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## Next issue

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

Please send articles for the next issue to:  
[shelagh.newsletter@gmail.com](mailto:shelagh.newsletter@gmail.com)  
and events to:  
[events@wccm.uk](mailto:events@wccm.uk)  
to reach us by **1 August**.

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

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## *From Acedia to Joy*



Laurence Freeman started his recent series 'Learning to Meditate in Lent' by talking about *Acedia* which derives from the Desert Wisdom Tradition.

He quoted from Thomas Merton, 60 years ago who said that *acedia* was the spiritual disease of his time. It affected the whole world like a pandemic. In our time, we don't even know we are suffering from it, Laurence said. The whole world is suffering from it. *Acedia* is a feeling of failure, losing heart, being distracted and disheartened.

This is a chaotic world. Many feel despair at the collapse of the world order and the rise of dictators. Democracy and freedom are being destroyed. Globally there are horrific wars, violence, natural disasters, effects of climate change, extremes of wealth and poverty. Hate and crime. Noise stress and materialism. There is loss of order and harmony. Individually many people are disheartened, suffering from stress and chronic anxiety, depression, disgust with life and even despair. We have lost the ability to live at the heart level. We are alienated from our divine centre, the true self. We are marooned in the ego, living on the surface.

*Acedia* is a state of mind or soul where there is a loss of commitment and hope. It is an inevitable part of the spiritual journey, said Laurence.

How to deal with it? What is the cure or remedy for *acedia*?

The journey of meditation teaches us how to heal a sick heart. It enables us to go further and deeper to develop a contemplative consciousness. Seeking God leads to self-knowledge – this is the wisdom of the desert. Our spiritual practice, derived from those early seekers, is often called 'the prayer of the heart'. The prayer of the heart takes us away from our competitive, self-engrossed ego, which is the root of so much sadness and isolation. The prayer of the heart involves going deeper into ourselves. The heart is the centre of our being. It connects us both to our deepest self and to other people. The heart is rightly seen to be a symbol of love. This prayer of the heart can be the place where the healing journey starts.

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### How to receive the Newsletter?

- ◆ Sign up with Sarah at [uk@wccm.org](mailto:uk@wccm.org) to receive digitally. This is free!
- ◆ Print copies are available also. Give your mailing address. Donate £20 if you can.

We have something to offer for the healing of ourselves and the world. The heart and the breath become our focus of attention. We no longer need to look out at the world we live in with despair and despondency.

People often say, 'What **can** I do? I'm only one single person'. The great psychologist C. G. Jung disagrees, 'Does the individual not know that **he** is the makeweight that tips the scales?'

Or think of Abraham pleading with God. In spite of God's original plan to destroy Sodom and Gomorrah, God decided to spare the cities if only 10 righteous people could be found. What each person does has an effect on the whole. The power of the individual!

And we are not on our own. We belong to a community and ideally a group. If we are sharing this practice with others, we are bringing a powerful healing energy into the world. Connection to our deeper self and to others brings joy.

Joy is the hallmark of truth - What is good and right and true. We have struck gold! The opposite of *acedia* is joy.

Terry Doyle is celebrating this in his event 'The Joy of Encounter' at the beginning of June just before Pentecost.



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

Many articles in this newsletter display this same joy. We can feel the joy and satisfaction of the Dorset meditators after their retreat day. Or sense the excitement of the Wales community initiating their Tranquillity Space project.

I invite all of you to share valuable experiences that may encourage others. Particularly I am offering the opportunity to different regions in our UK community to feature their team or area in the newsletter. Please let me

know if you would like to do that.

You can contact me at [shelagh.newsletter@gmail.com](mailto:shelagh.newsletter@gmail.com)

*Shelagh Layet - Editor*

Two Birds" from Ravenna (photo by chatst2 from Pixabay)



## We Need You!

We urgently need someone to help create the quarterly WCCM in the UK newsletter, taking the articles from our Editor and turning them into a finished design for printing and the web.

Contact Sarah for more details - [uk@wccm.org](mailto:uk@wccm.org)

## Something to Say?

You are invited to send in comments or articles for the Newsletter describing events or reflections about Christian Meditation in the UK to [shelagh.newsletter@gmail.com](mailto: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](mailto: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](mailto:uk@wccm.org) for details.**

## Greetings from St. Davids in West Wales! News from the Wales Area



Many of you will recognise and perhaps even have visited St. Davids Cathedral. Its origins were established over 1500 years ago when Dewi Sant (Saint David) founded his monastery here, settling in this far west-erly coastal valley in rural Wales.

We are still a small, quiet, rural, coastal community in essence, but St. David's has always been associated with Christian Pilgrimage and in many ways, our Cathedral is the beating heart of our little 'city', attracting thousands of visitors every year.

Over 25 yrs ago, Fr. Laurence visited and introduced Christian Meditation here which resulted in the 'seeding' of several meditation groups in the West Wales region. Some of those original groups continue to this day – in one way or another. West Wales was a WCCM Region in its own right but, since our national reorganisation in 2024, the whole of Wales has now become one Area, overseen by a small group of us. Geographically we are a large Area and yet in terms of active WCCM meditation groups we are small. Currently, we have one group in Mid-Wales, one group in South Wales and four groups in West Wales – plus an online group.

Don and I are part of the Wales Area Team (along with Poppy Weston and Diana Morgan). Don and I live in St. Davids and currently facilitate a weekly meditation group at the Cathedral here. The group has a regular core membership and also wel-

comes visitors and pilgrims throughout the year. St. Davids has been an important centre for pilgrimage for centuries and many visitors sense that it is a 'thin place' where contemplation seems to come naturally. Today, our small community welcomes many thousands of visitors and pilgrims every year and the Cathedral serves both as our parish church and the Diocesan Cathedral, ministering to many far and wide. To facilitate a weekly meditation group within its walls is a privilege and also a great opportunity for outreach.



### The Tranquillity Space in Erw Dewi Garden



As part of this update, we have some exciting news to share from St. Davids. With very grateful thanks to the WCCM Eileen Cox Legacy Fund, we have just begun work on a project which we hope will offer a new and different way of sharing the gift of meditation here.

There is a walled garden of approximately an acre in size nearby the Cathedral called Erw Dewi (pronounced 'Eroo De-oo-ee') which in English means – 'David's Acre'. It is said that in the 13th Century Bishop Bek set aside an acre of land for the many pilgrims coming on pilgrimage to St. David's. This acre was a place for rest, reflection and nourishment for weary pilgrims to pause and rest in preparation for visiting the Cathedral – the culmination of their long pilgrimage.

Up until a couple of years ago this space was an overgrown wasteland until the community volunteer group took it over. From the outset, it was intended that this acre of garden should reflect ideas of pilgrimage, contemplation and rest and be a place where the local community could share in being together, creating, gardening and growing.

In the same spirit, Erw Dewi garden is slowly and lovingly being developed by local volunteers and is already used by local people, school projects and visitors alike. It is a naturally beautiful space and its peaceful atmosphere lends itself to contemplation. Workers and visitors alike are naturally quiet in the garden.

A year ago it was suggested that we make a designated 'Tranquillity Space' and build an area of the garden for the



purposes of contemplation, reflection and prayer. After a lot of planning and hard work this idea is now in development and we are delighted that we now have the funds to proceed with our building project of the Tranquillity Space.



It is our intention and hope that the Tranquillity Space will be used to promote meditation and that its outreach will be wider than that of the existing group meeting in the Cathedral. We plan to use the Tranquillity Space structure as a focus, enabling us to introduce people to meditation and run other events related to contemplative practice throughout the year. Don and I are working alongside the Education and Pilgrimage Team at the Cathedral and already have some provisional events planned.

There is still a long way to go, but we really wanted to share this lovely project with our UK community. We will keep you posted...Watch this Space !!

Jayne and Don MacGregor – Wales Team

## *This is my story with meditation.*

I was very close to my grandparents. I went to stay in school holidays with my maternal grandfather. I called him Data. In the evenings, when my mother and the rest of the family were chatting in the front room, I used to go into the kitchen where Data was always working, preparing food for his family.

When he finished, he sat down and we had lovely, wonderful conversations which I will never forget. We talked of life and poetry, Wales and hymns! I had learned a bit of Welsh and, when I asked him to hand down his black Baptist hymnal, I asked for help in reading some of them. One of my favourites was 'Arglwydd Iesu, arwain f'enaid at y Graig sy'n uwch na fi'. Translated, it means, '**Lord Jesus, lead me to the Rock that is higher than me.**'

'There is a Rock that is higher than us, isn't there?', I asked.

'Oh yes and it's always there.' He spoke with tears in his eyes.

That was the last time I saw him. He died peacefully in his sleep. I was 16.

In those days, no-one spoke about grief to a teenager. It was 1961. I searched for something to soothe and comfort me and, one day, in a junk shop, came across the book 'Mysticism' by Evelyn Underhill. I bought it for a few pence as I had recognised, just through browsing through a few pages, that it would suit me. I read it at home and was entranced. I wasn't the only one to have such experiences and feelings!

## *Maranatha*

Spiritual nudges can be very insistent. On a particular day recently I heard this phrase in a secular context: 'If you invite me I will come,' and I felt a resonance. Later my attention was caught by an almost identical phrase in a novel. Throughout the day this 'message' was repeated in multiple forms. My playlist shuffled to Enya singing O Come, O Come Emmanuel. A podcast spoke of a growing expectation and longing for spiritual evolution using the metaphor 'waiting for the return of the Jedi'.

The repetition set up an echo in my mind. I searched and found it in Revelation 22:17

*And the Spirit and the bride say, "Come!"  
And let him who hears say, "Come!"  
And let him who thirsts come.  
Whoever desires, let him take the water of life freely.*

What a full-hearted invitation this is to all people, for all time. How open, how inclusive and how deserving of delighted acceptance. Coming to sit in meditation is one way of accepting the invitation.

**Maranatha, Come Lord Jesus**, makes meditation a two-way invitation. Though we use it as a mantra to still the mind, the literal undercurrent resides beneath hundreds of thousands of repetitions across the community. Come Lord, Come Love.

Sadly, the wide angle view is that love is not made welcome on this planet. Yet it is so needed. In these transition times different traditions frame a second coming, or spir-

I went to college, trained as a teacher, struggled a lot with various illnesses including clinical depression. But still that book helped me...

I can't remember how I discovered the WCCM newsletter but I DID and absorbed so much from it. This must have been in the 1990s. I still have a book in which I have written passages that were of key importance to me. I still use them. I was a lone meditator for years.

Then I had an enquiry from someone fairly local who was looking to share meditation with someone. He was given my contact number. We met regularly for a while then another friend, whose meditation group had folded, asked if she could join with us. It is still going and we meet once a fortnight. The group has anything between 3 to 12 members at a time. We have moved around. Two churches which were happy to house us started to have other activities at about the same time. We even held a meditation session in a member's huge yellow van. Then came Covid and we just kept in touch online.

Success stories don't belong here. But the ability to experience peace (especially as things are as they are in the world today) is wonderful. We share deeply. What a blessing!

*Diana Morgan*

*Wales Team member*

itual renewal in different ways, a dawning of Christ consciousness, the Buddha returning through the Sangha, the growing interest in the figure of Jesus and an increase in Bible sales to the young, the value shifts away from competition, towards connection and community, and the recognition of a societal need for a spiritual framework.

What the nudge seemed to spotlight is that now is the time to roll out the red carpet in the whole-hearted spirit of invitation and welcome:

**Maranatha, Come Lord. Please.**

*Ana Salote*

*Preface to Meditation in a small weekly online Group*



### **Poster Blanks and Business Cards**

WCCM in the UK has generic business cards and poster blanks available for advertising events and promoting groups.

The A4 poster blanks have colour to the edges and can be overprinted on a home printer with event details.

The basic WCCM in the UK cards are available from the office or as a template on Canva for groups to modify and print.

Details are on the UK News Feed [//wccm.uk/poster-blanks-and-business-cards/](https://wccm.uk/poster-blanks-and-business-cards/)

## Becoming Places of Peace - A Dorset Meditators Retreat

### DOING IT IN A DIFFERENT WAY!

Dorset Meditators is a title used by the WCCM group leaders in Dorset, coined to interest a wide audience. We hold one event a year, usually resulting in new meditators, some joining our groups. In recent years, however, attendance had diminished and we needed to do something differently to encourage a new audience

Chris Whittington, the speaker we invited, is the inspiration behind a charity *The School of Contemplative Life* formed like WCCM to share the practice of Christian meditation. Chris has excellent communication skills and a simple approach. Indeed, he is very similar to the John Main tradition of explaining how to meditate, then say it again and again but in slightly different ways.

The event title, *Becoming Places of Peace*, was chosen as it is only by being peaceful ourselves can we help others - so necessary in our current times. It was advertised as a retreat rather than event. The structure of the day was simple: 3 talks of between 15 to 30 minutes; 3 main periods of meditation of around 20-25 minutes each; and before we departed and after the 'Thank You's', a short silence and prayer.

Interspersed were 5 periods of "conversation" which enabled participants to ask questions about the practice. These ranged from "how do I sit", "what word do I use" to "is it okay to cry" and "what do I do if I'm in physical pain", along with many questions about distractions. Chris shared his in-depth knowledge of the mystics, biblical texts and personal experience – but lightly - to exemplify points he was making, enabling the attendees to relate these to their own life.

The hall we chose had a capacity of 50, although we budgeted initially on 30 attendees.. We attracted our audience through a Dorset database mailout and, for the first time, using social media (Facebook and Instagram) advertising, as well as including it on *The School of Contemplative Life* website. We used Ticket Tailor for ticketing. We agreed that, as we were targeting a potentially new market (perhaps slightly younger newcomers) we would increase the day rate from £13 to £30. This event was more of an unknown, so the group leaders agreed that the extra costs would be underpinned by a small bank balance held by Dorset Meditators. If it didn't work, at least we would have learnt something!

In the event, we had 50 attendees and a waiting list, which was useful as there are the inevitably last-minute dropouts. Over half were not on my database, so came from the social media platforms, which is a big lesson for us to learn. Chris had his own Bluetooth Mic system which meant everyone could hear well. Attendees brought their own packed lunch, while we provided lots of tea, biscuits and cake for free.

**So how was it received?** Attendees really appreciated Chris, the format of the event and the part played by Dorset Meditators. They were vociferous in their appreciation, both at the event and afterwards in the feedback forms. So for us in Dorset, and perhaps for all of us in the community, we learnt that we need to recognise and respond to the changing needs of society, to those who are using on-line platforms more, as well as to supporting our existing community members. Dorset Meditators benefitted from the expertise of SCL in many ways, not least by offering the use of their ticketing and media facilities and skills. Their narrative about the event on Ticket Tailor was also very good. After the event SCL sent out a simple feedback form on the evening of the event – with three questions only. What gave you value from the retreat; what would improve future retreats; is it okay to share your comments?



CHRIS WHITTINGTON - THE SCHOOL OF CONTEMPLATIVE LIFE

None of this is beyond you or me to replicate but will take a small leap into online booking, social media advertising and good administration to make the difference. We can attract the younger more tech savvy generations who are waiting to be told about the gift of meditation – and we need to have the courage **to do so in a different way**.

*Extracts of quotes from the feedback:*

*"I wanted to thank you for holding such a peaceful and healing space for me to encounter God, to have a good cry and to re-discover the simplicity of the spiritual path. I felt safe and, somehow, deeply valued. That was a wonderful experience, really and truly."*

*"The teaching helped to open my eyes that there is so much to be gained from the practice of meditation in this way. Chris helped us to see that it need not be complicated. It's encouraged me to learn more about it and to continue on this road of discovery."*

*"The calmness and gentleness of the presentation. I was mesmerised by the words and meanings of everything that was said which resonated with me wholeheartedly"*

*"Very good balance between the amount of time devoted to teaching, meditation practice and Q/A."*

*"Chris' clear gentle soothing words were an inspiration for my meditation practice. He listened clearly to people's comments and his answers were helpful"*

*"I found it a very worthwhile day in which I was able to spend time listening to gentle but clear instruction interspersed with practice sessions – so very good for generating confidence in what I am doing."*

Roz Stockley - Dorset Meditators

## Charles Ellis Foister 29th May 1941- 3rd January 2025

Charles will have been known to many WCCM members, as a committed meditator, who along with his wife Jill, was WCCM Regional Coordinator in the North-East for many years. After a long illness, Charles died on 3rd January 2025.

Born in Leicestershire, Charles attended Bristol University where he studied law. He loved to travel, and as a young man, he worked in New Zealand and Australia and trekked back to England through the Far East, Asia and the Middle East, along routes that were more remote than they are now. Through his travels, Charles developed an enhanced awareness and respect for different cultures, traditions and religions that lasted throughout his life.

Charles moved to Newcastle upon Tyne where he worked as a solicitor. He met Jill, who he was married to for 49 years, had three children and subsequently six grandchildren. Charles was very much a family man, close to his immediate family as well as his siblings and their families.

Charles had many hobbies and interests. He loved the outside world, especially the hills and particularly the Cheviots in Northumberland. He was a qualified mountain leader. From the 1970s onwards Charles kept a log of all the hill walks and days out that he enjoyed. His log reveals his considerable knowledge of the natural world, his attention to the present moment and his gratitude for the things he saw. He also wrote a book of walks in Northumberland, combining walks he had done with hand drawn maps and chapters on the geology and history of the area. Charles was a skilled artist and paid great attention to detail.

Charles was an avid reader, who loved poetry, particularly the works of R.S. Thomas, George Herbert and Mary Oliver. He loved his garden. He walked daily and even when he was very ill; he would walk slowly up the street on his way to the local park, talking to neighbours. Charles was always interested in people, keen to hear other views, and very non-judgemental. Over the years he was an active member of Amnesty International, Oxfam and Newcastle's Listening Post. More recently he raised funds for the Linda Norgrove Foundation, helping women and children in Afghanistan.

Throughout his life Charles was a committed Anglican. His spirituality was greatly influenced by the work of Rev Francis Dewar, who he met in the early 1980s. Through his contact with Francis, Charles discovered meditation as a form of Christian prayer, and he developed a lifelong meditation practice.

Charles came across WCCM in the early 1990s. For many years, Charles and Jill hosted a fortnightly meditation group in their home, that I was part of, and he also led a fortnightly group in a local church until only a couple of months before his death. Charles would hold the meditation session even if no-one else turned up; he felt it was important that the silence was held. Silence was very important to Charles. He believed that words can never capture the true meaning of whatever God is, but that through meditation and silence, whatever your beliefs, there is a way of getting closer to understanding. Charles saw the importance of learning from a variety of sources and was influenced by a variety of spiritual teachers including John



Main, David Wood, Eckhart Tolle, Thich Nhat Hahn, and Marcus Borg, as well as seeing the spiritual in the natural world around him. During the Covid-19 pandemic, when the meditation group was unable to meet, Charles emailed a weekly reading to group members. He did this for 80 weeks.

Charles and Jill were WCCM regional co-ordinators in the North-East for many years. They organised regular meditation days with a variety of speakers. They brought together group leaders, sought to engage with meditation in schools, provided local meditators with information about national events and worked together to support the developing WCCM community in the North-East. When I took over as regional co-ordinator, I often visited to seek their wise counsel and to be given practical support around running quiet days.

Charles was ill for a number of years and in pain for a significant time. However, he continued to have days out with Jill until shortly before he died. His journals show that he maintained his interest in what he was doing, his attention to the present moment and his gratitude for the pleasures the day was bringing him. Charles came to a place of acceptance and peace, and the day before he died told a friend, an Anglican vicar whom he had known and walked with for many years, that "We are nothing, all is God".

Charles wrote his own funeral service and chose a non-religious woodland crematorium for his funeral so as not to exclude people who were uncomfortable in church buildings. He wanted a Church of England service without too many words, and with times of silence. It totally reflected who Charles was. While it was a sad occasion, the service was also a lovely celebration of a life well lived, a life that had touched the lives of many others.

On a personal meditation note, it was a privilege to have been Charles's neighbour for thirty years and member of the same meditation group. Charles embodied the idea that meditation is "caught not taught". Charles's own faith, his love of silence, his ability to be present in the moment, his acceptance and his openness to wisdom from many sources have influenced my own life and that of many other people. He will be remembered with gratitude.

Angela Foley- North East Area Team

Meditation News - JULY 2025

# Learning Disabilities and Neurodiversity

## NEW CO-SPECIAL INTEREST COORDINATOR

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.

## A VISIT TO THE 'PEBBLES' SANGHA IN BRIGHTON

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.



Gregory McLean (1944-2025) was a member of a little prayer/friendship group with people with learning disabilities who have been meeting every month in Brighton since 1993, and, since 2016, have meditated together for 5 minutes during their meeting.

## REMEMBERING OUR FRIEND GREGORY MCLEAN

In September 2021 Gregory helped initiate a weekly online WCCM meditation group on a Monday evening, which now includes people from Bognor Regis, Edinburgh, Leicestershire, London and Canterbury, including some from L'Arche communities and three young children.

Gregory's role was to present the accessible meditation instructions (from the booklet *Silence and Encounter* by Mary Robison and Hazel Bradley <https://wccm.org/wp-content/uploads/2021/06/2021-Silence-and-Encounter-FINAL.pdf> with drawings by Thomas Lacroix). He did this with great dignity and solemnity and was a faithful and enthusiastic member of the group who will be very sadly missed.

Celia notes 'I remember planning the group with Gregory and others, and our discussions about the mantra. We decided to acknowledge that lots of people use the mantra 'Maranatha' but Gregory suggested that we choose our own shorter ones, so

different members of the group use words such as Peace, Love, Trust and Abba. Gregory's word was Jesus, and, in my sadness about losing him, I have found it comforting to remember the pride with which he would announce his own word, which has come to me at different moments of the day since he died'. Sam says 'Gregory was a lovely, kind man, always friendly and having a chat with people. I feel privileged in his spirit taking over his role in the group since he has been ill. I tell people how to meditate.

Our accessible meditation resources are contained in the booklet "Silence and Encounter" mentioned above which is available on the WCCM website, and we would love to connect more with others who may be interested or meditating in similar accessible ways.

Celia Gurowich and Sam Kilpatrick  
Special Interest Coordinators for  
Learning Disabilities and Neurodiversity

## Some questions for you...

Last month WCCM, the international charity, held their 2025 annual appeal and in the autumn you may well receive a request to support our WCCM in the UK annual appeal. If, like me, you support a variety of charities these requests can seem like part of a never-ending flow. With the WCCM there is an added complication in that many members don't realise that the international charity is completely separate from WCCM in the UK as we perform very different roles. WCCM international offers global resources to meditators, including Bonnevaux, whereas WCCM in the UK is focused on directing people to groups and offering local support. Neither of us offer what the other does and in that way, we complement one another.

WCCM in the UK is totally reliant on donations to operate. For the last two years our donation income has stagnated at £56K. Worryingly, the early part of this year shows a significant drop, which means that fundraising is now on the National Coordinating Team agenda!

So here are some questions for you ...

- ◆ Do you have a background in Fundraising or know of someone who has and could offer some time?

- ◆ Could you create something to sell? In the past funds have been raised through the sale of soft toys, cards etc.
- ◆ Could you send a donation to WCCM in the UK from an event that you have organised?
- ◆ Have you heard of loose change donations? Some groups collect loose change at group meetings which they then donate.
- ◆ Do you know how to donate to WCCM in the UK? Online at [www.wccm.uk/donate](http://www.wccm.uk/donate) is the easiest, or please contact the UK office.
- ◆ Can you offer any Fundraising ideas?

If we are to continue to share the gift of meditation across the UK and to serve the UK community, we all need to think about these questions. On behalf of the National Coordinating Team, I look forward to hearing your thoughts.

*Julie Roberts - National Liaison*

*[julie.ann.roberts@icloud.com](mailto:julie.ann.roberts@icloud.com) 07977 215501*

## Stay Connected: Follow the UK Facebook Page for the Latest Updates

I am delighted to invite you to follow our Facebook page, where you can find all the latest news, events and updates about WCCM in the UK.

By following our page, you'll receive regular updates on events, meditation groups, retreats, resources and details on how you can get involved in our growing community. Whether you're a long-time practitioner or new to the practice, our Facebook page is a great way to stay engaged and informed.

It's also a great way to connect with others in the UK community and share your own experiences. Whether you're looking for a local meditation group or seeking new ways

to enhance your practice, you'll find valuable information right at your fingertips.

Follow the WCCM in the UK Facebook page here: [//www.facebook.com/wccmuk/](https://www.facebook.com/wccmuk/) or scan the QR code above.

Stay in the loop and join our online community today!

*Sarah Humphreys - [uk@wccm.org](mailto:uk@wccm.org)*



PS. And be one of the first to check out our new *Linktree* one stop resources page: [//linktr.ee/WCCMintheUK](https://linktr.ee/WCCMintheUK)

## Outreach Survey

Making the most of the recent warm days walking on the beach, I have found myself there at that time when the tide has already turned, and the initial sudden surges, and equally rapid retreats, have begun to turn into a steady and increasingly powerful flow of water and waves, moving with speed over the sand and rocks. A hope began to grow in me that just maybe, we are about to enter that time when movement, energy and power is released into the Outreach activities of our community here in the UK.

The small team who sent out the recent Questionnaire want to say a very big 'thank you' to everyone who filled it in and gave such interesting and thoughtful responses to the questions. As a result we now have a wealth of information, not only concerning people already involved in Outreach, but those who are willing to become engaged in this vital work of the WCCM in the UK. There is a lot of detail to be extracted from all the responses, including ideas concerning potential contacts or places for Outreach that we do not want to forget to act on. Because the

people who responded took so much trouble with their answers, we are going to produce a general resumé of the information gathered together with explanatory charts. We plan to have this ready for the next edition of the Newsletter.'

In the meantime we are working through all the information. As you will understand this is quite a task and we do ask that you will be patient with us while we undertake this work. We will definitely be following up on all your kind offers. They will not be forgotten. We will be making personal contact with everyone who expressed interest. A small number of people who sounded enthusiastic about Outreach, did not leave their contact details. If you think this may apply to you please do contact Sarah in the office. We would be delighted to add your name to the list.

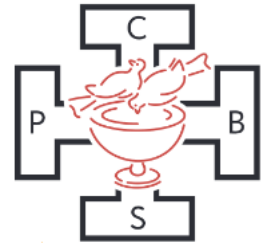
Thank you again for all your support.

*Diana Ohlson.*

## 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](mailto: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](mailto:wccmbenedictswell@gmail.com)

### WCCM OBLATE CELL MEETINGS

**UK Led Online Oblate Cell Meetings:** Sundays 2.00 p.m. - 3.30 p.m. July 13, August 10 & October 12. Wednesday Evenings 7.30 p.m. - 9.00 p.m. July 23, August 20 & October 22. Contact Angela Gregson via [oblates@wccm.uk](mailto:oblates@wccm.uk) for more information

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

**Berkshire:** Online Zoom meeting on the last Wednesday of each month from 14.15 - 15.45. Contact: Angela Greenwood [angelagreenwood@hotmail.com](mailto:angelagreenwood@hotmail.com) 01344-774254

**London Cell:** Meets at the Meditatio Centre. Contact [oblates@wccm.uk](mailto:oblates@wccm.uk) for future dates.

**North London:** Meets at Christ the King Church, Cockfosters.

Contact: Philomena Phillips [philomenaphillips51@hotmail.co.uk](mailto:philomenaphillips51@hotmail.co.uk) or on 07970-971674

**Midlands Cell:** Meets at St Pauls Convent, Selly Park, Birmingham.

Contact: Diana Evans [dianaevans15@btinternet.com](mailto:dianaevans15@btinternet.com) or Sandie Cutts [sandiejcutts@gmail.com](mailto:sandiejcutts@gmail.com)

**Northern Cell:** Monday July 7 noon - 5.00 pm - A retreat day with the option to stay overnight. Monday October 6 - noon - 3.00 pm. Both of these are at the Community of the Resurrection, Mirfield, West Yorkshire. Contact: Angela Gregson via [oblates@wccm.uk](mailto:oblates@wccm.uk) for more information

**South Western Cell:** Second Wednesday of the month. Online:

June 11, August 13, October 8 2.30-4.00. In person July 9, September 10, November 12 at Manvers Street Baptist Church, Bath, 11.00-3.30. Contact Jude Carpenter [jude.carpenter47@gmail.com](mailto:jude.carpenter47@gmail.com) for details.



WCCM  
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## 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://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.

## Events

Events from late June onwards.

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).

See also WCCM International listings: WCCM International: [//wccm.org/events](https://wccm.org/events) Bonnevaux: <https://bonnevauxwccm.org/programme>



### NATIONAL GATHERING - A DATE FOR YOUR 2026 DIARY!

**Friday 5 - Sunday 7 June 2026. National Gathering led by Liz Watson.** Venue: Highgate House, Creaton NN6 8NN.  
**Details on the WCCM in the UK website soon...**

### WCCM IN THE UK SCHOOL EVENTS

**To reserve a space or find out more, please contact Ailsa Adamson: [ailsa.adamson@gmail.com](mailto:ailsa.adamson@gmail.com).**

### Residential Essential Teaching Workshop

Friday 10 October - Sunday 12 October  
Highgate House, Northamptonshire. Cost tbc

### Online Introductory Course

Thursday 4 September - Thursday 2 October. Online.  
Free of charge - donations appreciated

### Seven-Day Silent Retreat

Sunday 26 October - Sunday 2 November. House of Prayer, West London. Cost tbc

## NORTH EAST ENGLAND

**Monday 2 – Wednesday 4 June. Live Retreat: The Joy of Encounter** Leader: Terry Doyle and friends. Venue: Ampleforth Abbey, near York YO62 4EN. Cost: £220 (includes excellent accommodation food and workshops. Contact: Ampleforth Abbey: 01439766099

**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

**Friday 3 to Sunday 5 October. Tai Chi and Christian Meditation.** Leader: Terry Doyle. Venue: Minsteracres Retreat Centre, Minsteracres Consett DH8 9RT Cost: tbc Contact: 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

**Saturday 13 September 10:30 for 11:00 – 15:30 Quiet day** Leader: Alex Holmes Venue: Quaker Meeting House, 1 West Avenue, Gosforth, Newcastle NE3 4ES Cost: £8.00. Please bring a packed lunch. Tea/coffee provided. Contact: Angela Foley angefoley@btinternet.com

## NORTHWEST ENGLAND

**First Thursday of each month 18:30. Simple Celebration of the Eucharist including a time of silent meditation** Leader: Rev Nikki Pennington. Venue: St Paul's church Frizington. Contact: revnickipennington@gmail.com

**Tuesday 3 June 10:00 – 16:00 Living as a Mystic ('practical mysticism' – Evelyn Underhill)** Leaders: Bob Morley and Stephen Wright Venue: Friends' Meeting House, Keswick CA12 5EU Cost: No charge (Drinks provided, please bring your own lunch) Booking: Richard Broughton: cmcwccm@fastmail.fm

**Tuesday 5th August 10:00 for 10:30 – 15:00 Living with the Mystics – Goethe.** Introduction: Margaret Ives 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

**Saturday 30 August Day of Gathering at Langwathby Village Hall.** Time of silence, sharing and walking in nature. Contact: cmcwccm@fastmail.fm

**Tuesday 4 November 10:00 for 10:30 – 15:00 Living with the Mystics - Ignatius of Loyola** Introduction: Diana Raven Venue: Ambleside Parish Centre, Vicarage Rd, Ambleside LA22 9DH. See 5 August details.

**Friday 14 to Sunday 16 November 2025. The Hying Retreat.** Leader tba Venue: Monastery of Our Lady of Hying, LA5 9SE Booking: details later in the year.

## SOUTHEAST ENGLAND

**Thursday 26 June 10:30-315:30. Quiet Day in the garden. 'Come away to a quiet place and rest a while.'** Led by Jane Mann and Valerie Quinlivan. Venue: The Studio at Old Rectory House. Near Sudbury. Cost: free, Tea, coffee available but bring your own lunch. Contact mannjane@btinternet.com

## 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 / £275 shared room, £205 camping / van / caravan Contact: John Roberts - 07970 039007 or john.wilcott@gmail.com

**Saturday 22nd November 10:00 - 14:00. Advent Quiet Morning.** Venue: Faithspace, Redcliffe Methodist Church, Prewett Street, Bristol, BS1 6PB. £10 suggested donation to cover venue hire. Contact: Helen Adams hradams@hotmail.co.uk or 07947 07325

## MEDITATIO CENTRE

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

**Every 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**

**First Saturday of every month 11:00-15:00 SILENT SATURDAYS.** Silent day with 3 periods of meditation. (Dates are: 5 July, 6 September, 4 October, 1 November, 20 December) Cost: No cost, but donation requested. All welcome.

**Wednesday 5, 12, 19, 26 November 18:30 – 19:30 LEARNING TO MEDITATE course (in person only)** Cost: no cost but donation requested.

**Single Events:**

**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

**Saturday 27 September 11:00-15:00 London Area Meditation group facilitators meeting.** Leaders: Birgit Duncan, Gabriel Jones, Mary Howley, Pia Huber. Cost: free, donations for the room welcome. Bring your own lunch. Drinks provided.

**Saturday 11 October 10:30- 16:00 (in person only) Between Mystical Thinking and Practical Experience; How Poetry Opens the Door** Speaker: Hilary Davies Cost: £40/£20

## Contacts - Area Team Members (REVISED 30 MAY 2025)

### SCOTLAND TEAM

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#### Newcastle and the North East:

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### NORTH WEST ENGLAND AND YORKSHIRE TEAMS

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 Pat Higgins - 0161 962 8661 / 07962 019591 - c4lmly.wccm@gmail.com

#### Cumbria:

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 Sally Walters

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## Contacts - National & Special Interest (REVISED 30 MAY 2025) & Resources

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uk@wccm.org

www.wccm.uk

#### NATIONAL

**Chair of WCCM in the UK & CMT(UK):** Roz Stockley - 07929 007808 ukchair@wccm.org

**Safeguarding Trustee:** Roz Stockley (Chair of Trustees) is temporarily covering this role

**Mental Health Advice:** Shelagh Layet - shelagh.layet10@gmail.com

& Birgit Duncan - 0772 631 2350 birgitduncan@blueyonder.co.uk

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**Meditation Companions:** Bob Morley - 07704 419526 rgm1@live.co.uk

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

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

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

**Communications:** Andy Goddard - andy.wccm@acnleg.org.uk

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**Learning Disabilities:** Celia Gurowich & Sam Kilpatrick - 01273 555967 celia.heneage@gmail.com

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

**Meditation with Children in Schools:** Pat Hay - 07717 798967 patcmschools@yahoo.co.uk

**Palliative and Long-term Care:** Linda Bentick - 01743 243132 bentickbelinda@hotmail.com

**Prisons:** Mary Devane - 07949807577 mary@wccm.org

#### RESOURCES

**WCCM in the UK Website:**

//WCCM.UK



**WCCM in the UK Facebook:**

//FACEBOOK.COM/WCCMUK/

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AREA TEAM CONTACTS ON PAGE 11



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### Meditation News

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- Receive Meditation News by email or post
- Find out about meditation groups in your local area
- Find out about the Lone Meditator Network

Visit: [www.wccm.uk](http://www.wccm.uk)

Email: [uk@wccm.org](mailto:uk@wccm.org) or Phone: 020 8095 4442

Or contact:

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PO Box 80029, London, EC1P 1RE