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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 November**.

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

Editor: Shelagh Layet
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Production: Vacancy

Contact us

-  www.wccm.uk
-  uk@wccm.org
-  020 8095 4442



Becoming
WHOLE

Meditation and other Contemplative Practices

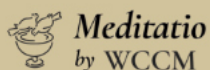
LED BY LIZ WATSON

A residential gathering
hosted by Meditatio
and WCCM in the UK
5-7 JUNE 2026

Highgate House, Creaton
Northamptonshire

COST: £295.00

Bursaries are available
Contact Sarah: uk@wccm.org
020 8095 4442



To book, please go to:
bit.ly/WCCMUKGATH26



See page 6 for more details

How to receive the Newsletter?

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

Unity in Spirit

A phrase has been rattling around in my mind recently - it is 'Sacred Oneness'. I don't know where it comes from. Maybe one of you can tell me?

When I walked into our weekly meditation at The Well in Westbury on Trym recently the display in the hearth was as above, 'We are all as ONE in love' showing and resonating this Unity in Spirit.

I notice that a new awareness is arising, and this phrase keeps resonating. 'Sacred Oneness' announces what is already happening and we are giving expression to it in different ways, reflected in many of our events.

The Joy of Encounter event manifested joyous unity from start to finish – as you will see as you read on. Furthermore it expressed the fluid unity of soul and body. This was intrinsic also to the Qi Gong session in Bristol in July where two separate traditions, Christian Meditation and Centring Prayer, participated in a Quiet afternoon at the Quaker meeting house.

Terry's simple observation, "Underneath it all, we're just the same at the end of the day" emerged as a universal truth on the unity we all share with each other.

From a retreatant at the Turvey Abbey retreat we have this comment: *There were many connections arising out of the silence... This seems to me how God works... He re-connects that which has become separate and makes us one-whole.*



Last week I listened to a powerful talk in Laurence's 'The Risk of Living Together' series given by Rabbi Yoel Glick. His emphasis was on Oneness - the unity of all souls in the plan of Creation. 'Love your neighbour as yourself'. Why? Because your neighbour is yourself.

In the face of the brokenness and suffering in the world the Rabbi offered three healing practices. Studying Wisdom literature, meditation and prayer, and acts of love. These are not just 'feel good' options. They are essentials if we want to participate in the healing of creation.

Finally, I draw to your attention the title of the SW retreat at Ammerdown 19 - 21 September given by Rev. Chris Collingwood. It is:

'Waking up to who we are: from separation to union'!

This message is coming from all directions! The theme of our UK community Gathering next year is:

'Becoming WHOLE' !

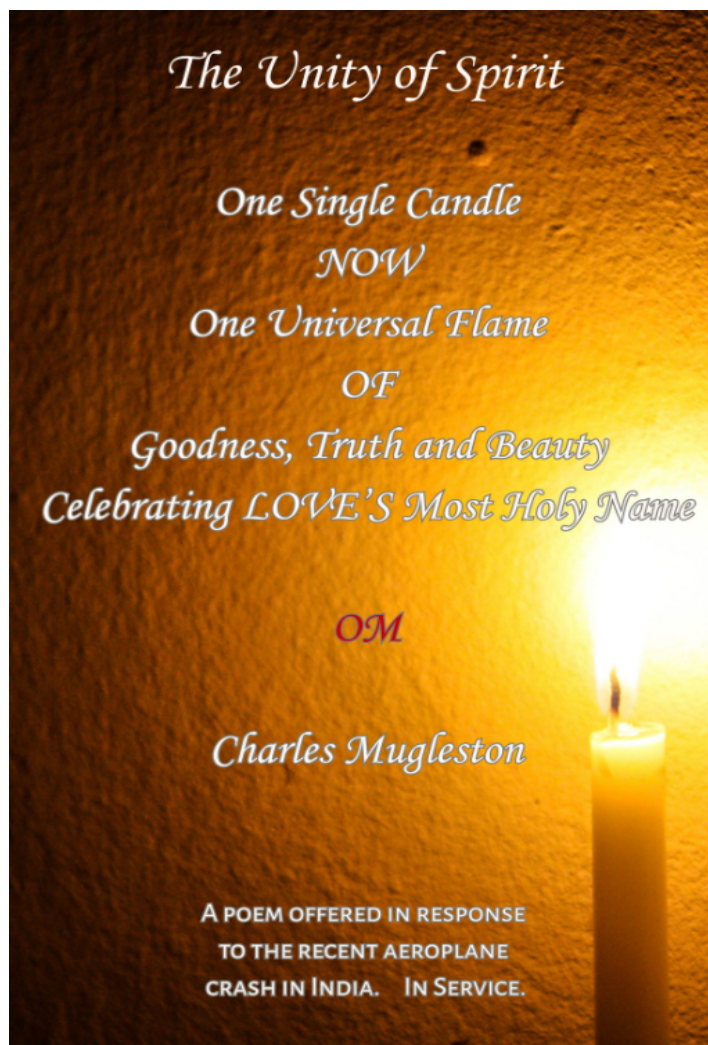
Shelagh Layet - Editor



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.**



The Joy of Encounter



From the 2nd to the 4th of June, the tranquil setting of Ampleforth Abbey played host to a unique and moving event: The Joy of Encounter, a Meditatio and WCCM in the UK gathering. The retreat brought together members of the WCCM in the UK community and some of the most marginalised adults from Teesside, including the Saltburn Recovery Group and North East Opera (NEO).



Led by Terry Doyle, holistic wellbeing coach, Tai Chi teacher and long-time meditator, and Kate Middleton, director of Meditatio, the outreach for WCCM and a long-time meditator, the weekend offered a powerful space for healing, connection and shared humanity. Over the course of three days, participants engaged in a rich programme of activities designed to support wellbeing and deepen spiritual connection. These included Tai Chi, NEO Singing, Capacitar Wellbeing workshop, Creative Writing, Therapeutic Touch, Storytelling and Listening, 5Rhythms Dance and a Contemplative Nature Walk in the valley.

Sarah Humphreys



Central to the gathering was the opportunity for all participants to listen deeply, share stories, meditate and eat together. The gathering explored what it means to live on the margins of society and how meditation can be a profound source of support in reconnecting with our shared humanity. A particularly special moment came when Sixth Formers from Ampleforth College joined for the storytelling and listening session—an encounter that left a lasting impression on all involved.

Mike Stewart writes:

I am a WCCM meditator based in Edinburgh. However, even if I got the earliest train from Edinburgh in the morning, I still couldn't get a bus connection to take me anywhere near Ampleforth on the same day. So I walked from Thirsk station to Ampleforth. The pre-retreat walking did help me to slow down and prepare for the rhythm of the next three days, which was truly a joyful encounter. And the peaceful setting of Ampleforth Abbey was perfect for this retreat.



The encounter was not just between people; it was an encounter for each of us with our own bodies. This was the first WCCM retreat I had done where the majority of the sessions were about body awareness. And through our bodies we built a sense of community with each other. And these sessions were beautifully balanced by our five meditation periods over the three days led by Kate Middleton.



We were a group from diverse backgrounds and family histories with some of our group having experienced (and still experiencing) deeply challenging circumstances in life. But as we moved through our time together, Terry's simple observation, "Underneath it all, we're just the same at the end of the day" (told in his 'Teesside lilt') emerged as a universal truth on the unity we all share with each other.

The sessions did challenge us and a gentle sense of self-discipline was needed to remain a part of things. But the discipline that we all undertook as best as we could was the kind that led us into warm-hearted community.

For me, a special part of the retreat was on the second evening when we met with students from Ampleforth school and some of our group shared personal stories of very challenging life events. On our last afternoon we had lovely walk down the valley with students from Ampleforth School to finish at a sculpture created by a famous alumni of the school – Anthony Gormley.

CONTINUED ON PAGE 4

I felt that this was a truly joyful retreat giving an opportunity to be with people who you might not see at a more typical WCCM event. And the benefit of sharing some well-chosen workshops with each other, with inspiring leaders, was very special.

Inspiring Words from Terry

The retreat absolutely lived up to its title as a Joy of Encounter. All kinds of people from all kinds of backgrounds came together and enjoyed listening and sharing with each other. We had some who were experiencing homelessness, some fighting their demons re drink and drug abuse, some neuro-divergent or with learning disabilities and some doing their best to hold things together with family and health issues... but everyone there alongside of each other, meditating, singing, walking, dancing, writing, massaging, healing together. People arrived as relative strangers and left as friends.

The feedback I've heard from those I brought has been incredibly humbling as so much healing ensued on so many levels for everyone who came. My hope is that the film that's being edited will inspire others from all around our worldwide meditation community to look at what we have achieved and seek to find ways to introduce Joys of Encounter within their own spheres of influence.

Let's share the Love and the Light, helping to heal ourselves and our world.

We hope you enjoy watching [Terry's short video of the Joy of Encounter retreat](https://wccm.uk/2507-the-risk-of-living-together-video/) ([//wccm.uk/2507-the-risk-of-living-together-video/](https://wccm.uk/2507-the-risk-of-living-together-video/))



More personal reflections and feedback from The Joy of Encounter can be found on the Website.

WCCM and Centring Prayer Meditation Workshop - Gravity, Grace, and Gratitude

In mid-July, the Bristol Centring Prayer group invited members of the WCCM to share an afternoon of meditation and Qi Gong.

We met at the Frenchay Quaker Meeting House to explore the theme of Gravity, Grace, and Gratitude.

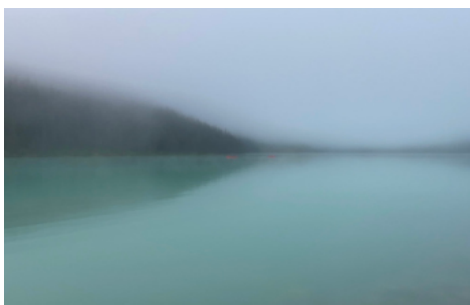
Whilst the specific method of meditation practice differs for each group, we prayed and sat together in shared silence.

Between our sits we walked slowly and mindfully in a circle around the Meeting House's beautiful garden, surrounded by trees and bird song.

We then took part in a led practice of Qi Gong, the ancient Chinese art of working with life energy and cultivating stillness in motion.

The gentle and repetitive movements of Qi Gong help to calm the nervous system, strengthen immunity, exercise the joints and muscles, and stimulate the imagination.

Several people remarked that the inner stillness of this practice complemented our meditation.



Throughout the day, as we sat indoors or moved gently in and through the natural space of the garden, I became aware of the interconnected character of our theme.

I felt so grateful for the grace that runs continually through our gravity-bound bodies and for our opportunity to practice together. Gravity is one of

the organizing principles of the physical, incarnated universe, and gratitude for the grace of creation seemed to flow amongst us all.

The afternoon concluded with a short period of prayer and sharing, where people expressed gratitude for the afternoon's practice and WCCM members thanked the Bristol Centring Prayer Group for graciously inviting us to practice with them.

Peter Jaeger

Peter will be a leading a short Qi Gong workshop at the WCCM Southwest 2025 retreat at Ammerdown 19 - 21 September 'Waking up to Who We Are: From Separation to Union' given by Chris Collingwood, Canon Emeritus of York.

Image: Peter Jaeger

SIT DOWN AND BE QUIET! (You are drunk and this is the edge of the roof)

A silent meditation retreat, Monastery of Christ Our Saviour, Turvey, Nr Bedford

The words of the great Persian Sufi poet Rumi speak to each of us – and to humanity as a whole - just as urgently as they did nearly 800 years ago.

We will gently explore what his arresting insight might mean for us, individually and collectively, as we open to Father John Main's wise affirmation that "meditation creates community".



What is it that brings people to a silent weekend such as this?

What do they want from it? What do they experience? What do they take away?

If there is anything as conventional as an aim in play when we go on retreat, it is surely a preparedness to push away from the safe grab rails of language, the words we use to tame reality, the stories we tell ourselves in order to give shape to everything that keeps on threatening to be shapeless.

Life is difficult and scary and in the face of this challenging truth we opt more often than not for ways of finessing the situation, blurring the outlines of reality with one form of denial or distraction after another. The issue here is not alcohol or drunkenness per se. It is our readiness to have our attention fully absorbed by that which promises us reassurance, comfort – even numbness. You can effortlessly get drunk, and stay drunk, on all the commodities that surround you: social media feed (significant word), shopping, food, drink, drugs, status, self-image, ideologies – in short on possessions of every kind. And our biggest, most tightly grasped possession of all is our self.

At the beginning and the end of the retreat we heard something of each other's stories. One of the retreatants wrote to me some weeks afterwards describing it as a



'detox'. It's extraordinary how 48 hours of shared silence amplifies, deepens, transforms and then takes us far beyond those words. We learned something barely describable, but utterly central, from times of sitting on cushions and chairs in meditation, from eating together in silence, from washing up together, looking after the guest house, practising walking meditation in the birdsong-filled silence of the Abbey grounds... If I had to describe it I would borrow the words of one of the participants in the retreat: "We are simply learning about this business of being human together".

W.H. Auden in his poem "The Age of Anxiety" seems to be offering a similarly urgent diagnosis of our problem, 700 years after Rumi:

*We would rather be ruined than changed,
We would rather die in our dread
Than climb the cross of the moment
And let our illusions die.*



My profound thanks to Brother John, Brother Herbert, the Sisters of the Abbey and all those who continue to make Turvey a rare and precious place of welcome. Here, in pain but also in joy and friendship, we discover that – again and again – we can indeed climb together the cross of the moment and share life – life in all its fullness.

Words from Jim Green

CONTINUED ON PAGE 6

'Why had we come to Turvey?'

Turvey always draws me back and the opportunity to participate in another retreat led by Jim and Ed would, I knew provide the answer to this question. I was seeking deeper connection - connection to all that is... The silence would yield this connection for that is what silence does.

'There is nothing so like God as silence' said Meister Eckhart



So there were many connections arising out of the silence... This seems to me how God works, by Grace. He re-connects that which has become separate and *makes us one-whole*. Jim spoke movingly about the life of Etty Hillesum who seems to me to embody this 'patient heart' and a life spent eradicating 'self' and surrendering to God. And of course, the supreme example of this is Christ. And so we rise and we fall, we rise and we fall - every day, in life as in meditation. Yet as Jim said, 'Every day is Easter'. Every day we die to self and rise to new life. Every day brings the opportunity for 'at-one-ment'...

Julian of Norwich, who accompanies me on every retreat, offers us encouragement for this in those oft quoted yet

ever relevant words: 'Finally, all shall be well...And how do we do this? We sit down and are quiet. This is how Etty describes it: 'I'll "turn inward" for half an hour before work, and listen to my inner voice. Lose myself. You could also call it meditation.... But it's not that simple, that sort of "quiet hour". It has to be learned. A lot of unimportant inner litter and bits and pieces have to be swept out first. So let this be the aim of the meditation: to turn one's innermost being into a vast empty plain, with none of that treacherous undergrowth to impede the view...

So that something of "God" can enter you, and something of "Love" too'.

I left Turvey seeking to be attentive to the small, everyday things and to love them with a patient heart ...and trying not to mind what happens.

Words from Sue Pexton

I attended the silent retreat at Turvey Abbey organised for us by Jim and Ed, who held the silent space for us in a welcoming and caring way. Turvey Abbey is a Benedictine Abbey based near Bedford in beautiful surroundings and we could walk around the ground and further afield if we wanted to. The retreat had several silent meditation sessions spread through the weekend, using the Maranatha prayer. We also did walking meditations outside through the grounds. There were also brief talks and practices to settle us in, such as "Meditation declutters the soul". The accommodation and food were simple but kind. Coming from London it was easy to get to on public transport. We could also attend the daily prayer and offices spread throughout the day. Sitting in silence over the weekend, I was struck by a number of things. We are all welcome to join the retreat and how silence works to builds community amongst us.

Then I found washing up in silence together could also have that effect too!!

Words from Peter Musgrave

Becoming Whole: UK Gathering 2026 led by Liz Watson

Booking is now open for next year's National Gathering at Highgate House, Creaton, Northamptonshire during the weekend of 5-7 June. The cost is £295 per person.

Becoming Whole - Meditation and other Contemplative Practices, is a residential gathering hosted by WCCM in the UK and Meditatio and led by Liz Watson (wccm.uk/liz-watson).



There is a longing in the human heart to become whole and a hope planted in us of a life beyond fragmentation and brokenness. Can a practice of meditation be a path to follow and a way to become more whole? This will be the theme for our gathering this year.

Liz will lead us in a weekend structured round meditation

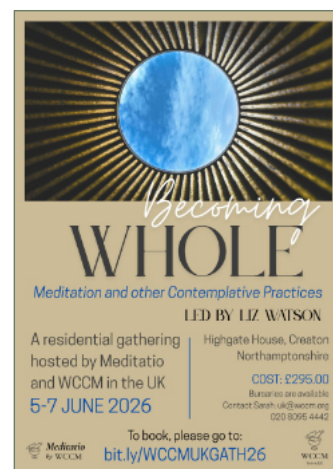
together, leisured conversations, complementary spiritual practices and reflections on the theme of **Becoming Whole**.

If you are new to meditation you are very welcome; it will be a good place to learn.

Liz is a long-standing meditator within WCCM. She leads groups, teaches meditation and leads meditation retreats in the UK, Europe, Scandinavia, the USA and New Zealand/Australia.

Early booking is recommended: bit.ly/WCCMUKGATH26

Please contact uk@wccm.org for bursary information.



The School - WCCM in the UK

The 'School' is the name given to the Community's foundational resources for learning to meditate. This suite of resources is developed internationally and designed to be adapted and delivered nationally and locally.



The resources are threefold: Introductory Courses; Essential Teaching Workshops (ETW); and Silent Retreats: all available in both residential and online formats. School Silent Retreats have traditionally been full week events, but are now being offered in shorter formats. Here in the UK, the work of the School is coordinated by a small team: Mark Ball; Liz Watson; Carole Dixon; and Ailsa Adamson.

The following national events are all currently open for bookings.

ESSENTIAL TEACHING WORKSHOP

Friday 10th to Sunday 12th October 2025

Highgate House, Creaton, Northamptonshire

Led by Mark Ball and Carole Dixon

£175 (2 nights full board)

Have you been meditating in the tradition taught by John Main for more than a year? Would you like to deepen your understanding of your meditation practice and be more confident when talking about it? An Essential Teaching Weekend is a participative residential weekend. Presentations by teachers in the community, group discussion and practical exercises will help to build confidence to pass on the gift of meditation.

7-DAY RETREAT

Sunday 26th October to Sunday 2nd November 2025

The House of Prayer, East Molesey, Surrey

Led by Mark Ball

£799 (7 nights full board)

This Silent Retreat is suitable for those familiar with the John Main tradition of meditation, who have begun to integrate it into daily life, and are looking to deepen their practice. Each full day will include a short talk, a short one-to-one with the retreat leader, contemplative walking, and seven thirty-minute periods of meditation, and space for personal reflection. The silence is

immersive, and the retreat offers a profound and integrated experience of solitude within fellowship as together we enter deeply into the heart of our tradition.

4-DAY RETREAT

Thursday 5th to Sunday 8th February 2026

The Briery, Ilkley, West Yorkshire

Led by Liz Watson

£399 (3 nights full board)

This residential Silent Retreat has been designed as a 'stepping stone' experience for those who may be unsure of committing to a full week of silence. The format will be identical to the 7-Day Silent Retreat outlined above.

ONLINE INTRODUCTORY COURSE

No courses are currently being booked. Check the WCCM in the UK website Events page for future courses.

This five-week revision of our classic six-week introductory course is specifically adapted for online engagement. It gives an overview of the foundations of our tradition, with an emphasis on the development of a deepening practice. Each session begins with twenty-five minutes of meditation followed by thirty minutes of input and interactive exploration of the week's theme.



Further information and event bookings can be made with Ailsa Adamson: ailsa.adamson@gmail.com

The work of the School here in the UK is supported and generously subsidised by the WCCM in the UK Trustees, which helps keep event costs down and also provides additional bursary funding. If you are able to make a donation to help us deliver these foundational resources which make a real difference in people's experience and understanding of meditation, please do contact John Reid: uktreasurer@wccm.org.

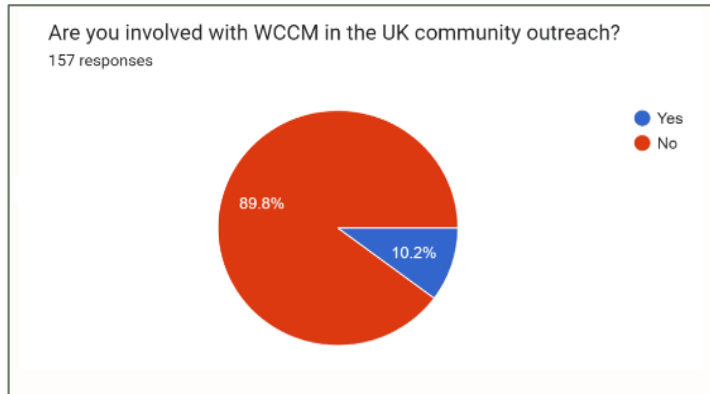
We very much look forward to supporting you in learning to meditate, in deepening your practice, and in sharing the gift with others!

WCCM in the UK School Team

Meditation News - OCTOBER 2025

Community Outreach Survey - Preliminary Results

In January this year, everyone registered on the WCCM in the UK database with an email address which is about 1500 people were invited to take part in an online Community Outreach survey. The intention was to help determine how many people are currently involved in outreach activity, to see how many might like to be, to gather new ideas and to make connections with those interested.



There were 157 responses which we were encouraged and delighted with. While most people reported being aware of Outreach, primarily from reading the UK newsletter, the number already involved was small, just 15.

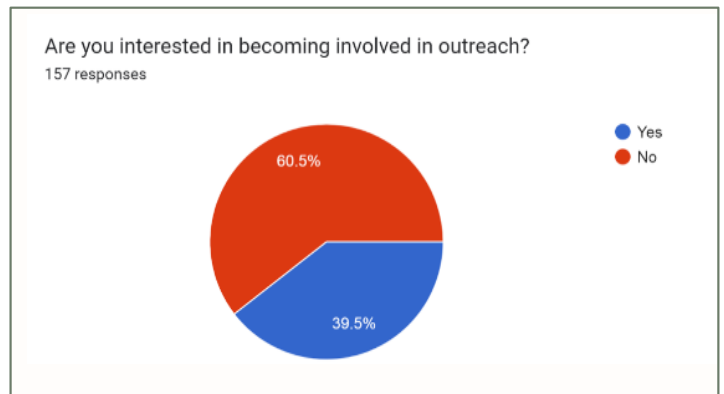
They were nearly all involved with areas where there is currently a Special Interest Coordinator - Addiction, Clergy/Contemplative Church, Environment, Learning Disabilities, the Marginalised, Meditation with Children in Schools, Palliative and Long-term care, Prisons, plus one or two working in other settings like a retirement home.

What was interesting was that in addition to those already involved, another 62 responded saying that they were interested not only with the existing areas of

Outreach, but in new areas like business. At present we are following up with everyone who said they were interested and putting them in touch with their Special Interest Coordinator, if there is one.

The survey went on to ask if there were other areas where respondents were already involved with community activities that might benefit from meditation and whether they might be prepared to facilitate something which prompted positive replies from over 40 people.

We are grateful to everyone who took the time to complete the questionnaire. Many people who currently do not have the time to get involved themselves put forward a variety of interesting ideas for us to follow up.



This is a work in progress which is already proving fruitful and encouraging. If you missed the survey and are interested in getting involved in any area of Outreach please get in touch with Diana Ohlson, Meditatio Country Coordinator (dohlson24@gmail.com)

Diana Ohlson and Julie Roberts

Postscript from South East Wales

Our weekly meditation group in Monmouth is thriving with an average attendance of twelve. We are fortunate to be able to meet in the Priory, which used to be a Benedictine monastery.



We have no group leader as such as we take turns in opening and setting up, the timing and the reading. In this way we can each feel we are contributing to the group. There is the opportunity to stay on for tea and coffee downstairs afterwards - often to the delightful accompaniment of a piano - or in a nearby cafe.

We like to have our own annual Quiet Day at the nearby convent of Ty Mawr where we have also helped to arrange wider WCCM days of reflection.

I am very grateful to be part of such a lovely group.

Barbara Jones

Image © Philip Pankhurst (cc-by-sa/2.0) geograph.org.uk/p/5448455 Monmouth Priory, (15 June 2017)

The Answer by James Johnson

To be still
to absorb silence
to hear without listening

to see without looking

to try without trying
to not even try
to not try

to be
just be
that...

is all you need know that...
is enough
that...

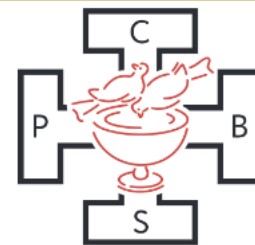
is the answer

Submitted by Julie Roberts

Monastics in the World – WCCM Oblate Community

Meditation creates community. Meditators who experience personal transformation through a daily practice seek to express this in ways suitable to their own path. Oblation is one of these.

The World Community is ecumenical and the Oblate community specially reflects this. However, the WCCM as a whole acknowledges a special relationship to the Benedictine tradition which was the first in the western Church to form a stable form of inclusive religious life and, in succeeding generations, has always adapted to the needs and circumstances of the age. Oblates live out their oblation in a spirit of obedience, stability and conversion and promise to share always in the life and work of our Community.



To read on, please take a look at the Oblate Path Booklet which can be found as a download or read online at [//wccm.org/become-an-oblate](http://wccm.org/become-an-oblate) or go onto our oblate website [//oblates.wccm.org](http://oblates.wccm.org)

OUR UK BENEDICTINE OBLATE COMMUNITY

The basic element of our Oblate Community, is the 'cell'. This word has a long monastic tradition referring originally to the monk's cave or room. With us it is used to describe presence not only physical space. The cells meet with regularity, to meditate, to share the Word, to consider their ways of sharing in the work of the wider community and where time allows share a meal together. All are welcome.

For more information about our oblate cells, please contact oblates@wccm.uk

Annual UK Oblate Weekend: 4pm Friday 7 - 5pm Sunday 9 November at The Kairos Centre, Roehampton, London. Contact oblates@wccm.uk for details.

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 2.00 p.m. - 3.30 pm December 14. . Contact Angela Gregson via oblates@wccm.uk for more information

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

Berkshire: Online Zoom meeting on the last Wednesday of each month from 14.00 - 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: Online December 1st 1.30 p.m. - 3.00 p.m. Contact: Angela Gregson via oblates@wccm.uk for more information

South Western Cell: Second Wednesday of the month. Online: October 8 2.30-4.00. In person: November 12 at Manvers Street Baptist Church, Bath, 11.00-3.30. Contact Jude Carpenter jude.carpenter47@gmail.com for details.



WCCM
IN THE UK

Donations

Donations to support the work of WCCM in the UK can be made online at: wccm.uk/donate

Or you can 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.

Meditation for Young Adults

**Weekly Online
Meditation for Young People**

Thursdays at 7pm

Everyone welcome!

Contact uk@wccm.org for details.

Events

Events from October 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 2026

Friday 5 - Sunday 7 June 2026. Becoming Whole - Meditation and other Contemplative Practices led by Liz Watson.

A residential gathering hosted by WCCM in the UK and Meditatio.

Venue: Highgate House, Creaton NN6 8NN.

Cost: £295 (bursaries are available - contact uk@wccm.org). Details on the WCCM in the UK website. Booking link: bit.ly/WCCMUKGATH26



WCCM IN THE UK SCHOOL EVENTS

Spaces are limited, early booking is advised. To reserve a space or find out more, please contact Ailsa Adamson: ailsa.adamson@gmail.com.

Friday 10 to Sunday 12 October. Essential Teaching Workshop.

Leaders: Mark Ball and Carole Dixon. Venue: Highgate House, Creaton, Northamptonshire. Cost: £175 (2 nights full board).

Sunday 26 October to Sunday 2 November. The School 7-Day Retreat.

Leader: Mark Ball. Venue: The House of Prayer, East Molesey, Surrey. Cost: £799 (7 nights full board).

Thursday 5 to Sunday 8 February 2026. The School 4-Day Retreat.

Leader: Liz Watson. Venue: The Briery, Ilkley, West Yorkshire. Cost: £399 (3 nights full board)

WALES

Saturday 25 October 10:00-15:30. Day of Quiet Reflection - Whom Shall I Send?

Leader: Jude Carpenter. Venue: Tymawr Convent (Michaelgarth) Lydart, Monmouth NP25 4RN. Cost: £20 - pay on the day (bring packed lunch, drinks provided). Contact: diana_g_morgan@hotmail.co.uk 02921 400367 to book a place.

Saturday 1 November 10:00-16:00. Gathering for Meditators.

Leaders: Revd Don and Jayne MacGregor. Venue: Ty'r Pererin Education and Pilgrimage Centre, Quickwell Hill, St Davids SA62 6PD. Cost: suggested donation £10 (bring packed lunch, drinks provided). Contact: jaynemacgregor@yahoo.co.uk 07491 985180 to book a place

NORTH EAST ENGLAND

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>

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 4 October 10:00 for 10:30 - 16:00. Quiet Day at Rydal Hall: Yearnings from the Heart.

Leaders: Bob Morley & Catriona Messenger. Venue: Rydal Hall, Ambleside, LA22 9LX. Refreshments provided. Call 015394 32050 or <https://www.rydalahall.org/events-calendar/quiet-day-oct4th>

Saturday 18 October 10:00 for 10:30 - 15:30. Introduction to Christian Meditation: Be still and know that I am God.

Venue: St Mary's Church Centre Dalton LA15 8BA. Bring a packed lunch, drinks provided. Contact: Alison MacMahon 07753361922 ally-mac@hotmail.co.uk

Tuesday 4 November 10:00 for 10:30 - 15:00 Living with the Mystics - Martin Laird

Introduction: Diana Raven Venue: Ambleside Parish Centre, Vicarage Rd, Ambleside LA22 9DH. Drinks provided, please bring your own lunch. Booking: Please contact Bob Morley 016974 72644 rgm1@live.co.uk

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.

SOUTH WEST ENGLAND

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: 4 October, 1 November, 20 December. Donation requested. All welcome.

Wednesday 5, 12, 19, 26 November 18:30 - 19:30 Learning to Meditate course (in person only) Donation requested.

Single Events:

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

Saturday 6 December 10:30 - 16:00 (hybrid) Divine Disruptors: Mysticism and the call to Wake Up. Speaker: Dr Rebecca Stephens Cost: £30/£20 online £20

Saturday 13 December 10:30 - 16:00 (hybrid) Christmas.

Speaker: Laurence Freeman OSB. Cost: £30/£20 online £20

INTERNATIONAL - JOHN MAIN SEMINAR 2025

6-9 November. INTEGRAL CHRISTIANITY: The Vision of Celtic Christianity for the Crisis of the 21st Century. BALALLY Parish - DUBLIN. See <https://wccm.org/jms2025> for details and booking.

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RESOURCES

WCCM in the UK Website:

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AREA TEAM CONTACTS ON PAGE 11



WCCM Meditation News

IN THE UK

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IN THE UK

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- Find out about the Lone Meditator Network

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Or contact:

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