

Meditatio

Newsletter of The
World Community
for Christian Meditation



www.wccm.org

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Facing Change, Seeing Connection

Laurence Freeman on how a contemplative
consciousness can bring hope for a world in crisis

A promotional banner for the 35th John Main Seminar. The background is a painting of a canal in Bruges, Belgium, with traditional European architecture and a church spire in the distance. The water reflects the buildings. Overlaid on the image is a large, multi-colored diamond shape. Inside the diamond, the text reads: 'JMs 2018' at the top, '20/23 SEPTEMBER' in the middle, and 'BRUGES' at the bottom. In the top right corner of the banner, there is a circular badge with a dotted border containing the text '35th JOHN MAIN SEMINAR'. At the bottom of the banner, there is a dark red bar with white text: 'A CONTEMPLATIVE RESPONSE TO THE CRISIS OF CHANGE' on the left and 'jms2018.org' on the right.

Visit www.jms2018.org for more information and registration

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 Dearest Friends,

A letter from Laurence Freeman, OSB

Dearest Friends,

Perhaps like many others in recent times I have felt tempted to disconnect from the daily news. I can understand the friend who told me he does not follow the news at all anymore giving all his time to his family, his work and his inner life. I asked him wouldn't he like to know if there was a new government or world peace had broken out. He said he would hear it from people at work.

I can sympathise but I wasn't and am not convinced by this. I understand the effect of the continuous sadness, anger and frustration resulting from unwise or even malevolent global and national governance. There is a depressing vacuum in the new kind of leadership we need to navigate the forces of change disrupting our world.

As the desert father once said: "the time will come when the world goes mad and the mad people will look at a sane person and say 'he is mad because he is not like us.'" In a time when truth is trounced and real news is called fake news and so all news is suspect, it is easy to feel powerless and hopeless. But unrestrained, this mood leads straight into what the desert fathers called *acedia*, a de-energised state, a dark night when it seems the dawn will never come and where giving-up replaces letting-go. In Harry Potter's universe the 'dementors', foul, wraith-like creatures that feed on human happiness bring about this state in their victims. To get too close to them is to be drained of life and hope and be left with nothing but your worst memories.

So why keep up with the bad news?

Why not eat, drink, be merry, play in the sun and fulfil only our most immediate responsibilities? The reason I haven't succumbed to the temptation (though now I get my news from better sources) is twofold. Firstly, even if the reality is that the powers of unreality are mastering the world, we have a duty to face that reality and to keep paying attention to the good that still exists in the world and indeed in everyone, even the worst of leaders. Secondly, we need to face the whole truth and fulfil all our responsibilities if we are to contribute to what we are each indissolubly part of. We belong to the world as we belong to a family, like it or not.

*In reality, the deeper our
solitude the stronger is our
sense of connection, of inter-
dependence*

To be at all is to be with. The Self is distinct from the Ego because in the consciousness of the Self we see how we are connected to everything within a great unity of the web of being. The Ego falsely claims it exists outside everything except its own admirers or dependents, always an 'objective' observer, ever pursuing its particular objectives and self-interest. This disastrous self-deception illusion leads eventually to loneliness in the most desperate degree.

In reality, the deeper our solitude the stronger is our sense of connection, of inter-dependence – and consequently of personal and social responsibility. This was the point I was making in the talks at the Monte

Oliveto retreat last month: that loneliness is a failed solitude and solitude is the acceptance of our uniqueness. Only in solitude can we truly love and know how to give our self.

The spiritual path is not merely a part of life for which we have to find time. Life is the spiritual path. Sometimes, though infrequently, a serious spiritual practice like meditation leads to a special and frightening kind of interior crisis. In it we are faced with a perception of the universe as being nothing more than what it is, what we see, how it works. Expressed like this it seems to have a harmless, even peaceful is-ness. We can see the world as it is, without the usual filters. But at times the angle of this perception shows us a universe with no meaning other than its own eternal, cyclical existence. It may be vast and wondrous but its lack of depth and meaning or of any personal connection is terrible.

Any crisis in life – of loss, transition or fear of death – could trigger this. It can also come on suddenly, unannounced. Then it is the crisis. At first, it can expose an unfathomable feeling of isolation. It seems that nothing but our own rationality can help us. But rationality – our ability to analyse and explain things – is easily overpowered by the brute force of this revelation. The best advice from the wisest sources is 'don't fight it'. In fact we need to allow failure, to permit all our defences, all our bolt-holes, all our false consolations to be overwhelmed by this wave of reality surging towards us. 'It is a terrible thing to fall into the hands of the living God'.

It will seem as if – if God exists at all – that God is nothing but the infinite "I Am", an Ego of unimaginable

magnitude and indifference to others, including its own creation. Many mystics have reported on this experience. Because they face it and don't trivialise it, their value to us today in developing a contemplative response to the crisis of change (the theme of our Seminar in September) is invaluable.

They describe it honestly because they have discovered the self-transforming truth that glows at the deep heart of it. Perhaps we will all pass through this experience (hopefully briefly) at the moment of death or during our preparation for death. The sure hope in the face of this unavoidable darkness is that there is always something next. Embracing that inevitability creates the hope on which all human effort and society itself depends. Hope empowers us to let go. Once we are in the letting-go mode of consciousness, rather than stuck in the clinging mode, the boundless cosmic solitude in which all attachments are dissolved can unfold fully. Something next. Something comes after the perception of the bare mechanics of the universe. We find ourselves to be in the great I Am, not outside it. We are found there, confident at last that only illusion exists outside of it. This at least is not fake news.

Our urgent responsibility today, each of us, is to find the particular way in which we can experience this truth and be carriers of the good news it enshrines. We don't do this as individual messiahs but as disciples in community. Even Jesus claimed that his authority was not his own but flowed directly from the source, from the I Am. He formed and empowered a community that is still growing. It is still imperfectly trying to discover in

each person and in each generation what he meant. As meditation teaches us imperfection does not harm us. Infidelity does.

All of this explains the John Main Seminar this year, hosted by our Belgian community in the contemplative city of Bruges, near the beautiful Beuginage where medieval laywomen once asserted their right to a spiritual life free from oppression and patriar-

experience the paradox that enlightenment is taking responsibility and realising that we can never be in total control. Another paradox helps: sometimes we need to become empty to see the fullness, to be alone in order to see where we belong. The Sufi poet Rumi describes this in his poem 'Acts of Helplessness' written when 'you cry through the night and get up at dawn, asking, that in the absence of



Charles Taylor

chal control. The Seminar will bring together contemplative minds from diverse fields – politics, religion, medicine, economics, education, science, philosophy. The contributors are men and women of standing and deep knowledge in their areas of expertise. They will reflect on the great forces of change affecting their specialised areas. But we will also seek a synthesis and understanding of the common patterns within the crises of change, especially with the help of Charles Taylor's comprehensive mind.

Change is always disturbing especially when we cannot predict or control it. Not much can be managed or outsourced for long. We need to

what you ask for your day gets dark'. He describes the dark night of unfulfilled days 'when acts of helplessness become habitual'. And he sees that those very acts are the signs we need to find direction. 'Excuse my wandering,' he says at the end of the poem, but 'how can one be orderly with this? It's like counting leaves in a garden'. He ends: 'sometimes organisation and computation become absurd.'

Nevertheless it is important that we *think* - and think *clearly* - about the challenges pounding us. This is why, in the Seminar this year, we are bringing great minds together with meditation that we believe will open the way forward for our so often confused

and self-destructive world. We will not claim that meditation will solve all our problems. Maybe it would if we all tried it. But, as that won't happen, we need to see meditation not as a problem-solver but as an 'habitual act of helplessness'. Only those, who do it, really know how it changes them, by clarifying their minds and by opening their hearts day by day in whatever field it is their destiny to inhabit.

At the Monte Oliveto retreat we explored the paradoxical human destiny of 'being alone together'. Failing to live into this paradox, we slip into the epidemic of loneliness and disassociation that is sweeping through the affluent world today. It is sobering to ask why Haiti has the lowest suicide rate in the western hemisphere while our over-satiated consumer societies are witnessing a dramatic rise in suicide especially among the young. In reaction to this dilemma, we are becoming an increasingly therapeutic society – often to a degree that inhibits our being able to create or to celebrate. While we can be pleased at the progress in being able to admit our personal problems and to care for them, the danger is growing that we become collectively fixated on our individual unhappiness.

Perhaps it began with the Declaration of Independence and the assertion of the inalienable right to life, liberty and the pursuit of happiness. At times, when under oppression or in a crisis in our development, this does need to be declared. But what happens when we have become independent, self-determining, when our parents have become dependent on us, when freedom to act as we wish is found to be far more limited than we had imagined and when the happiness we are pursuing comes to seem

more a duty we are failing in than a right we actually enjoy?

Love is all we need. Not the primitive stage of love where we seek ourselves. But the full-blown love in which we contemplate the other and care for their well-being more than for our own. At what turning point in the human journey do we see happiness in terms of others rather than just ourselves?

The greatest spiritual teachers call us not just to 'follow' them but to be their disciples – to learn from them. Only in the depth of personal relationship, the frightening full intimacy of discipleship, of the love that few dare to risk, can we learn how to re-centre our selves. The gravitational pull of ego-consciousness often seems irresistible. It is as if it can only be temporarily transcended before we sink back into self-centredness, seeking our own happiness, endlessly asking why we haven't found it yet. We feel helpless. But we are still reluctant to exercise those 'acts of helplessness' that would actually turn things around. The great teachers of the wisdom traditions teach us that in the worst crisis of change, however hopeless or uncontrollable it seems, our meditation, those contemplative acts of helplessness, are the best means available to let go and keep moving forward.

Jesus does not call us not to pursue personal happiness directly. We trample over too many others if we

do that. Instead, we are invited to attend to the needs of others in order to find the true happiness of the Self that so far transcends that of the ego. But how can I help others when I have so little myself?

"Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?", Peter asked at the feeding of the multitude. As the individuals in the crowd started to re-distribute what they had with each other, he discovered the miracle of transformation released by sharing.



Bonnevaux

In a time of change, when we tend to retain our resources in self-protectionism, this truth, not some external magic or mastery of events, is the redemptive wisdom.

Mahayana Buddhism reflects this, too, in the idea of the bodhisattva way of life. We looked at this teaching over the days at Monte Oliveto. It begins with a desire to awaken the mind to truth but it then requires that we ac-

tually practice it. It is like the transition from wanting to meditate to actually learning to meditate. However often and badly we fail, the faithful commitment will lead us home. In pursuing our own happiness we undermine whatever happiness we have. But by seeing ourselves as 'medicine for the sick' and determining to reduce the suffering of others as a first priority we can stare down the forces of denial and despair which arise from the self-centred mind. These dark doubts are then exposed as 'weaklings to be subdued by wisdom's gaze'. As ever, we find our true strength in embracing our actual weakness.

Speaking about the teaching and living the teaching are not the same thing. In our Bonnevaux vision we are risking to live it; and it is teaching me something about the mystery of change. Looking back to some of the turning points in our community, our move to Montreal, the death of Father John, the transition from Montreal (where I am writing this today on my birthday) to the World Community and its many transitions over the past twenty-five years, there are a lot of changes to learn from. The question, in the crisis of change, is not only 'how do we get through this?' but 'what next?'

There is always something next. Even when we do nothing, there is something next. Often if, from fear or denial, we do nothing what comes next is harmful. If, from hubris or impatience, we do too much it can be harmful too. So what we do needs to be measured.

Bonnevaux is the next thing for us. It is our way to align with the force of change that our community, by serving its mission, must face. As I visit Bonnevaux regularly – early next year

I will move there permanently - I have seen more clearly why we have been led there. Our 'monastery without walls' does not need centralisation but it needs a physical centre for it to grow, for a new generation of teachers of meditation to be nurtured, for pilgrims to come and find a stepping stone to the next level of their journey, for the institutions and professions of the world to encounter the contemplative consciousness they have lost. And, anyway, who does not need a home?

Stability in the right kind of centre is the best condition for growth. The right kind of physical centre is whatever best reflects the true centre,

However often and badly we fail, the faithful commitment will lead us home

which is the heart. You know that you are in touch with the heart when you can face reality with the minimum of fear and the highest level of love, seeing the world not only in its darkness but as also bathed in the light of truth, of beauty and of simple human kindness. The best solutions to problems arise from this simplicity of perception.

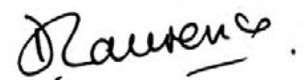
So, Bonnevaux represents a big change for the World Community but also a way for us all to learn how to deal with change in the best and most humane way. It began and continues as a work of faith, our being faithful to the story so far and so to the next thing. In terms of people, finances and everything else, I must tell you there are no absolute certainties. That means the fulfilment of the Bonnevaux potential will depend upon the faith that others, new and old, friends and members of the commu-

nity, will tangibly put into it: time, talent and treasure.

I feel this to be a powerful affirmation of its rightness. So far, at each turn there has been a touch of grace, an unexpected gift, the passing tip of an angel's wing. Two of our core community at Bonnevaux, whom I thanked for their sacrifice in giving up so much to serve it. They said they didn't look on it as a sacrifice but as a privilege. The young volunteer who had never meditated before but who came for three weeks and immersed herself in the rhythm of the daily life and has been meditating since she left. The architects who come and meditate with us in between the technical meetings. The workmen who do not play radios on the building site in order to maintain the spirit of silence. The French community who have formed five skilled working committees to cover different aspects of the project. The visitors from many parts of the world who have visited and stayed on site or nearby in order to share and support the daily building-up of this new centre and home – that we hope will become a small working model of how life can be lived in the crisis of our times.

Thank you for keeping Bonnevaux in your hearts and intentions so that our community can change and change for the better for generations to come, long after the global crisis we are facing today has been navigated and humanity faces new and more hopeful possibilities.

With much love



Laurence Freeman OSB

News

The Guiding Board Meeting 2018

A time of transition for our Community



The Guiding Board meeting 2018 was held in London 21- 24 March. This annual meeting shapes the community's priorities and discusses long-term challenges, harmonising the local and global aspects of the community. This year, the discussions covered Bonnevaux, in aspects like the renovation work, fundraising and planning of future life and programmes. The Board agreed that one of our main goals at this stage is to strengthen the individual and communal sense of Bonnevaux as a home for all meditators and a witness to the world of the gift of meditation and a way to develop contemplative consciousness in all fields of life.

Another part of the discussion recognised that the World Community has entered a time of transition. The need for change and a commitment growth at different levels (organization, the international team, succession plan) was part of the discussion. This is not restricted to succession planning for individual leaders, such as Fr Laurence, although this is impor-

tant to address. But it also involves envisioning the future in all leadership roles, in developing a new generation of teachers (that is already coming to the fore) and in the priorities of our in-reach and outreach work.

A key proposal discussed was about developing a Faculty of Teachers. This would be composed especially of meditators able to lead retreats and events at an international level. Connected to that is the need to stimulate young people to grow in the teaching and personal commitment by sharing in and learning through retreats, seminars, pilgrimages and online courses. A major priority is finding a leader for the youth dimension and build a network to support its growth. We will pilot an event with this in mind for young people at Bonnevaux in July of 2019.

Many countries have been generous in supporting the community's international work, Bonnevaux especially. But the challenge remains to help the local mediator see their connection to the greater family. This is not just about financial giving but

nurturing the feeling of participation and shared responsibility for the whole. A 'member' of the WCCM is described in the Constitution as someone who meditates in the tradition of Christian meditation as passed on by John Main. This is central to our sense of community. But the idea of creating the opportunity for an optional annual members' financial contribution was positively discussed.

This year the GB received some topics for discussion via a new channel on the website, called "Ask the Guiding Board". One question some members asked the GB to look at was an apparent "gender imbalance" in some Community activities, especially major speakers at events. The Board spoke of this in small groups and in plenary session. The sense was that there is a good representation of women in leadership in the WCCM globally, especially in terms of National Coordinators. But it was agreed that the GB calls for improvement in having more women teachers leading events and more women patrons. The Board has already initiated this in the John Main Seminars of 2018 and 2019.

Two other topics discussed were promoting more interfaith meditation groups and the need to raise the consciousness of the environment and sustainability in all activities and events of WCCM. The Board felt that especially Bonnevaux and events like Meditatio Seminars and the John Main Seminar could achieve growth in this area.

News

Interfaith Meditation for Peace, Manchester



Meditatio initiated an *Interfaith Meditation for Peace* on the 25th of May at Manchester Cathedral. It commemorated the victims of the Manchester Arena terrorist attack last year and also celebrated the spirit of unity and peace that it generated. Fr Laurence spoke at the event and the programme included periods of meditation, interfaith readings, and a Peace Flag Ceremony by the World Peace Prayer Society with a meditative walk led by the Thich Nhat Hanh Sangha. Read an article by David McKenna and listen to the talk by Fr Laurence here: <http://tiny.cc/mchpeace18>

Working and Meditating with the marginalised in the UK

Meditatio is pleased to announce that it is partnering with the Homelessness Charity Depaul UK and the Catholic Diocese of Middlesbrough, to offer the opportunity for three people from our Community to spend time living and working in the John Paul Centre in the heart of Middlesbrough, UK. The required funding is currently being sourced to provide a small stipend and living costs for the successful applicants. The vision is for the volunteers to establish a daily meditation programme at the centre whilst at the same time receive professional training from Depaul. The project will be supervised by Terry Doyle, a WCCM Oblate who works for Depaul. For more information contact terry-doyle@live.co.uk

Meditatio Seminars

UK

The Meditatio Seminar ***Contemplative Christianity - Today*** (11-13 May) brought Prof Bernard McGinn to Derbyshire, UK. The event had 160 participants and included workshops with Revd Dr Sarah Bachelard, Prof Mark Burrows, Chris Hurley, Daniel Soars and Dr Monica Tobon.

One in Christ - Why do LGBTQI people feel excluded by the Churches? was the theme of an evening led by Sarah Bachelard and James Allison at the Meditatio Centre in London on the 15th of May.

Malaysia

The WCCM Malaysia held a Meditatio Seminar on 9th June entitled ***Compassionate Presence: Interfaith Approaches to Palliative Care***, in Petaling Jaya, with 140 participants, many from the healthcare profession from across the country. A few were from Singapore, India and one from England. It was a unique, uplifting, luminous event. Input sessions were interwoven with music, poetry, song and dance reflecting the rich diversity of Malaysian culture. The talks were by a range of healthcare professionals from the government and private sectors who were both inspiring and inspired by the event.

In sharing our meditation together, we are not trying to possess one another or to change one another. Each of us seeks to be to the fullest of our potential. (John Main)

News

Bonnevaux: Seeds of Community, Signs of Change



Group visit during the Neighbor's Day in Bonnevaux (May 26th)

By Laurence Freeman OSB

Building work at Bonnevaux has been progressing and we are on schedule. Exterior work on the Abbaye – the main building where the community will be based – is almost complete and the interior work is starting. Work on the barn – the Conference Centre – has just begun. Both should be complete by next Easter. The stables – the guesthouse – begins in the Fall and is scheduled for the end of 2019. Necessary planning permissions – such as for the retreat 'cells' which are part of a later phase – have come through. We are planning for an inaugural celebration for June 15th next year.

A happy surprise has been discovering vestiges of the original monastery – windows and arches – which we are incorporating as signs of the long spiritual tradition of Bonnevaux we

are continuing. A small vaulted area (previously used for storage) has been designated as an icon chapel and place of silent adoration.

The small resident community is meditating morning, noon and evening and welcoming guests and volunteers. Recently, meditators and new friends have come from Finland, Holland, France, Germany, UK, Ireland, USA, Australia and Canada to share the life and work. WCCM France has engaged fully with realising the Bonnevaux vision in practical ways. A number of working groups concerning legal and financial, environmental and programme planning are working together.

Much daily manual work involves the organic vegetable garden. It's a joy to see the potatoes, squash, rad-

ishes, lettuce and tomatoes and other natural food grow and grace the community table from the pure earth of Bonnevaux. Local environmental agencies have done a survey praising the unspoiled state which the property has preserved. We see ourselves as stewards of the land to help it be a sign of practical beauty and harmony between humanity and the environment.

Financially we still need your continued support – especially for the second half of Phase One, the guesthouse and heating system. We have been blessed by the generosity of many donors in the form of small and major gifts, from individuals, national communities and foundations. We have (wonderfully) come half way. But it is still a journey of faith and work in progress. So please: if you have not contributed yet will you think of doing so?

Can you also remember Bonnevaux in your will so that it will be strengthened for future generations? And if you have already helped, can you contribute a bit more, thus helping Bonnevaux realise the vision of an inclusively Christian contemplative centre growing the seed of peace and friendship in our troubled world?

A small community is already established at Bonnevaux. Major building renovation will be underway until next year so there is limited accommodation. If you would like to visit or stay please contact Andrew Cresswell
Email: accueil@bonnevauxwccm.org
Phone: +33(0)644139745

Visit the website
www.bonnevauxwccm.org

News

25th Anniversary of WCCM Malaysia: Pilgrimages to Indonesia... and Bonnevaux!



The Malaysian group at the JMC with Indonesian meditators

By Patricia Por, WCCM Malaysia National Coordinator

We have been asked 'Why Indonesia?' Firstly, Indonesia has the largest number of meditation groups (116) and the only John Main Centre in Asia. Secondly, we share a common national language and are culturally very similar. Thirdly, the country is close by and the trip affordable. But most of all we wanted our meditators to experience what it means to be part of a wider community. On arrival in Jakarta, our group of 22 pilgrims, accompanied by Fr. Paul Cheong, OFM were welcomed by Mrs Kindawati, National Coordinator WCCM Indonesia. 'Ibu Kin,' as she is fondly known, was our host, tour leader and guide. She went out of her way to ensure our trip went smoothly.

Daily engagements over the six days took us to five different churches and cathedrals, each with its own distinct architecture and historical background. The most striking of these was the Santa Maria de Fatima (Toasebio) church,

built in the early 19th century with all elements of a Chinese temple in the heart of Chinatown, Jakarta.

Our time at Lembah Karmel Cikanyere offered a serene space for contemplation. It is a retreat enclave run by the Daughters of Carmel. What a privilege it was to spend a quiet day on the Feast of the Ascension in this haven of peace and tranquillity tucked away in the highlands. We next travelled to the nearby Franciscan Monastery of Cipanas, which also houses an orphanage and were welcomed by Fr. Martin Harun, OFM, a retired Dutch priest. We were entranced by our trip to Bogor Botanical Gardens, about to become one of three world heritage sites for Botanical Gardens, the other two being Kew Gardens in London and Singapore Botanical Gardens. Following this expedition, we were invited to the home of one of the local meditators for meditation and fellowship with the Bogor

meditation community.

In Jakarta, we toured Istiqlal Mosque, situated alongside the Gothic style Catholic Cathedral. It was deliberately positioned such by the late President Sukarno to symbolize religious harmony. Later, we stopped at the oldest Buddhist temple in the city, the Sin Tek Bio Pagoda. We also felt honoured by the opportunity to meditate in the 'Vatican church' at the residence of the Papal Nuncio.

The highlight of our experience was the Sunday morning contemplative mass celebrated at the John Main Centre, donated by an Indonesian meditator, Mr. Suhendro. Beautifully crafted buildings in quiet green surroundings offer a conducive atmosphere for retreats and other related activities.

Throughout our trip, we were extended tremendous hospitality by the Indonesian community and were deeply touched by the number of people who took time off from work to be with us. Many came from afar and some accompanied us on our trips to various locations. Our times of meditation together were richly binding. The warm fellowship over meals even included a evening of karaoke fun.

It was so wonderful to see such a vibrant, young meditation community in action. A million thanks to Mrs Kin and her team for making us feel utterly welcome and at home, and for bringing alive the reality that Meditation creates Community.

Our next destination... Bonnevaux! Here we come for the 'du Plat Principal'!

News

Paul Harris' new Q&A's about Christian Meditation

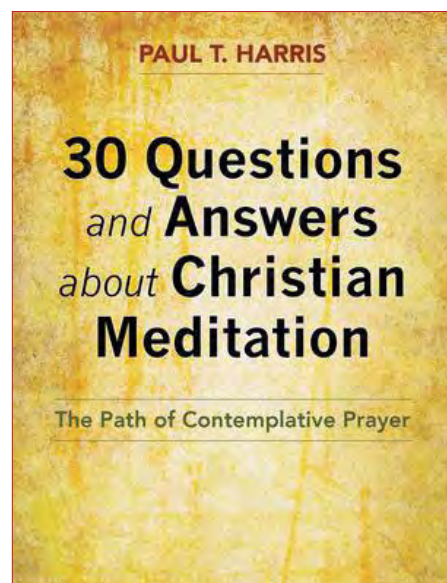
By Darrell Taylor

The question-and-answer approach in this book has a long tradition in the teaching of religion and spirituality. Scripture experts tell us that Jesus asked 183 questions in the gospels to help create dialogue and a response to his teaching. Benedictine monk, John Main, had a custom of encouraging questions at the end of his talks about this way of prayer. Paul Harris continues the tradition in his new book of questions and answers pertaining to the practice of Christian Meditation.

Drawing upon 35 years of meditation practice, as well as his experience giving workshops, retreats and conferences worldwide, the author provides a step-by-step explanation of Christian Meditation for the beginner, the curious and the ongoing meditator. He is a former Canadian coordinator of Christian Meditation,

Patron of the World Community for Christian Meditation, and a weekly meditation group leader. This is his eighth book on the subject.

The new questions cover such topics as the differences and similarities between Christian Meditation and Mindfulness practice; the current ubiquitous interest in teaching children to meditate; and the inner healing of childhood trauma that takes place during this way of prayer. Other topics include the important role of John Cassian (360–435 AD) in the teaching of contemplative prayer; the significance of the 14th-century author of *The Cloud of Unknowing* and his advice on the repetition of a prayer word; and an in-depth look at the life of Benedictine John Main and his key role in the teaching of Christian Meditation in easy-to-understand language for people today.



30 Questions and Answers about Christian Meditation: The Path of Contemplative Prayer. Novalis Publishing, Toronto, Canada. 125 pages. Foreword by Laurence Freeman.
MORE INFO: <http://tiny.cc/qabkPaulH>



Contemplative Pilgrimage to the Holy Land

Led by Laurence Freeman OSB

15 Feb 2019 - 10 DAYS

<http://bit.ly/HL2019>

In Focus

Martin and Deirdre Quiery

Leadership Consultants from Northern Ireland who live in Mallorca and travel the world working in over 30 countries



Martin and I met at Leeds University in the Catholic Chaplaincy forty years ago. Martin's career developed from being a textile physicist, an engineer, later a Chartered Accountant and then a Leadership Consultant. I started my career in Financial Services and then moved into a Consulting and a Sales role with a US Global Talent Consultancy. After a lucky lead I signed a contract which meant that I achieved my annual sales target in one client visit. The resulting 6 months' salary gave me an opportunity to encourage Martin to explore what he wanted to do with his life. He was happy as a Financial Director and enjoyed working with his team

but I was convinced that life held more meaning for him.

At that point – 16 years ago, we had been meditating for 4 years – so when I was offered the opportunity to be Country Manager for Ireland we decided that the best way to make a decision about what to do would be to create our own one week silent retreat when on holiday in Mallorca. We thought that being in silence for a week would allow wisdom to bubble up from beneath the small "self." At the end of the week we each took a piece of paper. I wrote upon my page – "Go to Ireland." Martin wrote on his "Come to Mallorca."

I asked Martin "Why do you want to do this?" He said, "I think we will learn a lot here." I realised that the reason I wanted to go to Ireland was out of fear. What would happen if neither of us had a job? As soon as I realised that it was fear holding me back – I changed my mind. We gave away the possessions acquired over 22 years of marriage and headed for Mallorca with two suitcases and the cat, Ziggy. We rented a remote house in an olive grove with no running water, no TV, no internet, no telephone and only sheep for neighbours. It

was impossible not to feel a part of Nature. We were connected to the orange and olive trees around us, the clouds which flowed over the mountains, the sea which sparkled in the distance and the sheep whose bells tinkled ceaselessly into the night.

We discovered a Christian Zen meditation group run by a Catholic priest in Palma. We meditated while slowly building our Consultancy Company – Seven Rocks Consultants. We read the books of John Main and Laurence Freeman. My Mother from Belfast had meditated with a WCCM group attached to Holy Cross Church many years before. In the week before she died, she said to me, "Why don't you give up your big job and follow Laurence Freeman?"

Martin and I joined Laurence on Bere Island for the Holy Week retreat. We then created two meditation groups in Mallorca. Although we explored Zen and Vipassana meditation – it has been fulfilling to join WCCM and to deepen our understanding and practice of the Christian contemplative tradition – keeping the contemplative flame alive for leaders worldwide and for local Mallorcans, Germans and Swiss living in Soller.



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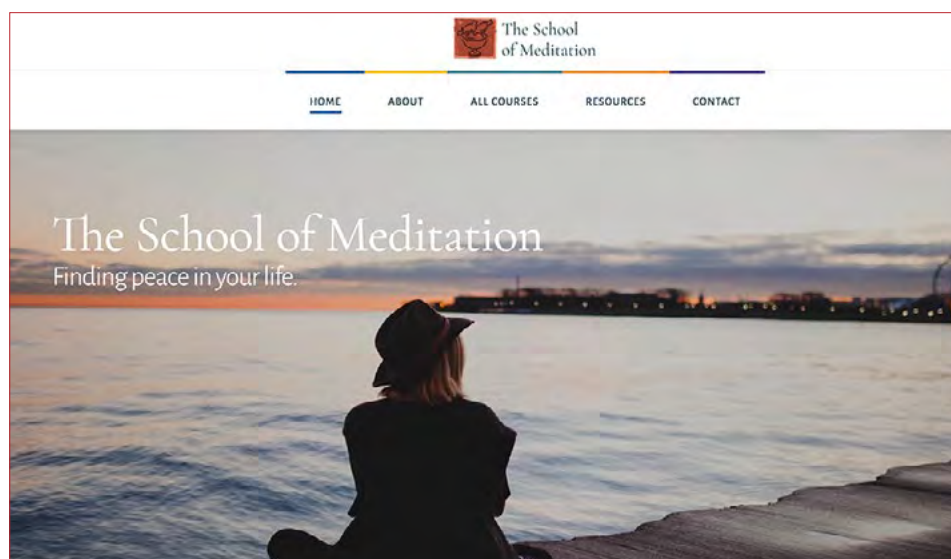
Would you like to contribute to the Meditatio Newsletter? Our next deadline is 10 September.

Resources

New School of Meditation website

www.theschoolofmeditation.org

Designed to help you on your journey of meditation explore the website for a range of resources. There are also new online courses: *How to Meditate*, *An Introduction to Christian Meditation - A Six Week Course* and *The Roots of Christian Mysticism*.



CDs

Praying with the Masters Today 2



This CD continues with the theme of contemplative prayer in the Christian tradition. CD 1 presented the tradition as observed in the early church. In this CD, McGinn discusses the modern mystics including the Carthusians, Cistercians, Julian of Norwich and others.

Listen to or download the tracks:

<http://tiny.cc/MED2018B>

Order a copy of the CD:

<http://tiny.cc/mcginn2nd>

The Roots Course



It provides an overview of the contemplative tradition starting from Jesus spanning 2000 years! The entire course is divided into 3 terms and each term consists of 8 Lessons. Each lesson focuses on a mystic, and we learn about the times they lived in, their life witness and their spirituality. Each lesson also has extracts from their writings and inspirations to help us in our spiritual practice. There is also a bibliography, audio and visual recordings to allow you to explore further.

For more information visit:

www.theschoolofmeditation.org

Watch online and
Download the Teachings
www.wccm.org/media-page



The WCCM Media Page is an easy way to find all our multimedia resources - audio and video - ready to enjoy online or download. The playlists and tracks are organized in categories, such as Retreats, John Main Seminar, Education, Leadership, etc.

To order: contact the resource centre nearest to you. Our centres are listed below

VISIT WCCM's ONLINE BOOKSTORE: <https://mediomedia.com/>



UK and EUROPE
www.goodnewsbooks.co.uk
email:
orders@goodnewsbooks.co.uk
Tel: +44 (0) 1582 571011

USA
www.contemplative-life.org
email: contemplativewisdom2@gmail.com
Tel: +1-520-882-0290

CANADA
www.mediomedia.ca
email: christianmeditation@bellnet.ca
Tel: +1-514-485-7928

ASIA
email: mmi@wccm.org
Tel: +65 6469 7671

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WCCM Australia

THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION AUSTRALIA

International Website -- www.wccm.org
 Australian Website -- www.wccmaustralia.org.au

REFLECTIONS ON AN ESSENTIAL TEACHING WEEKEND CANBERRA - APRIL 2018

Eleven or so Canberra and surrounding region Christian meditators (and one from the far flung reaches of the Clare Valley in SA!) of the Australian Christian Meditation Community gathered for an Essential Teaching Weekend in mid-April.

We gathered, appropriately, at The Gathering Place, a contemplative retreat and spirituality centre in the heart of Canberra, which offers some elements of the monastic tradition in a contemporary way. Its beautiful chapel, simple accommodation and lovely garden including a labyrinth, shared so generously with us by Sister Lorraine, provided a spirit-soaked backdrop for our growing together in silence, listening and sharing over the course of the residential weekend. While the weather started out beautiful (as it often is in Canberra in April), it turned very wild, wet and windy by Saturday night. Yet all was calm, warm and still inside the solid building in Dickson.

Essential Teaching Weekends (ETWs) are an important way in which the WCCM supports those who have already started meditating to deepen their meditation practice, their understanding of it, and their awareness of the broader Christian community and Christian Meditation tradition.

The weekend followed a simple and established format used by the WCCM around the world of teachings, regular periods of meditation and prayer, and time for learning, sharing and discussion. The leadership and sharing from our ACT leaders for this weekend - Chris Cheah, and Susan

and Rod Page - were a highlight for many of us. Of course we also heard from, read from, and saw videos of other WCCM leaders, including of course Laurence Freeman, Carla Cooper and John Main. We learned more of the place of meditation in the contemplative tradition, the essential aspects of our practice and the psychological aspects of the journey. We also had the experience of practicing how we might share our meditation experience with others in our lives. We grew together in thought, word, deed (as we also shared our delicious meals together!) and silence. And book titles were frantically swapped, and books and CDs and DVDs were bought for ourselves and others as a small part of the way we will continue to grow and share the gift after this weekend. Then all too quickly, it was done. Yet the roots had grown a little deeper, been watered for the challenges ahead, and a few more seeds were sown on fertile soil.

distinct memories of our being and growing together in this time and place, along with a photograph of most of the group and leaders in the beautiful Chapel at The Gathering Place.

... the living line from Cassian to Main
 ... meditation creates community . .
 . meditation is a journey . . . sharing
 the gift . . . keep watch with me . . .
 one prayer - the prayer of Christ . . . I
 beg you to keep me in this silence . . .
 be still, and know that I am God . . .
 the supreme Christian insight is that
 God is love - and to know this love in
 one's heart . . . best way to learn is by
 practice . . . teachers are needed - who
 are on the pilgrimage themselves . .
 . unlearning rather than a skill . . . a
 discipline rather than a technique . .
 vanity of busy-ness . . . community of
 love. . . gratitude and joy . . . pilgrims
 together . . .
 Even so . . . Maranatha - come Lord
 Jesus.



PRACTISING BEING: A WHOLE EARTH COMMUNITY RESPONDING TO EARTH DAY 2018

ACMC (NSW) held our 2nd annual Community Day relating to Earth Day- following our Meditation and Environment outreach event in 2016. We feel the urgency in focusing on meditation as a path to a new consciousness; much needed if we are to address the many environmental challenges we face in our common home. The challenge is basically a spiritual one. A challenge to who we think we are and to our role in caring for the earth.

As Fr. Laurence Freeman has said "Consciousness changes everything; the challenge is a spiritual one" and "The kind of attention we give to the world shapes the world we live in". And from John Main, "there is only one centre that centre is everywhere and meditation is a way of being linked to it in our own centre. First be then, you'll be fit for doing"

Our speakers, Rev Linda Chapman and Patricia Gemmell, from our NSW (ACMC) community, both well versed in eco theology and sustainable living, led us in reflections around what arises in our hearts/minds in the face of loss and destruction of habitats etc., and how we choose to respond in a contemplative rather than reactive way.



Linda, speaking on the theme of contemplative consciousness for a whole earth community, presented a challenging visual presentation. "Lord Man" showing the consequences of our seeing creation as a resource for our use rather than an interconnected

web of life, now being degraded by our actions.

Linda then suggested that on Earth Day we might consider the country in which we live and the ancient heritage of aboriginal connection to the land. She referred to Richard Flanagan's recent speech in which he reminds us that we are heirs of a 60,000 year old civilization. It is a human civilization utterly integrated with country, with earth. The gift of this culture is in country, story, connection and in dadirri. The inner deep listening and still awareness of dadirri is like that of our practice of meditation. Meditation has the capacity to heal our split consciousness such that we might grow in our capacity to listen to the earth beneath the clamour of our noisy minds.



Patricia's theme was 'inner and outer change; Ecological conversion' reminding us that the inner and outer change needed in our stewardship of the earth is something we all struggle with. How do we translate our practice of meditation and poverty of spirit into a truly sustainable lifestyle?

She offered a voice of hope that we can follow a path of inner and outer change based on a discipline of daily meditation, and of conversion as Pope Francis speaks of it. She shared psychological insights from contemporary spiritual writers as to what happens when we go beyond seeing our identity as ego self on the "path of return"- beyond ego to the Ground of Being from which we have

come. She spoke of meditation as a path towards unitive consciousness when the brain is rewired, with left and right hemispheres of the brain becoming more connected, and awakened to wider and deeper connectedness.

From it our sense of self changes, with new ways of being and seeing- leading to new ways of action. The spiritual path, as we persevere with our practice, has a specific evolutionary trajectory, guided by grace, until our life itself becomes our practice, and our inner and outer life are experienced as one seamless garment.

These talks can be heard at <https://meditationenvironment.blogspot.com/>

Along with other related presentations.

Janet O'Sullivan

QUOTE FROM LAUDATO SI'

217. "The external deserts in the world are growing, because the internal deserts have become so vast". For this reason, the ecological crisis is also a summons to profound interior conversion... Living our vocation to be protectors of God's handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience." p. 168.(St Pauls Publications)





THE BENEDICTINE RHYTHM OF DAYS LINDA CHAPMAN

On retreat at the Abbey at Jamberoo recently we were reminded, that the Benedictine rhythm of days, the Divine Office, re-links us to our own centre. No matter what we may be doing the call to prayer at regular intervals during the day draws us back to our essential relationship with the mysterious silence dwelling at the very heart of reality. The Office, the commitment to and practice of regular prayer and meditation, becomes a re-minder. True perspective is restored, the ego can settle into its proper function of serving the Self, discordant patterns of living become more harmonised with a simple and joyful daily round of contemplation even as we work. The noise and fragmentation of life today can find a way towards stillness, silence and simplicity when we listen to the interior call to prayer through our days. Our regular practice of meditation, particularly in community, recovers our balance and stability, such that we offer that equilibrium to the world simply by continually returning to our centre; to the Christ within.



STATE REPORTS

VIC REPORT

Our Lenten Silent Retreat 23-25 March, 2018 held at Pallotti College, Milgrove in the Yarra Ranges led by Dr. Deborah Guess was well attended. The laughing kookaburras welcomed us and continued calling us into the stillness of this beautiful venue surrounded by lush bushland and the Warburton Ranges.

The theme: The Still Point of the Turning World with the subtitle ... In a frenetic culture where speed, noise and activity are highly esteemed, what might it mean to value and pursue the contrasting, and perhaps provocative path of stillness? Various insights were shared, including some from the works of John Main, TS Eliot, Simone Weil and Thomas Merton. The presentations were an inspiring preparation for Easter.

Deborah gently invited us into the journey of meditation along the path of coming to attention. She challenged us with the question Jesus asks in St John's gospel...What are you looking for?... (What do you want out of life) and pointed out that the contemplative answer is being still and paying attention which involves letting go, and letting grace and love, in. She encouraged us to 'hang in there' with our practice of meditation.

Introduction to Christian Meditation a Six-Week Course has commenced at: St Gregory the Great, Doncaster led by Terry Morton. The group began with 18 participants which included some who were new to meditation.

Another Introductory Course led by Maureen Jenkins and Joan Creer has recently been launched at the Hawthorn Parish – St Joseph Mews. Meditation abounds!

Regional Victoria Community Day at Bendigo led by Adele Mapperson

with the theme: The Continuing Bond – Love and Loss in the Contemplative Tradition was attended by 35 meditators from the surrounding regions of Victoria. Adele once again captured our attention and engaged us in conversation with the many stories she shared relating to loss and grief noting the importance of being present and bearing witness to those on the journey of dying.

Our Meditation and Quiet Day led by Stephen Holgate at Living Well Centre, St George's Malvern was well attended with approximately 60 participants including some who were new to meditation and several younger people. The attitude of quiet movement and silence practiced by all present on the day was inspiring and a gift.

Stephen's theme Constants, new beginnings and letting go. He made reference to: The Eight Big Problems of Life - Laurence Freeman, The Cloud of Unknowing, 14C - Anon and The Conferences - John Cassian (c365-c435) Stephen emphasized that the practice of meditation is a constant and a key that restores us to our natural state...opens our hearts to the silent presence of God within, and enables a new beginning, helping us to let go and let God in. He also highlighted the depth found within the Community's Opening Prayer... a fundamental way of following Jesus at the level of the heart where our faults occur.

Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call. Maranatha... Come, Lord Jesus.

Finally, thank you to our enthusiastic and multi skilled committee members, their efforts and gift of time make our events happen.

Abundant blessings, and much love,

Clara Rizzi Victoria Coordinator

SA REPORT

The Leaders of our Community are the backbone of our Community. Our Christian Meditation Communities would not exist if it were not for our group leaders who faithfully turn up week by week to set up for their groups and then, lead the group through their group time and offer care to their Meditators on a weekly basis. Our other leaders include those people who are willing to join our Committee, attending meetings, planning events, and then setting up for the events on the day.

With all this in mind the South Australian Christian Meditation Community held their Leaders' Day on Saturday 19th May for a whole day. The morning began with Meditation and listening to two chapters on the excellent DVD by the Archdiocese of Canberra and Goulburn: "Set Pools of Silence in this Thirsty Land: Christian Meditation in the Catholic tradition". First of all we were privileged to have Father Laurence introduce our time of meditation. The second chapter that we listened to discussed the Ecumenical Dimensions of Christian Meditation. Leaders of various denominations joyfully discussed this dimension—the need to "give each other the space to find what's deepest in our heart"; the need to have a "shared silence that opens up the common ground"; and that the "way of contemplative life is a way of peacemaking".

Our morning concluded with hearing from each group leader of their joys and challenges; some groups being large and some with only two meditators. We then all enjoyed a delicious lunch and chat together.

The afternoon was spent discussing the National Conference which is to be held in Adelaide at St Saviour's Anglican Church at Glen Osmond. (Full details can be found at <https://wccmaustralia.org.au/>). The theme will be Contemplative Christianity with pre-recorded talks by Father

Laurence and Dr Sarah Bachelard as guest speaker. The South Australian Community looks forward to welcoming many of you to Adelaide in September this year.

Our afternoon concluded with a closing liturgy on the theme of 'Growing Community'. This was also a time to thank the Leaders of our Community with a gift of a small potted plant.

"Community as caring . . .

So many people enter groups in order to develop a certain form of spirituality or to acquire knowledge about the things of God and of humanity. But that is not community; it is a school. It becomes community only when people start truly caring for each other and for each other's growth."

Jean Vanier, Community And Growth

Our next Community Event is on Saturday 30th June 11am—4pm. The Rev Dr Garry Stuckey will lead us in our Silent Retreat Day at St Ignatius Church Hall, Queen Street, Norwood. The theme for the day will be based on one of Henri Nouwen's popular books—"Making All Things New." People are asked to bring their own lunch (not for sharing) and their own cup. Suggested donation: \$15. All welcome.

Love and Blessings,

Dianne Schaefer

S.A State Coordinator

WA REPORT

In April John Auer led our Silent Retreat Day, "Caring for our Common Home". John referred back to Christian mystics and how they stressed the inter-relatedness of all things, and how this should provide guidance for us as to how we lead our everyday lives. How different would our planet earth be if everyone lived really believing that God is present in all things? How would we ourselves treat our environment and all life, and relate to all people if we are living out this belief? It certainly gave us questions to ask ourselves.

After a break of several years we held an ETW in May. We were very fortunate in having Penny Sturrock come over to help lead this event. There were 11 meditators attending, and all agreed it was a very valuable experience. A real sense of community developed over the weekend, and the group decided to keep in touch.

Our thanks to the organizers, especially Penny and Anne Zevis, who put in a great deal of time and effort getting the ETW up and running. Thanks too to those in the Community who helped out and shared their experience throughout the weekend. The guide to organizing an ETW, which Penny used, was an invaluable resource. We are planning to hold ETWs more frequently in future.

Now we are looking forward to our Community Day on 16th June when Matthew Lamont is presenting on the topic "Wisdom of the Circle: Contemplating the Mandala". The mandala is expressed in many religious traditions and can help enrich our lives and connect us to a vision of wholeness. Those attending will be encouraged to create their own mandalas, so this should be an interesting workshop.

Jenni Berg, W.A Coordinator

QLD REPORT

We started the year by welcoming two new committee members, Celine Bowman and Geoff Wilson. We are delighted to have their input in our planning and discussions.

Our first event for the year was a Quiet Day at Melany for groups in the Sunshine Coast region. The day had an introductory theme "Prayer of the Heart, experiencing meditation in the Christian Tradition" led by Kath Houston. A larger than expected crowd of about 60 newcomers and experienced meditators enjoyed the glorious sunshine in the beautiful surroundings at the historic Anglican Church. During the morning a large

country market taking place in the adjoining park added to the atmosphere in a surprisingly peaceful way.

During February and March Gabby Nelson led community events in Brisbane and Harvey Bay on the theme of Aging. Gabby drew from the wisdom of Joan Chittister, Richard Rohr and others to present a beautifully contemplative focus on the aging process. The events were well attended and very gratefully received by all. In May Gabby gave the presentation again to a group in Toowoomba. The groups particularly appreciated the opportunity to share amongst themselves and reflect on new perspectives on aging that were opened up for them.

Our next gathering will be a Quiet Day for groups in the Brisbane region on 23 June to be led by Johanna Lawrence. We have also started planning an ETW to be held 26 – 28 October.

Gabby, Johanna & Kath -- Queensland

NSW REPORT

The community in Newcastle gathered on 5th May at The Junction to explore the theme "Early Desert Fathers". These mornings are held several times a year and are always very well attended. The topic for the next morning on 7th July will be "John Main".

Dianne Burn and Penny Sturrock facilitated a Formation Day for school teachers and family educators giving them an experience of Christian meditation, the history of our tradition and many practical tools to bring meditation to school children and families in their parish.

Our Contemplative Book Club has recommenced at Our Lady Star of the Sea in Kirribilli on the first Saturday of the month until September. The group gathers following the 9.30am

meditation to reflectively read a chapter of "Fully Alive", by John Main, and have a time of sharing insights together.

An Essential Teaching Weekend Reconnection gathering, with group leaders invited, was held on Saturday afternoon 16th June at Lavender Bay. Following lunch and meditation Judi and Paul Taylor shared their experiences of pilgrimage in Japan relating it to the theme "Together on the Way of Pilgrimage".

"there is real power - and benefit to our inner journey - to be found by visiting the sacred places of our own and others' traditions". Laurence Freeman OSB.

Several Younger Christian Meditators gathered at Judi and Paul Taylor's retreat house on Dangar Island for a weekend to listen as Andrew McAlister invited them to think about "Meditation, Surrender, Journey to the Heart". There were periods of meditation, many questions worked through together, an opportunity to deepen their practice in silent reflection in the beautiful surroundings and build friendships over shared meals.

August is a busy month in the NSW community as we have planned several events at Marymount Mercy Centre in Castle Hill.

On Monday 13th August Dianne Burn and Penny Sturrock will lead a 2 day live in retreat offering formation in Christian meditation to teachers, school communities and all those wishing to bring Christian meditation to children and young people, the theme is "Stillness, Silence, Simplicity".

Our NSW state Silent Retreat weekend commences on Friday 24th August continuing through until Sunday 26th. The weekend looks at "Inner and Outer Harmony" the music within and beyond ourselves.

On the 31st August to 2nd September we have an Essential Teaching

Weekend. These weekends are an opportunity to deepen your practice of meditation and look back at our tradition carried through time by the mystics.

Please go to our website www.wccmaustralia.org.au for more information about upcoming events. With my love -- Jan

Jan Wylie NSW Coordinator

NATIONAL COORDINATOR'S REPORT

The Australian community has a new website - www.wccmaustralia.org.au - it is still a work in progress but my thanks to those who have contributed in many ways to bring it about. We have a contact page where you can send an email if you have a question for community leaders.

We are looking for a webmaster if you or someone you know has skills in this area and would have some time to give our community please email me at - janwylie@tpg.com.au.

My grateful thanks to those who have donated to our National Appeal the Australian community will benefit from your gifts. If you still wish to make a donation please go to the website - www.wccmaustralia.org.au - or printed brochures are available at your community events or from your State or Territory Coordinator.

The National Conference is to be held this year in Adelaide on Friday evening 7th and Saturday 8th September. Fr Laurence will not be with us but he is pre recording a talk and will lead us in a time of meditation. Rev Dr Sarah Bachelard will be present with us speaking on the theme "Contemplative Christianity" and leading a discussion and Q&A session on Saturday afternoon. Sarah is from Canberra where she leads a contemplative church including a time of meditation at each service and has recently spent time in the UK giving talks at community events and

helped lead a WCCM International School Retreat with Fr Laurence and Kath Houston.

If you are planning to attend the conference printed brochures with registration information are available at your community gatherings or go to our website.

Following the National Conference we hold a National Council meeting. These meetings gather together those in our Australian community who have leadership roles either internationally, nationally or as a state or territory coordinator. We meet for two days to look back at the past year and make plans for our future. As we are a large country it is beneficial to have the opportunity to come together to discuss our Australian Community's future.

I look forward to meeting up with you at the National Conference.

With my love -- Jan

Jan Wylie National Coordinator

From the last letter of Frère Roger of Taizé August 2005

"Seeking reconciliation and peace involves a struggle within oneself. It does not mean taking the line of least resistance. Nothing lasting is created when things are too easy. The spirit of communion is not gullible. It causes the heart to become more encompassing; it is profound kindness; it does not listen to suspicions.

To be bearers of communion, will each of us walk forward in our lives on the road of trust and of a constantly renewed kind-heartedness?

On this road there will be failures at times. Then we need to remember that the source of peace and communion is in God. Instead of becoming discouraged, we shall call down his Holy Spirit upon our weaknesses.

And, our whole life long, the Holy Spirit will enable us to set out again and again, going from one beginning to another towards a future of peace".

National Appeal

Thank you to so many for your generosity either giving individually or with your group to our National Appeal. As I mentioned in our last Newsletter the National Appeal invites us to think carefully about giving back to our community here in Australia for the gift we have been given, the gift of Christian Meditation. Your donations each year help us to continue to share our tradition with the wider community in many ways and support our large number of groups meeting every week across Australia.

"A tradition survives and grows only when men and women can be found who will enter into the experience of the tradition." John Main OSB – Door to Silence.

To make a donation online please go to our website www.wccmaustralia.org.au then to Support us on the menu bar and click on National Appeal.

Printed copies of our National Appeal brochure are available from your State or Territory Coordinator, at community events and some group leaders.

Jan Wylie --National Coordinator



National Conference

The Australian Christian Community
National Conference
Adelaide, South Australia

Friday 7th and Saturday 8th September 2018

Guest speakers - Rev'd Dr Sarah Bachelard with
pre recorded presentations from Laurence Freeman OSB



"Contemplative Christianity"

When John Main formed the first small monastic community practising and teaching Christian meditation, he marveled at the response of the lay people who came seeking authentic and personal knowledge of God. He saw in this response the seeds of a radical renewal of the church and Christian life - Rev'd Dr Sarah Bachelard

'I sensed that we were witnessing the birth of a contemplative Christianity'. John Main OSB

A brochure with more information and registration form is on the website.

www.wccmaustralia.org.au

HOW TO MEDITATE

Open to all ways of wisdom but drawing directly from the early Christian teaching John Main summarised the practice in this simple way:

Sit down. Sit still with your back straight. Close your eyes lightly. Then interiorly, silently begin to recite a single word – a prayer word or mantra. We recommend the ancient Christian prayer-word "Maranatha". Say it as four equal syllables. Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and above all - simply. The essence of meditation is simplicity. Stay with the same word during the whole meditation and from day to day. Don't visualise but listen to the word as you say it. Let go of all thoughts (even good thoughts), images and other words. Don't fight your distractions but let them go by saying your word faithfully, gently and attentively and returning to it immediately that you realise you have stopped saying or it or when your attention is wandering.

Meditate each morning and evening for between 20 and 30 minutes.

OUR PEOPLE AT WCCM AUSTRALIA

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OBLATES OF WCCM - Gloria Duffy

FRIENDS - Judi and Paul Taylor

DEPUTY NATIONAL COORDINATOR

Mirella Pace

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SCHOOL OF MEDITATION - Kath Houston

MEDITATION WITH CHILDREN AND YOUNG PEOPLE

Penny Sturrock

TO CONTACT US GO TO
www.wccmaustralia.org.au

NEWSLETTER GRAPHIC DESIGN - Lee Milroy - www.urallamulti-media.com.au



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CONTACT DETAILS

Title and full name

Address and postcode

Phone: _____

Email: _____

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