

CONTACT US

Christian Meditation Retreat Centre
6B Priory Close
London N14 4AS

Telephone: (44) 020 8449 1319

Email: retreatcentre@wccm.org

Website: www.wccmretreatcentre.org.uk

DIRECTIONS

Drive

From M25, exit at junction 24 and take the A111 south to Cockfosters, to roundabout with A110 (Cat Hill). Turn left onto A110 (Bramley Road). For the Monastery and Church car park, turn right into Peace Close and then follow directions as from Underground.

Bus

The 307 bus stops outside the church on Bramley Road.

Underground

A 10 minute walk from the Oakwood Tube station on the Piccadilly Line. Exit from the tube station and walk left along Bramley Road until you come to the Monastery of Christ the King and Vita et Pax Church. Walk under the arch to the back of the driveway, turn left and follow the paved path to the Retreat Centre.



www.wccm.org

The World Community for Christian Meditation
Registered Charity No. 327173

CHRISTIAN MEDITATION RETREAT CENTRE

The Centre is run by resident Benedictine Oblates and other members of the World Community for Christian Meditation (WCCM). It is a place of peace and hospitality where we practice and share the gift of meditation in the Christian tradition. We welcome everyone seeking peace from every tradition.

There is daily meditation at the Centre at 8.00 am, 12.00 pm and 6.00 pm, which is open to all.

Contemplative Eucharist is celebrated at special times – please call for information.

RETREATS

Introduction to Meditation and *Deepening Practice* are open to all. They run from 10.30 am to 4.00 pm and are led by experienced meditators of the community. Contact the Centre to discuss which programme would best suit you. You may come just for the day or make a weekend retreat and stay Friday and Saturday. Please book rooms in good time.

The *Young Adult Meditators Group* meets monthly. For more information, please contact Pierre at retreatcentre@wccm.org

A *Meditation Support Group* meets on the fourth Friday of each month from 7.00 to 8.00 pm. Come with questions or just to enjoy a time of fellowship. Led by a member of the community.

The *Eleventh Step* weekends are meant particularly for participants of the 12-step recovery program or those affected by addiction in the family.

RATES

Individual retreats: £35 per night B&B
One-day retreats: £20 per person
(includes lunch, concessions for unwaged)
Weekend retreats: £90 per person shared room,
£120 single room
(includes all meals)



RETREATS PROGRAMME
JAN 2010 – JUN 2010



JANUARY

- Sat 16 **Introduction to Meditation 1**
What is meditation and how to do it
led by Fr Robin Burgess
- Sat 23 **Deepening Practice**
Beyond perfectionism
led by Laurence Freeman OSB
- 30 – 31 **Young Adult Meditators Group**
led by Henriette Hollar and Pierre Corcoran

FEBRUARY

- Sat 6 **Introduction to Meditation 2**
Starting from where you are NOW
led by Pierre Corcoran and Andrea Kang
- Sat 13 **Deepening Practice**
Letting go – The mantra, life and relationships
led by Kim Nataraja
- 20 – 21 **Young Adult Meditators Group**
led by Jim Green
- 27 – 28 **The Eleventh Step**
Meditation and recovery
led by members of the 12-step program

MARCH

- Sat 6 **Introduction to Meditation 3**
Laying aside thoughts – Who said it was easy?
led by Laurence Freeman OSB
- Sat 13 **Deepening Practice**
Why is meditation prayer?
led by Liz Watson
- 20 – 21 **Young Adult Meditators Group**
led by Stefan Reynolds
- Mar 28 - April 4 **Holy Week Retreat on Bere Island, Co. Cork, Ireland**
led by Laurence Freeman OSB

APRIL

- 1 – 4 **Easter Meditation Retreat**
St Columba's House, Woking
led by Fr Robin Burgess
(register with rmeburgess@aol.com)
- Sat 10 **Young Adult Meditators Group**
led by Stefan Reynolds
- 17 – 18 **Always a Beginner**
Where are you on the path of meditation?
led by Fr Malcolm Glaze
- 24 – 25 **The Eleventh Step**
Meditation one day at a time
led by members of the 12-step program

MAY

- Sat 1 **Introduction to Meditation 4**
The practicalities – Posture, breathing, finding the time, getting support
led by Chris Hurley
- Sat 8 **Deepening Practice**
Light as a feather – Right effort
led by Briji Waterfield
- Sat 15 **A Springtime Retreat Day**
Meditators' walk and talk
led by Henriette Hollar and Andrea Kang
- 22 – 23 **Young Adult Meditators Group**
led by Stefan Reynolds
- 29 – 30 **Meditation and Yoga**
(all ages and abilities)
led by Chris Hurley

JUNE

- Sat 5 **Introduction to Meditation**
The fruits of meditation
led by Margaret Lane
- Sat 12 **Deepening Practice**
Changing images of God
led by Fr Robin Burgess
- 19 – 20 **Young Adult Meditators Group**
led by Stefan Reynolds and Henriette Hollar
- 26 – 27 **Meditation, Tai Chi, Qi Gong**
(for all ages and abilities)
led by Terry Doyle

SPEAKERS

LAURENCE FREEMAN OSB is a Benedictine monk of the Olivetan Congregation and Director and Spiritual Guide of the WCCM. He is spiritual successor to John Main and author of many books and articles.

KIM NATARAJA is the WCCM International Coordinator of *The School*. She is a spiritual director and leads retreats and workshops around the world. Kim is the author of *Dancing with Your Shadow*.

LIZ WATSON is the WCCM UK National Coordinator. She also teaches meditation, leads retreats and is a spiritual director.

STEFAN REYNOLDS is an Oblate of the WCCM. He learnt meditation from Bede Griffiths OSB, worked with Mother Theresa and at L'Arche. He is working on his PhD in English Medieval Mysticism.

CHRIS HURLEY is a qualified yoga teacher. She explores ways in which simple yoga poses can support and reflect the work we do in our meditation practice.

FR MALCOLM GLAZE is a parish priest and a teacher of meditation. He has a special interest in interfaith and ecumenical work.

FR ROBIN BURGESS ran the Centre for Spirituality in Westminster Cathedral and is now on the parish team at Ealing Abbey. He is a spiritual director and leads retreats.

TERRY DOYLE has studied the spirituality of the east through Tai Chi and other disciplines. He works with people ravaged by alcohol and drug abuse.

MARGARET LANE is currently working on St Augustine and the role of attention in the search for self and God. She is married, with three children.

JIM GREEN works in the mental health field and is an oblate of WCCM. He is interested in the meeting points of psychology and spirituality, poetry and social justice.

BRIJI WATERFIELD is a mother, business woman, spiritual director and is currently doing an MA in Pastoral Theology. She has had a life-long interest in the Christian mystical tradition and leads workshops and retreats.

PIERRE CORCORAN is an Oblate of the WCCM is the Director of the Christian Meditation Retreat Centre, London. He is also studying Theology at Heythrop College.

HENRIETTE HOLLAR is in the WCCM Oblate year programme, currently resident at the Retreat Centre in London. She works with the mentally disabled in Holland.

ANDREA KANG is in the WCCM Oblate year programme, currently resident at the Retreat Centre in London. She was an editor at Marshall Cavendish in Singapore.