



In this issue

- 1-2 All are Welcome!!
UK Oblate News
- 3 Theme of Hope
Editorial / Poem
- 4 Theme of Hope
Southwest Retreat
- 5 Inspiring Initiatives
Pilgrimage to Taizé
- 6 Inspiring Initiatives
Wave of Prayer /
Sharing the Gift
- 7 Outreach
The Joy of Encounter
- 8 Outreach
Contemplative Church
- 9 Outreach
Outreach in the UK
- 9-10 Events
- 11-12 Contacts

Next issue

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

Please send articles for the next issue to:
shelagh.newsletter@gmail.com
and events to:
events@wccm.uk
to reach us by **1 February**.

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

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All Are Welcome!! UK Oblate News



NOVICES RECEIVED AT THE OCTOBER OBLATE UK RETREAT IMAGE: WCCM

At our recent UK Oblate Retreat at the Kairos Centre, we received four Novices, Jan Bundy, Sharon, Moira Whelan, and Anne Jaxa Chemiec as full oblates and welcomed Robert Mc Laughlin as a postulant. Their reflections are part of this article. At the retreat we asked what additional support was needed for our UK oblate community. And apart from all that we currently offer, there was a question:

Can any WCCM members join our oblate events and the answer is a resounding YES!

We welcome all who may either be interested in the oblate community, or wish to share in a time of *Lectio Divina* and reflections.

The UK Oblate cells are regional and are a combination of physical, hybrid and on line. The schedule for these is organised locally, but centrally communicated and can be found on the WCCM UK website and in the UK newsletter. **All WCCM members are welcome at our oblate cell meetings.**

A little bit about our Oblate community and what we do offer. We are the largest Oblate community within WCCM (approximately 100 oblates) with Australia, America and Canada having large numbers of oblates. **There are approximately 450 Oblates internationally, across 30 countries.**

The **Oblate website** is international, as is the Via Vitae newsletter, which will now be

sent electronically rather than hard copy. <https://oblates.wccm.org>

The weekly **Benedict's Well** is international and is open to all. It is the Oblate outreach. If you wish to join us from 9.00 a.m. to 10.00 a.m. every Monday, please email: wccmbenedictswell@gmail.com We begin with meditation, followed by a reflection or talk from members of our community and others.

There are now 21 online meditation groups: 7.30 a.m. and 6.00 p.m., 7 days a week and 12.30 midday, Monday to Friday

The groups are moderated and facilitated by UK Oblates and they form part of the worldwide meditation groups that can be found on the international and UK websites. Once again – all are welcome.

The **Oblate Guide** forms the framework by which all Oblate national communities are supported. It sets out the guidelines for all aspects of the Oblate community, from a first enquiry to ongoing support for oblates.

The **Oblate Path** booklet describes the stages in becoming an Oblate and is of particular value to meditators enquiring about the oblate life within WCCM. It is available through a link on the Oblate website homepage.

The **Bonnevaux Prayer Booklet** has been produced by Oblates, under the guidance

of Father Laurence and is available on line or hard copy in English.

Father Laurence leads the International Oblate Council and Marie Louise Schmidt is our International Oblate Coordinator. We have recently established Regional Oblate Coordinators who will support the National Oblate Coordinators.

I hope this information helps you to understand a little more about our oblate community, but the short reflections may illustrate the welcome and love that we offer.

Janet Robbins

On behalf of the UK Oblate Council

REFLECTIONS FROM THE UK OBLATE RETREAT

As I write it was only 2 weeks ago when members of the Oblate community met for a retreat in the lovely Kairos Centre in Roehampton which offered us great hospitality and delicious food! Only 2 weeks and I am still absorbing the import of that weekend when four of us novices were received as Oblates, when we committed to following the Rule of St Benedict, to “strive for God and make your spiritual journey the underpinning reality of your life, finding its influence in everything you do, in everything you are” (John Main). So for me this commitment has arisen as the only possible next step to honouring the Christ within me and live according to his/her precepts. Not a receiving of a diploma but a seeking to an ever broadening out into following that inner light.

The ceremony, which included Rev Jude Carpenter leading the Eucharist and blessings and a talk from Father Laurence

If I were to sum up our annual oblate retreat in one word that word would be JOY (yes! in capital letters) It was such a joy to meet up again with old friends and to meet in person those friends whom previously we had only known as tiny images on our screens (There's so much more to us than the digital “eye” can begin to perceive!) It was pure joy to spend time together in silence and then in-between times to pray and reflect together. It was especially helpful, I thought, to do our *lectio* together in small breakout groups and to stay in those groups for each of the three sessions. It enabled us to attend to each other at ever deeper levels and to be increasingly open and honest together and that was profoundly helpful. Of course, it was nothing but joy to receive and accompany our four novices as they made their full oblation during our Eucharist on Sunday. Their offering of themselves to the service of God through WCCM was such a significant moment for them and for all of us as we, too, re-affirmed our baptismal promises. And then for me it was a great privilege and pure joy to be invited to celebrate our contemplative Eucharist together on Sunday. For a

I entered the weekend as a seeker but left as a postulate. At the age of 19 I was given the gift of meditation while working as a volunteer at the Grail in Pinner, Middlesex. We had a weekly Christian meditation group that was, at that time, referred to as prayer of the heart. During my time at the Grail John Main led a retreat about Christian meditation. On leaving the Grail this gift remained in my possession but rarely appreciated. Some 45 years later during the Covid

After meditating with the WCCM for years I sensed God's call to deeper silence, stillness and simplicity. This led to being on the Oblate Path: a journey in dispersed community of ongoing formation, mutual acceptance and support. Each day I am learning to integrate this commitment to meditation, daily prayer, *lectio* and the deeper meaning of the Rule

of Benedict. The annual oblate retreat was an expression of spiritual unity and physical community. We celebrated a joyful Eucharist during which I was received as a full oblate. A new beginning as part of the UK and worldwide community.

on line, was beautiful and prayerful. During the ceremony I was asked to read from Ephesians 3:14-21 which was highly significant as these verses have always resonated for me and been an important part of my journey “... and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love...”

What was particularly moving for me, and I think for all of us becoming Oblates, was that we were meeting at last with those with whom we had had spiritual sharings with on line over the past few years, and this included my wonderful mentor who stayed with me on the path of formation. Despite technology, (which could be seen as a barrier), we had formed spiritual friendships. I felt, and feel, very blessed to be received in to this loving spiritual family. How true it is that meditation creates community!

Jan Bundy

long time now I have bemoaned the wordiness of our standard (Anglican) liturgies. For me they have become so deadening. To be able to slow things down, to let go of the barrage of words, to include pauses for reflection, to introduce silences which allowed us to savour the moment, to be still, to pray and to remember our Lord's presence with us... For me this is how it should be and it gave me more joy than words could ever express. To cap it all there was for me an additional joy... I was greeted by the Sisters at the Kairos Centre with absolute delight! For them I was tangible proof that with God all things are possible, even women priests, for heaven's sake!! praise God indeed. It was fitting that we danced our way out at the end of the service to the song, “You shall go out with joy and be led forth in peace...” Our special thanks must go to Angela, Julia and Janet for all they did, and do, to nurture and strengthen the bonds between us and to build up the community of love to which we are so very privileged to belong. It was such a lovely weekend.

Thankyou!

Jude x

pandemic I discovered, to my amazement, via the internet, the WCCM and joined a local meditation group at Axbridge in Somerset. Attending the annual Oblate retreat brought me back full circle to a community of love which I felt compelled to commit myself to as a follower of Jesus Christ on my spiritual journey.

Robert Laughlin

of Benedict. The annual oblate retreat was an expression of spiritual unity and physical community. We celebrated a joyful Eucharist during which I was received as a full oblate. A new beginning as part of the UK and worldwide community.

Sharon

First Editorial

Dear Friends, Hello!

I have always enjoyed reading the quarterly Newsletter of our community. I think we owe a great debt of gratitude to Margaret Comerford who has fulfilled the role of Editor so ably over the last 10 years.

I hope I will be able to serve you in the future giving a voice to our community with the invaluable help and support of Andy Goddard. Of course, I depend on you, dear fellow meditators, to send in your contributions. I would like to support us in communicating with one another. We can share inspiration and discover the various gifts and achievements of fellow members of our UK community.

There is a theme coming through in the various contributions that have come my way (as I gather material for this issue). It is the theme of Hope! Despite the wretched state of the world politically and environmentally, there is much to work, to pray and to meditate for. You will see it reflected in a number of the articles and poems in this newsletter.

The S.W. Ammerdown retreat in September this year given by Bridget Hewitt was entitled *The Voice of this Calling: Listening to the voice of our souls in a confusing world*. The final talk was entitled *The Voice of Hope*.

Bridget asks at the beginning of her talks, "How amidst so much apparent breakdown do we hear a voice of hope?" In her final talk she gives this answer:

We need to recognise that indomitable spirit (to quote Jane Goodall) that is within each of us...

We are to be reborn... to take on that agency of our true selves and to become agents of hope in the world. A hope that comes from the depth of souls that are alive, souls that are on fire with a deep love of all creation. This is the voice - and the calling - of hope.

I think you will hear this voice expressing itself eloquently in the personal accounts and poems and the examples of Outreach that follow. It was expressed in Sarah Bachelard's revolutionary call 'Not to collude but to challenge' the soul-destroying norms of the world we live in. We don't have to submit helplessly but we have an effective and inspired practice and the voice of our souls to counter the soullessness of our prevailing culture.

You will hear it expressed in the words and actions of Sue Clarke, reaching out enthusiastically to clergy, of Terry Doyle's example of including people on the margins who are the targets of hate and prejudice. There are those working with young people: Sally Walters' experience with young people at Taize. Lucy Blows working in schools. The joy of those who have found their home on the Oblate pathway – and many more.

Maybe the darkness many of us feel is a womb for the rebirth that needs to happen.

I hope and believe that the contents of this Newsletter will encourage us all.

If you want to respond to these or other articles, you can reach me at shelagh.newsletter@gmail.com

Shelagh Layet

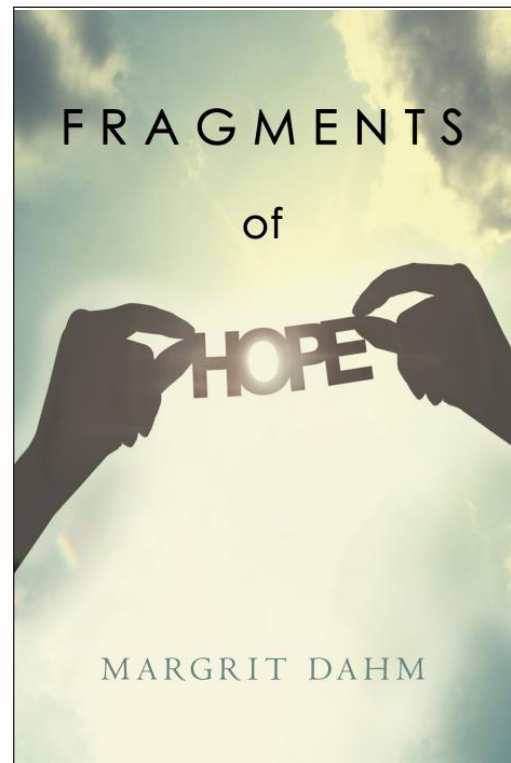
Through the Dark

When dark clouds
want to obscure
the chamber of the heart,

an angel of light
is urging us on
through the undefined
vapours of gloom
scattering behind him

fragments of hope

Margrit Dahm



From: *Fragments of Hope* by Margrit Dahm published 2024 by Vanguard Press. Used by permission.

The Voice of this Calling:

Listening to the voice of our souls in a confusing world.

Speaker: Bridget Hewitt

Friday 20th Sept. – Sunday 22nd Sept. 2024

At the Ammerdown Centre

A TRANSFORMATIVE EXPERIENCE: REFLECTIONS ON THE WCCM RETREAT AT AMMERDOWN

Attending the WCCM retreat at Ammerdown was a deeply enriching experience—a perfect blend of reflection, learning, and connection. The retreat offered a unique opportunity to meet fellow travellers on the same spiritual path, engage in meaningful conversations, and exchange insights on meditation. Sharing notes and books we'd read further deepened the experience, fostering a sense of community and shared growth.

One of the highlights was the speaker, Bridget, whose presence was truly remarkable. She spoke with humility, free of ego, yet commanded the room with her deep wisdom and personal insights. Bridget's journey resonated with many of us, as she shared from her own experiences while also drawing on a wealth of reading and knowledge. Her words felt authentic and grounded, providing both comfort and inspiration. A particularly special part of her sessions was the poetry she shared, which spoke directly to the heart of the meditation journey. Receiving notes afterward, including the poetry, was a brilliant touch that allowed us to revisit and reflect on her messages long after the retreat ended.

This is the third time I have been to a retreat at Ammerdown and I am sure it won't be my last.

It was delightful to see other retreatants from previous years as well as meeting new faces. What I will take away from this year's event is how it has enriched my spiritual life and got me back on track with my meditation practice which, of late has been sporadic. I didn't realise how much I missed it.

The gardens are so peaceful and natural they lend themselves to silent contemplation and we were blessed with an afternoon of glorious sunshine on the Saturday.



This retreat gave us a renewed sense of enthusiasm for our meditation practice. It reminded us that this path, while unending, continues to evolve and deepen. Each step offers new insights and connections, both within ourselves and with others walking alongside us.

Equally important was the expansion of our network. Meeting like-minded individuals who share a passion for meditation created a bond that will surely last beyond the retreat. The conversations were rich, supportive, and filled with shared wisdom. We left with a sense of community and a renewed commitment to this lifelong journey.

As we look forward to next year's retreat, we extend our heartfelt thanks to everyone involved. This experience was not only a boost to our personal meditation practice but also to our sense of connection with others. We are already eager to return, knowing the journey of meditation never truly ends—it only grows deeper, more interesting, and more rewarding with time.

See you next year!

Mike & Wendy Wilsher

In a world where most of us are surrounded by noise, some happily from loved ones, friends and our favourite music but so much from news updates of unhappy events around the world. How many people crave a couple of days in silence if they only could. I feel blessed to be a part of a community that values and enables me the opportunity to experience it.

With many blessings

Christine Strode

The Tomb

How secure the tomb is.
How cosy it is in its snugness.
It is here that the struggle for birth begins.
The groans of childbirth reverberate around the tomb.
I want to stay here; but I also want to live.
I am the child ready to be born.
The tomb is the womb of God.
Out of the tomb is born the child of God.
I am the child,
fighting its birth,
trying to hang on to the false securities of the past.

I am here, inside God, ready to be born into the world.
At this moment of resurrection,
I know the birth pains of God, my mother.
For the first time I know the pain of God,
who is at work recreating me.
As I struggle, trying to remain inside the womb,
I hear the screams of God as she gives birth.

Judy Holyer

Judy Holyer offered this poem in the course of the retreat which she read out loud in a sharing session.

Bath and Wells Diocesan Pilgrimage to Taizé with Young People - July 2024.

Sally Walters, Contact for Nailsea Meditation Group Team writes:

I feel 'full to the brim', overflowing with thankfulness for our pilgrimage. Our Bishop and missional priest for youth and young adults, instigated this annual exciting experience inviting young people between the ages of 19 – 29. I work in a wellbeing role with clergy, including other aspects of the diocese that would benefit from some psychological input.

Being older, rather than young, though the criterion was to be young at heart, I went as a leader and for the first time managed living in a tent and enjoyed camping, walking the distance to the showers/toilets, and lining up in crowds for the very basic but adequate food offered. Erecting the tent was my challenge, however, as with most new experiences at Taizé, joint ventures were part of the experience, helping each other and living alongside in community, regardless of age, denomination or culture. Taizé attracts young people from all over the world. It was fun!



Taizé was founded by Brother Roger Schutz (1915-2005) in Taizé, created for reconciliation after World War II. Taizé has become one of the world's most important sites of Christian pilgrimage, with a focus on youth. It combines a prayerful form of music which is rich and simple, with contemplative meditation and elements of the church's liturgy of the hours.

I am still hearing the resounding bells of Taizé in my inner self, that call to worship. I ask regularly how can I continue something of this devout pattern in my daily life which includes stopping in prayer and worshipping three times a day? As we recognise silence as prayer, singing the Taizé chants also is prayer. St Augustine said, 'to sing is to pray twice'. With these words in mind, I have Taizé music in my car and focus with delight on the repetitive phrases with deep meaning. Although we recognise many forms of valid prayer, our daily time with God can easily turn into a



task and then we feel guilty for not achieving our goal. I find the chants can entwine with meditative silence to help me be open to receive the power of the Holy Spirit.

We entered new and deep relationships, community living, a daily spiritual rhythm providing teaching, profound worship three times a day with up to 3,000 people with glorious harmonious voices and periods of focused silence. The space set aside for open mic performances, cool drinks and ice cream gave a different sort of relaxation.

We all were assigned to working tasks. I washed up very large cooking pans, washed floors daily with a group of Germans and we laughed and laughed. I was thankful for a study group with members from Germany, Sweden and the Netherlands. The Brothers teaching for all ages was insightful and inspiring, providing a fresh view of scripture authentically applied to this complex life.

I was honoured to join the listening team receiving streams of young people seeking insight and God's guidance for their lives and prayer was offered. The vastness of the worship space was as large as the experience left in my heart. I am left feeling even younger in my spirit! Above all, this specific form of worship allows us to slow down and enables us to focus on God.

The Taizé song, *Let all who are thirsty come, let all who wish receive the water of life freely* seems to sum up for me the week's deep infilling in many ways.

Sally Walters

Meditation for Young Adults

Weekly Online
Meditation for Young
People

Thursdays at 7pm

Everyone welcome!

Contact uk@wccm.org for
details.



Wave of Prayer

Lucy Blows became curate in the Benefice of Pill, Easton in Gordano and Portbury a year ago. She has set up a new meditation community starting with a 6-week Introductory Course. Meditation takes place every week in one of the three churches.

Lucy is introducing the children to meditation in 2 primary schools. She has introduced chaplaincy in secondary schools.



Lucy participated in the diocese of Bath and Wells 'Wave of prayer' in Nailsea school on Saturday 7th September. There were several prayer stations at Nailsea school as part of the Wave of Prayer across the Diocese. Lucy set up one representing Meditation. At one point all the stools were full as people sat in precious silence and prayer. Lucy has sent images of the one she created.



Archbishop Justin Welby visited the school and went round all the prayer stations including the above. He engaged with young people and was keen to discuss with them and to explore with them their thoughts on what prayer is for them.

The Reluctant Retreat Leader: Sharing the Gift – a simple mini-retreat idea

May I share my experience of plucking up courage to introduce meditation in my local Anglican church. To start a regular meditation group in my village felt like a gift I could offer, but somehow, I kept stalling before taking any action.

I decided that maybe a short afternoon mini retreat would be achievable. I wanted the session to be grounded in the Christian tradition, but not exclusive to churchgoers, therefore I needed to choose the words and readings carefully.

I followed the main advice of more experienced Regional Team members which was to start and end the session with silence. I started to plan and placed an advert in the local parish magazine:

Saturday 14th September 2.30 – 5pm

An afternoon retreat to explore how we can allow ourselves time away from busyness and 'Doing' in order just to 'Be'. Meditation can be a mindful practice with amazing benefits to wellbeing, but also a bridge to silent prayer that has roots in early Christianity and other spiritual traditions. Come and find out why silence and stillness are so relevant to our lives today.

I was amazed to receive interest from 16 people, some parishioners and some not – of these 11 could make it on the day! The simple space was set up in a side chapel of the church with a circle of comfortable chairs and a welcome of quiet music. The basic format:

- ◆ **Introduction:** Keen to start with a period of silence, but mindful that some had not meditated before, a short explanation of meditation as a universal practice was needed, and that for Christians, meditation is a form of prayer – the prayer of the heart.

- ◆ **Meditation:** We shared a silence of 15 minutes, beginning and ending with Psalm 46:10 and words from Meister Eckhart.
- ◆ **Posing questions:** What is the point of sitting in silence? Is it just a waste of time? How is it relevant to our lives today? Is it just for monks? What about mindfulness? What are the links to spiritual or religious traditions? How do we find the time, or make the time in our busy lives for meditation? What difficulties might we encounter?

Each question was explored alongside readings from scripture, John Main, Richard Rohr and David Cole. Some sharing of experiences followed.

- ◆ **Refreshment break:** Simple refreshments and an opportunity to stretch legs, browse some books, share experiences or take quiet time alone with a handout for a mindfulness awareness practice.
- ◆ **WCCM video:** This lovely animation available on the WCCM website is a short summary of the basics. Helpful not only for new meditators, but as a refresher for the more experienced beginners!
- ◆ **Meditation:** Quiet music to settle, readings on the theme of 'the art of peace' from the book of that name by David Cole.

I am happy to say that there has been enough interest to establish a monthly meditation group going forward. The chapel was a beautiful space but rather cold - fortunately we have access to a warm and welcoming communal village space at minimal cost.

Julie Moore – Somerset Team Member

THE JOY OF ENCOUNTER



A Meditatio Gathering with the WCCM in the UK
at Ampleforth, York 2-4 June 2025

Led by Terry Doyle
SAVE THE DATE!



**To register your interest contact Kate at
meditatio@wccm.org**



The Risk of Living Together

The WCCM theme for 2025 is ***The Risk of Living Together***. I thought to myself how appropriate a theme this is - given all the riots that have sadly erupted across parts of the UK during the summer, including in my home town of Middlesbrough!

In fact, I have never witnessed such anger and hatred spill out from so many people against a very vulnerable and terrified target group of locally dispersed Asylum Seekers and local Muslims. Most of them had even been born and bred in the town as had their parents!

This begs the question, how can we as a Contemplative Community play our part in helping to quell such unrest and maybe help to re-build fractured communities in our midst? Do we have a responsibility to even try, some would say?!

My answer would be informed by our own Community Logo of the Two Doves on the Chalice. One dove represents our own inner work of daily meditation practice which is vital if we are to begin the journey of finding peace within a fractured world. At the same time as we heal our own inner wounds and neuroses - so we stop projecting them out into the world. We then start to become part of the solution as Peacemakers. But we ALSO then need to find ways of sharing the fruits of our own practice within our own spheres of influence which will be different for us all.... This vital work is represented by the other dove on the chalice, so BOTH are necessary.

During 2025 there will be a greater push within our wonderful UK and Global Meditation Communities to find ways to get more involved with sharing the fruits of our practice through some sort of Community Outreach. So please watch this space if these ideas are of interest to you. In particular, you may wish to come to the ***Joy of Encounter Retreat*** scheduled for June 2 - 4 at Ampleforth Abbey near York.

I'll be bringing up to 30 adults from very troubled and difficult backgrounds from the streets of Middlesbrough to meditate, sing, walk, talk and heal together. It would be wonderful if you could come in solidarity with people who ordinarily you may never get to meet, and to **risk** meditating together to use that word!

Let's show these good people that we, as an inclusive and welcoming community, are indeed willing to risk living and meditating together, and maybe then be inspired to find ways of volunteering in our own local areas, sharing the gifts of our meditation practice as well as practical support to people who need our love and welcome.

Terry Doyle

Special Interest Coordinator for People on the Margins

Contemplative Church Progress

It was an absolute privilege and delight to host Sarah Bachelard on her visit to the UK in the summer of 2024 and to spend time talking with her about all things contemplative. The advantage of being host was that we had Sarah to ourselves for some of the time. During some of those quiet times we talked about the contemplative projects we are trying to grow here in Yorkshire and really valued her encouragement, wisdom and genuine interest.

It seems like a long time ago that we were enjoying the sunshine and beauty of Minsteracres. It is a truly stunning and tranquil location to host a gathering of enthusiastic meditators. Sarah Bachelard's talks held us all captivated throughout the weekend with her gentle wisdom and shared experience. The workshops were delivered professionally and with good humour and enjoyed by us all. Sarah's talks are all available on WCCM website to revisit or hear for the first time if you were not able to get there. <https://vimeo.com/showcase/11246298?share=copy> Password is Minsteracres

With barely time to catch breath we embarked on Sarah's roadshow which took in Mirfield, Leeds, Birmingham, Chepstow, Bath, Salisbury and finally Meditatio Centre in London. Without exception the hosts all played their part perfectly without any hiccoughs along the way, and I am so grateful to all of them. There were many stories I could share about our encounters with lovely people who warmed to Sarah's disarming approach and inspiring words of hope for a world that seems to have lost its way. People openly shared their struggles and concerns for our

world and their own particular situations. It was truly a time of healing and hope.

One gentleman assured Sarah before the talks began that he was an atheist and was only there to accompany his brother. At the end of the Poetica Divina talk, he came back to Sarah with tears in his eyes telling her 'you have started a revolution.'

So, as we said farewell to Sarah, leaving her in the care of Kate Coombs and her colleagues at Meditatio Centre, I was keen to continue the 'revolution' from my base back in Yorkshire. A few months ago I had taken on the role of WCCM Special Interest Co-ordinator for Clergy who Meditate. Having been given a list of about 120 such clergy I set about contacting all of them. About 30 people responded, some were long retired or no longer involved with WCCM but a few were keen to support each other and promote Contemplative Church in their own location.

One clergy meditator on the tour had suggested a blog. What a good idea! But being ignorant of blogs, I am grateful to Kate for starting me off with a blog page on the WCCM website which you can find here called Contemplative Church Leaders Network <https://my.wccm.org/collections/32827>. If you wish to join the network please contact me at sueclarke538@gmail.com then you will be able to share on the blog what contemplative things you are doing and the resources you have found most useful.

Peace, Joy and Hope for the New Year ahead.

Sue Clarke



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](https://www.wccm.uk/donate)

You can also send cheques to:

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

Please include your name, address and email and make cheques payable to:

WCCM in the UK

Gift Aid

giftaid it

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



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

Outreach in the UK

Here in the UK we are fortunate to have committed Special Interest Coordinators working to explore Outreach and highlighting the potential that is on our doorstep. Outreach to children, to people on the margins, to clergy, to prisoners, to mention a few. However, everything depends upon the interest and willingness to reach out, of people drawn from our dedicated group of regular meditators.

In the early part of 2025 we will be sending out a short Questionnaire to everyone on the UK database, (and we do ask for your help by responding to this). We want to make contact with all the people who attend online groups but who may not be on the database. We also would love to hear about your experience or contacts that you may have in any of the Outreach Areas. (It could be that these people might be interested in exploring the gifts and benefits of meditation.)

In order to tailor the time and effort that our SICs put into their tasks, it is essential that we have a clearer idea of how much support and enthusiasm there is within our UK Community.

At a recent international Meditatio Council meeting Father Laurence emphasized that with Outreach, it is very important to remember: "Just offer what is. You don't have to fix it." This was brought vividly into focus in a moving account by Linda Kaye who has introduced meditation over sixteen years now, at the Neptune Beach Florida Christian Meditation Centre, to people with addiction problems. The sessions are held, not in a church setting, but somewhere easy and familiar, even next door to a bar! A space for silence and being together is regularly offered with no focus on faith or no faith, only a desire and a willingness to be together in an accepting and loving silence followed if wanted, by a time to talk. Just the consistent offering of this loving space has helped numerous people to regain a sense of hope and acceptance which has often been so lacking in their lives.

Sue Clarke, our SIC for Clergy and Contemplative Church is not only busy supporting a growing network of interested clergy, but considering how best to support lay people feel confident in offering these experiences.

Diana Ohlson.

Events

Events from late December 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)

MEDITATIO OUTREACH

Monday 2 - Wednesday 4 June. The Joy of Encounter - a Meditatio / WCCM in the UK Gathering.
Venue: Ampleforth Abbey. Led by Terry Doyle.

SAVE THE DATE!!

THE SCHOOL EVENTS

Plans for 2025 events are being formed, please check the UK website for details.

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

WCCM ONLINE & BONNEVAUX ON THE GROUND

Retreats - <https://bonnevauxwccm.org/programme>



Courses: <https://wccm.org/events>



DEEP SILENCE RETREAT
GO TO A DEEPER AND SIMPLER PLACE, TOGETHER IN SOLITUDE INTO THE 'GREAT SILENCE'

LED BY
LIZ WATSON

25 JANUARY - 2 FEBRUARY
BONNEVAUX, FRANCE

LEARNING TO MEDITATE
BRING AN OPEN MIND AND CHILDLIKE HEART AND BE READY TO DISCOVER WHAT SIMPLICITY REALLY MEANS

LED BY
LAURENCE FREEMAN

11-16 FEBRUARY 2025

Events (continued)

ONLINE

Tuesdays 21, 28 January, 4, 11 February 18-18:45. Epiphany Meditations. Leader: Cameron Butland Venue: online via Zoom (booking required) Cost: no charge. Contact: derby.notts.cc@gmail.com

Thursdays 6, 13, 20, 27 March 18-18:45. Lenten Meditations. Leader: Cameron Butland Venue: online via Zoom (booking required!) Cost: no charge. Contact: derby.notts.cc@gmail.com

Fridays 11 April 18:00 to Saturday 12 April 17:00. The Blessing of Creation Online Retreat. Leader: Cameron Butland Venue: online via Zoom (booking required!) Cost: no charge. Contact: derby.notts.cc@gmail.com

OBLATE EVENTS

Annual UK Oblate Weekend: 7 - 9 October. The Kairos Centre, Roehampton, London. SW15 4JA.

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

WCCM Oblate cell meetings:

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: at the Meditatio Centre. Contact oblates@wccm.uk for dates.

Midlands Cell: Wednesday 10:30 - 15:30 January 15 & March 12 at St Pauls Convent, Selly Park, Birmingham. Contacts: Diana Evans dianaevans15@btinternet.com & Sandie Cutts sandiejcutts@gmail.com

Northern Cell: Mondays January 6, February 6 and March 6: 1.30 - 3pm online. Contact: Angela Gregson via oblates@wccm.uk for more information

South Western Cell: Second Wednesday of the month. 8 January & 12 March 10.30-4.00 - Manvers Street Baptist Church, Bath; **12 February - online 2.30-4.00.** Contact Jude Carpenter jude.carpenter47@gmail.com for details.

UK Led Online Oblate Cell Meetings: Sundays January 12, February 9 & March 9 14.00 - 15.30; Wednesdays January 22, February 19 & March 19 19.30 - 21.00. Contact Angela Gregson via oblates@wccm.uk for more information

NORTH EAST ENGLAND

Saturday 8 March 10:00 for 10:30-15:30 Regional Quiet Day. Venue: Church of the Holy Saviour, 2 Broadway, Tynemouth NE30 2LS. Cost: £8 Contact: Angela Foley: angefoley@btinternet.com

Venue: Ampleforth Abbey, near York YO62 4EN.

Contact: pastoral@ampleforth.org.uk / <https://www.ampleforthabbey.org.uk>

Monday 19 16:30 – Thursday 22 May 14:00. Tai Chi and Christian Meditation. Leaders: Christopher Gorst OSB and Terry Doyle.

Friday 27 16:30 – Sunday 29 June 14:00. Tai Chi and Christian Meditation. Leaders: Christopher Gorst OSB and Terry Doyle.

Friday 26 16:30 – Sunday 28 September 14:00. Tai Chi and Christian Meditation. Leaders: Christopher Gorst OSB and Terry Doyle.

Friday 21 – Sunday 23 November Christian Meditation – Silent Retreat. Leaders: Christopher Gorst OSB and Terry Doyle.

Venue: Minsteracres Retreat Centre, Minsteracres Consett DH8 9RT Contact: Phone: 01434 673248.

Saturday 8 March. Tai Chi and Christian Meditation Day.

Leader: Terry Doyle. Suggested Donation: £30.

Friday 3 to Sunday 5 October. Tai Chi and Christian Meditation Retreat. Leader: Terry Doyle. Cost: £TBC

MEDITATIO CENTRE

St Marks Church, Myddelton Sq London EC1R 1XX

Contact: 020 7278 2070 meditatio@wccm.org

www.meditatiocentrelondon.org

Repeating events:

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 in 2025 (venue The Meditatio Centre and contact meditatio@wccm.org):

First Saturday of every month 11:00-15:00. SILENT SATURDAYS. Silent day with 3 periods of meditation. No cost. All welcome.

Feeling the Way - Continuing the Journey of Meditation, A Four-Week Online Course. 19 May - 9 June: 18:30 - 19:30 4 Sessions. See: <https://wccm.org/events/feeling-the-way-2025/>



WCCM
THE MEDITATIO CENTRE

Meditation and Community in the Heart of the City



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WWW.MEDITATIOCENTRELONDON.ORG

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WCCM
IN THE UK

Meditation News

Meditation News is published quarterly by
WCCM in the UK,
PO Box 80029, London, EC1P 1RE

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

WCCM in the UK is part of the World Community for Christian Meditation
and is UK registered charity no. 1189977.

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