

WCCM News in the UK

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The community is registered in the UK as

'The Christian Meditation Trust (UK)' reg charity no. 1101900



WINTER
2009-
2010

ONCE A YEAR

Once a year Coordinators in the UK meet for the National Council Meeting. This year we met again at our retreat house in Cockfosters so we knew there would be great hospitality with good food and a bottle of wine on Saturday evening. And there was indeed something of a retreat feel to it as we meditated together six times, participated in the Parish Mass, closed the weekend with an informal liturgy and kept the Great Silence from late evening to the following morning. But we also had a big agenda with much to discuss, much to share, and 21 people involved. It helped that each time we sat down to 'business' we recalled ourselves to a right spirit with a prayer someone had anonymously left in my post tray at St Mark's (thank you whoever you are!)

May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be confident knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us.

What did we talk about? Well, we considered how best to keep the identities of WCCM world wide and the UK community as close as possible, whilst recognising that we are separate registered charities in the UK. We thought about how best to appeal for funds for both charities.

Then we looked at what had to be organised centrally:

- ◆ 2010 John Main Seminar, Canterbury, August 2 – 8
- ◆ 2011 UK Conference, Swanwick, June 10 -12; Fr Laurence's tour of Scotland (no date yet); International Priests' Retreat (no date yet).
- ◆ And in 2012 we agreed to offer a week-long retreat with Fr Laurence in place of the usual conference and look at the feasibility of a weekend conference of UK contemplative communities together.

Instead of listing all the other things discussed, I am going to turn them round for you to respond to. (Contact info for people mentioned is in the Regional Coordinators or Contacts section on Page 7.)

- ◆ **Would you benefit from a meditation retreat**

next year? Watch the newsletter and website for opportunities.

You could talk to your regional coordinator about the next three items:

- ◆ **Are you wondering about starting a group?**
- ◆ **Does your group rely on one person to keep it going? How can you share the leadership?**
- ◆ **Would you like to help developments in your region?**
- ◆ **Could you help with the organisation of the John Main Seminar?** Contact Philip Kitchen p278k@yahoo.co.uk 07984 655422
- ◆ **Do you need help with publicity?** Contact Briji Waterfield. Briji has produced a really good publicity pack. Or could you give help with publicity?
- ◆ **Could you help out with the UK office or Medio Media at St Mark's in London?** Contact the office.
- ◆ **Would you like to volunteer some time or particular skill in the meditation community?** Contact me or your regional coordinator.
- ◆ **Are you interested in meditating with children, meditation in prisons, meditation and mental health, meditation and addictions?** Look in the 'Contacts' section for the relevant person to speak to.

Liz Watson

P.S. I am going to be out of the country from 9th January to 11th February.

HELPING WITH THE NEWSLETTER

It would help editor David Simpson greatly if someone could compile and update the Events section for each issue. That entails copying the info from the UK website, editing and formatting it into a consistent style in a Word document ready for David to insert into the newsletter pages. That needs doing four times a year. Any offers? Contact David on 0797 674 0093 or email him at davidjsimpson@btinternet.com

Contributions to the newsletter are warmly welcomed. Please send items for inclusion to the Editor: David Simpson, 39 West Street, Coggeshall, Essex C06 1NS Tel: 0797 674 0093 email: davidjsimpson@btinternet.com Copy deadline for next issue - March 1st 2010

WCCMCALENDAR

The World Community for Christian Meditation



Dear Friends,

The 2010 WCCM Calendar is now available. Each month has a photo by Fr Laurence from his travels in the community and a matching inspirational quotation from Fr John. The major Christian feasts and Community events are also marked.

The calendar was designed by Anne Dillon, a meditator from Philadelphia.

Buying the calendar will not only be a beautiful way of feeling in touch with the worldwide community throughout the year but will also help us serve those parts of the community who do not have the resources to buy materials or sponsor visits on their own. Go to www.wccmcalendar.com to order.

THE SCHOOL IN THE UK

PROGRAMME SPRING 2010

The Community aims to communicate and nurture meditation as passed on through the teaching of John Main, in the Christian tradition, in the spirit of serving the unity of all.

The School programme is about passing on the teaching of meditation, so if you have been meditating daily for at least a year and are beginning to feel the need to deepen your practice and become more confident about spreading the word, the first stage is:

THE WORKSHOP ON THE ESSENTIAL TEACHING.

One more workshop has been arranged, and there will be another south of London in the autumn.

29 – 31 January, 2010. The Marist Centre, Nympsfield, Stonehouse, Glos. GL10 3TZ. Led by Alex Holmes and Sarah Kirkup.

THE SCHOOL RETREAT.

This is for those who have attended the Workshop on the Essential Teaching and feel ready for the profound silence of a seven day intensive meditation retreat.

27 February – 6 March, 2010 at Holy Cross House, All Hallows Convent, Ditchingham, Bungay, Suffolk NR35 2DT. Led by Kim Nataraja and Anne McDonnell

All enquiries to: Sarah Kirkup, UK School Co-ordinator, The Cherry Tree, Brough Sowerby, Kirkby Stephen, CA17 4EG. 01768 341258. info@cmcumbria.co.uk

ACTION ON MEDITATION

I was watching the Service of Remembrance, seeing faces full of sadness and grief for the thousands that die in war. How can we allow this wretched state to persist? Even as wreaths were being laid, further talks planning further fighting, and further gruesome killings were actually taking place.

There must be urgency for all of us to take our part in the peace process. Our lives are short. We need to make our mark quickly.

We have one tool that we know is effective – meditation. It is imperative that we share it.



The A Team – where A is for ACTION !!

No matter what persuasion, creed or no creed, we all have the ability to reach a point of loving peace within. The sooner meditation has a greater outreach the better! To this end, a small group of us met in East Molesey to discuss the future of meditation with children.

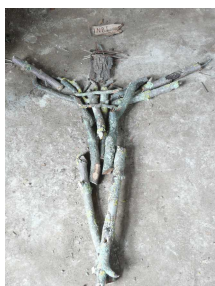
We focused on all the positives. My young grandchildren (who I meditate with) opened the day with meditation. One of the speakers was a facilitator for change for individuals and organizations – he definitely wasn't going to let us go without a clear objective for the future! Discussion ranged from the national curriculum to children's circle time in the class room but most importantly we wanted to forge a way forward. We found two books useful – the story of WCCM's Townsville project in Australia and Meditation in Schools – Calmer Classrooms by C&J Erricker.

At the end of a very exciting day, we left with achievable goals that we set for ourselves - one mum wants to establish her attempts at meditating with her two young children as a daily routine to another who will approach his bishop - and further dates to meet.

*Christine Hill
East Molesey Group, Surrey*

MORE ON RETREATS

THIS YEAR'S EASTER TRIDUUM AT THE ABBEY, EYE



Crucifixion by Edmund Giszter made with branches and twigs from The Abbey garden

At any time of year, the Abbey at Eye in Suffolk has an arresting beauty, some of which has to do with its historic roots, some with the numinous peace that lingers from pre-Reformation times when it was an active Benedictine priory. Arriving in springtime, a haze of blossom hangs over the meadow, and long grass by the gate is sprinkled with hyacinths, crown imperials and daffodils. What was once the monks' ambulatory is a mass of primroses. The rose arcade leading to the now disappeared High Altar of the monastery church is planted with delicate pure-white narcissi often found (according to Kate Campbell our wonderful host and owner of The Abbey) planted in Benedictine monasteries. It is easy to leave 'the world' behind as you close the gate and enter the Easter Triduum.

We began to settle our fraught monkey-minds with meditation, in a quiet space in the cottage that is part of the property. After greetings and supper we made our way to Eye's spectacular parish church for the Washing of the Feet under Ninian Comper's reconstruction of a medieval rood screen that incorporates fourteen medieval saints in its dado (Pevsner notes that they are 'poor', but hey, if he hadn't pointed it out who would notice?) Our presence among the small congregation was welcomed warmly, and throughout the weekend it seems we offered a kind of stability and solidarity with them. The choir sang the psalms to plainchant, four of us participated in having our feet washed, and we walked home in Great Silence under a full moon that lit up skeleton willows on the watermeadows, to sit in silent contemplation before retiring to bed.

Early morning meditation was accompanied by a chorus of birds rejoicing in the beauty of the spring morning. Jim Green offered truly memorable reflections on the Passion and the Mystery of the Cross (next time we must record your words, Jim!) He shared Stanley Spencer's harrowing painting of the Crucifixion with us, R.S. Thomas's poem *The Musician*, and a beautiful piece of music by Arvo Part. The morning ended with walking-meditation among the April flowers between blossom-covered trees, 'walking with woodpeckers' as Jim put it (they were practising non-silence). A silent lunch with lectio followed, before attending the Good Friday Liturgy in the church.

This was beautifully done: over the Triduum the

vicar of Eye enacted with skill, style and reverence the traditions of the Easter rituals – the Chrism oils, the Stripping of the Altar, the Prostration, the Veneration of the Cross, the singing of the Reproaches (he has an excellent choir), the plainsong of the Psalms - with powerful effect, especially potent in the beauty of this church which has its roots in a medieval past. The Crucifixion scene above the rood screen was a powerful backdrop to St John's version of *The Passion* in which we the congregation (still small) were invited to speak the unbearable-to-utter words of those who accused Jesus. The carvings seemed to come alive, sharing with us the terrible memory of what happened that day.

We observed Holy Saturday as a day of waiting, acknowledging its darkness and difficulty, taking ourselves into the space of no hope, where the light has gone out and evil prevails, to embrace the 'Divine Darkness' as and how we could. In the quiet hours of the afternoon some of us pulled nettles or dead-headed daffodils in the garden, others went walking. Ed Giszter led us in a gentle Tai Chi session. It rained a bit. It was suitably subduing and subdued, we entered into this empty day recognising the challenge it throws up for us not to avoid it by trivial distractions or even thinking ahead to what will happen the next day. Because after all, the Disciples had no idea of what was going to happen.

The Easter Vigil was spectacular. It always is, but this was especially so in the setting: at the west door of Eye church, where a brazier was lit in the darkness, the font stands under an elegant gilded font-cover (Ninian Comper again). The Service of Light proceeded, the Exultet preceding the Liturgy of the Word as we held our candles in the unlit nave. At the moment of standing to sing the Gloria a blaze of light filled the church: the lights were turned on, catching the gilding on the painted woodwork of screen and chancel ceiling. The church glittered.

The renewal of Baptismal promises took place by the font, and the Eucharist followed, the promise of the Last Supper of Maundy Thursday fulfilled in a Sacrament now two thousand years old and never newer than at the annual re-cognition of the Resurrection. Once again we found our presence integrated into the local congregation, and they welcomed us to a party at the Vicarage where we had the opportunity to talk with those who had enriched our Easter retreat, and with whom we hope to maintain contact in our ongoing activities at The Abbey.

Throughout the weekend, Kate made us feel at home whether in silence or in company over the excellent food around her massive elm table that dominates the kitchen. Wine flowed (and also water) facilitating lively conversation, and, acknowledging her

work and patience with a card signed by all of us, Jim pulled out three chocolate hares (rabbits from his hat) as a symbol of his and our love for her. Jester the Irish wolf-hound looked on longingly, as always an active member of retreats at Eye Abbey, adored by us all (and entertained throughout by Truffle the visiting border-terrier). Easter Sunday culminated, after morning meditations and Taize chanting, in a feast of a lunch, expanded by the presence of Emily, Sam and their (sadly slightly poorly) two-year old Augustine with the big brown eyes who nevertheless joined with gusto in the eating of much chocolate pudding.

This is the first Easter Triduum retreat at Eye, and Jim Green is to be thanked and congratulated on conceiving, organising and facilitating such a special weekend. It was rich, beautiful and memorable. Thank you Jim.

Rosa Richardson

Meditators are invited to Eye Abbey every second Saturday of the month for a session of sitting and walking meditation, and lectio, between 11 and 2 pm (arrive by 10.45 for a prompt start). Tea and coffee are provided, but bring your own packed lunch. Contact Jim Green at jg@greenjim.co.uk for details.

If you want to take part in a meditation retreat in 2010 there are already three arranged and probably more to come. Look in the Regional Events section under Cumbria, West Midlands and Yorkshire. If you have participated in the School's Workshop on the Essential Teaching, the intensive School Retreat advertised on page 2 might be a good step to take. And our Retreat Centre in north London will have its Jan – April programme out soon.

GOD'S HOTEL

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Because of floods publication delayed until early 2010

CHRISTIAN MEDITATION

Anne Austin writes about meditation in the Quaker magazine, the Friend, in July 2008.

'Sit down. Sit still and upright. Close your eyes lightly. Sit relaxed, but alert. Silently, interiorly begin to say a word.'

Thus far, this could be kindly advice to a newcomer on settling into Meeting for Worship.

But then it continues, 'We recommend the prayer-phrase "Maranatha". Recite it as four syllables of equal length. Listen to it as you say it, gently but continuously. Do not think or imagine anything spiritual or otherwise. If thoughts and feelings come, these are the distractions at the time of meditation, so keep returning to simply saying the word.. Meditate each morning and evening for between twenty and thirty minutes.' ('How to meditate' from Word into Silence, by John Main, 2006)

So this isn't Meeting for Worship, then, where as I understand it, we settle into silence in order to reach out to others and communicate – or commune together.

This is meditation, specifically Christian meditation, after the teaching of John Main, a Benedictine monk, born in 1926, who felt drawn to re-establish a discipline of meditation in the western tradition. In his subsequent work he developed a community based on the practice of Christian meditation and committed to teaching. The movement has grown such that there is now a world community for Christian meditation.

Apprehension was what I felt when I went to a meditation group over a year ago. Curiously, although your daily meditation is carried out on your own, coming together as a group to meditate on a weekly basis is extremely helpful – it shouldn't matter but sharing meditation observance and its difficulties together is comforting and sustaining.

I wasn't sure what I would find or whether I would stick to it. But I knew I had to give meditation some time before I made a judgement about whether it was for me. I sensed that the discipline, although straightforward, would take time to internalise. I resolved to give it a year before I gave up. I think now I might give it ten years or longer. I still feel like a novice.

The instructions are easy; it is carrying the practice out that is so difficult. If my butterfly mind can focus on the mantra and nothing else for twenty seconds I am doing well. It is like listening to the weather forecast – your mind is elsewhere before they have got to your part of the country. If in the twenty minutes I can keep returning to the mantra without drifting away completely, I feel quietly pleased. But mostly I am a wheelchair user on a narrow path, with

gravel on both sides. And gravel is a nightmare for wheelchair users. I keep having to dig myself out and return to the smooth, but so narrow path of the mantra.

I find it so hard – hard to find the time, hard to find the quiet place, hard to focus on the mantra, almost impossible to stay with it.

And yet I am staying with it – for now. There is something that draws me, that makes me want to continue. In the past I have practised meditation in order to find a space within myself, or perhaps some peace in the busyness of life. I think this meditation, just occasionally, takes me further – to a place of openness, where I am freed, emptied and, however tentatively, my awareness of God is enlarged.

John Main reminds us that all we can do in meditation is to ready ourselves and the rest is in the power of the Spirit: 'In prayer we are not talking to God, but listening to God's word within us'. I am trying to listen to God within me and to increase my awareness of that silent presence in my life.

Meanwhile the discipline of the meditation goes on: 'Learn to say the mantra, continue to say the mantra – maranatha, maranatha.'

JUST THIS DAY

NOVEMBER 25TH 2009

Not quite a million minutes but maybe we'll make it in 2010. The latest Just This Day on November 25th, 2009, produced pledges for a total of 81,399 minutes of stillness.

At St Peter ad Vincula, Coggeshall we managed 540 minutes. Liz and Dennis Ripley organised an hour of stillness, from 10 to 11 – sitting in the sunshine pouring through the church's windows, gently divided with readings from John Main, Archbishop Michael Ramsey and others. We were only a few, less than a dozen, and others may perhaps have been put off by the thought of a whole hour of silence, but it was a lovely and particularly powerful meditation. I think our verger, Graham Smith, who introduced the hour and finished it with a prayer, was a little nervous (churches don't usually do much silence!) but by the end, he also seemed genuinely moved and impressed.

To make your plans for this year, visit

www.justthisday.org

The little space within the heart is as great as this vast universe. The heavens and the earth are there, and the sun, and the moon, and the stars; fire and lightning and winds are there; and all that now is and all that is not: for the whole universe is in Him and He dwells within our heart.

Upanishads

READINGS TO START MEDITATION

In silence to be there before you Lord, that's all
 To shut the eyes of my body,
 To shut the eyes of my soul,
 And to be still and silent,
 To expose myself to you who are there, exposed to me.
 To be there before you, the Eternal Presence.
 I am willing to feel nothing, Lord,
 To see nothing
 To hear nothing.
 Empty of all ideas
 Of all images,
 In the darkness.
 Here I am, simply to meet you without obstacles,
 In the silence of faith,
 Before you, Lord.

Michel Quoist

I arise today

In the name of Silence,
 Womb of the Word,
 In the name of Stillness,
 Home of Belonging,
 In the name of the Solitude
 Of the soul and the earth.

I arise today

Blessed by all things,
 Wings of breath,
 Delight of eyes,
 Wonder of whisper,
 Intimacy of touch,
 Eternity of soul,
 Urgency of thought,
 Miracle of health,
 Embrace of God.

May I live this day

Compassionate of heart,
 Clear in word,
 Gracious in awareness,
 Courageous in thought,
 Generous in love.

John O'Donohue

May all that is unforgiven in you,
 Be released.
 May your fears yield
 Their deepest tranquillities.
 May all that is un-lived in you,

Blossom into a future,
Graced with love.

John O'Donohue

Wisdom is brilliant, she never fades.
By those who love her, she is readily seen,
By those who seek her, she is readily found.
She anticipates those who desire her by making herself known first.
Whoever gets up early to seek her will have no trouble but will find her sitting at the door.
Meditating on her is understanding in its perfect form.
For she herself searches everywhere for those who are worthy of her, benevolently appearing to them on their ways, anticipating their every thought.
For Wisdom begins with the sincere desire for instruction,
Care for instruction means loving her,
Loving her means keeping her laws, attention to her laws guarantees incorruptibility, and incorruptibility brings us near to God.

Wisdom. 6 v 13-20

Some people want to find a God who always shines for them
They may find light but they mistake it for God
For God shines in the darkness where often we fail to recognize him.
Where he shines least is where he shines most.
He is in the smallest as in the greatest.

Meister Eckhart

There comes a time with prayer when it is no longer are you seeing something but are you being seen.
Just as if you are sitting in the Light just being and becoming who you really are.
Gathering in awareness all those sense tentacles that wriggle outward to lay hold of the world quietly draw them back into the heart.
So that you simply become what we are – his creature held within his Hands.

Rowan Williams

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REGIONAL EVENTS**CUMBRIA****Note different contacts.**

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 and bookings, Kevin McNally, 15 Silverdale Street, Haverigg, Millom LA18 4EU. 01229 774929. kmcnally@toucansurf.com

Tuesday 3 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. Hilltop, Ambleside Campus of the University of Cumbria. LA22 9BB. A day of music, movement and meditation, inspired by creation. Caim, a cappella duo, will share songs from the Celtic Tradition to lead to silence, songs for the liturgy and songs for movement. Bring your own lunch, drinks provided. 10.00 am. for 10.30 am. finish approx. 3.00pm. Price: £15 Students £10. Contact Kevin McNally as above.

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

Tuesday 1st to Thursday 3rd June 2010 Midweek Contemplative Prayer Retreat 'Learning to Love - Inspired by the writings of William Law (an 18th century English mystic) and the life of St. Francis' led by Graham Skilling. The Monastery of Our Lady of Hying, Warton, Morecambe, Lancashire LA5 9SE. Contact: Graham Skilling, 7 Danes Rd, Staveley, Kendal, Cumbria LA8 9PW Tel: 01539-822695 gr36939@yahoo.co.uk

Saturday 10 July. The Cosmic Christ and our next evolutionary leap. Hilltop, Ambleside Campus, University of Cumbria. LA22 9BB. A day given by Fr. Adrian B Smith. 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.

Contact Kevin McNally as above.

YORKSHIRE

Friday 19th to Sunday 21st February Mind - Body and Soul: Tai Chi and Christian Meditation, with Terry Doyle & Liz Watson The Briery Retreat Centre, Ilkley Contact: Christine Colbert - Tel: 01204 885079 Sheila Wrigley - Tel: 01204 307955 sheila.wrigley3@ntlworld.com

EAST ANGLIA

The following events will take place in Nogg's Barn, part of a private house in Little Melton near Norwich, Norfolk. Contact: Anne McDonnell 01603 810646 anne.mcdonnell@talk21.com

Saturday, February 6th 11.00 am – 4.00 pm Ignatian Spirituality (Charlotte West)

Saturday, March 13th 11 am – 4 pm Sister Anne Kathleen McLaughlin GSIC from Pembroke, Ontario presents Julian of Norwich in a one woman drama.

Wednesday, March 17th 7.00 pm – 9.00 pm An Evening With Fr Gregory Fruehwirth, Order of Julian of Norwich, Wisconsin, USA

Saturday, April 10th 11.00 am – 4.00 pm Being a Benedictine Oblate (Margaret Comerford, WCCM Oblate). What is an Oblate? Where does the tradition of "oblation" originate? How does being an oblate help your spiritual practice and service to others?

Saturday, May 1st 11 am – 4.00 pm King Lear and the Depths of the Soul (John Evans). What can Shakespeare's tragedy tell us about human nature and the spiritual life?

Saturday, May 22nd 11.00 am – 4.00 pm The Sufi Poets (Liz Day and Ann Reid) An exploration of Sufi spirituality, looking at the writings of Rumi and Hafiz.

Saturday June 12th 11.00 am – 4.00 pm The Forgotten Sacrament; Meditation and the Body (Ann Reid with Mark McDonnell and Ali Whittle) A look at the way history has often interpreted spirituality in opposition to the body. In what way does modern understanding bring integration to body, soul and mind? There will be some yoga practice.

WEST MIDLANDS**Spring Retreat Friday 23rd - 25th April 2010**

Noddfa, Conwy Old Road, Penmaenmawr. North Wales LL34 6YF Contact: Margaret Jarvis 01743-240401 westmids@christian-meditation.org.uk

MANCHESTER

Regular area meditation meeting held on last Saturday of every month 1.30-4pm. Our Lady's Parish Hall, Moss Side, Manchester M16 7LU

www.christianmeditationnorthwest.org

Contact j_armstrong@talktalk.net Joan Armstrong

SURREY**On Beginning Meditation - Led by Brijji Waterfield Saturday 6 February: 11.30 am – 3.00 pm**

Meditation starts a journey to the centre of our being in stillness, silence and simplicity where we uncover our true identity. It allows us to root our lives in the spiritual reality of God. A day to find out more about Christian Meditation as taught by John Main OSB who revived this ancient tradition of contemplative prayer in the Church and made it available to all. There will be time for meditation and discussion.

Please bring a packed lunch. Suggested donation £8

At The House of Prayer, 35 Seymour Road, East Molesey, Surrey KT8 0PB

To book please call Jean on 01932 852134.

Meditation with Children – Led by Christine Hill

Saturday 13 March: 11.00 am – 3.00 pm

Following on from our last exciting action day, there will be a further session for parents, teachers, grandparents et al to discuss how best to promote meditation for children at home and at school. An information gathering small group will share their findings on this. Please come.

At 11 Molesey Park Road, West Molesey, Surrey KT8 2LB

More information from Gretta on 01932 845482. No cost -

donation only. Please bring a packed lunch.

Meditation with children happening in Surrey from 6 March to Saturday 13 March

Roots of Christian Mysticism

A spiritual journey of discovery - A short introduction to the roots of contemplative prayer.

Monthly talks on Wednesday evenings at 7.30 pm

24 Feb The Desert Tradition Dr Peter Tyler

17 March Meister Eckhart : The Ground of Being

Brijji Waterfield

21 April The Cloud of Unknowing: From fascinating images to wordless prayer

Revd Graeme Watson

19 May St John of the Cross: The Spiritual Canticle

Viv Stacey

16 June John Main: The Inner Pilgrimage Liz Watson

St Joseph's Church, St Margaret's Drive, Epsom, Surrey KT18 7JQ. Suggested donation £5 - Further information from Colette Stowe on 01372 729212

Deepening Your Meditation - Led Fr Robin Burgess. **Saturday 3 October:** 10.00 am to 4.00 pm

Beyond Desire: A day to explore meditation as the way of going beyond our personal desire so that we can enter "the inner room." There we discover the Spirit of God within and come to harmony between our true self and God's dream for us. The day will include meditation, reflection on Scripture and time for sharing.

Please bring a packed lunch. Suggested donation: £15

At The House of Prayer, 35 Seymour Road, East Molesey, Surrey KT8 0PB

To book please call Gretta on 01932 845482.

DORSET

Thursday 15th – Sunday 18th July Gaunts House, nr Wimborne, Dorset. **'Abhishiktananda; celebrating the centenary of his birth'**. With Fr Laurence Freeman, Prof Bettina Bauer, Shirley du Boulay. Arranged by the Bede Griffiths Sangha. Contact: Hilary Knight hilaryhones@hotmail.com or Jill Hemmings jill.hemmings@btinternet.com 01227 752871 See enclosed flyer.

LONDON EVENTS

SILENCE IN THE CITY

Fr. Gregory of the Order of Julian of Norwich. On **20 March 2010** 11am to 4pm.

Fr. Kevin Culligan, a Carmelite Friar, on **2 June 2010**. 7pm. to 9pm. "St. John of the Cross and the Search for Silence."

Fr. Richard Rohr on **26 August 2010** 7pm. to 9pm.

Booking Essential. Contact: www.silenceinthecity.org.uk 020 7231 6278

ST MARK'S, MYDDELTON SQUARE

Saturday, 6th March, 11am – 5pm

Lent Quiet Day – 'Strike the Cloud: The Cloud of Unknowing as a resource for meditators', led by Graeme Watson

Contact: St Mark's uk@wccm.org 020 7833 9615

UK News Winter 2009-2010

Saturday 22nd May, 11am – 5pm Pentecost Quiet Day – 'The Fire of Love', led by Eileen McDade

Contact: St Mark's uk@wccm.org 020 7833 9615

ELSEWHERE IN LONDON

Tuesday, 23rd March – 'The Cloud of Unknowing as a basis for spiritual development' with Graeme Watson – contact johnfranklin35@hotmail.com. Organised by the Alister Hardy Society London Group.

RETREAT CENTRE

The Christian Meditation Retreat Centre, 6b Priory Close, London N14 4AS. 020 8449 1319. retreatcentre@wccm.org

www.wccmretreatcentre.org.uk

Daily Meditation: Monday – Thursday 8am, 11.40am, 7pm
Friday 8am, 11.40pm

Meditation Support Group: 4th Friday of each month 7 – 8pm

The complete programme for January to June 2010 is included with this newsletter.

MEDIO MEDIA

The Selfless Self

This popular book by Fr Laurence has been newly reprinted and is now available from Medio Media. The price is £9.99, but is at the special price of £8.99 for the months of January and February.

I Know You by Heart

The letters of Peter Broadhurst OSM, who died in 2007, have been collected and published. Peter was the Scottish coordinator for many years, and used to run the UK website. The book is sold for £6.99, but will be available at the special price of £5.99 until further notice.

The Expanding Vision

This book is a collection essays on John Main taken from the John Main Seminar held in Canada in celebration of his life. Normal price: £9.99. Special Price: £8.99

January Sale

Silence and Honey Cakes, by Rowan Williams, Archbishop of Canterbury.

Now at £4.00.

Return to the Centre and **The Golden String**, both by Bede Griffiths,

Now at £4.00 each.

Community of Love, by John Main

Now at £7.95

To order:

Phone: 020 7278 2070

Fax: 020 7713 346346

Email: mediomedia@wccm.org

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