WCCM
In the UK

Meditation News

October 2026

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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:
uknewsletter@wccm.org
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.

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Editorial Autumn 2026

The voices that speak through the pages of the newsletter make me marvel.

It is good to hear what others in our community are saying and doing. These words and actions deserve to be shared and I am delighted to serve in this way.

I urge and invite you to share with one another through these pages, saying what is happening where you are, what you are doing and thinking… Please be willing to share with others your experiences of **meditation and of our community.**

We are growing and changing as we need to. That was the experience of the Gathering, led by Liz Watson and others in June. Something new and different. You can read about it here. The good news is that it is going to happen again next year.

Fr. Laurence has devised a new online Four-week Introductory Course 'Learn to Meditate' for our use. That is a challenge for me as we have been accustomed to devising our own as best we may. Our introductory course each year served as an invitation to those who have never meditated before and on the other hand a refresher for those who are meditating already.

But what if this is not the language of today? The mode of communication of today is online and digital. A challenge for me.

This is a changing world - and we need to grow and change. I invite you to share your experiences with the new introductory course. How has it been for you?

It is exciting that Pope Leo is offering an important document on the new phenomenon of AI, Artificial Intelligence.

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Editorial Autumn 2026

(cont. from page 1)

How good to hear a contemporary teaching on a contemporary development, a burning discovery.

Magnifica Humanitas, how wonderful humanity can be! We are an evolving race in an evolving cosmos. This is the mystical vision of Teilhard de Chardin a century ago. Not a prediction but a mystical vision.

This is the kingdom of heaven - within and among us! Will we be able to realise it? Or are we heading on a path to self-destruction, annihilation of our race on beautiful planet Earth which is teeming with life?

The response to this is the subject of the first article 'Earth Crisis Forum'.

'The Future of Religion' is the theme of a series of WCCM lectures this year. Some are still to come, others are available as recordings via the WCCM website. We are being given every opportunity to awaken and save our souls and humanity.

The message of the series, from speakers of different faiths, is that religion, and especially the contemplative path, is the key to our survival.

Shelagh Layet - Editor

We would like to thank Shelagh for her wonderful contribution as Editor of the WCCM in the UK Newsletter over the past few years. This will be Shelagh's final issue as she is stepping down from the role. We are very grateful for all the time, care and dedication she has given to bringing each edition together and wish her all the very best. The role of Newsletter Editor is now vacant, and we would love to hear from anyone who may be interested in taking it on. Please contact uk@wccm.org.

WCCM Earth Crisis Forum 10: A Tapestry of Place, People and Possibility



Dear Friends

As we write this, we are in the midst of heatwaves and wildfires which seem appropriate when talking about the Earth Crisis Forum. We are UK meditators and members of the international Earth Crisis Meditation Group who hosted the Forum in April.

The Group started in 2023 in response to the Contemplating Earth Course, the Earth Crisis blog and previous Forums. It runs weekly with a focus on the ecological crisis. Meditation is followed by a time of sharing thoughts and feelings around the climate crisis.

Initially we were a group of about eight led by Jane Greenlees. The group has grown, now approximately twenty, with members from around the globe.

The way the group has developed has made it unique and special, so when we were asked to host a Forum, we decided to share the format of our weekly sessions. The group also asked several questions, e.g. What does the group mean to you? What actions have you been inspired to take outside of the group? However, the most significant and precious aspect was the process by which we arrived at the final presentation. It is important to us that everyone who wanted to, should be able to contribute, whether through art, poetry, reflection or by modelling direct action.

This approach does not sit easily with the dominant approach in Western culture, where the loudest voice is what is heard. It meant we had to listen closely to one another and work together to create something that could be shared. This approach comes closer to the model of consensus decision-making endemic to many indigenous peoples and is what we will need to embody if we are to shift our culture towards a new way of seeing and respecting all life, so as to save our beautiful Earth.

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WCCM Earth Crisis Forum 10: A Tapestry of Place, People and Possibility

(cont. from page 2)



In the process we got to know each other better and our meditation seemed to go deeper. As Fr Laurence has said, when you go deeper hope emerges and the theme of hope kept popping up. There was also the sense that our meditation practice and sharing have given us the resilience to cope in these difficult times. At the end of the Forum Jim Green said that hope is activated by hearts coming together and sharing - it appears a paradox, but the experience of grief, rage and despair can exist alongside celebration and thanksgiving when held in a big enough heart.

If you would like to view the Forum the YouTube link is https://www.youtube.com/watch?v=2q5H_7bJN7s

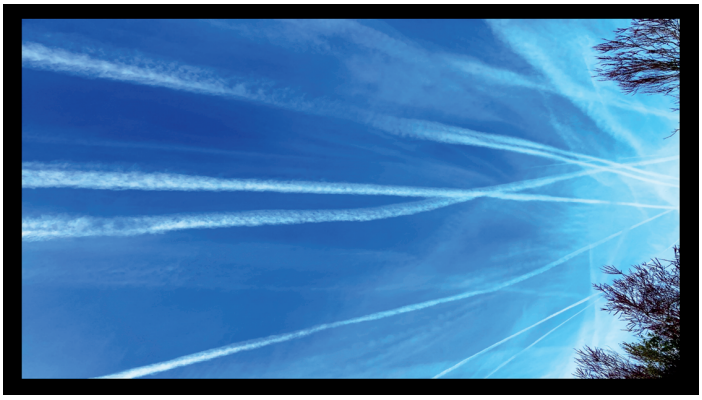
Gabriel Jones, Jane Townsend

Introducing Scotland

Christian Meditation in Scotland has a long and lively history. Alex Holmes is still going strong in his dedicated work for the migrants in Calais. Despite being 'Across the Channel', he is promising a fortnightly reflection, '**PATHWAYS**', a shining example of 'Keeping going.'

"Wissant, south of Calais, sitting beside Abbas' grave, pondering the pathways of his life, physical, mental and spiritual. As a child Abbas had escaped to Ethiopia from war-torn Eritrea. In 2012, fishermen rescued him on his way from Libya to Italy, where he was the only survivor of a shipwreck involving 58 people. He had drifted alone for 14 days in the open sea clinging to a fuel tank and the remains of the boat. His life, ending tragically, is now over. Pondering, too, the lottery of life, the seemingly random circumstances into which each and every human being is born, the pathways we must then navigate.

High above Abbas' grave, the sunlit vapour trails of planes, straight-line pathways criss-crossing the azure, blue sky. Nearby, meandering chaotically across a terrace of concrete paving slabs, the trails of snails, silver in the sunshine. What would a map of our pathways through life look like, pathways incomparably safer, than those taken by Abbas? With the geographical moves we've made, the emotional ups and downs of the years, the pains and the joys, the decisive moments of certainty set, like small islands, in seas of uncertainty, probably more like the snail trails than the vapour trails… Reflect more deeply and perhaps a different pattern will be apparent.



At the surface level, it might seem that little or nothing of the randomness and uncertainty of life has changed. Dig deeper, and hopefully we become aware that something assuredly has changed; that something fresh is ever emerging. A pattern no longer corresponding to the chaotic meanderings of the snail trails, but one that reflects the directional precision of the vapour trails. A clear pathway that is becoming ever straighter. A pathway forged day by day as, through our daily practice of Christian meditation, we consciously root ourselves more and more in the indwelling presence of Christ.

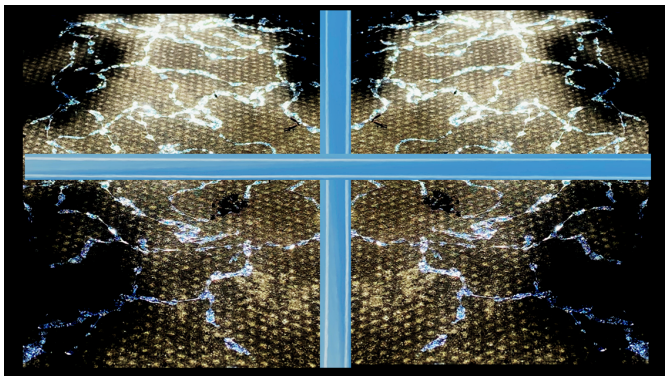
Perhaps the clarity is no more than this: that, despite everything that tries to derail us, we know we must keep going with our daily practice, 'keep our hand on the plough' as the old African American spiritual says, ever mindful of Saint Benedict's words 'prefer nothing to Christ'. We intuitively know we're on the right road even though we don't know where we're being taken…"

Alex Holmes

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Introducing Scotland

(cont. from page 3)



Ultimately it's one step at a time, one gentle yet determined step of trust following another. Perhaps our pathways are in fact straighter than we first thought they were... we might have no idea where we're going but instinctively trust that we're on the road that's taking us home..! Blessings. Christian Meditation Scotland.

Jan Bundy, Scotland Team

Finally Home: Discovering Christian Meditation in Scotland

A reflection by Jan Bundy

The last 35 years for me have been a time of learning and finding meaning. This is a personal reflection and tribute to those who worked hard in the 1990's in Scotland to spread the knowledge of meditation wherein I was to find what I had been searching for so long. I am referring to the work of Peter Broadhurst O.S.M. and his close friends Alex Holmes and Graham Watts. As a Servite, Peter embraced the contemplative life fully. He was an inspiration, leading meditation days and talks and changing the lives of many throughout Scotland for the last 20 years of his life.

He developed an asbestos related cancer – and was given a few months to live. He lived a further three years. Letters he wrote sharing his spiritual journey as his health deteriorated were compiled into a little book "I Know You By Name" which he allowed to be printed as he thought his reflections may help others facing impending death.

Peter's work was carried on by his friends and others and in particular by Alex Holmes. Alex for years has enriched our community here with his Reflections. Although you don't see his name on the "Area Team", he plays a very active part in helping our community in Scotland. We benefit twice a year from his Meditation Days and we have yearly retreats either with Alex or with other facilitators.

We now have 22 meditation groups around Scotland and several online meditation groups. Prior to covid there was one solitary Oblate (Pat Hay) and now we have an Oblate Cell with 9 members. An extension of this group is monthly online Lectio Divina.

A very enjoyable book study group facilitated by Lynda Stark is to start again in the autumn.

When I look back at my continuing commitment to WCCM I know that it all started by Peter conveying that essential message of the love of Christ in our hearts and the practice of silence and meditation so we can be open to this.

When I visited his home with his Servite brothers I was fascinated by an icon on the wall. **I have thought of it many times over the years. Here it is:**



Peter with his favourite icon

Now I understand what this icon is saying. Back then, with a much more closed mind, it was a puzzle to me, it seemed even a bit heretical!

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Finally Home: Discovering Christian Meditation in Scotland

(cont. from page 4)

Looking back at these developments I can see how regular nurturing of the seed once planted gently builds growth. We can all continue do what we can to sow the seeds of meditation in those we meet and foster the coming together in a caring community, a community of love. What a gift we have received. Thank you everyone.

The group picture is relating to mainly Alex and Graham and Peter and close friends at the time of Peter's 60th birthday November 2005. So it is not current. A piece of history.



Peter celebrating his 60th birthday, November 2005 at Broughty Ferry with Alex Holmes, Graham, Margaret, Peter, Colm McGlynn and his sister Marie

Jan Bundy, Scotland Team

Becoming Whole – Meditation and other Contemplative Practices

A Gathering led by Liz Watson. Held on 5-7 June 2026, Highgate House, Creaton, Northamptonshire.



At this year's gathering we sought to answer the question that asked if there was a longing in the human heart to become whole and live a life beyond fragmentation and brokenness. And if so, could meditation be a path to follow and a way to become more whole?

These questions were addressed beautifully by Liz Watson, our speaker, with a series of talks, and periods of meditation each prefaced with a sequence of chanting, gentle movement, lectio divina and prayer. This sequence of events made the weekend flow, and lifted our hearts with the delight and dynamism of the Spirit.

Our hearts burned within us, as Liz held our attention with stories from diverse sources including, St Peter, St Augustine, John Main, Thomas Merton and even Simon & Garfunkel. In one of her talks, she used the analogy of a flower – a rose spray picked from the garden with one fully open bloom and one tight bud.

This was to illustrate our desire for results – we cannot force the bud to open – we can just wait peacefully and ensure the plant is watered and cared for. The bloom will open in its own time and without any forcing from us. In the same way we cannot force our meditation to be perfect immediately. We can just simply meditate and let our spirit soar and not worry about results.



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Becoming Whole – Meditation and other Contemplative Practices

(cont. from page 5)



New for this year, the sessions were prefaced by a sequence which consisted of Qi Gong, mindful movement, chants and readings.

Peter Jaeger guided us with the gentle movements of Qi Gong which were found to be accessible regardless of age or fitness level. Peter also gave one of the workshops.



Michael Rathbone who was part of the Bonnevaux residential community for three years and who is an experienced music and dance teacher led the chants (and also held a workshop). The chants were simple Taizé chants accompanied by guitar accompaniment as our voices soared, harmonised, hummed and sung – it was an uplifting and peaceful experience - coincidently accompanied frequently by the full throated joyous (and very loud!) accompaniment from a local song thrush!

Sue Pexton gave a workshop on "Holy awakening, holy arising, holy awareness" and Liz also gave a workshop this time on the theme of G K Chesterton "The world will never starve for want of wonders, but only for want of wonder."

We all loved the venue, Highgate House. The facilities were excellent with a spacious lounge, bar and refectory which served good food and a constant supply of (very good) tea and coffee. All added to the conviviality of the gathering.

The weekend ended with a Contemplative Eucharist led by Mark Ball followed by lunch and farewells.

Until next year...

SAVE THE DATE

2027 ANNUAL GATHERING

FRIDAY 11TH -

SUNDAY 13TH JUNE

HIGHGATE HOUSE,

NORTHAMPTONSHIRE



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Becoming Whole – Meditation and other Contemplative Practices

(cont. from page 6)



Thank you to all who made this year's gathering so well planned and beautifully organised.

Oh, and the answer to the question…? Yes, it does!

Jacqueline Russell

I had a much-needed boost to my meditation practice by attending the Becoming Whole gathering at Highgate House, Northampton. The venue was good, the food plenty, Liz Watson gave us excellent talks, reenforcing in a slow and gentle way the value of our meditation practice.

The local groups we attend help us find community – but even more so the larger gathering of meditators on weekends such as this. It gave me a sense of being part of the whole community, like the picture of an octopus with its tentacles drawing everything into the centre, as Liz described it.

I particularly enjoyed hearing how others came to meditation over conversations at mealtimes, and it was lovely to meet people from different countries. I returned home eager to share some of the weekend with my meditation group who would be meeting the following evening. Blessings.

Tina Soper

Nailsea group, Bristol and Bath

Tranquillity Project - St Davids

The Tranquillity Space (or Heddfan in Welsh) is now up and running in St Davids, Pembrokeshire. Thanks to the generous grant from the Eileen Cox Memorial Fund, the roundhouse has been completed within Erw Dewi, the Community Garden on Cathedral Close. It is now being used for meditation sessions and contemplative reflection by both local people and the many visitors to the garden.

Erw Dewi (pronounced 'Eroo De-oo-ee') in English means 'David's Acre'. In 1183, Pope Callixtus decreed that two visits to St Davids was the equivalent to one to Rome, and in the 13th Century, Bishop Bek set aside an acre of land for the many pilgrims coming to and fro on pilgrimage to St. David's. This acre was a place for rest, reflection and nourishment for weary pilgrims to pause in preparation for visiting the Cathedral – the culmination of their long pilgrimage. Hence it's name today – Erw Dewi.

The garden is totally organic and much loved by those who tend and visit it.

Up until a few years ago this walled space was an overgrown wasteland until the community volunteer group took it over. From the outset, it was intended that the 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. Erw Dewi is also part of the Quiet Garden Movement (quietgarden.org), a network of beautiful gardens and outdoor spaces for prayer, stillness, contemplation and an appreciation of the natural world.

The Tranquillity structure itself is a simple round, covered space, a roundhouse without walls, built of entirely natural materials, wood and stone - a place to sit for quiet reflection amidst nature. The ground was cleared and prepared by several local volunteers in 2025, and the wooden structure was completed in June 2026 by Tir Coed (tircoed.org.uk), a charity that works with volunteers, training them in wood-craft skills.

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Tranquillity Project - St Davids

(cont. from page 7)



A local drystone builder brought to bear his years of experience building the walling and seating area which dovetails with the wooden uprights of the roundhouse. Almost as a meditative activity, the stonemason constructed the walls in the early hours of the morning so as not to be disturbed in concentration or be a distraction to other activities happening in the garden.

An engraved slate sign, acknowledging the grant from WCCM, now hangs over the entrance to the roundhouse space, and cushions with waterproof covers are available for use on the wooden seating during organised group meditation sessions. WCCM leaflets are available in weatherproof plastic containers affixed to the pillars. These items have all been donated by local people.

The Tranquillity Space is now used on a twice monthly basis for a meditation session organised and led by Jayne and Don MacGregor, members of the Wales Area Team. During term-time, local schools are planning to bring groups to the garden and use it as a place for quiet reflection.

We hope this may become an opportunity to introduce young people to Christian meditation. As part of the Quiet Garden movement, occasional quiet afternoons with a contemplative theme are held, and the Tranquillity Space will become integral to those. In addition, many visitors to the garden pause there for reflective and prayerful moments. We have also already had several enquiries from individuals about using the space for creative reflection and writing.

Further Plans

- In the autumn, it has been agreed that we can obtain some wood-chippings from the felling of trees by the National Parks Authority, to use on the floor in the Tranquillity Space.
- There are plans for the surrounding area to be planted with Welsh medicinal plants - when the current drought ends. The medical uses of our woodland and hedgerow plants was common knowledge throughout rural Wales. The Physicians of Myddfai, in Carmarthenshire, were widely known for their herbal and medicinal traditions. They were court mediciners to Prince Rhys Gryg (d.1234) with a herbal and healing tradition that lasted for around 500 years and many of the plant cures have uses in modern medicine. Where possible, the edges of the paths leading to the Tranquillity Space will be planted with some of these medicinal herbs.

Our heartfelt thanks go to WCCM in the UK trustees for their grant from the Eileen Cox Memorial Fund. We are delighted that this project has now come to completion and look forward to helping it grow and flourish in the future.

Jayne and Don MacGregor
Wales Area Team

An Urban Pilgrimage

Led by Lucy Barnes and Kate Middleton described by Fiona Nevola

On a hot, hot day in May we met in the calm Meditatio Centre room in **St Mark's, Myddelton Square** for Lucy and Kate's welcome, and a quiet moment of meditation. Then off to **Our Most Holy Redeemer, Exmouth Market**, Clerkenwell, 1888. It was like a slice of old Naples… We sat quietly taking it in.

Every time we sat down, I heaved off my heavy rucksack, silly me thinking I could lug it round London!

A welcome stop in a lovely leafy garden corner under tall whispering plane trees, scattered benches welcoming us for a short sit and moment of silence… lines of poetry to inspire us…

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An Urban Pilgrimage

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The walk continued past St James Church, Clerkenwell, once a medieval nunnery and St John's Gate (a rare, surviving Tudor gatehouse built in 1504) and the entrance to Clerkenwell Priory, of the Knights of the Order of St John.



This was an ancient religious military Order, its origins caring for sick pilgrims in eleventh century Jerusalem, through to its modern-day role with St John Ambulance, the international first aid charity.



Our next stop was **St Bartholomew's the Great, Smithfield**, ancient stones absolutely steeped in history; Aware of the layers of London as I walked the streets, modern high rise jostling with medieval taverns squashed into corners. Then the great edifice of this old church, London's oldest parish church, founded in 1123 and proudly proclaiming 900 years of English History in one building!



The church escaped the Great Fire of 1666. There was definitely a feeling of centuries contained in the dark building, wooden panelled choir stalls, carvings and statues. We had time in our meditative minutes to sense the 'place' as we went from one church to another, passing Smithfield market and an extraordinary painted gate.



We kept moving, missing Leather Lane and the Italian Church of St Peter's, c 1863, the main gathering point of 'Little Italy' in London. We walked through Hatton Gardens, London's historic jewellery quarter, passing glittering diamonds in their thousands, a hidden infrastructure of vaults and tunnels beneath us! From glittering diamonds in shop windows to **Ely Place, St Etheldreda's,** one of the oldest Catholic churches in London.

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An Urban Pilgrimage

(cont. from page 9)



In we went, through a narrow entrance, tucked into a gap and then you're in another world, down steps to the Crypt, where the Catholics once hid for worship, or up further steps into a beautiful church glittering with heavenly glass windows dedicated to the English Martyrs, a kaleidoscope of glorious colour, pinks and crimsons and dazzling blues are on either side.



We sat for a short while, silence descending after the wedding party, rehearsing, had left A word from Bede: Queen Ethelthryth [Etheldreda] always preserved her virginity, and her body suffered no corruption in the grave. [660-696 A.D.] After being the virginal wife of this King Egfrid. She built a monastery, and by the example of a heavenly life and teaching, became the virgin mother of many virgins dedicated to God!

Next it was time for **St Bride's in Fleet Street**, passing the lovely living wall of flowers in Fleet Street, 'a vertical wild flower meadow'... Another sixth century lady lay behind a church designed by Sir Christopher Wren, gutted by fire and re constructed in the 1950s...

Our association with St Bride (St Brigid of Kildare) may date back to the sixth century. In AD 470 she founded a convent in Kildare which developed into a centre of learning and spirituality, famous for its illuminated manuscripts, such as the Book of Kildare, held to rival the Book of Kells in its beauty...

The church for journalists or as they state on their website, "A place of Christian worship for 1500 years, we continue to proclaim God's love in the heart of the city. Renowned for our outstanding music and unique ministry to all who work in the media." We were able to see the names of all the journalists who have died in Gaza in the war, still miserably continuing, remembered on a special altar.



The last stretch was to **St Paul's Cathedral on Ludgate Hill**. What a special time it was! Walking in silence, alternating with chat. Life exchanged with strangers who weren't strangers at all, conversation often reached depths in moments of exchanged thoughts, swift and fleeting maybe, but people who knew each other!

We had gathered in silence in precious places, history and spirit combined. Ancient saints, and ancient stones, visionary virgins, English kings and English Martyrs, city streets, and today's shops and cafes, pavements and people, buses and tube stations, all swirling around in some sort of awareness of thousands of years of history and a Risen Lord!

We went into St Paul's for Evensong...before the journey home.

Fiona Nevola

Dances of Universal Peace

Christian Meditation in Cumbria hosted a day of Dances of Universal Peace in April led by Christina Gulzar Lausevic.

The Dances of Universal Peace is a form of body prayer, originally created to facilitate connection and celebrate unity, drawing on all the spiritual traditions of humankind, focusing on movement, chant and singing together.

Through this harmonious movement we can consciously express connection with each other and with the divine as the spirit within the dance moves through us.



It was a completely new way of holding presence for most of us and we were well guided by Christina and her two assistants. Simon helped to demonstrate the movements (very simple) and Frank played guitar and sometimes a soft drum (very harmonious) along with Christina's own guitar.

She used dance, song and music inspired by the Christian, Jewish and Christian Aramaic traditions. Before each 'dance' (they were really just very gentle moving, flowing meditations) she explained what the words meant and how to deepen into the experience.

The day included two sessions of reflection and silence, and we had time to share lunch and breaks in the wonderful setting of Ambleside Parish Centre. Everyone was nourished and uplifted by the day, and we went home chilled, peaceful and relaxed and looking forward to the next time!

Christina is based in Newcastle upon Tyne and leads regular days in both Newcastle upon Tyne and Sheffield, as well as travelling throughout the UK to facilitate Dances and Retreats over weekends or days. She is also a mentor and trainer to new dance leaders. Christina can be contacted on christina@vitalways.co.uk. Details of upcoming events can also be found on her Facebook page: https://www.facebook.com/DUPChristinaGulzar.

Diana Raven

MEDITATION COMPANIONS

Do you have any questions about your meditation practice, or your spiritual life in general?

Meditation Companions are experienced WCCM meditators who are there for you to talk to, in confidence.

Contact Bob Morley.

rgm1@live.co.uk
tel. 07704 419526.

WCCM
IN THE UK



Treasurer Needed within WCCM in the UK

We are now looking specifically for a Treasurer. John Reid, the UK community's current Treasurer, has guided us over many years and it is with regret, but understanding, that we will be saying farewell to him in this role sometime later this year. He has kindly offered to stay on for a while in order to provide a handover to an incoming Treasurer. The Treasurer's role is supported by a bookkeeper and the accounts are held in the cloud on Sage. Board meetings are held online quarterly. Please talk to friends and family about this opportunity.

To express your interest in the Treasurer or any other Trustee role, please send your CV and a brief covering letter to Roz Stockley at ukchair@wccm.org. For an informal chat about the roles, please contact Roz Stockley on 07929 007808.



Easy Fundraising

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?

There are over 8,000 retailers on board ready to make a donation – including eBay, Argos, John Lewis & Partners, ASOS, Booking.com and M&S – and it won't cost you a penny extra to help us raise funds. All you need to do is:

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* or go onto our oblate website *//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*

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: Sunday 13th December from 14:00 - 15:30. Wednesday 23rd December 19:30 - 21:00. Contact Angela Gregson via oblates@wccm.uk for more information.

Scotland / Borders Cell: First Friday of each month. Led by Eileen Dutt. Contact eileen@wccm.org 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.

East Anglian: Friday 6th November 10:30 - 15:00, Clare Priory in Clare, Suffolk. Contact juliaburdett@hotmail.co.uk for further information.

North London: Mondays 5th October - 14th December, Christ the King Church, Cockfosters. Contact: Philomena Phillips *philomenaphillips51@hotmail.co.uk* or on 07970·971674

Midlands Cell: Monday 26th October 10:30 - 15:00, St Pauls Convent, Selly Park, Birmingham. Contact: Diana Evans *dianaevans15@btinternet.com* or Sandie Cutts *sandiejcutts@gmail.com* for more information.

Northern Cell: Monday 5th October 12:00 - 15:00, St. Matthias, Burley Park, Leeds - in person and online. Contact: Angela Gregson via *rydal2814@yahoo.co.uk* for more information. No other meetings until 7th December - online only 13.30 - 15.00.

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.

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

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

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Events

Events from October 2026 onwards.
Please visit the WCCM in the UK website for more details and to check for changes and additional events: *//wccm.uk/events*.

See also WCCM International listings:
- WCCM International: *//wccm.org/events*
- Bonnevaux: *https://bonnevauxwccm.org/programme*

Northwest England

Saturday 3 October 10:00-16:00. The Presence Within – Quiet Day – Leader: Bob Morley **Venue:** Rydall Hall Ambleside Cumbria LA22 9LX **Cost:** £20 **Booking:** mail@rydalhall.org or call 015394 32050

Tuesday 3 November 10:00-15:00. Living with the Mystics: John Main. Introduction: Sue Pexton **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

Friday 20 November 10:00-16:00. Advent Quiet Day – The O Antiphons **Leader:** Lisa Moore Wilson **Venue:** Rydall Hall Ambleside Cumbria LA22 9LX **Cost:** £20 **Booking:** mail@rydalhall.org or call 015394 32050

Friday 20 to Sunday 22 November. The Hyning Retreat. Leader: Chris Collingwood **Venue:** Monastery of Our Lady of Hyning LA5 9SE **Cost:** £175 (concessions £125) - residential. **Contact:** Sue Pexton: pextonsue@gmail.com

Southwest England

Saturday 21 November 10:00-14:00 Advent Quiet Morning Venue: Redcliffe Methodist Church, Prewett Street, Bristol, BS1 6PB **Cost:** £10 suggested donation to cover venue hire **Contact:** Helen Adams bristolandbath.wccm@gmail.com or 07947 073250

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: lucybarenesyoga@icloud.com)

First Saturday of every month SILENT SATURDAYS 11:00-15:00. Silent day with 3 periods of meditation. In person only(Next dates are: 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:

Saturday 10 October: 16:00 – 18:00 IN PERSON ONLY **Rumi's Poetry and Songs. Cost:** £20/£10

Saturday 17 October: 17:00 – 18:30 IN PERSON **Grounding the soul.** Book Launch. **Speaker:** Dr Rebecca Stephens in conversation with Mark S Burrows. **Cost:** Free

Saturday 14 November: 10:30 – 16:00 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

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/*

Saturday 12 December: 10:30 – 16:00 HYBRID **Becoming the Stories We Tell: Franciscan Spirituality of Narrative and Imagination. 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/*

Online:

14 March to 26 November. Being Human, Being Real – talks for young adults //wccm.org/events/being-human-being-real/

10 February to 15 December The Future of Religion Speakers: Laurence Freeman, Tim Shriver, Elliot R Wolfson Sheikh Kabir Helminski, Rowan Williams, Ilia Delio, Rubert Sheldrake https://wccm.org/events/the-future-of-religion/

3 October Protected: Spiritual Intelligence in Education Leaders: Alexander Moreira, Cindy Wigglesworth, Danah Zohar, Laurence Freeman, Patricia Cury, Tayna Malaspina https://wccm.org/events/spiritual-intelligence-in-education-2026/

Bonnevaux:

6 - 11 October: Learning to Move With More of Myself. Leader: Giovanni Felicioni **Cost:** From Euros 600

17 - 22 November: The English Mystics. Leader: Laurence Freeman **Cost:** From Euros 600

21-27 December: Experience Christmas at Bonnevaux. Leader: Laurence Freeman **Cost:** tbc

29 December 2026 - 2 January 2027: New Year's Retreat, Leader: Laurence Freeman **Cost:** tbc

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