

Useful information and addresses:

David and Sheila Wood, 6 John Street, Maryport, Cumbria CA15 6JT. 01900 816706

Kevin McNally, (our book shop) 15 Silverdale Street, Haverigg, Millom, LA18 4EU, 01229 774929, kmcnally@toucansurf.com

Christian Meditation Trust (UK), St Mark's Mydellton Square, London EC1R 1XX. 020 783 9615. www.christian-meditation.org.uk info@wccm.uk

The World Community for Christian Meditation is also based at St Mark's. www.wccm.org with Medio Media which is the publishing arm of WCCM. A new catalogue of their books and CDs should be available very shortly.

Christian Meditation in Cumbria is a part of Christian Meditation Trust (UK) which, in turn is the UK branch of the World Community for Christian Meditation.

The Carlisle Exploring Buddhism Group meets weekly on Mondays, 7 to 9 pm at the Botcherby Community Centre, Victoria Road, Carlisle. The programme for Winter/Spring 2009 is available. 01228-546259, e-mail edwardnelson304@btinternet.com

Multifaith in Movement and Song. Fellside Centre, Kendal. This group comes together to experience the uplifting and harmonising energies that singing and moving together can bring. For information please ring Dorothea Williamson on 01524 36 709, or e-mail: dorotheawilliamson@hotmail.com www.dancesofuniversalpeace.org.uk

South Lakes Interfaith Forum in Kendal is getting together an interesting looking programme on topics such as: Faith perspectives on economic justice, Disability, ageing and euthanasia, Tackling climate change. For information contact John Hetherington, 6, Ruskin Close, Kendal LA9 7LA Tel/Fax 01539 726181, john.hetherington@btinternet.com

The Buddhist Christian Vedanta Network. The Network is for those who are interested in exploring these traditions in relation to their spiritual practice. 16 Servite House, 27 Bramley Road, London N14 4HQ, 020 8440 4454. www.buddhist-christian.org

Stephen Wright (Labyrinth) has published a new book called **Coming Home – Notes for the Journey**. This book is described as “accessible, dogma-free, no religious axe to grind – you will find here practical advice, poetic promptings and sound teachings that well serve you regardless of your religion or spirituality” More information from www.sacredspace.org.uk Emmers Farm, Sparket, Dacre, Penrith, CA11 0NA.

CDs of Laurence on tour: At Barrow: A New Church? Meditation, Christian Doctrine and Worship. At Penrith: Language and Silence: Meditation for All Ages. At Minsteracres: Eros and the Spiritual: Aspects of Love (incomplete). At Middlesbrough: Being Free: Meditation and Our Addictions.