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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:
shelagh.newsletter@gmail.com
 and events to:
events@wccm.uk
 to reach us by **1 May**.

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

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Quiet morning in preparation for Advent Opening the Heart's Door



Meditators from Bristol and around met on Saturday 23rd November 2024.

It was a beautiful morning, making space in our busy lives to pause and prepare for the lead up to Christmas.

Meeting at Faithspace, Redcliffe Methodist Church lent itself beautifully to this aim of pausing in the midst of busyness. It is in the centre of Bristol and real, everyday life was happening all around.

As we gathered in a circle to listen to the introduction for the morning, looking up, you could see the trees and sky through a broad and high window.

Throughout the morning, as we heard the weather and saw its results coming through the roof (which had seen better times), I looked up regularly and felt the surroundings of God's creation as we listened and shared silence, meditation and Lectio Divina.

Helen Adams shared a liturgical summary of Advent as a *Period for devout and expectant delight* and quoted from a homily written by St Bernard of Clairvaux, an Abbot and Mystic from the turn of the 12th Century who talked about the three comings of Christ:

*'We know that the coming of the Lord is threefold...
 The first coming was in flesh and weakness,
 the middle coming is in spirit and power,
 and the final coming will be in glory and majesty.
 This middle coming is like a road that leads from the first coming to the last.'*

Through sharing silence, meditation and Lectio Divina, we were able to experience the middle coming of Christ day by day, that day, now, here.

The Christ who makes his home with us. The Christ who accepts us, whatever the state of that home, if we but stop and acknowledge his presence.

Thank you to the Team who planned and led this day. You created a beautiful space to hold the silence and set us up for Advent 2024.

Francesca Magner
 IMAGE : HELEN ADAMS

Creating Community...

Recently something struck me for the first time. Amazingly, since I have been meditating for a long time. I was struck by John Main's emphasis on small groups.

During a spell as headmaster in the USA a student, who had travelled in the Far East and experienced Eastern spirituality, asked John Main a life-changing question: 'What is there like this in Christianity?' This sent him off on the trail to answer this question. He found it in the writings of the Desert Fathers. And what did he do? He started a small group of lay contemplatives who practised meditation 3 times a day in the grounds of Ealing Abbey. Others who couldn't commit to that, were pressing him to teach them. And very soon in response to requests, he started forming small groups for people leading ordinary busy lives in the world, to gather together to meditate weekly.

The small group is the essential unit of our community. Community is an essential aspect of the spiritual life. Kabir Helminski writes,

'There is no such thing as individual spirituality'. And again, 'Wherever two or three are gathered in presence, maturity of spirit is communicated from one heart to another. It is rarely achieved alone'(Living Presence).

One of John Main's most frequent sayings was, **'Meditation creates Community'**

In our fractured and fragmenting world more and more people who are concerned for human welfare are advocating the value of community. Laurence Freeman spoke recently of 'releasing a contemplative spirit in our complex and violent global crisis'.

This newsletter illustrates some of the joys and rewards of team-creating and gatherings of small groups being fostered in our UK community. Even the individual journey of the Camino – ends up creating community! The Cumbria community is an object lesson in creating com-



A UNIVERSAL EXPRESSION OF THE UNION OF CONTEMPLATION AND ACTION, 'TWO SWEET FRIENDS'

IMAGE : MAUSOLEUMS DER GALLA PLACIDIA, RAVENNA, VIA WIKIMEDIA PD

munity. Almost every possible aspect is represented there. Notice how dynamic and flexible a team of seven can be! It is a joy to be able to spread this good news by reporting some of what is going on. We can be an example and inspiration to one another. Whether they be in person or online small groups work - they create community.

We cover the whole spectrum – from the little local group to those who carry the responsibility of representing the community at the national level. And the Outreach of the Community as expressed in the Ampleforth event **'The Joy of Encounter'**. All share in the precious gift that binds us – opening to the presence of the divine mystery of which we are a part.

My hope is that the Newsletter will help us communicate with one another. It's good to hear what other people are doing. And it's good to let other people know what we are doing. We are a community!

Shelagh Layet

Please send in your news to shelagh.newsletter@gmail.com



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 - 07704 419526.**

Meditation for Young Adults

**Weekly Online
Meditation for Young People**

Thursdays at 7pm

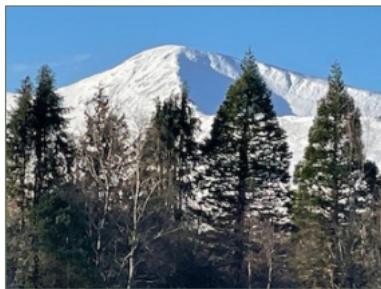
Everyone welcome!

Contact uk@wccm.org for details.

Cumbria Community

Christian Meditation in Cumbria traces its roots back to 1988 when it was originally formed as the Cumbria Fellowship of Contemplative Prayer by Revd. David Wood. Thirty-seven years later it is still going strong, with a network of 14 groups countywide coordinated by a Steering Group of seven.

Cumbria's beautiful landscape makes a peaceful backdrop for meditation but is not without challenges due to its sheer size and mountainous landscape. Nevertheless, the Steering Group meets every 6-8 weeks in Keswick to plan activities. Its 7 members come from across the region: Windermere in the south, Cockermouth in the West and Carlisle to the North. Steering Group Member and local poet Bob Morley says, "Between us we have a wide range of skills from writing, yoga and music, to teaching, event management and accountancy. This allows us to manage the operational side of the group and offer events throughout the year."



The team has a loose structure, there is no designated leader and members take turns chairing and minuting meetings. Some specific tasks are allocated to those with appropriate skills and time including producing accounts,

compiling the monthly newsletter and communicating with the organisers of the meditation groups. However, the group is flexible and people may swap and change roles over time. For instance, different people take the lead on running events with others providing support with the catering, administration and publicity where necessary.

The individual meditation groups are mostly small, weekly or monthly meetings. The largest is a weekly group run in Cockermouth, focused purely on silent meditation. Links are maintained with compatible groups, a group in Carlisle is offering silent meditation alongside other spiritual exercises such as lectio divina and Taize chants. A group in Cleator Moor offers a time of silence within a monthly contemplative Eucharist service.

The Steering Group offers support to the groups with a designated point of contact for the North and South of the county and by publicising relevant news and updates in a regular newsletter. However, increasingly, the team is finding it provides most support through its provision of events. Anecdotally, it appears that with busy, modern lives, people find it easier to attend ad hoc events rather

than weekly or monthly commitments. It has also been noticeable that people enjoy the opportunity to learn something which supports the development of their meditation journey alongside enjoying periods of communal silence.

The highly successful *Living with the Mystics* programme, now in its 20th year, is a series of quarterly meetings introduced by different attendees on a mystic of their choice – in 2025 these will include Carl Jung, Meister Eckhart, Goethe and Ignatius of Loyola. A range of suggested study materials are provided before the event; on the day, an overview of the chosen mystic is given before opening out for discussions interspersed with periods of silent meditation.

In 2024 events during the year included a day of poetry reading and Maranatha yoga in Ambleside; a Day of Walking Labyrinths at Rydal Hall and a fascinating series of lectures by Neil Douglas-Klotz based on his Aramaic studies of scripture. Care is taken to allow these to be as accessible as possible in terms of cost and venue and where possible, at least one event each year is free to attend.

In recent years, the group has also held a number of residential retreats at Hying Monastery and Boarbank Hall. This has allowed the attendees to enter an extended period of quiet with silence held from Friday evening until Sunday morning.

Recent guest retreat leaders have included Anglican Priest and Zen teacher, Christopher Collingwood and Brother Martin Sahajananda, disciple of Father Bede Griffiths and former spiritual director of Shantivanam Ashram.



Bob continues, "2025 looks to be another busy year for our small team. Plans are in place to help people share more meditation together, with old and new friends in the coming year."

Team member Lisa Wilson

IMAGES:CHRISTIAN MEDITATION CUMBRIA

The Christian Meditation Cumbria programme for the first half of 2025 is available here: <https://bit.ly/4gCpAWI> and in Events on the UK website: [//wccm.uk/events/](https://wccm.uk/events/)



Regional Monthly Online Meditation

Five years ago, on 23 March 2020, a nationwide lockdown was announced due to the COVID pandemic. WCCM meditation groups had to reimagine how they continued their practice.

As the Bristol and Bath region we arranged our first online meditation on December 5th 2020. 26 people attended and I then set up monthly meditations with the support of the UK admin team. 'Zooming' forward to 2025 we have now announced our monthly dates for the year.

Throughout the time many people have dropped in occasionally but some have committed to most sessions. It has given the opportunity to meet new people, see 'old' faces, bring together people from across the region, make new friendships, gather together and as one group leader remarked 'If you're running a group (even a tiny one), it is a treat not to be responsible for a meditation session that involves others.'

WCCM has an overview of the benefits of meditating as a group: The passing on of the gift of meditation is essentially a personal matter. It can be the best way to be introduced to meditation and then to have your personal practice supported and enriched. Through the group you can feel connected to a much wider and indeed global community and also find a deeper connection to the contemplative tradition.

The meditation group is therefore a way into the deeper experience and meaning of meditation by connecting personal experience to community. In a group each person both gives and receives encouragement. 'It is giving

that we receive'. For where two or three have met together in my name, I am there among them' (Matthew 18:20). Meditation is a journey that is difficult to make alone and we need the support of others if we are to persevere.

The benefits of community are well documented and the lockdowns highlighted our need to be together. Community isn't necessarily a place where people live but also a place where people come together due to a shared interest, for us this is meditation. Community provides belonging, support and identity; it reduces loneliness; it positively impacts our wellbeing and health; it builds trust and relationship and it can influence and enable us to continue with our personal meditation practice.

Father Laurence begins a new series on February 4 'The risk of living together'. The big question is, what do we need to do in order to reconnect with what will help us to live together? What do we need to do to find that connecting point? You can find out more and details of how to join the conversation at www.wccm.org

What does our monthly meditation look like? We use the free zoom which gives us 45 minutes. We meet on a Saturday at 9am, we have a brief time of catching up, a short message is shared by myself or a group member, we do the opening prayer, meditate for 20 mins, read the closing prayer, share a short reflection together and we are normally finished by 9.30am. A great start to your weekend.

Email: wccmsw@gmail.com

Heather Williams

Preface to Meditation in a small weekly online Group

I'm a member of a small online WCCM group. We preface our meditations with a short reading. Several of the members take turns to facilitate. A recent choice was some verses from the well-loved hymn, Dear Lord and Father of Mankind by John Greenleaf Whittier.

*O Sabbath rest by Galilee,
O calm of hills above,
Where Jesus knelt to share with Thee
The silence of eternity,
Interpreted by love!*

*With that deep hush subduing all
Our words and works that drown
The tender whisper of Thy call.
As noiseless let Thy blessing fall
As fell Thy manna down*

*Drop Thy still dews of quietness,
Till all our strivings cease;
Take from our souls the strain and stress,
And let our ordered lives confess
The beauty of Thy peace.*

*Breathe through the heats of our desire
Thy coolness and Thy balm;
Let sense be dumb, let flesh retire;
Speak through the earthquake, wind, and fire,
O still, small voice of calm.*

These beautiful, and for many deeply familiar, words have much to offer as a teaching. What is striking is how the active principle comes to us as grace in various forms! Each verse offers a new gift metaphor. Our part is to abide, trust and receive. We await the call, the blessing, the breath of God while heavenly manna and dews of quietness rain on us.

Quietness is a recurring theme: the deep hush, the tender whisper. Jesus shares the silence with us; not the everyday absence of noise, but the silence of eternity found in stillness of body, mind and spirit. This silence is interpreted by love. To me this speaks to the relational aspect of meditation and its fullness. It is replete with love.

The power to set aside all striving, desire and upheaval is simple and incontestable. The hymn ends with the divine usher of peace, love and beauty:

O still, small voice of calm, O still, small voice of calm.

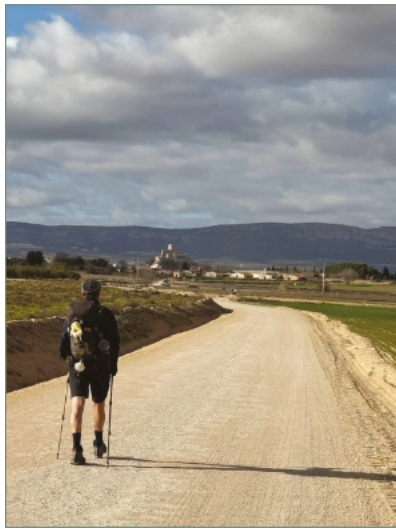
Ana Salote

Creating community on the Camino

4th January 2025

The process of leaving one's everyday life is somewhat traumatic - much as I am grateful for the time away and the fact that it is completely necessary, I cannot escape the difficulty of breaking free. Our journey to Newquay airport sums up the struggle: a lift in a car with some mechanical issues brewing in the transmission, overheated almost terminally in the early hours of the morning on the A30.

Now I am away; I feel I am on retreat. 'I have entered the desert and can reconnect to my true self' (from Thomas Merton).



5th January

Everyone in Alicante is excited, especially the children, about the arrival of the 'Reyes', the three kings, this evening. They seem to be coming a day early to accommodate the fact that Monday isn't a great night to stay up late eating sweets if you have to go to school in the morning.

8th January 2025

I've been thinking about the symbolic nature of the pilgrimage. The Camino de Santiago is such an established part of Spanish culture that pilgrims are looked upon and treated so favourably.

Lorry drivers toot and wave when they see us walking near the Autovia and people passing us wish us 'Buen Camino' or householders sometimes rush to bring us an orange or walnuts or a can of beer!



We on the Camino are symbols of the fact that all human beings are on our life journey. People see us and know in their hearts that 'we all are pilgrims'.

'Todos Somos Peregrinos'.

9th January

I love this verse from the gospel of Thomas:

"If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you."



Meditation and walking both are ways to bring forth that beauty from within.

Arriving at Almansa

Some thoughts today about community. There is a tangible connection between peregrinos who are on the way or who have walked some Camino in the past; a community who know the frailty of existence and the importance of showing love and kindness, especially to people who are far from home.

Two evenings ago we were looked after by Pepe and his friend Paulino. They invited us to their Bodega, a cave traditionally used for making wine. Down in the cave a meal was prepared over a warming fire, Pepe shared wine and stories of past Camino characters.

At the close of the night Paulino put a little wooden Santiago cross around our necks. He said a blessing in Spanish about the need for good hearts in our troubled world, where some have no food and many others are suffering.

As we know though, the real Camino is the one of your own life; where you are able to become fully yourself.



This journey is continued when we return home to the everyday and messy world.

Simon Andrews
Organising Team member S.W. Retreats

IMAGES: SIMON ANDREWS

New Co-Special Interest Coordinator – Learning Disabilities and Neurodiversity



At the recent WCCM National Council meeting it was proposed that the role of Special Interest Coordinator for adults with learning disabilities be broadened to incorporate neurodiversity. Serendipitously there were already plans afoot for a second Coordinator to join me (Celia Gurowich) and we are delighted to announce that Sam Kilpatrick will be the joint Coordinator from the beginning of February. Sam calls himself an Autism Ambassador and attends our weekly WCCM Monday evening online meditation group with people with learning disabilities.

Recently this group gave a talk about our online meditation to a group in Brighton called 'Pebbles' who follow the

teachings of Thich Nhat Hanh, and Sam and others in our group spoke and answered questions about autism, learning disabilities and meditation. People in the Pebbles group were very welcoming and appreciative, and agreed to have their photograph taken to share with the wider WCCM community. Sam is holding the laptop in the photograph. Sam says 'I am happy to be the new Coordinator. I like doing talks about autism and I think the meditation group is a fantastic idea'. Both Sam and I are very happy to be contacted by anyone with expertise or interest in this area as we would love to collaborate with other people across the country.

Celia Gurowich and Sam Kilpatrick

National Council 2024

The WCCM in the UK National Council meeting is held every year and is an opportunity for leaders in the community to come together to discuss where we are and where we are heading.

In November 2024 over 30 people gathered on Zoom to meditate together, share their thoughts and set some priorities for 2025. The focus was 'Back to Basics' and this was covered in three main sessions:

- ◆ Reports and Reflection,
- ◆ Encouraging and Resourcing offered through The School,
- ◆ Formation Training and creating a clearer picture of Outreach activities.

Having reorganised ourselves better to meet the demands of our changing community over the last year, the priorities which were agreed build on this and highlight what is important for the UK community.

Priorities for 2025

1. Outreach and beyond

- a. Promote the Outreach Survey and the WCCM theme 2025 - The Risk of Living Together.
- b. Encourage building connections and partnering with Universities, Chaplaincies and other Christian organisations.
- c. Encourage developing the work of those with Learning Disabilities, expanding out into wider neuro-divergent areas.
- d. Encourage re-emphasis and reinforcement on climate concern/issues.
- e. Support the development of the Contemplative Church network.
- f. Consider tours for inspirational speakers.
- g. Encourage a light touch with our encounters, being mindful of religious language.

2. Community Life

- a. Validate the links between local meditators and the national community.
- b. Continue the development and consolidation of Area Teams, keeping a flexible approach.
- c. Maintain The School at the heart of everything, considering and developing new initiatives.
- d. Encourage integration of meditators with the Oblate community.
- e. Publicise the 'How to Meditate' video' widely.
- f. Clarify the difference between the UK and International websites.
- g. Look at how to make short, more useable versions of Videos/CD's available on the UK website.
- h. Explore how the Office communicates updates.

The 2024 National Council Priorities list is below.

There is often uncertainty around whether to attend the National Council meeting as it is sometimes perceived as a business meeting, but it is much more than that. The National Council is an important community gathering and is contemplative, interesting, informative and a great opportunity to get to know people.

All Area Team members and Special Interest Coordinators will be invited to join the National Coordinating Team for the 2025 National Council meeting to be held on October 17/19th at Shallowford House Retreat Centre, Staffordshire.

I hope to see some of you there.

Julie Roberts
National Liaison

3. Personal Practice

- a. Encourage personal sharing about meditation practice.
- b. Encourage deepening practice through attendance at quiet days etc.



WCCM
IN THE UK

Donations

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

wccm.uk/donate

You can also send cheques to:

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

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

WCCM in the UK

Gift Aid

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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.

The Risk of Living Together

WCCM's Outreach theme for 2025 is **'The Risk of Living Together'**. This is a challenge for most of us.

I had been listening to the remembrance services to mark the eightieth year since the liberation of Auschwitz. The shock waves of horror at the discoveries bore witness to the heartless cruelty which can be released when a population, or section of society, are turned into "the other". They are claimed to be not acceptable, not true members of mankind, and then demeaned with descriptions such as "vermin" in an attempt to justify appalling treatment.

The danger in witnessing mass suffering is that the sheer scale can cushion us from a sense of connection to the individual lived experience. Meeting and getting to know someone well whose life has been impacted by the full horror, is yet another deeper level, and confirms to us that the victims are just like us. My father-in-law was in Auschwitz, and while there, was viciously tortured for pleasure by some of the guards. He very rarely mentioned his experiences in the camps. Knowing that he had suffered this personally, deepened my sense of horror and connection to it. The **'Risk of Living Together'** means so much to me personally, and is of vital importance now when there is so much disturbance coming from migration, religious intolerance, centuries long feuds and the turbulence of political power, sparking afresh the powerful and dangerous habits of objectification, blame, ridicule and intolerance.

WCCM offers a series of contemplative talks on this Outreach theme. Each session explores another aspect as it relates to the journey of meditation and the contemplative path. As Father Laurence writes in his introduction, the talks "help us recover a world that actively cares for the poor and the stranger, and protects the innocent from war and abuse".

The UK/Meditatio Gathering **'The Joy of Encounter'** will be held at Ampleforth in Yorkshire from the 2nd to the 4th of June. A special opportunity to get alongside people with whom we never have meditated, talked, celebrated and healed together. Our community in the UK is inclusive, welcoming and open to everyone. True joy is released in the genuine desire to be alongside someone whose life experience has been very unlike our own. We are changed through this mutual sharing of the gift of loving attention. At least 30 people who find themselves existing 'on the margins' are coming. People supported by the L'Arche Community are also planning to attend.

WCCM ONLINE & BONNEVAUX ON THE GROUND EVENTS

Tuesday 29 April – Sunday 4 May. Retreat. Everything Matters: Living the Questions & Daring the Present with Rainer Maria Rilke. Leader: Mark S Burrows. Details: <https://bonnevauxwccm.org/all-programmes/everything-matters-2025/>

Thursdays 23 January, 20 February, 20 March, 24 April 18:30-20:30. No more special pleading. Speaker: James Alison
Venue: Online Cost: £70 (for all four sessions) £20 for single sessions Information: <https://wccm.org/events/no-more-special-pleading/>

11 February, 25 March, 20 May, 17 June, 22 July, 2 September, 14 October, 11 November 18:00-20:30 The Risk of Living

THE JOY OF ENCOUNTER



at Ampleforth Abbey, York
Led by Terry Doyle and friends

2 - 4 JUNE 2025

Join us to meditate together
and to dance, sing and experience the joy of
being together in the beautiful setting of
Ampleforth Abbey

Cost £220

includes excellent accommodation
food and workshops



WCCM
MEDITATIO

A Meditatio Gathering with WCCM in the UK



WCCM
IN THE UK

<https://wccm.org/events/joyofencounter25>

As well as the core times of meditation, Terry Doyle has organised a number of additional activities where we will be able to relax and find creativity and enjoyment. These activities include 'The Joy of Singing' with David and Emily from the ENO, 'Capacitar Wellbeing and Resilience' with Paul Golightly, '5 Rhythm Dance with Liz Collier, 'Head and Shoulder Massage' with Melanie Waite, 'Tai Chi and Mindful Movement' and 'Art and Soul Creative Writing' both taken by Terry. Time to enjoy walking the Nature Trail.

Terry invites, "Come with an open heart and have a fabulous time!"

Father Laurence writes, "Come, and be empowered by a new way of being human."

Diana Ohlson

Together. Speakers: multiple speakers Venue: Online Cost: £140 for all eight sessions Information: <https://wccm.org/events/the-risk-of-living-together/>

Thursday 8 May, 12 June, 3 July, 18 September, 30 October, 27 November 18:30-20:45. Women Mystics: Guides in the Life of Prayer. Leader: Jane Williams Venue: Online Cost: £100 for all six sessions Information: <https://wccm.org/events/women-mystics-2025/>

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/>

Letter from the Chair of the Trustees.

The Trustees and I often view, with delight, accounts of activities in our national community to facilitate the sharing of John Main's gift of meditation to us. So a big thank you to you all for all the groups you run, the events you put on and the support for our community, both practically and financially.

So what is our community? Are we national or international and how do we relate? The UK Trustees are very aware of the confusion that can arise between WCCM in the UK and the global community WCCM. This prompted me to try and set out our responsibilities in a simple diagram (below). We hope this helps and it is not set in stone - do let me know if it raises further questions or if you have a better idea – indeed we'd love to know how you see it.

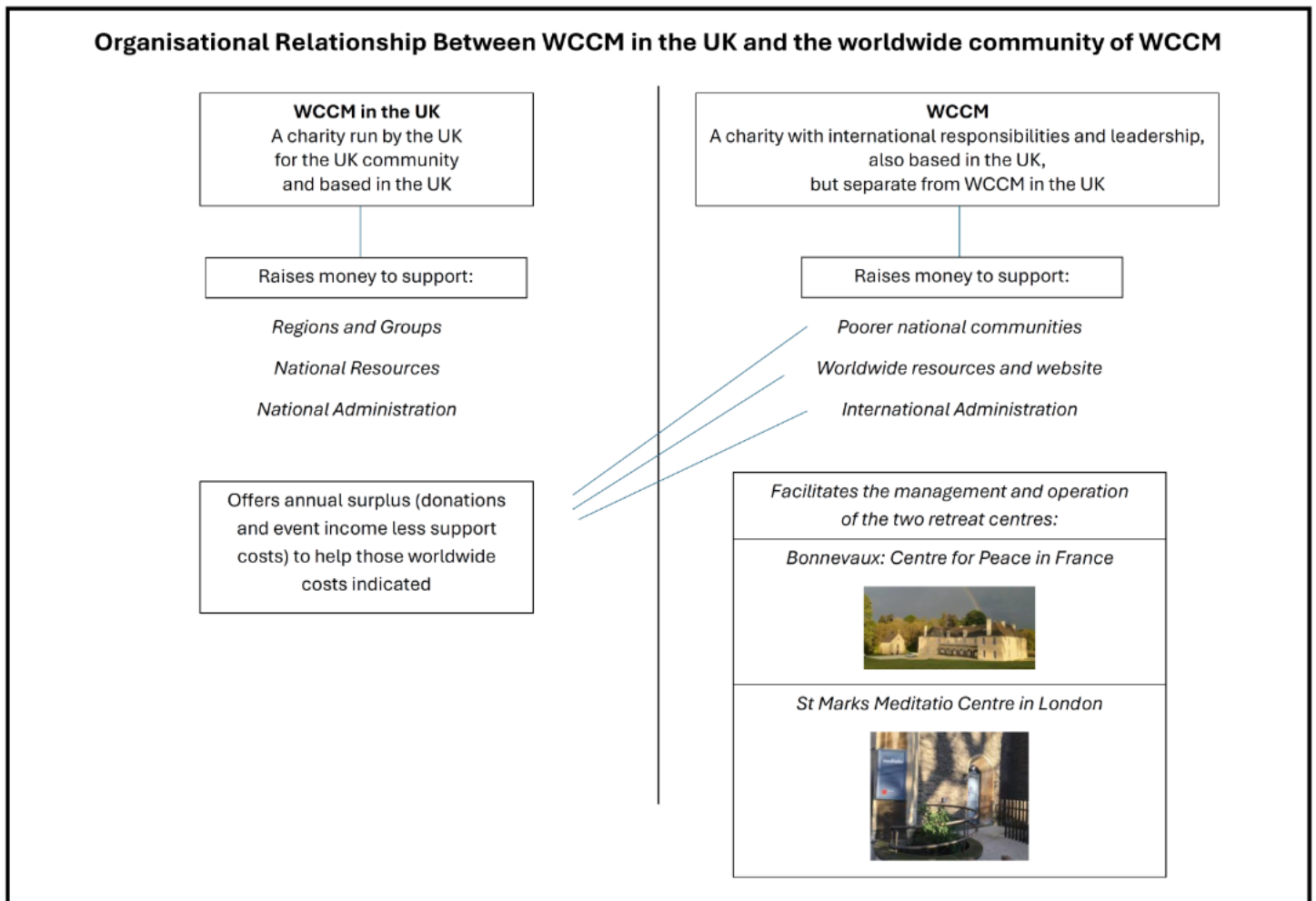
At this time of year the Trustees normally look at draft accounts for the previous year ended December. The draft 2024 accounts show a small surplus, including being able to maintain our donation to WCCM, and although our income has reduced, moving the newsletter to (a mainly)

online publication helped us to cover our costs. At this point we don't know what may underly this reduction although we shall obviously look into it.

The sterling work the National Coordinating Team have been doing to reorganise the structure of our community means that supporting documents and resources have needed to be revisited. One of these is the Group leader's packs which will be issued in the near future and I know that these are a very valuable resource for new and existing leaders alike. Thank you to all who have contributed to this process, a sometimes tedious but invaluable activity.

As I sign off, I feel blessed to be part of a loving, caring and responsive community, all due to the wisdom of Isabelle Glover, sadly now departed, who shared a bag of John Main's books and tapes with me. A tiny, flickering flame had been lit and the community fanned it. And that's, in part, what we are here for. Thank you for lighting and tending the flames across the UK.

Roz Stockley



LOOSE CHANGE DONATIONS

Many years ago we invited group members to contribute loose change at local meetings as a way of fundraising. And we would like to remind us all that while coins are used less these days they still exist, that every little counts and some people generously put in notes. Use a fun piggy bank or a basket, then bank your collections periodically, sending in the donation via the website donations page, with reference *Loose Change* and your name or name of your group.

VOLUNTEER BOOKKEEPER

Please can you help or is there someone you know who can? We, WCCM in the UK, are looking for a Volunteer Bookkeeper to assist the Treasurer in his administration of the charity. Experience of Sage Line 50, or equivalent, and internet banking is essential. Remote working and likely to entail 4/5 hours work a month.

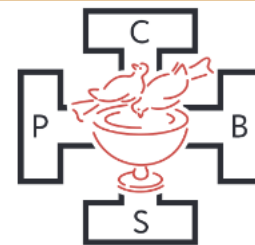
For further details, please contact the Treasurer John Reid at uktreasurer@wccm.org

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: 4pm Friday 7 - 5pm Sunday 9 November at The Kairos Centre, Roehampton, London. Bookings from 1 May.

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

WCCM OBLATE CELL MEETINGS

UK Led Online Oblate Cell Meetings: Sundays 14.00 - 15.30 April 13, May 11, June 8 and Wednesday Evenings 19.30 - 21.00 April 23, May 21, June 18. Contact Angela Gregson via oblates@wccm.uk for more information

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

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

Midlands Cell: Meets at St Pauls Convent, Selly Park, Birmingham. Contact: Diana Evans dianaevans15@btinternet.com or Sandie Cutts sandiejcutts@gmail.com

Northern Cell: April 7 @ Horwich (in person); May 5 @ The Community of the Resurrection (Mirfield) (in person); and 2 June @ Horwich (in person) all noon - 3.00 p.m. Contact: Angela Gregson via oblates@wccm.uk for more information

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

South Western Cell: Second Wednesday of the month: Online Apr 9th, Jun 11th 2.30-4.00; in person Mar 12th, May 14th, Jul 9th at Manvers Street Baptist Church, Bath, 11.00-3.30. . Contact Jude Carpenter jude.carpenter47@gmail.com for details.

Events

Events from late March onwards. 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). See also WCCM listings [//wccm.org/events](http://wccm.org/events) & [https://bonnevauxwccm.org/programme](http://bonnevauxwccm.org/programme)

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. Cost: £220.
Details & booking: <https://wccm.org/events/joyofencounter25>

WCCM IN THE UK ONLINE

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

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

Saturday 8 March. Tai Chi and Christian Meditation Day. Leader: Terry Doyle. Venue: Minsteracres Retreat Centre, Minsteracres Consett DH8 9RT Suggested Donation: £30 Contact: Phone: 01434 673248.

Monday 19 16:30 – Thursday 22 May 14:00. 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: pastoral@ampleforth.org.uk / <https://www.ampleforthabbey.org.uk/tai-chi-and-christian-meditation-0>

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.

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

Friday 27 16:30 – Sunday 29 June 14:00 (All day in person). Tai Chi and Christian Meditation. Leaders: Christopher Gorst OSB and Terry Doyle. Venue: Ampleforth Abbey, near York YO62 4EN. Cost: En-suite £230 / Standard £220. Contact: pastoral@ampleforth.org.uk / <https://www.ampleforthabbey.org.uk/tai-chi-and-christian-meditation-1>

Friday 26 16:30 – Sunday 28 September 14:00. Tai Chi and Christian Meditation. Leaders: Christopher Gorst OSB and Terry Doyle. Venue: Ampleforth Abbey, near York YO62 4EN. Cost: En-suite £230 / Standard £220. Contact: pastoral@ampleforth.org.uk / <https://www.ampleforthabbey.org.uk/tai-chi-and-christian-meditation-0>

NORTH EAST ENGLAND (CONTINUED)

Friday 3 to Sunday 5 October. Tai Chi and Christian Meditation.

Leader: Terry Doyle. Venue: Minsteracres Retreat Centre, Minsteracres Consett DH8 9RT Suggested Donation: £TBC. Contact: Phone: 01434 673248.

Friday 21 – Sunday 23 November Christian Meditation – Silent Retreat.

Leaders: Christopher Gorst OSB and Terry Doyle. Venue: Ampleforth Abbey, near York YO62 4EN. Cost: En-suite £230. Contact: pastoral@ampleforth.org.uk / <https://www.ampleforthabbey.org.uk/tai-chi-and-christian-meditation-2025>

NORTH WEST ENGLAND

Living with the Mystics:

Tuesday 6 May 10:00 for 10:30 – 15:00 - Meister Eckhart

Introduction: Richard Broughton

Tuesday 5 August 10:00 for 10:30 – 15:00 - Goethe.

Introduction: Margaret Ives

Tuesday 4 November 10:00 for 10:30 – 15:00 - Ignatius of Loyola

Introduction: Diana Raven

Venue: Ambleside Parish Centre, Vicarage Rd, Ambleside LA22 9DH Cost: Donations - £10/£5 suggested (Drinks provided, please bring your own lunch) Booking: Bob Morley 016974 72644 rgm1@live.co.uk

Thursday 20 March 10:00-16:00. Quiet Day The Interior Journey

– **Heart and Soul: Meditation and Poems from the contemplative journey in life with Maranatha Yoga.** Leader: Bob Morley Venue: Rydal Hall, Ambleside, LA22 9LX Cost: £10 (Refreshments and simple lunch included) Booking: Call 015394 32050 or <https://www.rydalahall.org/events-calendar/quiet-day-interior-journey>

Thursday 21 May 10:00-16:00. Quiet Day The Labyrinth as a

symbol of the Christian journey. Leader: Diana Raven Venue: Rydal Hall, Ambleside, LA22 9LX Cost: £10 (Refreshments and simple lunch included) Booking: Call 015394 32050 or <https://www.rydalahall.org/events-calendar/quiet-day-may21st>

Tuesday 3 June 10:00 – 16:00 Living as a Mystic - More details

later. Leaders: Bob Morley and Stephen Wright Venue: Friends' Meeting House, Keswick CA12 5EU Cost: No charge (Drinks provided, please bring your own lunch) Booking: Bob Morley 016974 72644 rgm1@live.co.uk

Friday 14 to Sunday 16 November 2025. The Hying Retreat -

'CONTEMPLATING EARTH: The ecology of the Heart. Leader Jim Green. Venue: Monastery of Our Lady of Hying, LA5 9SE Booking details and more information available later.

SOUTH WEST ENGLAND

Thursday 10 July 18:00 to Sunday 13 July 12:30. Silent Retreat:

Love is the Meaning. Leader: Liz Watson. Venue: Monastery of Our Lady and St. Bernard Brownhill Road, Stroud, Glos GL6 8AW Cost: £200 (Bursaries available). Contact: Jane Serrurier jemserrurier@googlemail.com

Friday 19 to Sunday 21 September. Waking up to who we are:

from separation to union. Speaker: Chris Collingwood, Canon Emeritus of York Minster and authorised Zen teacher Venue: Ammerdown Retreat Centre, Radstock, Somerset BA3 5SW Cost: Full board - £285 single occupancy room, £275 shared room, £205 camping / van / caravan Contact: John Roberts - 07970 039007 or john.wilcott@gmail.com.

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. (Dates are: 5 April, 3 May, 7 June, 5 July, 6 September, 4 October, 1 November, 20 December) Cost: No cost, but donation requested. All welcome.

Wednesday 4, 11, 18, 25 June 18:30 – 19:30 LEARNING TO

MEDITATE course (in person only) Cost: no cost but donation requested

Wednesday 5, 12, 19, 26 November 18:30 – 19:30 LEARNING TO

MEDITATE course (in person only) Cost: no cost but donation requested

Saturday 15 March 10:30 – 16:00 (in person) Life Beyond Death:

How the sacred scriptures contribute to our understanding Speaker: Martin Nathanael Cost: £40/£20

Thursday 22 March 19:00 – 21:00. (in person only) Kiss of The

Whale: A Transformative Journey of Self-Healing Book Launch Cost: £20/£10

Saturday 5 April 16:30 – 18:30 (in person only) The Flame of Love:

Rumi's Love Poetry Leaders: Lennie Charles and Friends Cost: £25/ £15

Saturday 26 April 10:30 – 16:00 (hybrid) Everything Matters The

poetry of Rainer Maria Rilke Prof Mark S Burrows Cost: £40/£20 online £25

Wednesday 30 April 18:30 – 21:00 (in person only) Toasting

Future Humanity with the Cup of Love Speaker: Amat-Un-Nur. Cost: £25/ £15

Saturday 17 May 10.30 am – 4.00 (hybrid) On Spiritual

Friendships Speaker: Sophronia Scott Cost: £40/£20 online £25

Wednesday 28 May 18:30 – 21:00 (hybrid) Spiritual Leaders:

Mahatma Gandhi Speaker: Peter Popham Cost: £25/£15 online £10

Saturday 14 June 19:00 – 21:00 (in person only) The Beloved Son.

Speaker: Andrew Harrison Cost: £20/£10

Saturday 12 July 10:30 – 16:00. (in person only) Chant: Breath,

Holy Spirit and Sound Leaders: Leah Studdart & Rev Anna Stuttard. Cost: £40/£20

STOP PRESS BONNEVAUX EVENTS.....

4 - 7 Apr, 2025 - Rooted and Renewed: A Transformative Yoga & Meditation Retreat. Led by Kevin Wittoeck.

12 - 20 Apr, 2025 - Fully Human – Holy Week Retreat. Led by Fr Laurence.

29 Jul - 3 Aug, 2025 - Young Adults Retreat – Caring for Oneself, for Others and for Us - Led by Tayna Malaspina

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WCCM
IN THE UK

Meditation News

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WCCM
IN THE UK

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- Find out about meditation groups in your local area
- Find out about the Lone Meditator Network

Visit: www.wccm.uk

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