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Next issue

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

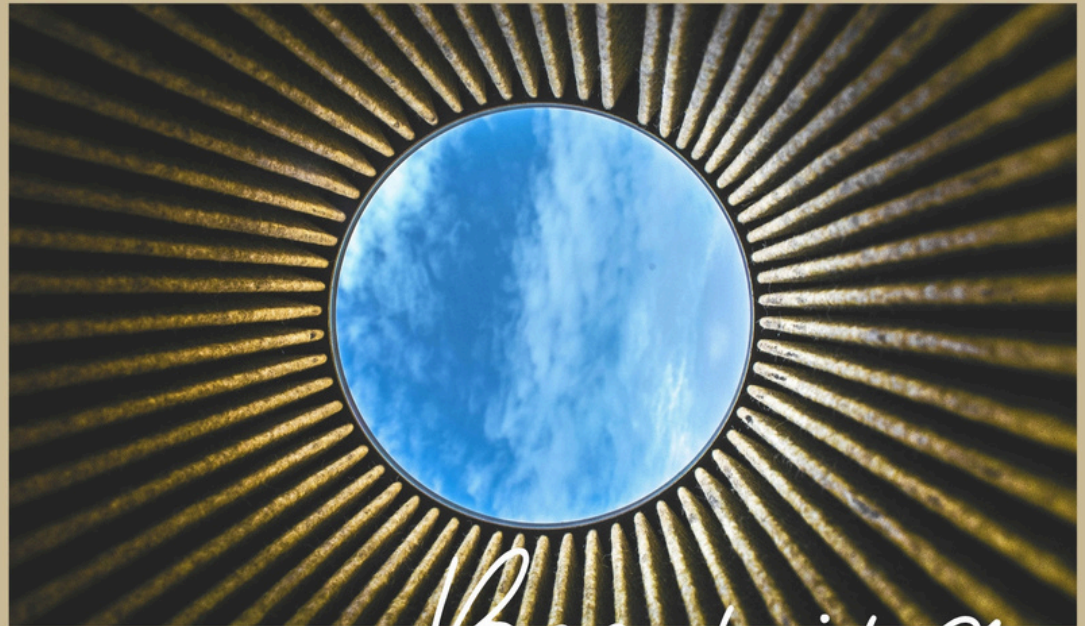
Please send articles for the next issue to: shelagh.newsletter@gmail.com and events to: events@wccm.uk to reach us by 1 May.

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

Editor: Shelagh Layet
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Production: Vacancy

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- uk@wccm.org
- 020 8095 4442



Becoming
WHOLE

***“The little space within the heart
is as great as this vast universe.
The heavens and the earth are there...
all that is and all that is not:
the whole universe is in Him,
and He dwells in our heart.”***

—Chandogya Uppanishad

***“In Christ, in that little space in the heart,
we are in all and all is in us.”***

—John 17

Editorial Spring 2026

These last words under the image on our flyer were chosen as a lead-in to meditation by Jeremy Baines, a member of an online meditation group whose members take it in turn to lead a session. It struck me immediately.

Somehow I could feel a resonance with our Gathering weekend and the theme of coming to Wholeness. Further, Jeremy's second quotation was based on exactly the same section from St John's gospel chapter 17:21-24 that Don MacGregor quoted in his article on Oneness. Both seemed to echo the theme of the Gathering led by Liz Watson 'Becoming Whole.'

Finally I felt the connection to Fr Laurence's theme of the year '**The Future of Religion.**' It seems that the Spirit is moving among us. The message is: We have no future - unless we become whole, one in ourselves, and one with others. Here is what Laurence says.

"We can't do without religion any more than we can do without music or art or the other things that make us fully human and give us a sense of transcendence. So, as contemplatives we need to ask contemporary questions.

Is religion going to transform, is it going to offer us new perspectives on reality in collaboration with other ways of knowledge, respecting and developing the dignity and depth of the human? And how do the different religions collaborate and interact?

Our own contribution to this is to understand the role of contemplation: that at the heart of every religion there is a contemplative or a mystical dimension. There are three pillars to religion: the institutional, the intellectual and the mystical...

The deep source of authentic religion must always be the mystical. It is the personal and collective experience of God, of ultimate reality, and of the meaning and purpose of all things... It is this contemplative dimension of religion that throws open a way into the common ground of humanity.

That's why religion is important and inevitable. Because it is an ever-new way of transcending divisions, our addiction to war and violence, dishonesty and deception in public life and restores integrity and truth, indeed love, within the human family.

Just as everything else is changing around us in the 21st century, so religion is also going through a transformation. This is a fascinating and important topic, and this is why we will be reflecting on it throughout the coming year with inspiring and original teachers deeply involved in all the questions of our time".

Teilhard de Chardin, eminent palaeontologist and Jesuit priest and prophet, foresaw the future evolution of humanity in terms of becoming one in Christ, Christogenesis. Iliia Delio explains: This is a term that Teilhard de Chardin coined to describe the dynamic presence of God in evolution; the creative entanglement of divine and created life in the movement toward wholeness. This is an enormous encouragement to us: we do not meditate just for ourselves. We have a contribution to make to the future and wellbeing of humanity. The stakes are high.

Shelagh Layet - Editor

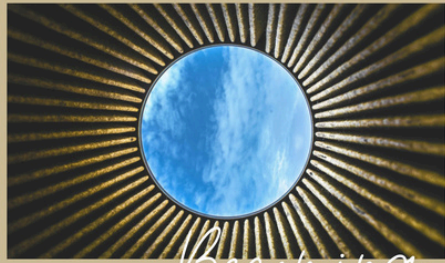
Becoming Whole: UK Gathering 2026

Becoming Whole – Meditation and other Contemplative Practices is a residential gathering hosted by WCCM in the UK and Meditatio, and led by Liz Watson (<https://wccm.uk/liz-watson/>). This year it is taking place during the weekend of the 5th - 7th June 2026 at Highgate House, Creaton, Northamptonshire.

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 meditating together, leisured conversations, complementary spiritual practices and reflections on the theme of Becoming Whole. Whether you are new to meditation or experienced in the practice, you are warmly welcome.

Early booking is encouraged. To book, please visit: bit.ly/WCCMUKGATH26. The cost is £295 per person. For bursary information, please contact uk@wccm.org.



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

Meditatio by WCCM WCCM

Oneness

I believe there is a universal path of wisdom that underlies all true spiritual paths, and it is to do with the dawning realisation of our interconnectedness, our oneness at the energetic level, which science is saying these days. We are aware of a need to change our human ways. We seek a spiritual path for today. It seems to me that we are One in the divine matrix of consciousness that holds us all in being – and Jesus knew it. His words in the gospel of John (whether actually his or the gospel writer's understanding of him) were "I ask ... that they may all be one. As you, Father, are in me and I am in you, may they also be in us, ... so that they may be one, as we are one, I in them and you in me, that they may become completely one..."

(John 17:20-23)

His teaching was to love, to love ourselves, to love each other, and even to love our enemies - and that is the way to develop higher wisdom and interconnectedness. Love is about compassionate relationships, which is what is needed in the world at all levels. We have to rise above the tribal mentality that says my religion is better than yours, my race is better than yours, my country is better than yours. This is the spiritual journey - into realising that there is only one humanity and that the way ahead is into sacred Oneness and compassion. That is the teaching needed in today's world.

But how do we, as individuals, make that shift? There are certain tried and tested disciplines, techniques and practices that help us to 'awaken' spiritually into this oneness and interconnectedness and compassionate way of being.

There are two aspects to this: the first is to raise our level of consciousness, in order to connect with our true Self, Higher Self, greater Being, the bit of us that is connected and open to the Divine.

And secondly, to widen our breadth of consciousness, to experience 'being' more fully, to relate positively to all other beings. It involves reconnecting with, knowing, and ultimately being centred in the True Self. It is not about transcending the world; it is about raising our consciousness into our higher being, and then living that out of that place in our daily lives. It is about being as fully here, as fully present as we can be. Simply and fully 'being' is at the core of every authentic spiritual practice.

The most important practice in this move is having a practice of **meditation**. There are many different types, and in WCCM we practice a particular form.

It is central as a way of dis-identifying with the ego-self, with the self-centred desire nature, and developing a deeper connection with our true-soul-self. It helps us to develop the 'witnessing presence', that part of us that can rise above the swirl of emotions and desires. Meditation is about observing, feeling and welcoming whatever arises, but then letting it go.



There are many other practices that help as well. To see from Oneness, we have to move our centre to a higher, finer, more compassionate place that transcends the level of egoic thinking that is so prevalent in the world. For the world to survive, we have to rise above that level of thinking – and this is the shift that is happening. The troubles we see all around the world at present are, I believe, the birth pangs, the labour pains of that shift to a new way, a new story for humanity, that we are all One. The shift in consciousness is happening from two directions.

1. Awakening within – we have to be willing to engage in the inner work that can change and transform. Through prayer, contemplation and reflection we learn more about our inner being, we heal early memories, we grow in compassion.

2. Opening to the Source. There are other forces at work in this universe, and different traditions use different words. Call them Mother nature, divine love, the Source, God, the Universe, the Holy Spirit or whatever. But the direction of these energies is to move us, that is the whole human race and the whole planet, to move us on to a better place, a higher level.

Rev. Don MacGregor
Area Team Member for Wales

Just Turn Up!

The meditators companion, a practical guide

Writing a book is a very fulfilling exercise and one can only trust that it will reach those who will find it helpful once it has been launched.

Just Turn Up! was published by Medio Media in 2021 in response to the questions which meditators have and the challenges of the meditation journey.

While they may not change much over time, the ways in which people share the content certainly can.

I discovered this recently when I received an email from James Johnson, who is the WCCM Coordinator for Sweden, saying 'I think you might like to look at this'.

This turned out to be a 16 min YouTube Video an excellent summary of Just Turn Up!

Written to encourage everyone to keep meditating.

So, please do have a look at <https://tinyurl.com/258r8u9k>

Pass it on in groups and to fellow meditators.

And if you would like to purchase Just Turn Up!

copies are available from the UK Office uk@wccm.org or Medio Media <https://mediomedia.com> at £8.99 (inc p&p)

Just Turn Up!

the meditator's companion, a practical guide



JULIE ROBERTS

Foreword by Laurence Freeman OSB

Feedback from beginners

*'Very persuasive in a casual way - it enables me',
'You could not have given me a better book.'*

Environment - Special Interest



Why does WCCM in the UK have a Special Interest Coordinator (SIC) for the Environment?

'Special Interest Coordinators promote and support Christian meditation in their special interest area by developing and maintaining a network of interested people... They do not have to be an expert in the field.'

The Cambridge dictionary gives one definition of environment as: *'the air, water, and land in or on which people, animals, and plants live.'* This highlights the interconnectedness of everything that sustains life on Earth. The practice of Christian meditation can transform our awareness of this interconnectedness and motivate us to seek a harmonious relationship with all life on Earth.

I am grateful to the National Council and the previous SIC for the Environment, Sarah Feeney, for producing [Our Commitment to Eco-Friendly Practices](#), a WCCM in the UK document available on the front page of the website, which everyone in the UK community is encouraged to read. It gives clear guidelines to help us think about how our actions impact the environment.

It is often through person-to-person discussions that people are prompted to do things differently. Although I knew it was possible to recycle soft plastics at the supermarket, I did not do it. However, not long after I joined the on-line Earth Crisis Meditation Group (Thursdays at 7pm UK time), I bumped into a friend who is part of her church's Eco group. Following our conversation, I started separating out the soft plastic to take to the supermarket. The rubbish going into our household waste bin dropped significantly.

Why am I telling you this? Meditation opens our hearts to other ways of seeing the world, and perhaps if we shared the suggestions in the "Eco-Friendly Practices" with our fellow meditators more people would make a change or two and the result would make a significant difference.

Continued on page 5

Environment - Special Interest (cont. from page 4)

At a recent Area Team Members and SIC meeting, John Rhodes, from Devon, was telling us about a pilgrimage group in his area. There are twelve churches and each month the pilgrims walk from one of the churches to the next one, completing the circuit over twelve months. At the end of each walk they visit the church. As with most walking groups people chat. John introduced the idea of walking in silence for the last mile, which is now their regular practice. This has sparked conversations about silence and meditation. When we walk in silence we see and hear so much more of the living landscape around us and gain a greater appreciation of its beauty.

My experience is that people often avoid being silent, but the experience of walking, breathing in fresh air and listening to the birds and the breeze, may be a gentle way to introduce silence in a familiar setting. Are you part of a walking group? Could you suggest doing something similar? Even walking in urban areas, you will see plants. They have a remarkable way of appearing in the most unexpected places.

Internationally, Earth Crisis Forums are organised on Zoom. These are regular events, prepared by meditators in different countries sharing their concerns, experiences of climate change and hopes for the future. Recordings of past forums are available on wccm.org – go to Outreach and then [Earth Crisis: Climate and Ecology](#). The Thursday evening Earth Crisis Meditation Group is currently preparing a Forum to go out on 23 April 2026 and on 14 February 2026 WCCM in the Netherlands hosted the Earth Forum 9 – A Celebration of the Earth.

Has your group considered using Jim Green's course: Contemplating Earth course to reflect on the Earth Crisis and Climate Change? It is available on same link as the Forums.

One last question for each one of us, and especially those who campaign, volunteer or work in the 'environment sector': *How can I bring the gift of meditation to my place of work or volunteering?*

Whether you are already doing this, or have ideas about how to do it, please contact me by email.



Eilish Storey

Special Interest Coordinator for the Environment

On the Ocean Wave



A Life on the Ocean Wave is a poem written by an American editor and writer, Epes Sargent, and published in 1838.

Whether we have a nautical background or not, somehow it feels it is part of our national psyche. There is something familiar and known about the song, as we live in a country that calls an island its home.

The chorus begins

***A life on the ocean wave, A home on the rolling deep,
Where the scattered waters rave, and the winds their revels keep.***

When we begin a life that is rooted in a contemplative practice, making meditation part of our daily routine, it is as if we have set out on a rolling ocean. We sense it is a new journey, there is distance to travel and adventures to come and yet it is always about riding along on the wave that is the one we are on right now. As with the wind and waves on the ocean we submit ourselves to the life force of God, the one who created the seas and is present on and in the water. *Continued on page 6*

On the Ocean Wave (cont. from page 5)

Each morning it is as if in the words of a verse
of that poem

**Once more on the deck I stand,
Of my own swift gliding craft,
Set sail! and farewell to the land...**

We make the choice to take up our meditation each day in whatever way we have found to be meaningful for us. It may be at home in a room, it may be with others in a group online. We can choose to repeat a mantra or contemplate with an image. We may run joyfully along the jetty and jump into the bow of the boat. Or some days perhaps, we feel that we have to drag ourselves reluctantly up a steep gangplank and heave ourselves over the side, but we make a start.

Unlike the need to be shipshape when on a vessel at sea, there are minimal rules, no goals to be achieved, no straining to a horizon. We are all beginners and are not setting out to be measured or improve. We simply begin to float in the love of God. We discover a new way of being, one that is not tied to land, but can make a new journey over oceans.

In the holy time of contemplation, there is peace to be found. The life on the ocean wave will be variable. Your life journey takes you through times of calm and days filled with sunshine, but there will also be storms, raging winds, threatening clouds ahead to travel through. For those who have taken the decision to spend time in meditation whatever the currents of life we take the peace of those meditation moments with us. Although situations may not feel any different, we are changed to sail into them more calmly, in ways that are more accepting and enabling, to ourselves and to others. This is the gift of meditation, we cannot explain it. It cannot be forced, only accepted. The gift of meditation doesn't need artificial intelligence. It is suffused with the wisdom of God's Holy Spirit. It is this kind of understanding that we can trust to help us navigate the ocean of life.

Meditation and contemplation also lead to prayer for others. People and situations may drift into our mind during meditation or we may more actively set aside further time to specifically bring them before God in prayer. Often we may not know what to pray. The circumstances may be complex, desired outcomes may be confused in our minds and we are only left with the

feeling that we want to place particular persons into God's loving care. A helpful metaphor is to place that person into a boat and gently allow them to float along on the waves. They remain part of our life, but do not weigh us down or cause us to sink. If these prayer intentions arise during meditation, this is so very likely as we all carry others along with us and indeed are called to do so. During our meditation time it is not that we push them away or react to them with our own emotions. We can simply place them in a boat and trust them to the care that we discover in Jesus, the love that leads all vessels of life to their Creator.

If we had never seen the sea it would be very hard to explain it to a totally land based creature. There is a story of a monk and his novice walking on the beach as the tide is coming in. The novice has so many questions about the sea, where does it go to? Is the water very cold? What does salt water taste like? The monk turns to the novice and as the sea has now risen right up to lap at their feet, he gently pushes the other into the water. He falls in fast, tastes the sea water for himself, forgets to worry about where the sea is going to and learns by experiencing it. This is how it is with meditation. We can read about it. We can ask others questions about their practice. We can research the ways of trying it. But it is not until we jump into its waters for ourselves, that we begin to better understand all its depths, what it is like to float in its healing and release.



Revd Josette Crane is a retired Methodist Minister serving as Chaplain at John Wesley's New Room the oldest Methodist Chapel in the world, in Bristol city centre. She preaches and teaches regularly on meditation.

Caterina and Richard Brown



Caterina and Richard Brown have been devoted members and leaders of the meditation group at Worth Abbey for over 25 years. Now they are no longer able to travel to come to our meetings, we should like to thank them warmly for all the support and guidance they have offered to our group with unwavering dedication.

Caterina's journey with Worth and the John Main meditation groups began through her mother, Silva. Silva was a close friend of Eileen Byrne, who was instrumental in encouraging Fr John Main to record his talks for the emerging meditation groups. Together, they meditated with Father John at the Abbey in Ealing. Silva and Eileen met later at Worth Abbey, when Caterina and Richard started taking Silva to the meditation group at Worth.

Eileen was then living close to Worth Abbey. As she had been a director at CMC house in Kensington, she was now running the Christian meditation group at Worth.

Upon Eileen's retirement in 2008, Geraldine Constable briefly took over the group's leadership. When she moved away, Caterina, despite her busy work and family commitments, stepped in to continue the work, ensuring the group's continuity. With support from her husband Richard, Caterina's commitment extended to organising and supporting retreats at Worth Abbey, where they worked quietly and efficiently behind the scenes.

Even after relocating themselves, Caterina and Richard remained deeply involved, travelling long distances through all seasons to maintain the Worth group's meetings.

They also helped establish new meditation groups in their hometown of Barnham in Sussex, and during the Covid pandemic, Richard set up Zoom meetings for the groups, ensuring that the practice continued even in challenging times.

Over the years, Caterina and Richard have welcomed every new member with warmth and kindness, faithfully sharing "the pearl of great wisdom" passed down by Father John Main and Father Laurence Freeman.

While Caterina and Richard are no longer able to lead the group for health reasons, their legacy of love and service remains an inspiration to all who have been touched by their kindness and faithfulness. We are deeply grateful for all they have done, and we shall certainly miss them. We pray that the Lord grants them strength and peace as they embark on the next chapter in their lives.

*Members of the Worth Abbey group—
Cheryl, Beth and Gabrielle*

Tribute - Remembering

Helga Engel: 1st March 1929 – 17th September 2025

Helga Engel, who started what is now the Leeds Trinity University meditation group in her home nearly 30 years ago, has died at the age of 96. Helga began meditating at Cockfosters in London and brought meditation to Yorkshire when she and her husband moved to Leeds to be near their four children.

She was an active member of the UK Meditation Community from the beginning and did much to establish and build the Yorkshire Community into what it is today.

She helped to organise retreats and quiet days and was actively involved in arranging Fr Laurence's first visit to Leeds Trinity, after which the Yorkshire Region began to grow with groups blossoming all over the county.

Helga was a remarkable woman and an inspiration to all who knew her. She was born in 1929 in Prague, Czechoslovakia, (Czech Republic), to German parents, whose families had lived in Prague for generations. After the Second World War most ethnic Germans were expelled from the country, and Helga and her family, together with other Germans, were put in camps and herded from place to place until they finally arrived in Terezin.

This was a notorious camp where Jewish people had been held just recently. Helga, now in her teens, her mother and two younger sisters were separated and kept in cells. Their father who had gone missing during the war, was never heard of again. After time spent in Terezin they were finally put on a transport for the Russian Sector in East Germany. Thanks to the ingenuity of Helga's mother, after a while they were able to escape from East Germany into the Western sector.



Helga met her husband Gunther at a dance in Frankfurt in 1951. His family moved back to England where they had been living before the war, and she finally followed him and moved to work in London in 1956. They were married in Hull in 1958, where Gunther had found a job.

When Helga set up the first Christian Meditation group in her home in Leeds, she soon drew people to her. Although she rarely spoke about her experiences after the war, there was a depth and tenacity about Helga that had obviously been forged during that time. She was a remarkable inspiration to us all and a great example with her absolute fidelity to the practice. Because of Helga, others were enabled to discover Christian Meditation which has sustained and nurtured them in both their spiritual and everyday lives. We owe her a great debt.

Sue Giuntoni

Leeds Trinity University Meditation Group

Tribute - Remembering Sister Mary Stephen CRSS: RIP 1930 – 2025



In the mid-nineties, Fr Laurence was invited to lead a day at New Hall on Christian Meditation and John Main's teaching. The inspiration for the Colchester Group came from that day.

When the Sisters left New Hall, they came to Colchester. There Mary Stephen joined our local group. She often contributed inspirational readings and music, and wry humour. She was much missed when ill health kept her home bound.

She painted till the end of her life. Painting was another form of meditation for her, as was gardening. Reproductions of her paintings can be seen as posters, pictures and cards in many churches and schools of all denominations. She collaborated with another artist on the large mural at Downside Abbey. Her work is mainly abstract, or depicting figures in contemplation or in a surge of colour and joy.

Rest in peace, Mary Stephen, in continual contemplation of the Great Artist.

*Valerie Quinlivan and Peggy Smith -
Colchester Meditation Group*

Sister Mary Stephen was a natural contemplative, an artist and a meditator. She started teaching and leading meditation in the 1980s, in the Barn at the New Hall School in Essex. New Hall has been a school and a place of prayer since 1799, when the Canonesses of the Holy Sepulchre found a home there, after fleeing persecution in the Low Countries.

Often people who joined the Colchester Meditation Group have told me they first learned the practice in the Barn with Sr Mary Stephen.

Trustee Opportunity with WCCM in the UK

Are you passionate about making a positive impact in your community?

WCCM in the UK is seeking individuals, spiritual people and preferably meditators, to join our Board of Trustees. The Board meets online quarterly, usually for up to 3 hours, with occasional side meetings.

We are looking for Individuals with

- **Commitment to the aims and values of WCCM in the UK.**
- **Good, independent judgement and ability to work as part of a team.**

All backgrounds are being considered and we particularly welcome applications from individuals with experience in finance (senior level and/or bookkeeping), fundraising and safeguarding.

To express your interest, please send your CV and a brief covering letter to Roz Stockley at ukchair@wccm.org.

For an informal chat about the role, please contact Roz Stockley on 07929 007808.

How to receive the Newsletter

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



THE END IS WHERE WE START FROM

– time, change and self

A silent meditation retreat



We live in a world of numberless events, choices, accidents, departures and arrivals. To make sense of it all we shape them into stories with beginnings and endings: about ourselves, about others, about 'reality', about body, about spirit. We need these narratives to find a way through the world. But do we truly understand beginnings and endings? Do they imprison us, or lead us towards a welcoming freedom? What lies beyond all the stories we habitually tell ourselves?

In the context of such fundamental questions we will sit together in several sessions of meditation every day of this retreat. Eating, washing up, practising simple bodywork and walking meditation, together we will deepen into the silence of our shared life. There will be a few short talks offered by the facilitators, taking as a starting point the words of T. S. Eliot that give our retreat its theme.

3pm Friday, 22nd May to 3pm Sunday, 24th May 2026

Residential plus all meals £195, Non-residential plus lunch £75

Monastery of Christ Our Saviour, Turvey, Bedfordshire MK43 8DH

FACILITATORS: Jim Green and Edmund Giszter

For more information about the retreat, contact:

silentretreat@greenjim.co.uk or Edmund on 07977 533620

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Did you know that whenever you buy anything online or in-store – from your weekly shop to your annual holiday – you could be raising free donations for WCCM in the UK with easyfundraising?

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1. Go to <https://www.easyfundraising.org.uk/causes/wccm-in-the-uk/> and join for free.
2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.
3. After you've checked out, the retailer will make a donation to WCCM in the UK at no extra cost to you whatsoever!

You can now support us by shopping in-store! Please visit: <https://www.easyfundraising.org.uk/in-store-donations-web/> for more information.

There are no catches or hidden charges and WCCM in the UK will be really grateful for your donations.

Thank you for your support.

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.

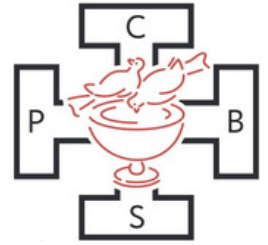
However, the WCCM as a whole acknowledges a special relationship to the Benedictine

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

UK Oblate Silent Retreat Weekend: Friday 15th May 16:00 - Sunday 17th May 14:00 at The Briery, Ilkely. Contact mstewart1963@btinternet.com for more details and to book a place.

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: 12th April & 14th June from 14:00 - 15:30. Wednesdays: 22nd April & 24th June 19:30 - 21:00. 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: Mon 13th April & Mon 1st June 12:00 - 15:00. Our Lady of Lourdes Church Hall, Horwich. Contact: Angela Gregson via rydal2814@yahoo.co.uk for more information.

South Western Cell: Second Wednesday of the month either online: 14:30 - 16:00 or in person: at Manvers Street Baptist Church, Bath, 10:30 - 15:15. Contact Jude Carpenter jude.carpenter47@gmail.com for details.



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

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.

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Meditation for Young Adults

**Weekly Online
Meditation for Young People**

Thursdays at 7pm

Everyone welcome!

Contact uk@wccm.org for details.



Events

Events from April 2026 onwards.

Please visit the WCCM in the UK website for more details and to check for changes and additional events: [//wccm.uk/events](https://wccm.uk/events).



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

Early booking is recommended.



WCCM IN THE UK SCHOOL EVENTS

Sunday 20 to Saturday 26 September 2026. The School 6-Day Retreat. Leader: Alex Holmes and Joanne Caine.

Venue: Whalley Abbey, Whalley, Clitheroe BB7 9SS.

Cost: £925 (full board) bursaries to help with the cost of attending are available. Please ask. **Contact:** Sarah Humphreys: uk@wccm.org / 020 8095 4442



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.



NORTHWEST ENGLAND

Saturday 18 April 10:30-15:30. Dances of Universal Peace (a day of 'embodied' meditation, or 'moving meditation')

Leader: Christina Gulzar Lausevic **Venue:** Ambleside Parish Centre, Vicarage Road, Ambleside LA22 9DH **Cost:** tba Tea and coffee provided – bring your own lunch. **Booking:** tba

Tuesday 5 May 10:00-15:00. Living with the Mystics (Jesus of Nazareth), **Introduction:** Bob Morley **Venue:** Friends Meeting House, Elliott Park, Keswick CA12 5NZ **Cost:** Donations - £10/£5; drinks provided, please bring your own lunch. **Booking:** Bob Morley 016974 72644 rgm1@live.co.uk

Saturday 9 May 10:30 – 16:00 Quiet Day at Whalley Abbey
Venue: Whalley, Lancashire BB7 9SS. **Cost:** £20 Please bring your own lunch, drinks provided. **Contact:** Joanne Caine 07776426911 joannecaine2@gmail.com

NORTHEAST ENGLAND

Saturday 9 May 10:30 – 16:00 Quiet Day **Venue:** Leeds Trinity University, Horsforth, Leeds LS18 5HD **Cost:** £10 Please bring your own lunch, drinks provided. **Contact:** Joanne Caine 07776426911 joannecaine2@gmail.com

Saturday 20 June 10:30 – 16:00 Quiet Day **Venue:** St. Bede's Pastoral Centre, 21 Blossom St. York YO24 1AQ. **Cost:** £20 Please bring your own lunch, drinks provided. **Contact:** Joanne Caine 07776426911 joannecaine2@gmail.com

SOUTHEAST ENGLAND

Friday 22 15:00 to Sunday 24 May. The end is where we start from (time, change and self). Residential Silent Meditation **Retreat. Facilitators:** Jim Green and Edmund Giszter. **Venue:** Monastery of Christ Our Saviour Turvey, Bedfordshire MK43 8DH **Cost:** £195 (Residential including all meals) / £75 (non-residential plus lunch) **Contact:** silentretreat@greenjim.co.uk or Edmund on 07977 533620

Saturday 20 June 10:30-14:30 Annual gathering of London meditation group facilitators. **Venue:** Meditatio Centre, St Marks Church, Myddelton Square London EC1R 1XX. **Cost:** free (tea and coffee provided, please bring your own lunch) **Contact:** pja.huber@gmail.com

SOUTHWEST ENGLAND

Thursday 2 18:00 – Sunday 5 July 12:30 (lunch). **Silent Retreat. Speaker:** Janet Robbins **Venue:** Monastery of Our Lady and St Bernard, Brownhill Road, Stroud, Glos GL6 8AW. **Cost:** £225 (Bursaries available) **Contact:** jemserrurier@gmail.com / 07907 413983

Friday 18 September 18:00 to Sunday 20 September 14:00. Community retreat - 'Developing the Contemplative Mind – Going Deeper'. Speaker: Revd Chris Blanchard **Venue:** Ammerdown Retreat Centre, Radstock BA3 5SW. **Cost:** £295 for a single occupancy, £275 for a shared room (full board) **Contact:** bristolandbath.wccm@gmail.com

Events - continued

MEDITATIO CENTRE

Events at 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 19:00 – 21:00 Yoga with Lucy Barnes.
(Contact: lucybarnesyoga@icloud.com)

First Saturday of every month SILENT SATURDAYS

11:00-15:00. Silent day with 3 periods of meditation. In person only (Dates are: 7 Feb; 4 Mar; 4 Apr; 2 May; 6 Jun; none in August; 4 Jul; 5 Sep; 3 Oct; 7 Nov; 5 Dec) **Leaders:** Kate Middleton, Lucy Barnes, Marcus Duran. **Cost:** No cost, but donation welcome. **All welcome.**

Single events at the Meditatio Centre:

Wednesday 8 April, 15, 22, 29 18:30 – 19:30 IN PERSON ONLY **Learn to Meditate in Spring. Cost:** no cost.
[//meditatiocentrelondon.org/events/ltmeditatespring2026/](http://meditatiocentrelondon.org/events/ltmeditatespring2026/)

Saturday 18 April: 10:30 – 16:00 HYBRID **Love's Soft Stillness Led by:** Mark S Burrows **Cost:** £40/£20/£25 online
[//meditatiocentrelondon.org/events/hadewijchandeckhart/](http://meditatiocentrelondon.org/events/hadewijchandeckhart/)

Saturday 16 & and Sunday 17 May 10:30 – 16:00 IN PERSON ONLY **Living from your Soul – a retreat Led by:** John Siddique **Cost:** Saturday only £55 Saturday only (Concession*) £35 Both days £85 Both days (Concession*) £60

Friday 29 May 10:30 – 17:00 IN PERSON ONLY **A London Pilgrimage Cost:** £25 includes donations to each church and refreshments.
[//meditatiocentrelondon.org/events/londonpilgrimage26/](http://meditatiocentrelondon.org/events/londonpilgrimage26/)

Saturday 27 June: 10:30 – 16:00 HYBRID **A retreat day with Rev Richard Carter Cost:** £40/£20/£25
[//meditatiocentrelondon.org/events/revdrichardcarter/](http://meditatiocentrelondon.org/events/revdrichardcarter/)

Wednesday 15 June: 18.30 -21:00 HYBRID **Spiritual Teachers:** Martin Buber **Led by:** Josie von Zitzewitz **Cost:** £20/£10/£10 [//meditatiocentrelondon.org/events/buber/](http://meditatiocentrelondon.org/events/buber/)

MEDITATIO CENTRE (CONTINUED)

Saturday 25 June 10:30 – 16:00 IN PERSON ONLY. **Zen Wisdom for Christians Led by:** Revd Chris Collingwood **Cost: £40/£20**

AUGUST (CLOSED)

Wednesday 9 September 18:30 – 20:30 IN PERSON ONLY **Qi Gong: Stillness in Motion 2 Led by:** Peter Jaeger **Cost:** £20/£10
[//meditatiocentrelondon.org/events/qigong26/](http://meditatiocentrelondon.org/events/qigong26/)

Saturday 10 October: 16:00 – 18:00 IN PERSON ONLY **RUMI songs (evening)** DETAILS TO FOLLOW **Cost:** £20/£10

Saturday 14 November: 10:30 – 16:00 pm HYBRID **Laurence Freeman at the Centre Cost:** £40/£20/£25 online

Saturday 28 November: 10:30 – 20:00 IN PERSON ONLY **The Joy of Encounter, London Cost:** £40/£20
[//meditatiocentrelondon.org/events/joyofencounterlondon/](http://meditatiocentrelondon.org/events/joyofencounterlondon/)

Wednesday 2, 9, 16, 23 December 18:30 – 21:30 IN PERSON ONLY **Learn to Meditate in ADVENT Cost:** no cost
[//meditatiocentrelondon.org/events/ltmeditateadvent/](http://meditatiocentrelondon.org/events/ltmeditateadvent/)

Saturday 12 December: 10:30 – 16:00 HYBRID **An Advent day Led by:** Daniel Horan PhD **Cost:** £40/£20/£25 online

WCCM ONLINE

BONNEVAUX ON THE GROUND RETREATS

The Bonnevaux retreat programme 2026 is available here: [//bonnevauxwccm.org/all-programmes/](http://bonnevauxwccm.org/all-programmes/)

Online:

14 March to 26 November. Being Human, Being Real – talks for young adults [//wccm.org/events/being-human-being-real/](http://wccm.org/events/being-human-being-real/)

Bonnevaux:

Tuesday 28 April to Sunday 3 May Approaches to Meditation: Enriching Guidance from the wisdom of the Mystics. Leader: Prof Peter Tyler **Venue:** Bonnevaux.

Tuesday 12 to Sunday 17 May Deepening Meditation Leader: Stefan Reynolds **Venue:** Bonnevaux.

Thursday 21 to Sunday 24 May Cultivating the Fruits of our Contemplative Practice. Leader: Christine Kristof-Lardet **Venue:** Bonnevaux.

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 **WCCM**
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