

Christian Meditation in Cumbria

to renew and strengthen the tradition and discipline
of contemplate practice, silent prayer, in the Christian Church

Sarah Kirkup, The Cherry Tree, Brough Sowerby, Kirkby Stephen, CA17 3 EG
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January 2010

Dear Friends

I attach our programme for 2010 so far. Kevin McNally has arranged the events and I think we will all enjoy something a bit different this year. If you have questions about them or transport and parking, please contact Kevin direct.

It is becoming increasingly difficult to find affordable venues that have the facilities we need, such as parking nearby, and so I am particularly grateful to Kevin for looking around in the centre of the county and finding one at Ambleside. Also for lining up Caim and Adrian Smith.

Also attached is a flier advertising David's little book God's Hotel. I am looking forward to this very much and if you enjoy his particular way of teaching and brand of humour then this will also be one for you too! You may also have noticed that his second CD is available from Medio Media – address over the page. This is a 2-CD set, the first of which was sent out to all group leaders last year. I am sending a copy of the second one with this letter to all group leaders.

I have taken quite a few names off the mailing list; these are people that I have not heard from but some may well be in your group who haven't managed to come to any of our events. Please ask, and if someone you know would like to continue receiving the Newsletter, perhaps they could contact me direct. Donations are always welcome to help cover our costs – not only of the Newsletter but also of our events where, sometimes, we are out of pocket.

With all good wishes

Sarah

Useful information and addresses, 2010

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](tel:774929), kmcnally@toucansurf.com Kevin is also arranging our events for 2010 (except the Retreats)

Bob Morley (our treasurer), Underfell, Armathwaite, Carlisle CA4 9SL, 016974 72644, rgm1@live.co.uk Bob also arranges the Living with the Mystics Days.

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 is now available from them. www.wccm.org

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 meet weekly on a Wednesday at the Botcherby Community Centre -Victoria Road-Carlisle(not far from Junction 43) at 7.15 to 9.15 pm contact-01228-546259 for further details

Tabor Camelite Retreat House, 169 Sharoe Green Lane, Fulwood, Preston PR2 8HE. Tel 01772 727122, www.tabor-preston.org Tabor offers a varied and interesting programme of Saturday retreats – well worth the relatively straightforward journey from here.

Swarthmoor Interfaith Group. Regular Saturdays held at Swarthmoor Hall, Ulverston, LA12 0JQ. Contact Michael Jackson, 16 Old Market Place, Altrincham, Cheshire WA1 4DD, 0121 928 8111, whlill@aol.com

BGKT Buddhist Group of Kendal (Theravada) meets monthly on Sundays 2-4.30pm at Fellside Centre, Low Fellside, Kendal, Cumbria, LA9 4NH. Please use the top door down stone steps. All welcome. Free. Donations welcome. Meetings led by Sangha (Community of Buddhist Monks) Authorized Teachers. 01539-729793 Meetings: January 17 February 14 March 14 April 11 May 2 June 13 July 11 August 8 September 12 October 10 November 7
www.communigate.co.uk/lakes/buddhistgroupofkendal/

Christian Meditation in Cumbria. Programme 2010

Saturday 30 January. "The Present – A Gift." A day at The Tithe Barn, Grasmere LA22 9SW, led by Bob Morley. Pursuing the Mystics Tradition in the life of the Church, the day will include the teachings of Meister Eckhart, Teilhard de Chardin, Eckhart Tolle and others. 10.00 for 10.30 a.m. start to 3.30. Bring your own lunch, drinks provided. £12.50. Enquiries Kevin McNally, 15 Silverdale Street, Haverigg, Millom LA18 4EU. 01229 774929. kmcnally@toucansurf.com

Tuesday 9 February, Living with the Mystics, at The Friends' Meeting House, Keswick, 10.00 – 3.00. We will be sharing our thoughts and reactions to any of the works of Bede Griffiths. Bring your own lunch, drinks provided. Cost around £5.00. Contact Bob Morley, 016974 72644 rgm1@live.co.uk

Saturday 17th April. A Breath of Creation A day of music, movement and meditation, inspired by creation. The venue is Hilltop at the Ambleside Campus of the University of Cumbria. LA22 9BB. Caim, a cappella duo, will share songs from the Celtic Tradition to lead to silence, songs for the liturgy and songs with movement. There will also be time for your own personal creative exploration. The Celtic Tradition celebrates the natural, as the place where the divine encounter occurs. The 'within' of things or as Caim would have it, the 'dance along' of things. Come for inspiration. You can leave refreshed, with resources to take home. Bring your own lunch, drinks provided. 10.00 am. for 10.30 am. finish approx. 3.00pm. Price: £15 Students £10. Enquiries Kevin McNally as above.

Note this is a new venue, come and give us your feedback!

Tuesday 4 May, Living with the Mystics, at The Friends' Meeting House, Keswick, 10.00 – 3.00. We will be sharing our thoughts and reactions to any of the works of Hildegard of Bingen. Bring your own lunch, drinks provided. Cost around £5.00. Contact Bob Morley, 016974 72644 rgm1@live.co.uk

Saturday 10 July. The Cosmic Christ and our next evolutionary leap. Day given by Fr. Adrian B Smith at 'Hilltop', Ambleside Campus, University of Cumbria. LA22 9BB. Many of us are aware that great shifts are taking place in our time - in economics, in cosmology, in physics and medicine, but especially in consciousness. Christians see the eternal plan of God being worked out through the creative Energy of the Cosmic Christ. During our day together we will explore the relevance of this for our lives.

Adrian B Smith was ordained as a Roman Catholic priest in 1955. He has spent a good part of his life as a missionary in Africa and has worked for the Vatican Secretariat for Christian Unity. He is the author of 17 books including *The God Shift: our changing perception of the Ultimate Mystery*, *The Creative Christian*, and most recently *God, Energy and the Field*. As a facilitator of courses, retreats and workshops, he offers participants a progressive Christian viewpoint, questioning the relevance of traditional expressions of Christian belief and Church practice and proposes contemporary understandings. Adrian has been a meditator for the last 36 years and leads courses in meditation.

10.00am for 10.30 am. – 3.00 p.m. Tea/Coffee provided, bring own lunch. Price: £18, Students £12. Enquiries Kevin McNally as above.

Christian Meditation in Cumbria, 2010

Please fill in your details

Name:.....

Address:.....

..... Postcode.....

email.....Phone:.....

and indicate which event you would like to attend:

..... "The Present – A Gift," 30 January at Grasmere. £12.50.

..... Living with the Mystics, 9 February at Keswick, £5.00

..... "A Breath of Creation," 17 April at Ambleside, £15.00 (Students £10)

..... Living with the Mystics, 4 May at Keswick, £5.00

..... "The Cosmic Christ," 10 July at Ambleside, £18.00 (Students £12)

..... Details when available of The Boarbank Retreat in November.

Please send cheque with your booking. If you have to cancel, let me know and we can arrange to return your money

Please also let me know whether you would like to remain on the mailing list with a suggested donation of £7.

Please leave my name on the mailing list/take my name off the mailing list.

(delete where appropriate) I enclose donation of

All cheques should be made payable to **Christian Meditation in Cumbria** and sent to Sarah Kirkup, The Cherry Tree, Brough Sowerby, Kirkby Stephen, CA17 4EG, 01768 341258, info@cmcumbria.co.uk

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