prayer and a witness to your unfailing presence.

Peggy is survived by a son in law, 3 grandsons and 2 great grandchildren in Cumbria, a granddaughter in London and 2 great grandchildren... and many many friends who, because of Peggy, are still meditating.

Rev Pauline Steenbergen

Let's Sing and Meditate in Shrewsbury



July 16 - 17 2024 - St Chad's and St Alkmund's, Shrewsbury

We will be based in St Chad's parish hall on Tuesday 16th July and in St Alkmund's church on Wednesday 17th July.

Our programme will include a prayerful mix of music, chanting, singing and silent meditation in the tradition of John Main. Musical direction will be led by Jacynth Hamill and Barbara Jennings together with local musicians MarkLines, Roger Lloyd and others.

There will be opportunities to relax in the nearby Quarry Park. A light lunch will be provided and refreshments throughout each day.

Costs: Adults £35 per person, concessions (young people under 30) £15. Day rate: £25 (concessions- £10)

Enquiries:

· Jon Kille 07912 026014 Jon.kille@btopenworld.com

Registration:

· Carole Dixon 01547 540683 carole@caroledixon.me.uk

"Discover the healing power of the human voice and meditation!"

Christian Meditation Scotland Retreat

Our retreat was held at St. Mary's Monastery at Kinnoull, Perth between 12th and 14th April. This is a beautiful space, to which we return frequently. This year twenty-five of us gathered for a retreat led by Bridget Hewitt called "The Voice of this Calling" – a suitably enigmatic title I felt! The retreat was silent from Friday evening until Sunday after Bridget's last talk. We had four wonderful talks in all, each one both absorbing and interesting. Bridget's underlying focus was the environmental crisis, which was both pertinent and challenging.

This felt like a very happy retreat. The environment around Kinnoull is really beautiful, with the Monastery being just on the path up to Kinnoull hill. Wonderful views are to be had from there, looking over the River Tay and the city of Perth. We had plenty of free time in which to enjoy the situation. The meditation sessions were all ably facilitated by different C.M.S. people, and we finished with a wonderful Agape meal, led by Jan Bundy. An Agape meal was new to me and many others. It proved to be a beautiful, and moving experience, and the feedback was very positive – so much so that we hope to repeat it next year.

All in all, this retreat was a wonderful experience, and special thanks go to: Jan Bundy, Jane Christie, Pat Hay, Fiona Kernohan, and David Noyce each of whom contributed hugely to its success.

Grateful thanks also go to Bridget – I hope we can lure her back again one day!

Lynda Stark

A Postcard from Crewe

Dear reader,

Seven of us, from the South and South-West, most ably guided by Liz Watson and Mark Ball, dropped anchor over the weekend of 19—21st April at the beautiful haven of Wistaston Hall Retreat Centre, Crewe. The seemingly constant rain of previous weeks was temporarily forgotten.

Here we shared ways to invite others to join Christian meditation groups and to enable them to best practice their meditation. There were practical sessions on how to present Christian meditation to various groups, such as to young people and to churches together. Our common, and frequent, failings in meditation, for example the distractions of our minds, filled as it were with the fun and noise of the fair, were lovingly acknowledged. They may become part of the way by which we learn to meditate better. We are not looking for perfection, rather for fidelity. Trust the process of meditation as we have received it. The fruits will grow in their own time.

Our minds moved through various images, illustrations such as meditation is like paddling a canoe towards the horizon — each stroke representing a repetition of our mantra. We are always heading towards the horizon, no matter how good or bad the current river-side view. Keep paddling, keep saying your mantra. For this metaphor and for so many more those of us present give thanks.

Indeed, throughout the weekend we were well-fed with marvellous food: in the dining room (e.g. fabulous fish pie and vegetables), in the conference room (chewing over Jesus teaching on prayer), and in the chapel (Mark's contemplative liturgy). Remarkably, too, the sun seemed to shine for the duration. For the rain, the pain, still in our



hearts came the comfort offered by a meditation group, the encouragement of teachers, past masters such as Dorotheos of Gaza and Evagrius of Pontus, and the gentle healing of God that may come through meditation.

All this Spirit-filled laughter & comfort & wisdom & friendship — to be digested and released slowly throughout many places over subsequent days, weeks. . . — settled us together at the more leisurely pace of our hearts. Wonderful preparation for the many times we simply sat as a community of beginners once more to say our mantra.

And after our closing Eucharist, in words of Mark's liturgy: 'We could say more, but we could never say enough. Let the last word be this, God is all.'

Wish you were here

John Rhodes

Reflections on the Essential Teaching Workshop – April 2024

Journeying up to the Wistaston Retreat Centre, Crewe, on a sunny Friday afternoon, I felt a sense of real contentment and gratitude about the weekend ahead. Grateful for the many things that led to this point, and content that I was making space for this.

Indeed, for me, "making space" was a theme that threaded through the entire weekend. It showed up on our first evening, as Liz invited us to share our own meditation journeys with the group, then to make space in the silence for us to hold all that was shared. It showed up on our last morning, as Mark celebrated the eucharist, slowing down the liturgy to give space for us to contemplate the holy, to honour the risen Christ, the Christ within us. And it showed up on many occasions in between.

The weekend was a wonderful balance between learning, practising, and meditating together, in a peaceful and welcoming setting. The learning sessions covered the history of Christian meditation from the desert fathers to John Main, rooted in Jesus's own teaching in Mark's gospel. Metaphor, symbol, and bite-sized phrases were taught to help us in our own meditation practice: thinking of your mantra as a "radar bleep" and recalling the three

basic elements of meditation as "3 S's" (silence, stillness, and simplicity), were just two. Looking at our practice over time as a journey and some of the issues we encounter was discussed and taught, drawing on wisdom from Christian contemplatives ranging from Evagrius and Dorotheos, to Teresa d'Avila and St John of the Cross. Learning about how to share the gift of meditation saw us working in smaller groups to prepare and then present, a talk on teaching and starting a meditation group. The practical followed by discussion, provided wonderful insights into how we could share this gift in our own unique ways, with others.

Our group meditation sessions, and the liturgy of morning prayer, were for me, the heartbeat of the weekend; sacred spaces made for being still, for resting in the source of Love, for offering up my feebly human attempts to ignore my ego and allow God to be God. As a waypoint along my own meditation journey, the Essential Teaching weekend was revealing, restorative, expansive and spacious in a way that only silence can be.

Anna Appleton-Cole

Four-Day Silent Retreat: 19-22 November 2024

Alongside our Seven-Day Silent Retreat (14-20 September), the WCCM in the UK School team are excited to be offering a new Four-Day version. Designed as a 'stepping-stone' experience for those unsure of committing to a full week of silence, the format will be identical, only shorter. Each full day will include a short talk, a one-to-one meeting, lectio divina, contemplative walking, seven times of meditation, and space for personal rest and reflection. The first and last days will each include some of those elements too.

We will be guests of the beautiful House of Prayer in East Molesey, Surrey ([//christian-retreat.org](http://christian-retreat.org)). Our shared meals will be simple, delicious and freshly prepared vegetarian fare, with additional dietary requirements catered for. The retreat will begin with lunch on the Tuesday lunchtime and end with lunch on the Friday. Apart from those two meals, we will be keeping silence throughout our time together.

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.

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



IMAGE: HOUSE OF PRAYER [//christian-retreat.org](http://christian-retreat.org)

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

Essential Teaching Workshop – Online for six weeks from 25 September

The Essential Teaching Workshop is one of the foundational resources of the WCCM School. Through a series of interactive presentations on the tradition and experience of meditation, participants reflect together on their own deepening practice. Designed to help you understand your own experience of Christian meditation in the light of the tradition as well as through the experience of others with whom you share the journey.

Participants also learn that one way to deepen their own journey is to share the gift of meditation with others. Different ways of doing this are presented in an interactive and friendly way. Each participant receives a copy of the book 'Sharing the Gift', with its varied resources compiled from many people's experience of teaching meditation in different contexts.

Participants find it an inspiring and energizing experience. Elsewhere in this edition of the newsletter you can read of participants' experience of the recent residential workshop at Wistaston Hall. To make the resource as accessible as possible, we also offer it in this online format. Though a different experience, facilitators and participants alike commit to forming and sustaining a meaningful learning community together as they engage with the material throughout the course.

The course costs £30, for further information and to book



IMAGE: WCCM.ORG

your place, please email Ailsa Adamson: ailsa.adamson@gmail.com

We very much look forward to having you join us!

Julie Roberts & Mark Ball
Co-facilitators

The School's Seven Day Silent Retreat



Photo by yamasa-n on Unsplash

The 7 day Silent Retreat is a six night residential opportunity suitable for people who have begun to integrate the John Main tradition of meditation into daily life. Retreat leaders will assume that participants are familiar with the Essential Teachings of John Main as they lead you into seven periods of meditation each day. Supporting the periods of meditation are contemplative walks, short talks, lectio divina and regular one to one opportunities to talk with the group leaders.

The retreat offers the profound and integrated experience of solitude with fellowship. It is an opportunity to enter into the heart of the tradition taught by John Main.

Whalley Abbey, Whalley, Clitheroe BB7 9SS



14th to 20th September 2024

Led by Joanne Caine & Alex Holmes

The fully inclusive cost per person for this event is £799

Bursaries are available. Please ask.

Bursary application deadline 1 July 2024


For an application form, or for more information, contact Ailsa Adamson:

E: ailsa.adamson@gmail.com M: 07846476545

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Meditation after Easter: In the Garden

Dear Friends

Having spent the Easter Triduum at the Benedictine Monastery of Christ Our Saviour in Turvey, near Bedford, I'm struck by the central presence of the garden in the Christian myth - or story, if you prefer (though my sense is that myth can speak of truths at an even deeper level than mere story does).

The garden is constantly referenced in the Easter liturgy: how humanity lost its way in a garden at the Fall; how Jesus was betrayed at night in a garden where his sweat "fell like drops of blood"; how, in the first sighting of his resurrected form (significantly by a woman - Mary) he was at first mistaken for the gardener.

Images of death and regeneration abound, of course, throughout the Bible. More often than not they refer to the life and death of the earth and the crops that grow in it. They intensify in the pages of the Gospel, culminating in the central, simple and transformational truth as spoken in the words of Jesus himself:

Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit

(John 12:24)



IMAGE: STOURHEAD - WCCM IN THE UK

It's worth remembering that the original meaning of paradise is an 'enclosed garden' or 'park' (from the ancient Persian). And there are those who maintain that the only paradise we can know is our very own planet: Earth. (But is it 'ours'? Do we own it?) Whether it remains paradise is very much up to how we choose to live here. We can use it and exploit it, or we can honour it and seek to realise our oneness with the Earth and all that lives here.

These two stanzas are from a longer poem called 'The Garden' by the 17th-century English poet, Andrew Marvell. It offers us a vivid and ecstatic account of how we might live in a kind of mutual intimacy with all the gifts of the natural world:

*What wond'rous life in this I lead!
Ripe apples drop about my head;
The luscious clusters of the vine
Upon my mouth do crush their wine;
The nectarine and curious peach
Into my hands themselves do reach;
Stumbling on melons as I pass,
Ensna'rd with flow'rs, I fall on grass.*

*Meanwhile the mind, from pleasure less,
Withdraws into its happiness;
The mind, that ocean where each kind
Does straight its own resemblance find,
Yet it creates, transcending these,
Far other worlds, and other seas;
Annihilating all that's made*

To a green thought in a green shade.

(For the whole poem go to: [//www.poetryfoundation.org/poems/44682/the-garden-56d223dec2ced](http://www.poetryfoundation.org/poems/44682/the-garden-56d223dec2ced))

And here's a beautifully pared down pointer to another way of living on the Earth without spoiling or ignoring everything it effortlessly, gratuitously offers us:

*Sitting quietly, doing nothing,
Spring comes, and the grass grows by itself.*

(That's from the Japanese poet Basho, Marvell's 17th-century contemporary.)

If you are lucky enough to have access to a garden or a quiet and unspoilt park, or stretch of open country, I hope that you can be there and experience something of the simple ecstasy that Marvell conjures up, or perhaps the spacious, non-striving acceptance of the Zen monk's haiku - or, indeed, whatever it is that is waiting patiently there for you. It is just a matter of stopping and being ready to listen.

Writing this, it strikes me now that, if each of us is indeed a grain of wheat, then the practice of meditation might be one of the very best ways that we can go to ground, put down roots, bear fruit, rise again. And that there are many, many worse things to be mistaken for than the gardener.

*With love,
Jim Green*

Jim suggests music by Lili Boulanger: *D'un jardin clair* ('Of a light-filled garden')

[//www.youtube.com/watch?v=65nk_yNomg4](http://www.youtube.com/watch?v=65nk_yNomg4)

CHAOS AND SILENCE

CAN WE SIT WITH THEM? CAN WE LEARN FROM THEM BOTH?

A weekend silent retreat at the Benedictine Monastery of Christ Our Saviour, Turvey (near Bedford).

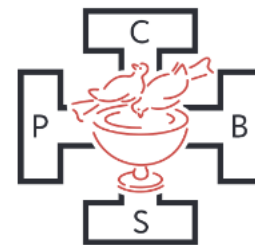
Facilitators: Jim Green and Edmund Giszter

Friday 2 August 3pm to Sunday 4 August 3pm

For details, contact: silentretreat@greenjim.co.uk or Edmund on 07977 533620 or see [//wccm.uk/events](http://wccm.uk/events)

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)

You may also find helpful a website [//theruleofbenedict.com](http://theruleofbenedict.com) which contains reflections on the chapters of the Rule written by Christian meditators. The site was created by the Meditatio House community of WCCM in London which closed in March 2019 to make way for Bonnevaux. All who are drawn to the Benedictine spirit, and all who practice Christianity in this spirit are warmly welcomed.

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

OBLATE EVENTS

Annual UK Oblate Weekend: 12th - 13th October (arrivals Friday pm) @ The Kairos Centre, Roehampton, London. SW15 4JA. All Oblate Seekers, Postulants and Novices will be most welcome to attend, an opportunity to be part of an in person gathering of Oblates in the UK. Further details to follow in due course.

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

Midlands Cell: Monday 10:00 - 15:00 August 5 at St Pauls Convent, Selly Park, Birmingham. Contacts: Diana Evans dianaevans15@btinternet.com & Sandie Cutts sandiejcutts@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 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 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: July 10 online 14.30 - 16.00; August 14 physical meeting (location and time to be confirmed); subsequent meetings alternating online/physical. Contact Jude Carpenter jude.carpenter47@gmail.com for details.

UK Led Online Oblate Cell Meetings: Sundays 14.00 - 15.30 July 14, August 11, September 8, November 10, December 8 and Wednesday Evening 19.30 - 21.00 July 24, August 21, September 18, November 20, December 18. Contact Angela Gregson via oblates@wccm.uk for more information



'Meditation is the journey to the centre – to one's own centre and the Centre which is God. Christian meditation is the path into this centre through the heart and mind of Christ by a way that gives priority to silence, simplicity and stillness in a spirit of love and service. Becoming an oblate in the WCCM is an expression of all this and a way to realise it. It is a beautiful and challenging way to raise the human journey into transformation in the love of Christ and the wisdom of Benedict, one of his great disciples.'

Father Laurence Freeman - from *The Oblate Path*

Events

Events from end of June 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.

Friday 14 to Thursday 20 September. Seven-Day Silent Retreat. Leaders: Joanne Caine and Alex Holmes. Venue: Whalley Abbey, Lancashire. Cost: £799 bursaries available.

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

SCOTLAND

Saturday 29 June 10:30 for 11:00 start. The exact number of stars. Leader: Alex Holmes. Venue: Liberton Northfield Church 280 Gilmerton Road Edinburgh EH16 5GT Cost: by donation Tea and coffee provided BRING PACKED LUNCH Contact: Clare Roller e: clare.roller@icloud.com Mob: 07762 299633

SOUTHEAST ENGLAND

Friday 2 August 15:00 to Sunday 4 August 15:00. Chaos and Silence. Can we sit with them? Can we learn from them both? Facilitators: Jim Green and Edmund Giszter Venue: Turvey, Bedfordshire MK43 8DH. Cost: Residential plus all meals £160, Non-residential plus lunch £55 Contact: silentretreat@greenjim.co.uk or Edmund on 07977 533620

Saturday 14 September 9:30-15:30. A Day of Meditation & Prayer. Leader: Val Hilsley & Valerie Quinlivan. Venue: St Mary's Church Malden CM9 5HW Cost: £10, tea and coffee provided. Contact: Val Hilsley on 07887785502 or valhilsley@btinternet.com

Friday 18 Oct 19:00 to Sunday 20 October 16:00. Emptiness Dancing: A Meditation Retreat. 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

NORTHEAST ENGLAND

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-0>

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-0>

NORTHWEST ENGLAND

Saturday 29 June 19:00. Glimpses into the Christian Mystical Tradition. Leader: Brij Waterfield. Venue: The Manchester Centre for Buddhist Meditation, 19 High Lane, Chorlton, Manchester M21 9DJ.

Tuesday 6 August 10:00 - 15:00. Living with the Mystics – Mechthild of Magdeburg. Leader: Grace Bryers. Venue: Ambleside Parish Centre, Vicarage Rd Ambleside LA22 9DH. Contact: Bob Morley 0770 44 19526 rgm1@live.co.uk

Saturday 31 August 10:00 - 16:00. Summer Day of Gathering. Venue: Rydal Hall, Ambleside, Cumbria, LA22 9LX. Cost: £30. Contact: Diana Raven diana.raven@icloud.com or Lisa Wilson lisa.wilson@nwsynod.org.uk

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. Venue: Monastery of Our Lady of Hying, LA5 9SE. Details to follow.

MIDLANDS

Tuesday 16 to Wednesday 17 July 9:00 to 17:00 (non-residential) Let's sing and meditate in Shrewsbury. Leaders: Jon Kille/ Carole Dixon/ Linda Bentick Venue: St Chad's Church Hall and St Alkmund's Church, Shrewsbury Cost: adults £35 (concessions £25) for two days including light lunch and refreshment. Day rate £25 (concessions £15) Contact: Enquiries: Jon Kille 07912 026014/ jon.kille@btopenworld. Registration : Carole Dixon 01547 540683/ Carole@caroledixon.me.uk

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.

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

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

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.meditatiocentreondon.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



WCCM

Bonnevaux & London Meditatio Centre Events

THE SPACE BETWEEN WORDS: HOW TO READ THE BIBLE AND OTHER SACRED TEXTS - LAURENCE FREEMAN
 29 JUL - ACTS OF THE APOSTLES AND THE EARLY CHURCH
 30 SEP - READING ST. PAUL



SILENT SATURDAYS
 29 JUNE - 12 OCTOBER
 11:00 - 15:00
MEDITATION, COMMUNITY, FRIENDSHIP



BEHOLDING DIVINE BEAUTY
 2 JUL - MARK CAZALET
 23 JUL - DIANE TOLOMEO
 3 SEP - BERNARD MCGINN
 15 OCT - SARAH BACHELARD

MEDITATION IN A COMMITTED RELATIONSHIP
 14 SEPTEMBER 10:30 - 16:00
A RETREAT DAY WITH LIZ WATSON



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



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
 25 JUL. - EMBODIED WISDOM & INTELLIGENCE
 19 SEP. - HEART WISDOM & INTELLIGENCE
 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

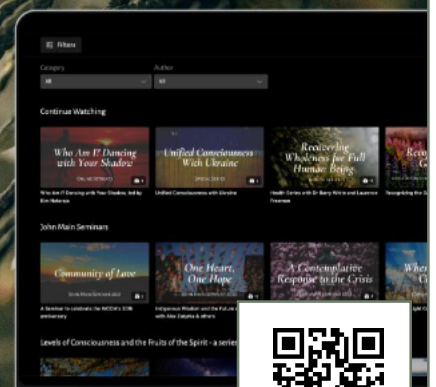
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