

themeditatiocentre



20
16 Programme

Practical Information

To contact us: T: 020 7278 2070 or E: meditatio@wccm.org

Office Hours: Monday to Thursday 9.30 am – 5.00 pm

Getting here: The Meditatio Centre is located at St Marks Church, Myddelton Sq London EC1R 1XX
The nearest underground station is Angel on the Northern Line. Kings Cross/St Pancras railway station is a 15-minute walk away.
From Waterloo, Liverpool Street, Euston and Kings Cross station: Buses 30, 73, 205, 214 and 476
From West End: Buses 19, 38 and 341

How to book: The cost for each event is detailed in the programme and we would appreciate early bookings. Please book online by visiting wccm.org/content/the-meditatio-centre. You can also book by telephoning us or by email.

Concessions: Concessions are offered to students, OAPs and the unwaged. If you need further help please do not hesitate to call us. People who require concessions please call or email us to book.

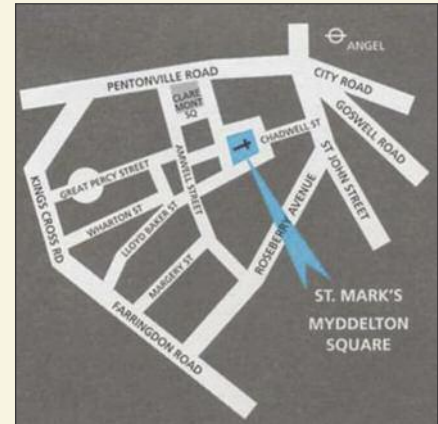
Bookshop: Come and visit our bookshop specialising in contemplative and spiritual titles.
Order online: www.meditatiostore.com

For up to date information and news about The Meditatio Centre, please visit the webpage:

wccm.org/content/the-meditatio-centre

To subscribe to regular mailings please follow the link: <http://eepurl.com/8jSwj>

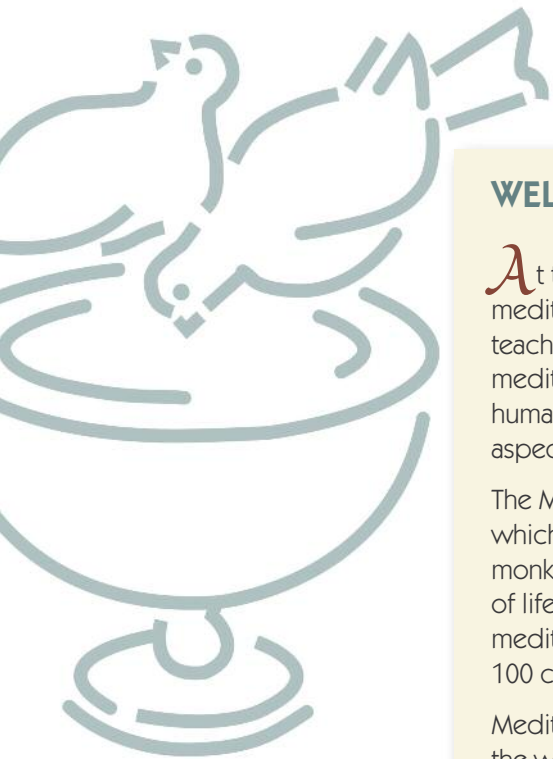
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WELCOME TO THE MEDITATIO CENTRE

At the heart of everything we offer at The Meditatio Centre is the practice of meditation. This way of contemplative silence as we teach it is rooted in the teaching of Jesus on prayer and by the tradition that put it into practice. In meditation we learn to live from the silent dynamic centre which unites all humanity, a centre in which we are freed to engage with life itself, in all its aspects and in all its fullness.

The Meditatio Centre is part of The World Community for Christian Meditation which was formed in 1991. It was inspired by the vision John Main, a Benedictine monk, to teach meditation as a way to help restore the contemplative dimension of life. Its spiritual foundation is the daily practice of meditation and the local meditation group. People from all walks and stages of life meet weekly in over 100 countries.

Meditatio as the outreach of the Community shares the fruits of meditation with the wider world and directs the wisdom of meditation towards the crises of our time. Its programs engage the areas of education, business, leadership, interfaith, health, addiction, mental health and other social justice issues.

We look forward to welcoming you to The Meditatio Centre and trust that you will find here much that will nourish and support you on your way.



DAILY & REGULAR SCHEDULE

Weekdays:

1.00 pm – 1.30 pm Meditation – All welcome

Mondays:

7.00 pm – Meditation – All welcome

7.30 pm – 9.00 pm – Yoga (For details see page 31)

Wednesdays:

10.00 am – 12.00 Yoga and Rolf Movement Classes (For details see page 31)

Fridays:

10.00 am – 11.30 am Yoga and Meditation (For details see page 31)

Meditation

Daily Weekdays: 1.00 pm – 1.30 pm

This daily lunchtime meditation group meets Monday – Friday at The Meditatio Centre. We welcome people from any tradition or none to join us in this silent meditation. The group follows the path of meditation as taught by The World Community for Christian Meditation. If you are new to meditation and would like to find out more about Christian Meditation please call the office (020 7278 2070) or come 15 minutes before the start of the session to talk to us about it.

25 January – 4 March
Preview with the Artist
6.00 pm, Thursday 28 January

7 March – 15 April
Preview with the Artist
5.00 pm, Saturday 12 March

18 April – 2 June
Preview with the Artist 5.00 pm,
Saturday 23 April

ART

EXHIBITIONS AT THE MEDITATIO CENTRE

Landscape And Memory

Christianna Mitchell

Christianna's paintings and drawings are an expression of her experience of the two cities between which she has lived throughout her life: Berlin and London.

Beyond the Steps

Joan Stanton and Ali Shipton

An exhibition of paintings and drawings. Ali Shipton trained at Glasgow School of Art and then at Goldsmith's College London. Joan Stanton Studied at Chelsea School of Art and Brighton College of Art.

Chasing Clouds Across Cambodia

Natasha Cross

Natasha's exhibition is based on three months she spent living and volunteering in Cambodia. Anyone who has felt the thrill of wandering far from home will feel their imaginations awoken through this exhibition.



6 June – 29 July
Preview With The Artist
6.00 pm, Thursday 9 June



'Re-Membering And Becoming'

Jane Townsend

'Re-membering and Becoming' is an abstract and representational show which explores her relationship with God and the creative process; Art being very much part of her contemplative path. Glimpses of God can be revealed through dreams, poems, connections to the earth and the natural world.

29 August – 1 October
Preview with the Artist
6.00 pm, Saturday 3 September

Portraits

Stanislaw Wojcik

Stanislaw Wojcik is an artist living and working in Warsaw, Poland. He works at the Faculty of Fine Arts in Warsaw in the painting studio of Prof Henry Gostyński.



3 October – 5 November
Preview with the Artist
5.00 pm, Thursday
6 October



My Exhibition

Derek Williams

Derek is a member of the L'Arche Community in London. He has lived in London all his life and enjoys painting people and objects using bold colours in oils, pastels and crayons. At the preview, please join Derek for an evening of the flavours and sounds of Jamaica where his family are from.

7 November – 28 November
Preview with the Artist
6.00 pm, Thursday 10
November

Beasts and More Beasts

Jo Trench

Jo has studied constructed textiles, printmaking and drawing. Presently she is mentoring prisoners, teaching and making work. The prints in this exhibition are inspired by Medieval church carvings.



A GRIEF LIKE NO OTHER
Led by Kathleen O'Hara
Saturday 5 March
1.30 pm – 4.30 pm
Cost £25 Concessions £15
www.kathleenohara.com



HAPPY THOSE WHO MOURN
Led by Julie Leger Dunstan
Saturday 29 October
10.30 am – 4.30 pm
Cost £30 Concessions £20
Please bring a packed lunch.
Coffee and tea provided.

BEREAVEMENT

A Grief Like No Other: Surviving the Violent or Sudden Death of Someone You Love

Losing a loved one by murder, suicide, drunken driving, drug overdose, war, or any sudden death brings a unique kind of grief, with different issues and challenges. Using a spiritual but practical approach, this workshop will help you cope with overwhelming feelings, learn how to tell your story, deal with acceptance, develop the strength you'll need to not only survive, but learn how to live again with meaning and purpose. This workshop is for those who are bereaved and for those who care for them.

Kathleen O'Hara, MA LPC is a psychotherapist and author of *A Grief Like No Other* a classic resource for traumatic grief. Her son Aaron was murdered 15 years ago and since then she has counselled thousands of bereaved families in America and has worked with international service organizations. She now resides in London where she continues her work.

Happy Those Who Mourn: Loss, Lamentations and Laughter

This day will explore the theme of loss through poetry, psychology, scripture, contemplative theology and reflective exercises.

Julie is Director of Encounter, The London Course in Spiritual Direction. She is a psychotherapist, spiritual director, supervisor and trainer. She is also a licensed lay minister in the Church of England.

CONTEMPLATIVE REFLECTIONS

THE IMMEDIACY OF GOD

Led by **Hymie Wyse**

Saturday 6 February

10.30 am – 4.30 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

MARGINAL CHRISTIANITY

Led by **Mark Burrows**

Saturday 23 April

10.30 am – 4.30 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

The Immediacy of God

With the help of the participants we will explore creatively how in actual fact God is always present with us.

Hymie is a group analyst and a cranial-sacral psychotherapist. His current interest is investigating how the insights of the philosopher, Ludwig Wittgenstein, can be applied to current therapeutic practice.

Marginal Christianity: Three Witnesses to the God of the Edges

The Christian tradition has always had room for radical voices who spoke truth from the margins – prophets, mystics, visionaries. In times like these, when the Christian witness seems pushed toward the edges of society, such voices might bring us fresh vision to make our way with the God who continues to seek us ‘off centre’. On this day, we will linger with an unlikely chorus of such voices: Meister Eckhart, Julian of Norwich and Rainer Maria Rilke.

Mark is a poet, translator, scholar and, currently Professor of Historical Theology at the University in Bochum, Germany and focuses on poetry and the mystical literature of the medieval Christian west. He lectures internationally and is Poetry Editor for two US journals. He is a translator of Rilke (*Prayers of a Young Poet 2013, SAID (99 Psalms)*), and other modern German poets.



CONTEMPLATION AND SCIENTIFIC
HORIZONS IN OUR TIME

Led by **Diarmuid O'Murchu**

Saturday 14 May

10.30 am – 4.30 pm

Cost £30 Concessions £20

*Please bring a packed lunch.
Coffee and tea provided.*

CELTIC SPIRITUALITY:
I ARISE TODAY

Led by **Antonia Lynn**

Saturday 11 June

10.30 am – 4.30 pm

Cost £30 Concessions £20

*Please bring a packed lunch.
Coffee and tea provided.*

Contemplation and Scientific Horizons in our Time

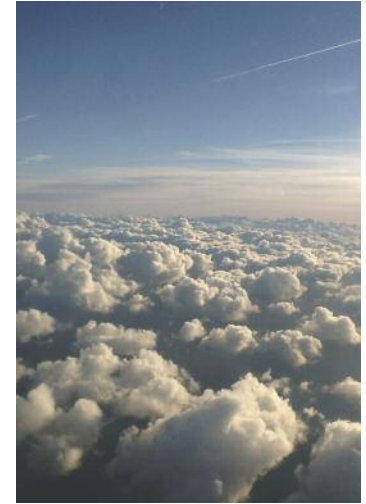
For Thomas Merton, contemplation is not a withdrawal from God's world, but a challenge to engage the divine interdependence manifest throughout the natural world. This engagement requires deeper levels of faith-integration in our lives, which will be explored during the day.

Diarmuid is a member of the Sacred Heart Missionary Order. He is a social psychologist and has been in social ministry working in a number of areas – in bereavement work, AIDS-HIV counselling, with homeless people and refugees. He has worked internationally as a workshop facilitator on Adult Faith Development. His books include *Quantum Theology* (2004), *God in the Midst of Change* (2013) and *On Being a Postcolonial Christian* (2014).

Celtic Spirituality: I Arise Today

An experiential day using words, music, colour and movement – some ways of praying drawn from the riches of the Celtic Christian tradition. It is hoped that this summer day will become what the Celts called a thin place – a sacred space to spend time with God and rejoice in the Gospel.

Antonia is an experienced Spiritual Director and leader of retreats and prayer workshops. She is a tutor on the Encounter course in spiritual direction at the London Spirituality Centre and, currently reading for a doctorate in Practical Theology.



ECOLOGY AND SPIRITUALITY

Led by Prof David Tacey

Thursday 8 September

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.



Ecology and Spirituality

Deep ecological awareness is a spiritual state of consciousness, and without the activation of spirit it is difficult to achieve this awareness. Secular policies and green politics may not be able to work the transformation that is required. This talk will explore the entry into ecological awareness as an initiation into the transpersonal and universal dimensions of spirit.

David Tacey is Emeritus Professor of Humanities at La Trobe University, Melbourne, and Research Professor at the Australian Centre for Christianity and Culture, Canberra. He is an interdisciplinary scholar and public intellectual who has written extensively on spirituality, religion, youth experience and mental health. He is the author of fourteen books, including *The Spirituality Revolution*.

Cynthia Bourgeault

We hope to welcome Cynthia to The Meditatio Centre in Autumn 2016. We will notify the date early in the year.

Modern day mystic, Episcopal priest, writer, and retreat leader, **Cynthia Bourgeault** divides her time between solitude at her seaside hermitage in Maine, and traveling internationally to teach and spread the recovery of the Christian contemplative and Wisdom path.

Cynthia has been a long-time advocate of the meditative practice of Centering Prayer. She is a founding Director of both The Contemplative Society and the Aspen Wisdom School and is an active participant of inter-spiritual dialogues. She has written numerous books including *The Wisdom Way of Knowing*.

THE SPIRIT OF THE MARGINS
Led by Chris Bemrose and Mike Mullins

Saturday 19 November
10.30 am – 4.30 pm
Cost £30 Concessions £20

*Please bring a packed lunch.
Coffee and tea provided.*

The Spirit of the Margins

“The Gospel of the marginalised is where our credibility is found and revealed.”

Pope Francis

What do we push to the margins – at the level of the individual, community, organisations and society as a whole? How can we integrate the margins into the centre? In what ways do we encounter God in the margins? These are some of the themes that we will explore in this experiential and participative workshop, using individual reflection, collective discussion, prose and poetry.



Chris is a Quaker, a practitioner in Social Sculpture and connective practices. **Mike** is a leadership development facilitator, psychologist and coach.

UNWRAPPING THE HIDDEN GIFT
Led by Daniel O’Leary

Saturday 3 December
10.30 am – 4.30 pm
Cost £30 Concessions £20

*Please bring a packed lunch.
Coffee and tea provided.*

Unwrapping the Hidden Gift

What is this gift we have all been given? Why have we not heard about it before now? There will be much mindful unwrapping on this Advent day – mainly the unwrapping of your own beauty.

Daniel is a priest, author and teacher. Daniel is still finding it difficult to be the one thing that God wants of each of us – to be a free and authentic human being.

THE BHAGVAD GITA
Led by Isabel Glover
Saturday 27 February
10.30 am – 4.30 pm
Cost £30 Concessions £20
Please bring a packed lunch.
Coffee and tea provided.

TIBETAN BUDDHISM
Led by Lama Gelongma Zangmo
www.london.samye.org

INTERFAITH

The Bhagvad Gita

An introduction to one of the most important teachings in the world. It is the conversation between the aspiring soul and God. The day will open up the important issues raised in the Gita with examples of its writings and plenty of time for discussion and meditation.

Isabel is a long-time member of the World Community having been introduced to the WCCM Oblate community by Fr John Main in Montreal. She is also a Sanskrit teacher. She loves to garden and enjoys her 9 grandchildren.



Tibetan Buddhism

We look forward to welcoming Lama Zangmo to the Centre in Autumn 2016. We will send notification of the date nearer the time.

Lama Zangmo became a practicing Buddhist in 1977 and in 1998 she was fully ordained as a Gelongma (Bhikkuni), a nun. In 2001, in recognition of her long experience, selfless qualities and commitment, she became the first person in the UK to be honoured with the title of Lama. She is the Director of the Kagyu Samye Dzong, Tibetan Buddhist Centre in London in the lineage of Karma Kagyu.

RUMI – THE VOICE OF THE HEART

Led by Duncan Mackintosh

Thursday 28 April

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

Rumi – The Voice of the Heart

Performance of the sublime work of the 13th Century Sufi Master and Poet – Jelaludin Rumi

These events are a fairly spontaneous blend of Rumi poems, aspects of his life story, and some of the tales he told – all as a means to allow some of Rumi's extraordinary blessing, his heart nourishing wisdom, passion and humour to come through to us – in the end, as blessing, as silence, as grace.

Duncan is a master story teller and has been performing Rumi world-wide for over 25 years. He is an actor, director and teacher and trained in the Rudolf Steiner School. He was a co-founder of the Rose Theatre Company performing Shakespeare. His love is to the dynamic mystery of Presence and the open spaces where we can deepen our contact with the Divine.



*“If you have lost heart in the path of Love
Flee to me without delay
For I am a fortress invincible”*

Rumi

KABBALAH AND MEDITATION

Led by Prof Les Lancaster

Thursday 12 May

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

Kabbalah and Meditation – An Introduction to Jewish Mysticism

The term 'Kabbalah' applies to a broad stream of mysticism that is based on a view of the Hebrew Scriptures as transmitting inner teachings embedded beneath the surface narrative. The Kabbalah teaches a way of being that brings us into relationship with a God beyond all description; it teaches of the inner workings of the divine and the stages of creation. It conveys a distinctive spiritual psychology centred on hermeneutic, meditative and concentrative practices which we will explore.



Les is Professor Emeritus of Transpersonal Psychology at Liverpool John Moores University and an Honorary Research Fellow in the Centre for Jewish Studies at Manchester University. He is President of the International Transpersonal Association. He has studied and taught the Kabbalah for 40 years. His published work includes *Approaches to Consciousness: the Marriage of Science and Mysticism*, and *The Essence of Kabbalah*.

SENSING GOD

Led by Laurence Freeman OSB

Ash Wednesday: 10 February

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

PREPARING FOR CHRISTMAS

Led by Laurence Freeman OSB

Saturday 17 December

10.30 am – 4.30 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

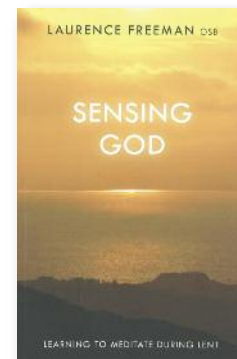
LAURENCE FREEMAN AT THE CENTRE

Sensing God

Laurence Freeman will lead us into Lent as a way to happiness and spiritual fitness by sharpening our capacity to sense God in the body and mind and so better understand who God really is.

His new book for Lent *Sensing God: Learning to Meditate during Lent* can be a daily companion during this season.

This evening will also be webcast live. Details of how you can join in the webcast will be published nearer the time on our website www.wccm.org.



Preparing for Christmas

For several years now Fr Laurence has led a preparation day for Christmas right at one of the busiest times of the year. This season highlights the real priorities in our lifestyle. So often we are driven only by materialistic values and distractions. Yet Christmas dramatically transcends the dualism of Divine and Human or spiritual and material. This is the meaning of these particular days – that can renew us daily. Meditation puts the vision into practice and so will be an integral part of this day of preparation.

Laurence Freeman is a Benedictine monk and the spiritual successor of John Main. He is the Director of The World Community for Christian Meditation. Author, retreat leader and international speaker, Fr Laurence sees the contemplative as the essential dimension of all spirituality.

MENTAL HEALTH & MEDITATION

BEING WELL AND BEING GOOD
Led by **Jim Green and Edmund
Giszter**

Saturday 12 March

10.30 am – 4.30 pm

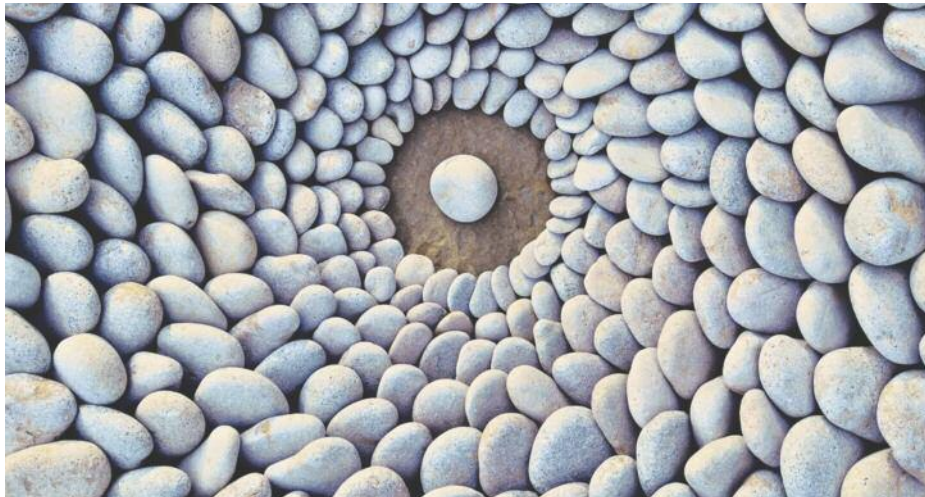
Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

Being Well and Being Good

Do we know what we're talking about when we say mental health and well-being? Does a seeming new-found awareness of wellbeing help us to be well? Can we end up trying too hard? And what is it to 'be good'? On this day we will reflect on, and sit with, these questions, and more, with the simplicity of our meditation practice as our greatest teacher.



Edmund is a meditator and an integrative child psychotherapist who works with the Child & Adolescent Mental Health Service (CAMHS) and with adults and children in private practice.

Jim is an oblate of WCCM and a writer who worked for over thirty years in the mental health field with organisations such as Mind, the BBC and the Open University.

MOVEMENT & MEDITATION

These are a series of workshops in the life of the Christian Meditation Community designed to provide support and insight into the relationship between our daily meditation practice and our moving bodies in everyday life.

WORKSHOPS

Saturday 1 October

1.00 pm – 5.30 pm

Facilitated by Giovanni

Felicioni & Rebecca Brewin

Saturday 12 November

1.00 pm – 5.30 pm

Facilitated by Lucy Barnes &

Wojtek Karczmarzyk

Cost £20 Concessions £15

URBAN RETREAT DAY

Facilitated by Giovanni

Felicioni and team

Saturday 10 December

10.30 am – 4.30 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

We hope that these workshops provide:

- simple, clear, bite-sized movement classes that will help you deepen your friendship with your bodies. This may include explorations that bring insight and greater freedom on how we breathe, how we walk, or how the body grounds and lengthens
- practical tools for understanding how to sit for meditation with greater ease and less pain
- a chance to discuss and discover what kind of movement practice might suit you
- an opportunity to connect with others who feel that movement supports their meditation practice
- a contemplative space in which to connect Christian teaching with ancient and contemporary forms of movement practice.

These workshops are suitable for all.

Please wear loose clothing, bring a mat if possible. Please contact the workshop facilitator if you have specific queries about the day (contact details below).

EMBODIED CONTEMPLATIVES is a collaboration of movement practitioners from different disciplines, who meditate in the Christian tradition. Teachers on this team are available for local workshops.



TEACHERS

Lucy Barnes teaches adult and children's yoga. She is British Wheel of Yoga accredited. As well as running regular groups in the community, she currently mentors teacher trainees for both adult and children's yoga. She has been part of WCCM since 2006.

M: 07904 166123 E: lucybarnes@btinternet.com

Rebecca Brewin began training in the Iyengar tradition in India in 2005. She also trained as a Scaravelli-based teacher in London with Chloë Fremantle and Anne-Marie Zulkahari (LYTTC British Wheel of Yoga accredited teacher training). Her inspirations are the late Vanda Scaravelli and her teacher of many years, Giovanni Felicioni. She now teaches in Somerset and in UK and Greece.

See www.handtoearth.net M: 07896 936625 E: rebecca@handtoearth.net

Terry Doyle is a Tai Chi and Chi Kung practitioner, Terry is a founder member of Jason Chan's Light Foundation and an Oblate of WCCM. He has studied various martial and healing practices from the East and has a passion for Inter-faith dialogue.

Giovanni Felicioni is a Rolfer® and a Yoga Teacher and has been practising as a bodyworker in London and abroad for over 20 years. He is a member of the Rolf® Institute Faculty and also teaches Yoga and Anatomy for the London based Yoga Teacher Training Course inspired by Mary Stewart and Vanda Scaravelli. Giovanni is an oblate of the WCCM. E: gravity@rolfing-yoga.com or visit www.rolfing-yoga.com

Chris Hurley has been a member of WCCM for over 20 years and is an experienced Yoga practitioner and teacher. She trained with the LYTTC, accredited by the British Wheel of Yoga. Chris leads workshops at retreats and is interested in how Yoga, the postures and meditation, complement and illuminate each other.

M: 07583 570242 E: chri8hurley@gmail.com

Wojtek Karczmarzyk has a master's degree in Physical Education. His thesis was on the role of attentiveness in sport. He is a Rolfer® and a certified Yoga teacher. Wojtek is an Oblate of WCCM.

E: wkarczmarzyk@gmail.com

FROM SILENCE INTO SONG
Led by Delyth Cresswell
Saturday 20 February
10.30 am – 4.30 pm
Cost £25 Concessions £15
Please bring a packed lunch.
Coffee and tea provided.

MUSIC AND MEDITATION
Led by Liz Bradley & Ken Aiso
Wednesday 22 June
6.30 pm – 9.00 pm
Cost £15 Concessions £10
Light refreshments provided.

MUSIC & SINGING

From Silence into Song

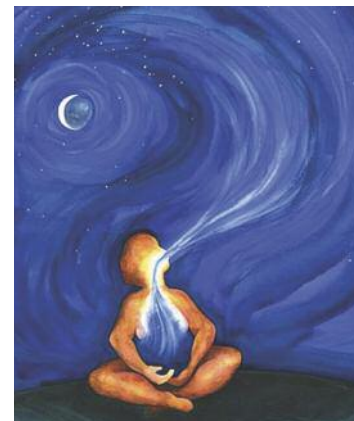
Since I have been meditating, I have come to realise that the best vocal technique arises out of the greatest inner stillness, and that it is the divine gift of everybody to be able to sing. If you think you would like to sing, then come along to the workshop. It doesn't matter whether you're experienced or whether you haven't got a clue; what matters is that you love music.

Delyth studied music at Bristol University and singing at the Royal Northern College of Music. She has sung professionally for the last 40 years, mostly Oratorio ranging from Handel to Verdi. She retired from teaching singing at the Royal Welsh College of Music and Drama five years ago, and now teaches from home. She also conducts and composes, and is a member of the WCCM.

Music and Meditation

Music affects us at many different levels – from being pleasing to the ears to benefitting mental and physical health at a deeper level. Join musicians Ken and Elizabeth, violin and double bass for an evening of music, to include guided music meditations with improvisations. We invite you to experience receiving and giving music in a friendly and informal setting.

This evening is led by Soundness Festival director, International soloist and versatile violinist, Ken Aiso with co-director Elizabeth Bradley on double bass.



CELEBRATION AND
CONTEMPLATION: A SINGING
WORKSHOP

Led by Margaret Rizza

Saturday 24 September

11.30 am – 5.00 pm

Cost £20 Concessions £15

Please bring a packed lunch.

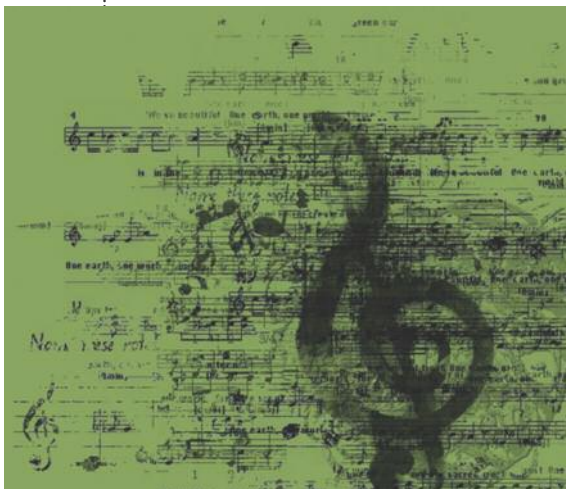
Coffee and tea provided.



Celebration and Contemplation: A Singing Workshop

Margaret believes that music is a means of creative expression and healing and that singing promotes spiritual wellbeing and the experience of joy and shared relationship. There will be preparation for singing with body and vocal warm ups and the music chosen will be a mixture of Celebration and Contemplation. Margaret will lead this Singing Workshop which will culminate in a short programme of music which has been shared together during the day. This short programme will be open to the public.

All music will be provided. Please sign up soon so that we can bring together a large choir for the day!



Margaret studied at the Royal College of Music and the National School of Opera, London completing her training in Siena and Rome. She sang professionally for 25 years and went on to teach singing. She has trained and conducted several choirs, and is the founder of Cameo Opera, St Thomas' Music Group and the Gaudete Ensemble. In 1986 she began her work in the field of spirituality and the wider aspect of music in the community. She continues composing, giving retreats, prayer and music days and choral workshops. She has been involved with Christian Meditation since 1990.

T.S.ELIOT'S FOUR QUARTETS
**Led by Ashley Ramsden &
Flora Pethybridge**
Thursday 10 March
6.30 pm – 9.00 pm
Cost £15 Concessions £10
Light refreshments provided.

POETRY

T.S.Eliot's Four Quartets

An intimate telling of Eliot's greatest work. A feast of words, poetry and conversation.

“How extraordinary! I don't think I have heard a similar performance ever before. A real five star evening.”

Dr Livia Morvay



Ashley Ramsden is the founding director of the International School of Storytelling UK, the longest running centre of its kind. He travels the world with his workshops and performances and is a speaker of sacred poetry.
www.ashleyramsden.com

Flora Pethybridge is a storyteller, singer and chef. As a Core singing practitioner she works with sound and voice to explore the ways we listen to ourselves and each other. She is currently developing projects to look at how song and story might be used in work with refugees.

THE STILLNESS OF WELL WATER:

A POETRY WORKSHOP

Led by Helen Overell

Saturday 15 October

10.30 am – 4.30 pm

Cost £25 Concessions £15

Please bring a packed lunch.

Coffee and tea provided.

“GLORY BE TO GOD FOR DAPPLED THINGS”

Led by Graeme Watson

Saturday 22 October

10.30 am – 4.30 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

The Stillness of Well Water: A Poetry Workshop

This creative space provides a touchstone for ideas and gives an opportunity to put words on the page. The writing exercises are both individual and collaborative with opportunities for sharing what has been written. There is an emphasis on constructive feedback together with encouragement and support so as to allow the beginnings of poems to emerge.

Helen has published widely in magazines and anthologies. Her first collection is *Inscapes & Horizons* (St Albert’s Press, 2008) and her second is *Thumbprints* (Oversteps Books, 2015).



“Glory be to God for dappled things”

A day exploring selected poems of Gerard Manley Hopkins. His poems describe God’s world in dynamic images and rhythms. Stretching language almost to breaking point, the poet invites the reader to observe the natural world more closely, to look inward into the human mind and heart, and then to take the final step of entering into the stillness and silence of contemplative prayer.

Graeme is an Anglican priest and a meditator within the World Community for Christian Meditation. He co-leads a meditation group in his local church. A spiritual director and leader of retreats, he is the author of *Strike the Cloud: Understanding and Practising the Teaching of the Cloud of Unknowing* (SPCK 2011), and *The Song of Songs: a Contemplative Guide* (SPCK 2014).

MEDITATION AND ADDICTION:
A DAILY REPRIEVE
**Led by Lynda Kaye, May Nicol &
Terry Doyle**
Saturday 21 May
10.30 am – 4.30 pm
Cost £25 Concessions £15
*Please bring a packed lunch.
Coffee and tea provided.*



RECOVERY & ADDICTION

Meditation and Addiction: A Daily Reprieve

A day for people in recovery.

“What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

Alcoholics Anon p. 85

“Meditation is the step away from self-centredness to God-centeredness.”

John Main

Lynda Kaye is the Director of the Christian Meditation Centre in Jacksonville, Florida.

Terry Doyle is an Oblate of WCCM.

May Nicol is the UK Special Interest Coordinator for Addiction and Recovery.

MEDITATING WITH MEISTER
ECKHART

Led by Anthony Finnerty

Wednesday 8 June

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided

HILDEGARD OF BINGEN: VISIONS
OF THE “LIVING LIGHT”

Led by Julie Hopkins

Saturday 18 June

10.30 am – 4.30 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

RETREAT WITH THE MYSTICS

Meditating with Meister Eckhart

This evening will explore the practice of meditation using insights and images from the work of the medieval mystic Meister Eckhart. Eckhart engages with scripture in a way that is still fresh when we hear it today, he uses unexpected images like the ‘eye and the wood’, or ‘silent desert’ and tells us to be free of all images. A paradoxical preacher, Eckhart continually nudges us into awareness of Divine Stillness.

Anthony is a Trustee of the Eckhart Society, a former teacher who works as an Education Adviser and leads meditation and retreat days at Tabor, the Carmelite Centre in Lancashire.

Hildegard of Bingen: Visions of the “Living Light”

A reflection day on the inspirational wisdom of the 12th Century, Benedictine Abbess. Hildegard’s unique creative genius ranged from prophetic teaching, symbolic doctrinal exposition and scientific enquiry to liturgical music, drama and hymnody. Our focus is the evocative multi-layered imagery for Caritas (Love) and Sapientia (Wisdom) in her illustrated visions and accompanying commentaries and through meditation on her musical compositions.

Julie was ordained as a Baptist Minister in 1977 and has since worked as a theologian, preacher and retreat leader across the ecumenical spectrum. She lectured for 11 years at the Free University in Amsterdam and is currently involved in writing and teaching study-reflection courses on Christian spirituality for church and retreat groups in England and Wales.

TEILHARD DE CHARDIN: LIVING
IN THE DIVINE MILIEU

Led by Prof Ursula King

Saturday 9 July

10.30 am – 4.30 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

SILENCE WELCOMES THE OTHER:
JULIAN OF NORWICH,
MEDITATION AND RELATIONSHIPS

Led by Robert Fruehwirth

Wednesday 5 October

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

Teilhard de Chardin: Living in the Divine Milieu

Teilhard de Chardin has been described as one of the great Christian mystics and spiritual-philosophical visionaries of the twentieth century combining a deep faith with the evolutionary insights of modern science. He focuses on a Christic centre as a “fire” in all things, a “divine milieu”. The milieu radiates through all levels of the universe – matter, life and human experience. The day will explore how we can become part of it.

Ursula King is Professor Emerita of Theology and Religious Studies, University of Bristol. Educated in Germany, France, India and England, she has lectured all over the world. Her publications include *Spirit of Fire: The Life and Vision of Pierre Teilhard de Chardin* (2015), *Teilhard de Chardin and Eastern Religions: Spirituality and Mysticism in an Evolutionary World* (2011) and *Christian Mystics* (2004).

Silence Welcomes the Other: Julian of Norwich, Meditation and Relationships

Exploring how spiritual practice allows us to awaken to the mystery of the Other, and in welcoming the Other, to discover a new life for ourselves. Robert will draw on his experience of meditation and monastic life, as well as counselling and marriage, and his life-long engagement with Julian of Norwich.

For nearly two decades, The Revd. **Robert Fruehwirth** was a contemplative monk in The Order of Julian of Norwich. After leaving the Order and monastic life, he served as the priest director for the The Julian Centre in Norwich. He also has an MA in therapeutic counselling. His new book is called *The Drawing of this Love: The Journey of Faith with Julian of Norwich*. He lives with his wife and two children in North Carolina, USA.

MAKING TIME FOR MATTER, MIND
AND SPIRIT

Led by Prof Bernard Carr

Thursday 26 May

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided

SCIENCE & SPIRITUALITY

Making Time for Matter, Mind and Spirit

Although physics claims to be close to a “Theory of Everything”, two features of the world are still far from understood: time and consciousness. The role of time is very different in relativity theory and quantum theory, so its physical status is unclear. Most physicists neglect consciousness altogether, even though it appears to be so fundamental. A key feature of consciousness is the flow of time but the relationship between physical time and psychological time poses a profound mystery. A new psychophysical paradigm is required, and this may elucidate the link between matter, mind and spirit.

Bernard is Professor of Mathematics and Astronomy at Queen Mary University of London. His area of research is cosmology and he has a long-standing interest in the relationship between science and spirituality. He is the editor of *Universe or Multiverse?*.

We hope to welcome Rupert Sheldrake again in 2016 – We will notify you of the date nearer the time.

Rupert will cover a range of topics. He is one of the world’s most innovative biologists and writers, is best known for his theory of morphic fields and morphic resonance, which leads to a vision of a living, developing universe with its own inherent memory. His latest book is *The Science Delusion: Freeing the Spirit of Enquiry*.



ASYMMETRY OF THE BRAIN AND
HUMAN MEANING

Led by **Dr Iain McGilchrist**

Saturday 17 September

10.30 am – 4.30 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

Asymmetry of the Brain and Human Meaning

Almost everything you think you know about differences between the brain hemispheres is wrong. The topic was taken over and distorted by pop psychology, and hence understandably, but nonetheless irrationally, neglected by the mainstream. So why is the brain, an organ that exists only to make connections, divided and asymmetrical? What does it tell us about the structure of the world we inhabit? Iain McGilchrist will argue that lateralisation is now the topic in neuroscience of greatest significance for understanding the human condition.



Dr Iain McGilchrist is a former Fellow of All Souls College, Oxford, a Fellow of the Royal College of Psychiatrists, a Fellow of the Royal Society of Arts, and former Consultant Psychiatrist and Clinical Director at the Bethlem Royal & Maudsley Hospital, London. He has been a Research Fellow in neuroimaging at Johns Hopkins Hospital, Baltimore. He is best known as the author of *The Master and his Emissary: The Divided Brain and the Making of the Western World* (Yale 2009).

AN INTRODUCTION TO CHRISTIAN
MEDITATION

**Facilitated by Stefan Reynolds
& team**

Wednesdays 6.30 pm – 9.00 pm
10, 17, 24 February
2, 9, 16 March

Suggested Donation: £5

Light refreshments provided.

FINDING THE WAY

Led by Liz Watson

Wednesdays 6.30 pm – 9.00 pm
12, 19 October
2, 9, 16, 23 November

**Cost £15 per evening or £75 for
whole course paid in advance**
Concessions £10 per evening or
**£50 for whole course paid in
advance.**

Light refreshments provided.

Contact Liz

E: lizmeditates@gmail.com

SPIRITUAL GROWTH COURSES

An Introduction to Christian Meditation

Why not try taking up something for Lent that really helps you, others and the world. Meditation is a practice which people in all cultures have found has led to health, peace, happier relationships and fullness of life. This course introduces Christian Meditation, a simple practice that will make Lent into a time of joy – so much so you won't mind giving up chocolate!

This 6-week Lent course will introduce participants to the art of contemplative prayer. Reflections will be based Fr Laurence's new book *Sensing God: Learning to Meditate*. Order book online from www.meditatiostore.com

Finding the Way: A course on spiritual growth

How do we find the truth? How do we know who we are? How can we live freely, joyfully and responsibly in a troubled world? What is suffering? What part does meditation play in spiritual growth?

This 6 week course aims to help us on our spiritual journey so that we can tread it more confidently. The course will be practical and experiential. It will encourage reflection on our own experience whilst listening to the experience of others and the wisdom of past masters. The practice of meditation will be integral to each session.

Liz has been a member of The World Community for Christian Meditation for over 20 years and now focusses on teaching meditation in a variety of settings, leading retreats and offering spiritual direction.

To book any of these events
please T: 020 8280 0049 or
E: uk@wccm.org

EASTERTIDE REFLECTION

Saturday 16 April

11.00 am – 4.00 pm

Suggested donation £10

includes a simple lunch

REACHING OUT AGAIN!

Saturday 4 June

11.00 am – 4.00 pm

**There is no charge but bring
some lunch to share, but not
too much!**

LONDON GROUP LEADERS'
MEETING

Saturday 8 October

11.00 am – 4.00 pm

**Suggested donation: £5 as a
contribution to lunch.**

TOWARDS ADVENT

Saturday 26 November

11.00 am – 4.00 pm

**Suggested donation £10
includes a simple lunch.**

TEACHING ON CHRISTIAN MEDITATION

Eastertide Reflection

Led by Rev Graeme Watson & Eileen McDade

A day of deepening our practice of Christian meditation in the light of the resurrection.

Reaching out again! What is this Christian meditation about?

Led by the London coordinators Eileen, Geoff & Graeme

This will be a day spent on exploring the roots of Christian meditation, the fruits of meditation and the practice of meditation. Bring a friend or colleague along to discover or re-discover the gift of Christian meditation.

London Group Leaders' Meeting: A Growing Community

Led by Liz Watson

Bring your joint leaders and potential group leaders to this day.

Towards Advent

Led by Rev Graeme Watson & Eileen McDade

We shall be reflecting on Advent and Christmas through our favourite poetry and hymns. Please bring your favourite poem or hymn.

AN INTRODUCTION TO THE ENNEAGRAM

Led by **Paul Doocey & Natasha Cross**

Saturday 9 April

10.30 am – 5.00 pm

Cost £25 Concessions £15

Please bring a packed lunch.

Coffee and tea provided.

BODY, MIND AND WHOLENESS

Led by **Josephine von Zitzewitz**

Saturday 7 May

10.30 am – 4.30 pm

Cost £25 Concessions £15

Please bring a packed lunch.

Coffee and tea provided.

WORKSHOPS

An Introduction to The Enneagram

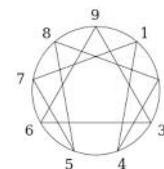
The Enneagram is a system for understanding different types of personality and the way they are connected. Represented by a symbol with nine points, it is a powerful tool that can deepen our self-awareness and facilitate the journey towards wholeness. This day is an introduction to the Enneagram and requires no previous knowledge.

Natasha is a meditator and has had training in art therapy and is working as an art and play counsellor for children's charities. **Paul** is a meditator with WCCM. His professional background is as a senior manager for an autism education charity. Paul is also training as a psychotherapist at The Minster Centre.

Body, Mind and Wholeness

Meditation is a gentle ancient practice that integrates the whole person. Meditation helps us to feel and inhabit our body. Meditation stills the chatter of the mind that endlessly distracts us. Meditation teaches us to be present in the here and now and leads us into the prayer of the heart. This day workshop is aimed at younger people and all those who feel young. There will be an introduction to meditation in the tradition of John Main, some body work, times of meditation and space for your questions. All are welcome, whether you have meditated before or not.

Josie von Zitzewitz has been meditating for 20 years and is the coordinator of the WCCM Young Meditators in London, as well as an oblate of the WCCM. She is also an academic teaching Russian literature and a keen runner who practices yoga. She will lead this day together with other younger meditators.



BREATH OF BREATHS. ALL IS BREATH

Led by **Monica Cardona**

Thursday 19 May

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

THE LABYRINTH

Led by **Martin Garsed**

Wednesday 15 June

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

Breath of Breaths. All is Breath: The Contemplative Dimension of Hebrew Wisdom Literature

The book of Ecclesiastes otherwise known as Qoheleth, one of the wisdom books of the Hebrew Bible, has challenged readers for centuries, eluding, confounding, mystifying and leading to very diverse interpretations. We shall explore the teachings of this Sage and at the meaning of the Hebrew of the well-known phrase – “Vanity of vanities. All is vanity.” It may surprise us to discover what it has to say about our experience of meditation and contemplative prayer.

Monica is a missionary sister from the Verbum Dei Missionary Fraternity, a new form of consecrated life dedicated to evangelisation through prayer and Ministry of the Word. She was born and raised in San Francisco, and has a Licenciante in Sacred Scripture from the Pontifical Biblical Institute in Rome. She is a university chaplain for the Diocese of Westminster and is working on her doctoral dissertation on the Book of Qoheleth.

The Labyrinth

The labyrinth is an ancient symbol, metaphor and experience of prayer – holding, healing and renewal. It is one path, a journey into one’s deeper self and into God. This is an opportunity for spiritual renewal and encouragement on your journey. Do come and walk the path.

Martin is a retired GP, psychotherapist and Palliative Care Physician and now trained as a spiritual director.



YOGA & MEDITATION

**Cost: Meditation no charge
Yoga: £14 drop-in; £12 per
class when booking for term;
£8 concessions**

Mondays:

Meditation 7.00 pm – 7.30 pm

Yoga 7.30 pm – 9.00 pm

**Fridays: Yoga and Meditation
10.00 am – 11.30 am**

Contact Lucy on

M: 07904 166123

E: lucybarnes@btinternet.com

YOGA & ROLF MOVEMENT CLASSES

**Cost: £13 per class when
booking for term (non
refundable, non transferable);
£15 when dropping in (confirm
with Giovanni by email even on
the day). Concessions available
please ask.**

Wednesdays 10.00 am – 12.00

**There will be a period of
meditation at the end.**

YOGA & MEDITATION

This Yoga class is with Lucy Barnes and suitable for all levels. Please wear comfortable clothes. Mats and equipment provided.

Term	Mondays	January 11 – March 21 inclusive. No class March 28
Dates		April 4 – July 18 inclusive. No class May 2 and 30 September 12 – December 12 inclusive. No class October 24
	Fridays	January 15 – March 18 inclusive. No class March 25, April 1 April 8 – July 15 inclusive. No class May 27 September 16 – December 16 inclusive. No class October 28

Lucy Barnes teaches gentle Hatha yoga inspired by the work of Vanda Scaravelli, working with the three fundamentals of grounding, breathing and releasing. Lucy trained with LYTTG and works with adults, children and young people. She has been part of the meditation community since 2006.

Yoga & Rolf Movement Classes with Giovanni Felicioni

Term	Term A – 4 classes	January 13, 27, February 10, 24
Dates	Term B – 4 classes	March 2, 9, 30, April 6

These classes will be oriented towards both the beginner and the ongoing practitioner. The main goal is to help you develop your own practice of yoga. The work will be gentle and deep and will be oriented more towards making friends with your body rather than attaining “body mastery”. The development of the classes will be circular – meaning that we will “walk around” the basic poses and then slowly move onto deeper work. With this in mind you need not be concerned about missing anything if you cannot make all classes. We will be exploring Yoga Asana as an ancient wisdom of bodywork as well as using contemporary Movement Science coming from Rolfing to help us underpin what we are learning and making this relevant to our daily lives and a support to our meditation practice. To check that classes are running and for more information about Giovanni Felicioni please go to www.rolfing-yoga.com. Email: gravity@rolfing-yoga.com.

AT A GLANCE

Month	Series and Title	Date	Time	Page
JANUARY	ART: Exhibition Preview Landscape and Memory	Thursday 28	5.00pm	4
FEBRUARY	CONTEMPLATIVE REFLECTIONS The Immediacy of God	Saturday 6	10.30am – 4.30pm	7
	LAURENCE FREEMAN AT THE CENTRE Sensing God	Wednesday 10	6.30pm – 9.00pm	14
	SPIRITUAL GROWTH COURSE An Introduction to Christian Meditation	Wednesday 17	6.30pm – 9.00pm	27
	MUSIC AND SINGING From Silence into Song	Saturday 20	10.30am – 4.30pm	18
	SPIRITUAL GROWTH COURSE An Introduction to Christian Meditation	Wednesday 24	6.30pm – 9.00pm	27
	INTERFAITH The Bhagvad Gita	Saturday 27	10.30am – 4.30pm	11
MARCH	SPIRITUAL GROWTH COURSE An Introduction to Christian Meditation	Wednesday 2	6.30pm – 9.00pm	27
	BEREAVEMENT A Grief like no other: Surviving Sudden or Violent Death	Saturday 5	1.30pm – 4.30pm	6
	SPIRITUAL GROWTH COURSE An Introduction to Christian Meditation	Wednesday 9	6.30pm – 9.00pm	27
	POETRY T.S. Eliot's Four Quartets	Thursday 10	6.30pm – 9.00pm	20
	MENTAL HEALTH & MEDITATION Being Well and Being Good	Saturday 12	10.30am – 4.30pm	15
	ART: EXHIBITION PREVIEW Beyond the Steps	Saturday 12	6.00pm	4
	SPIRITUAL GROWTH COURSE An Introduction to Christian Meditation	Wednesday 16	6.30pm – 9.00pm	27
APRIL	WORKSHOP An Introduction to The Enneagram	Saturday 9	10.30am – 4.30pm	29
	TEACHING ON CHRISTIAN MEDITATION Eastertide Reflection	Saturday 16	11.00am – 4.00pm	28
	CONTEMPLATIVE REFLECTIONS Marginal Christianity Three Visions of Radical Renewal	Saturday 23	10.30am – 4.30pm	7
	ART: EXHIBITION PREVIEW Chasing Clouds across Cambodia	Saturday 23	5.00pm	4
	INTERFAITH Rumi – Voice of the Heart	Thursday 28	6.30pm – 9.00pm	12
MAY	WORKSHOP Body, Mind and Wholeness	Saturday 7	10.30am – 4.30pm	29
	INTERFAITH Kabbalah and Meditation	Thursday 12	6.30pm – 9.00pm	13
	CONTEMPLATIVE REFLECTIONS Contemplation and Scientific Horizons in Our Time	Saturday 14	10.30am – 4.30pm	8
	WORKSHOP Breath of Breaths	Thursday 19	6.30pm – 9.00pm	30
	RECOVERY & ADDICTION A Daily Reprieve	Saturday 21	10.30am – 4.30pm	22
	SCIENCE & SPIRITUALITY Making Time for Matter, Mind & Spirit	Thursday 26	6.30pm – 9.00pm	25
JUNE	TEACHING ON CHRISTIAN MEDITATION Reaching Out	Saturday 4	11.00am – 4.00pm	28
	RETREAT WITH THE MYSTICS Meditating with Meister Eckhart	Wednesday 8	6.30pm – 9.00pm	23
	ART: EXHIBITION PREVIEW Re-Membering & Becoming	Thursday 9	6.00pm	5
	CONTEMPLATIVE REFLECTIONS Celtic Christianity: I Arise Today	Saturday 11	10.30am – 4.30pm	8

AT A GLANCE

Month	Series and Title	Date	Time	Page
JUNE continued	WORKSHOP The Labyrinth	Wednesday 15	6.30pm – 9.00pm	30
	RETREAT WITH THE MYSTICS Hildegard of Bingen: Visions of the 'Living Light'	Saturday 18	10.30am – 4.30pm	23
	MUSIC AND SINGING Music & Meditation	Wednesday 22	6.30pm – 9.00pm	18
JULY	RETREAT WITH THE MYSTICS Teilhard de Chardin: Living in the Divine Milieu	Saturday 9	10.30am – 4.30pm	24
AUGUST	CLOSED			
SEPTEMBER	ART: EXHIBITION PREVIEW Portraits	Saturday 3	6.00pm	5
	CONTEMPLATIVE REFLECTIONS Ecology and Spirituality	Thursday 8	6.30pm – 9.00pm	9
	SCIENCE & SPIRITUALITY Asymmetry of the Brain and Human Meaning	Saturday 17	10.30am – 4.30pm	26
	MUSIC AND SINGING Celebration & Contemplation: A Singing Workshop	Saturday 24	11.30am – 5.00pm	19
OCTOBER	MOVEMENT AND MEDITATION Yoga Workshop	Saturday 1	1.30pm – 5.30pm	16
	RETREAT WITH THE MYSTICS Silence Welcomes the Other: Julian of Norwich	Wednesday 5	6.30pm – 9.00pm	24
	ART: EXHIBITION PREVIEW My Exhibition	Thursday 6	5.00pm	5
	TEACHING ON CHRISTIAN MEDITATION London Group Leaders' meeting	Saturday 8	11.00am – 4.00pm	28
	SPIRITUAL GROWTH COURSE Finding the Way	Wednesday 12	6.30pm – 9.00pm	27
	POETRY The Stillness of Well Water	Saturday 15	10.30am – 4.30pm	21
	SPIRITUAL GROWTH COURSE Finding the Way	Wednesday 19	6.30pm – 9.00pm	27
	POETRY "Glory be to God for Dappled things" – Gerald Manley Hopkins	Saturday 22	10.30am – 4.30pm	21
BEREAVEMENT Happy Those Who Mourn: Loss, Lamentation and Laughter	Saturday 29	10.30am – 4.30pm	6	
NOVEMBER	SPIRITUAL GROWTH COURSE Finding the Way	Wednesday 2	6.30pm – 9.00pm	27
	SPIRITUAL GROWTH COURSE Finding the Way	Wednesday 9	6.30pm – 9.00pm	27
	ART: EXHIBITION PREVIEW Beasts and More Beasts	Thursday 10	6.00pm	5
	MOVEMENT AND MEDITATION Yoga Workshop	Saturday 12	1.30pm – 5.30pm	16
	SPIRITUAL GROWTH COURSE Finding the Way	Wednesday 16	6.30pm – 9.00pm	27
	CONTEMPLATIVE REFLECTIONS The Spirit of the Margins	Saturday 19	10.30am – 4.30pm	10
	SPIRITUAL GROWTH COURSE Finding the Way	Wednesday 23	6.30pm – 9.00pm	27
TEACHING ON CHRISTIAN MEDITATION Towards Advent	Saturday 26	11.00am – 4.00pm	28	
DECEMBER	CONTEMPLATIVE REFLECTIONS Unwrapping the Hidden Gift	Saturday 3	10.30am – 4.30pm	10
	MOVEMENT AND MEDITATION Urban Retreat Day	Saturday 10	10.30am – 4.30pm	16
	LAURENCE FREEMAN AT THE CENTRE Laurence Freeman at the Centre	Saturday 17	10.30am – 4.30pm	14

Daily Meditation – Monday to Friday 1.00 pm – 1.30 pm – all are welcome



The World Community for Christian Meditation

The Meditatio Centre

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