

the meditation centre



20
18 Programme

Practical Information

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

Office Hours: Monday to Friday 9.30 am – 5.30 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 www.meditatiocentrelondon.org/book-online. 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.



For up to date information and news about The Meditatio Centre, please visit the website:
www.meditatiocentrelondon.org

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

Become a Friend: www.facebook.com/meditatiocentre.wccm/events or tweet us at twitter.com/meditatiocentre.

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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 of 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. To find out more visit www.meditatio.co.uk

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 – 7.30 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 – 12.00 noon – 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 Meditation 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 meditation please call the office (020 7278 2070) or come 15 minutes before the start of the session to talk to us about it.

1 – 28 February
Preview with the Artist
5.00 pm – 7.00 pm,
Saturday 3 February



24 March – 27 April
Preview 5.00 pm – 7.00pm,
Saturday 24 March

ART EXHIBITIONS

AT THE MEDITATIO CENTRE

Paintings from a Meditator's Garden and other places

David Greenwood

I had a painting accepted for the Sunday Times Watercolour Competition 2017 so there are a number of recent watercolours in this exhibition. It was also a marvellous year for apples and I just had to record our small orchard in its various moods.



David was born and educated in Bradford, Yorkshire. He trained as a commercial artist and illustrator while studying part-time at Bradford Regional College of Art. He has exhibited at the Royal Institute of Painters in Oils, the Royal Institute of Painters in Watercolour, the Singer & Friedlander/Sunday Times Water Colour competition, all at the Mall Galleries and the Spink Gallery with the Newbury Spring Festival.

St Paul Comes to London

George Musgrave

This selection of paintings are about the life and Journeys of St Paul.

George Musgrave (1915 – 2012) painted these pictures over a 20 year period from the 1980's onwards and displayed them in his museum in Eastbourne until his death. He researched the paintings thoroughly through his travels in the Mediterranean. He trained in an art school in the 1930s, became a congregational minister and missionary before becoming a toy manufacturer. Now two of his sons have decided it's time that St Paul comes to London for a visit.

3 – 30 May

Preview With The Artist

6.00 pm – 8.00pm,

Thursday 3 May

7 – 16 July

Preview With The Artist

5.00 pm – 7.00pm,

Saturday 7 July

27 July – 29 August

Preview 2.00 pm – 5.00pm,

Friday 27 July



In Quiet Contemplation

Adele Wagstaff

This exhibition brings together recent still life paintings by Adele Wagstaff. Each still life arrangement is the result of sustained observation and reflection.

Adele is a painter who trained at Newcastle University and Slade School of Fine Art.



Selected Brush Drawings from Notebooks 2–68

Maria Lancaster

An exhibition of limited edition inkjet prints.



Maria studied painting at Central St Martins under the visionary artist Cecil Collins. She has exhibited widely and her work is in various private collections. Working at high speed with a felt-tip Japanese brush on newsprint, these small drawings were produced between 2013–2017. Surprising images sometimes emerge out of these random scribbles, penned at such speed that the mind is cut out of the process. A selection of drawings were exhibited at the AJA Gallery and at the Hurtado Centre's *Resurrection* exhibition.

Creative Photography Celebration

Arco Iris Learning

An opportunity to share the creative photography images made by children aged 7–11 years old.

'Arco Iris Learning' leads Creative Photography sessions for children to gain photographic skills. Mental health is a big priority so sessions lead to increasing confidence, self esteem and supporting others to gain the same skills.
arcoirislearning.blogspot.co.uk

1 – 29 September
Preview with the Artist
5.00 pm – 7.00 pm,
Saturday 1 September

October 6 – 29
Preview with the Artist
5.00 pm – 7.00 pm,
Saturday 6 October

1 November – 1 December
Preview with the Artist
6.00 pm – 8.00 pm,
Thursday 1 November

Air & Light – Land, City & Sea

Sophie Hurr

Sophie Hurr's art explores landscape, light, movement and pathways through a process of drawing, print and expressive paint. Her sources and inspiration are found in time bound first hand studies of land, city and sea scape, exploring a mindful process of observation. The creation process, reflecting on a subject, simplifying and condensing what we see to marks and physical responses to capture its essence can be a form of meditation.

Sophie has an MA in Fine Art from Edinburgh College of Art.



Artist in Residence, Myddelton Sq Clock Tower

Elaine J Smith

Elaine Smith studied Mural & Textile Design at Edinburgh Art College. After teaching in what were then termed 'slum clearance' areas in Edinburgh & Birmingham, Elaine moved to London to work for the BBC.

Elaine has recently decided to go back to her roots and is now a student again at the Putney School of Art.



Recent Work

Bridget Chetwynd

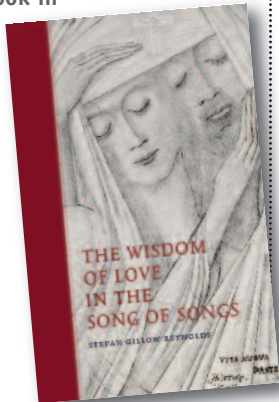
Bridget is working as International Office Manager for WCCM and is also an artist. This recent work includes oil paintings as well as watercolours.

Bridget has been working as a designer and painting since graduating from Wimbledon School of Art.



HAPPY THOSE WHO MOURN
Led by Julie Leger Dunstan
Saturday 27 October
10.30 am – 4.00 pm
Cost £30 Concessions £20
Please bring a packed lunch.
Coffee and tea provided.

THE WISDOM OF LOVE IN THE
SONG OF SONGS
by Dr Stefan G Reynolds
Thursday 21 June
6.30 pm – 8.30 pm Free Event
Please book in advance



BEREAVEMENT

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 for Formation and Professional Development at the London Centre for Spiritual Direction. She is a psychotherapist, spiritual director, supervisor and trainer. She is also a licensed lay minister in the Church of England and a Benedictine Oblate.

BOOK LAUNCH

The Wisdom of Love in the Song of Songs

by Dr Stefan G Reynolds

An evening to celebrate the launch of Stefan Reynold's latest book *The Wisdom of Love in the Song of Songs* published by Hikari Press.

This book is the fruit of research and personal meditation over many years. As the poem has no overtly religious context, it contains wisdom which could be better known among Christians and non-Christians alike. It speaks to the relation of sexuality and spirituality, and contemporary interest in gender studies. It is the nature of the *Song* as a bridge builder which has always fascinated me. I did an MA dissertation on Medieval spiritual commentaries on the Song and have studied recent 'secular love poem' approaches. What is needed is a book which bridges the two together to give a consistent and full interpretation of a poem, which could be enjoyed as much today as it was appreciated as "the greatest poem" in earlier eras.

Stefan is also author of *Living with the Mind of Christ: Mindfulness in Christian Spirituality*. He is an Oblate of WCCM and an Associate of the Irish Cistercians, a regular leader of retreats and holds a Doctorate in Christian Spirituality from London University.

PORTRAYING THE DIVINE

Led by Natasha Cross

Saturday 17 March

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

WORDS INTO ART

Led by Linda Richardson

Saturday 14 April

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

JULIAN OF NORWICH MEDITATION

Wednesday 27 June

6.30 pm – 9.00 pm

Cost £10 Concessions £5 *Light*

refreshments provided.

CONTEMPLATIVE ARTS

Portraying the Divine

Over the centuries artists have sought to portray the divine in their artwork, crafting the intangible into a fresco, canvas or sculpture. In this workshop we will explore expressions of the divine by diverse artists such as El Greco and Brother Eric of Taize. Through gentle creative exercises you will also have the opportunity to experiment with different personal ways of portraying the divine.

Natasha is an artist who has had two solo exhibitions about her travels around the world. She is currently working on a third group exhibition and painting scenes exploring London life.

Words into Art

A day of creativity, putting your favourite words or quotation into a piece of art work. Bring at least two pencils, a ruler, a water pot and a variety of brushes if you have them. Please also bring a short sentence or quote that you would like to work with. Be prepared to loosen up and have some fun.

Linda is an artist and part of The World Community for Christian Meditation. Her art reflects her desire to re-enchant what many see as a mechanistic world devoid of mystery and meaning.

Julian of Norwich Meditation

Join us for an interpretative 'meditation' on the divine revelations of Julian of Norwich. The evening will see meditation explored and expressed through song, dance, narrative and illustration.

This presentation has been produced by the creators of the world renowned theatre company Chickenshed, to offer a measure of its quality. (www.chickenshed.co.uk)

PRAYING WITH THE ART &
INSPIRATION OF SIEGER KODER

Led by Sr Magdalen Lawler

Saturday 20 October

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

Praying with the Art & Inspiration of Sieger Koder

A day of prayer with the paintings of artist priest Sieger Koder including reflections from Sr Magdalen's books – *Christ, Our Morning Star* and *Love Bade me Welcome*.



Magdalen is a Sister of Notre Dame, living in Bermondsey. After teaching art and religious education for many years, she now offers retreats and spiritual direction. She has a special interest in women's spirituality and in the relationship between spirituality and the visual arts. She is the author of many books her most recent *Christ, Our Morning Star*; *Love bade me Welcome* and *Show us the Father* (Pauline Media UK).

SILENCE: A DOCUMENTARY FILM

Wednesday 21 November

6.30 pm – 9.00 pm

Cost £5

Please bring some refreshments to share.

Silence: A Documentary Film

Eoghan Mac Giolla Bhride's cinematic ode to the sights and sounds of the Irish landscape.

Eoghan is a sound recordist who is returning to Ireland to find and record places free from man-made sound. His quest takes him away from towns and villages into remote terrain. Throughout his journey, he is drawn into a series of encounters and conversations which gradually divert his attention towards a more intangible silence, one that is bound up with the sounds of the life he had left behind. Influenced by elements of folklore and archive, *Silence* unfolds with a quiet intensity, where poetic images reveal an absorbing meditation on themes relating to sound and silence, history, memory and exile.



BORN TO FLY

Led by Margaret Silf

Saturday 24 February

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

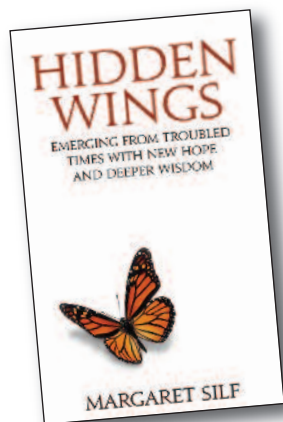
Coffee and tea provided.

CONTEMPLATIVE REFLECTIONS

Born to Fly

The caterpillar's metamorphosis into the butterfly is a remarkable model of how an all-consuming garden pest transforms into a creature that brings life to the plants it pollinates and joy to all who encounter it. If this can take place in the humble caterpillar, how much more so for the human family, engaged on a journey of spiritual evolution towards the best that we can become. We will explore something of this 'great work', especially in the context of our turbulent times, and how we are in the process of transformation and invited to be co-creators of a different kind of future for humanity. The day will be based on Margaret's two new companion books *Hidden Wings* and *Born to Fly – A Handbook for Butterflies-in-Waiting*.

Margaret is a spiritual explorer who travels widely, engaging with other pilgrims, both through her books and the retreats she leads. The author of a number of books for 21st century soul-adventurers, she is also a mother and grandmother and currently lives in Staffordshire.



ONE IN CHRIST: WHY DO LGBTQI
PEOPLE FEEL EXCLUDED BY THE
CHURCHES?

**Led by James Alison and Sarah
Bachelard**

Tuesday 15 May

5.30 pm – 9.00 pm

Cost £20 Concessions £15

Coffee and tea provided.

TALKING ABOUT DEATH

Led by Liz Watson

Saturday 16 June

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

One in Christ: Why do LGBTQI people feel excluded by the Churches?

This evening brings two ground breaking Christian thinkers to discuss the meaning of homosexuality for today. Why has a natural human orientation so often been cruelly punished and persecuted by church authorities? Why do churches still split over the issue? James and Sarah will explore these questions and suggest how this tragic history in a religion of love can be given a new direction today through intellectual honesty and contemplative wisdom.

James is a Catholic priest, theologian and author. His principal work has been as interpreter of the thought of the French thinker René Girard (1923-2015). Author of several books, his most recent publication is a course of introduction to the Christian Faith for adults – *Jesus the Forgiving Victim* – using Girard's thought throughout. James is also known as someone who has, firmly but gently, stood up for truthfulness in matters LGBTQI in the life of the Church.

Sarah is a theologian, retreat leader and priest in Anglican Orders. She is a member of WCCM and an honorary research fellow at the Australian Catholic University. She also leads Benedictus, an ecumenical contemplative community. Sarah is the author of *Experiencing God in a Time of Crisis* and *Resurrection and Moral Imagination*.

Talking about Death

What does it mean to die well? How do we find meaning in death? Are there skills of dying we can learn? How does meditation help us?

Liz has been a member of WCCM for over 20 years and now focusses on teaching meditation in a variety of settings, leading retreats in the UK and beyond, and offering spiritual direction.



GOD IS YOUR CENTRE
Led by Martin Laird OSA
Saturday 14 July
10.30 am – 4.00 pm
Cost £30 Concessions £20
Please bring a packed lunch.
Coffee and tea provided.

God is Your Centre

St. John of the Cross says it simply: “God is your centre.” Howard Thurman, the famous preacher and mentor to Dr Martin Luther King Jr, realized the very same truth: “There is in each of us an uncreated element.” Neither is saying anything original. Each is part of the great cloud of witnesses that has seen through the illusion of separation from God.

This illusion is sustained by the cunningly egoic need to strategize, possess, and control. Typically we transfer these same egoic strategies onto a spiritual discipline so that we might possess and control our feelings about what spiritual people like ourselves should be feeling at any given moment. By means of self-forgetful release into the practice of contemplation, the illusion of separation from God falls away. We become so silent before God that the “before” drops away. Through silent prayer, conference and discussion, we shall consider the subtle difficulties we meet in something so simple as stillness and consider why the sense of being separate from God is so convincing.

Martin is Professor of Early Christian Studies at Villanova University. Among his published works are: *Into the Silent Land*; *A Sunlit Absence*; and the forthcoming, *An Ocean of Light* (all from Oxford University Press).



PAYING ATTENTION

Led by Jim Green and Ed Giszter

Saturday 29 September

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

THE SILENCE OF GOD IN THE BOOK OF QOHELETH

Led by Monica Cardona

Wednesday 10 October

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

Paying Attention

Global corporations, advertisers and social media networks are constantly engaged in the relentless harvesting and monetising of our attention. It's become the biggest commodity of our times, and it pays. Meanwhile, "Attention Deficit" is being increasingly diagnosed amongst children and adults. We all seem to be ever more distracted. What to do? Simone Weil says that "attention, taken to its highest degree, is the same thing as prayer". But to what should we be paying attention?

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.

The Silence of God in the Book of Qoheleth

Awaiting God's answer to the 'seeming' meaninglessness of life, often takes a toll on our faith and hope. How can we make sense of the long stretches of time without clarity? Can we be too busy reminiscing about the past and expecting of the future, that we don't pay attention to the here and now? What does this elusive and mysterious biblical book from the Hebrew Bible have to teach us about the wisdom of waiting and trusting in the 'apparent' silence of God? And, are we attentive to the unexpected answers?

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, CA and has a Licenciante in Sacred Scripture from the Pontifical Biblical Institute in Rome. She is currently completing her doctoral dissertation on the Book of Qoheleth.

PRESENCE IN RELATIONSHIP

Led by Susan Groves

Thursday 7 June

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

O! HOLY CHILD OF BETHLEHEM,

DESCEND TO US, WE PRAY

Led by Sally Walters

Saturday 1 December

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

HEALTH & MEDITATION

Presence in Relationship

What might a contemplative relationship look like? An evening of gentle enquiry.

Susan has been linked to WCCM for several years. She has served as an Anglican priest in South Africa and is trained in the contemplative form of Core Process Psychotherapy. Her third book, *Presence in Relationship*, was published in 2016.

O! Holy Child of Bethlehem, Descend to us, We Pray

Begin December with beautiful Advent reflection – give yourself time and consider ways of maintaining good mental health. The day will offer a space for meditation and mindful focus. Help stress and burnout. Think about ‘taking in and giving out’. Pay some attention to feelings. ‘The hopes and fears of all the years are met in thee tonight.’

Sally is WCCM UK Special Interest Coordinator for Mental Health. She is a Senior Accredited Counsellor and Psychotherapist.



SEEING THROUGH THE GREAT DELUSION

Led by George Wilson

Saturday 3 March

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

THE LIGHT IN THE STONE

Led by Sarah Deco with live music

Thursday 19 April

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

INTERFAITH

Seeing through the Great Delusion

This day will focus on George Wilson's text: *Seeing through the Great Delusion; Mechanics and Metaphysics of Unity*. We will engage deeply with this tricky topic by listening closely to the text with our hearts. We will share what touches us from the text, and enhance our understanding through the contribution of others. We will similarly share how the day has impacted on us at the end. Copies of the text will be provided on the day.

George has been a Buddhist for over 60 years. He amuses himself by writing essays on the compatibility between science and mystical religion as a way of promoting interfaith dialogue. A number of these have featured in the Eckhart Society Newsletter. For the past 18 years he assisted Sr Lucy Brydon in running *Inner Silence and Awakening* weekends at Turvey Abbey.

The Light in the Stone

The Light in the Stone weaves together tales from the three Abrahamic faiths drawing from the oral traditions, stories and legends of Judaism, Christianity and Islam. With live music by Illana Cravitz and Elizabeth Nott.

Sarah is a storyteller who tells myths, fairytales and folktales. She has a long connection with Arabic music and dance as a teacher and performer. She is the founder and co-organiser of The North London Traditional Storytelling Circle and tells stories in a variety of venues aiming always to provoke and facilitate sharing and discussion.



ONE PERSON, ONE PLANET,
WHAT'S POSSIBLE?

Led by Maureen Goodman

Wednesday 30 May

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

AN EVENING OF ZEN PRACTICE

Led by Robert Kennedy SJ

Monday 16 July

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

One Person, One Planet, What's Possible?

When we look at the challenges the world is currently facing, we can easily feel overwhelmed. With so many pressing and important issues, can I really make a difference or will whatever I do merely be a 'drop in the ocean'? Maureen has spent the last 40 years observing exactly what can happen when one person models the changes they want to see in the world. She will be sharing stories of her own journey with some of the most remarkable spiritual women of our era. These stories demonstrate how, with vision, passion and determination, the changes that our hearts want to see are indeed possible.

Maureen has been a student and teacher of Raja Yoga meditation for over 40 years. She has studied in India with powerful women yogis of the Brahma Kumaris, a women led spiritual movement, now with a presence in 140 countries. She is the UK Programme Director and the Brahma Kumaris representative at the United Nations in Vienna and the representative on the Elijah Interfaith Institute Board of World Religious Leaders and an Executive Circle member of the Spirit of Humanity Forum which focuses on the importance of spirituality in leadership.

An Evening of Zen Practice

An evening of teaching, sitting and open discussion.

Fr Robert, author of *Zen Spirit*, *Christian Spirit* and *Zen Gifts to Christians*, is one of several practicing Catholic men and women who are recognized by the Buddhist community as zen teachers. He is a licensed psychoanalyst and professor emeritus of theology at St. Peter's College in Jersey City. He is active in interfaith work, teaching zen to persons of all faiths, conducting retreats in the United States, Mexico, Ireland and England.



INNER TRANSFORMATION
THROUGH THE YOGA OF THE
BHAGAVAD GITA

Led by Ravi Ravindra

Thursday 13 September

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

Inner Transformation through the Yoga of the Bhagavad Gita

All the sages and all the scriptures throughout human history have said in one way or another that as long as I remain the way I am, I cannot come to the Truth or Light or God. A radical transformation is called for. We will have a brief introduction to the yoga of transformation taught in the Bhagavad Gita. In the spirit of scientific inquiry, Ravi is convinced that Truth or God is transcultural and trans-religious, and that no religion or teaching can have an exclusive monopoly of or avenue to Truth. He is interested in inter-pilgrim dialogues – where a pilgrim can learn something from other pilgrims.

Ravi is the author of *The Pilgrim Soul: A Path to the Sacred Transcending World Religions* (Quest Books) *The Bhagavad Gita: A Guide to Navigating the Battle of Life* (Shambhala Publications) and *The Gospel of John in the Light of Indian Mysticism* (Inner Traditions). www.ravindra.ca



CONSCIOUS LEADERSHIP
Led by Laurence Freeman OSB
Wednesday 16 May
6.30 pm – 9.00 pm
Cost £15 Concessions £10
Light refreshments provided.

PREPARING FOR CHRISTMAS
Led by Laurence Freeman OSB
Saturday 15 December
10.30 am – 4.00 pm
Cost £30 Concessions £20
*Please bring a
packed lunch.
Coffee and tea
provided.*



LAURENCE FREEMAN AT THE CENTRE

Conscious Leadership

The weakness of inspirational leadership in many aspects of modern life is that it threatens the foundations of civilised behaviour and social integrity. Laurence Freeman has been working in our Meditatio outreach to develop new approaches to contemplative leadership for the next generation – truthful, other-centred, compassionate – and (therefore) conscious. He will look at various models of leadership and suggest how a contemplative practice brings not only psychological and physical benefits but transformative spiritual fruits.



Preparing for Christmas

For many of us, Christmas is a time of stress, rush and trying to balance the materialism of the season with the values of family and friendship. This day reflects on the deeper mystical and spiritual meaning of the feast of Christmas. Fr Laurence will suggest how we can keep the spirit of the feast growing throughout the Christmas season and make sacred this special time. On this quiet and friendly day of preparation, there will be times of meditation and reflection together.

Laurence Freeman is a Benedictine monk and the spiritual successor of John Main OSB. 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.

YOGA WORKSHOP: WAVES

Led by Chris Hurley

Saturday 10 February

1.00 pm – 5.30 pm

Cost £25 Concessions £15

Tea and Coffee provided.

YOGA WORKSHOP: TREES

Led by Giovanni Felicioni

Saturday 23 June

1.00 pm – 5.30 pm

Cost £25 Concessions £15

Tea and Coffee provided.

YOGA WORKSHOP: WHAT IS A MOUNTAIN?

Led by Lucy Barnes

Saturday 3 November

1.00 pm – 5.30 pm

Cost £25 Concessions £15

Tea and Coffee provided.

MOVEMENT AND MEDITATION

Yoga workshop: Waves

WAVES break upon the shore gradually and smoothly unrolling, their movement initiated and maintained by gravity. In our sessions we will explore similar slow compliant movements. By remaining relaxed but awake we can start to experience the connectedness of the Body.



Yoga workshop: Trees

The tree is a beautiful and strong image of grounding and lengthening as the wind blows through its branches – just like the yoga asanas.



Yoga workshop: What is a Mountain?

Width, depth, gravity and stillness, or height, elevation, eminence, prominence? Which of these qualities are embodied in us? Do we ever feel like a Mountain? We will explore some of the above qualities in relation to the way we stand, move, rest and breathe.



These 3 movement and breathing workshops are designed to encourage a greater awareness of the body and to offer simple, practical skills to give support in daily life and in meditation.

Workshops are divided into two practical sessions leading into meditation, with a break for refreshment and conversation in the middle.

Previous experience of yoga is not needed to participate.

Please wear loose clothes that you can move in.

Refreshments are provided.

Giovanni, Lucy and Chris are all experienced yoga and bodywork practitioners, and part of the meditation community.



TEACHERS

Lucy Barnes is a dancer who has studied yoga since 1990. British Wheel qualified, she teaches adults and children in North London. Lucy has been part of the meditation community since 2006. E: lucybarnesyoga@icloud.com

Chris Hurley has been a member of WCCM for 30 years and is an experienced Yoga teacher. She leads Bodywork classes and workshops for meditators throughout the UK.

Giovanni Felicioni is a Rolfer® and a Yoga Teacher and has been practising as a body-worker 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

FOUR QUARTETS

**Led by Ashley Ramsden and
Flora Pethybridge**

Wednesday 13 June

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshment provided.

THE LORD'S PRAYER: SEVEN SONNETS, SEVEN MEDITATIONS

Led by Revd Malcolm Guite

Saturday 7 July

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

POETRY

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 Lord's Prayer: Seven Sonnets, Seven Meditations

So often the familiar words of the Lord's Prayer can go racing past us that we scarcely know what we've said. Sometimes, one phrase or another will register in our thoughts and we'll stay with that. But even this can be a challenge. Can we always say 'Thy will be done on earth' and really mean it? Can the 'Kingdom, the power and the glory' really be wrestled back from the politicians, the advertisers and the celebrities? Can this prayer really be ours as well as Christ's?

Poet-Priest Malcolm Guite will look at some of these questions and try to slow down and deepen our reading of this prayer, and reflect on it through seven sonnets.

Malcolm Guite is an English poet, singer-songwriter, Anglican priest, and academic. Guite is the author of five books of poetry as well as several books on Christian faith and theology. He also performs as a singer and guitarist fronting the Cambridgeshire-based blues, rhythm and blues, and rock band *Mystery Train*.

WISDOM FOR GOING DEEP: A
HARVEST OF POEMS THAT CHANGE
YOUR LIFE

Led by Prof Mark Burrows

Saturday 6 October

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

CONSCIOUS CONTACT

Led by May Nicol

Thursday 8 February and

Thursday 6 September

6.30 pm – 9.00 pm

Suggested Donation £10.00

Light refreshment provided.

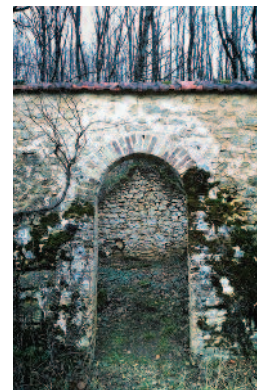
Wisdom for Going Deep: A Harvest of Poems that Change your Life

“Maybe there’s a land where you have to sing to explain anything.” –

William Stafford

This day features a deep reading of the “late poems” of key modern poets, writings that often have a depth and urgency not found in their earlier work. We will linger with a sampling of such poems, savoring their poignant voice and tasting a wisdom that has come the distance. Poets to be explored together include: W. S. Merwin, Denise Levertov, Stanley Kunitz, and Clive James, among others.

Mark is a poet, teacher, and scholar of historical theology. He is also a lover of Rilke, cats, and German pinot noir. A resident of New England, he teaches religion and literature at the University of Applied Sciences in Bochum (Germany). His most recent publications are *The Chance of Home* (2018), *Meister Eckhart’s Book of the Heart*, with Jon M. Sweeney, and translations of Rilke’s *Prayers of a Young Poet* (2016) and *SAID’s 99 Psalms* (2013). He is an Oblate of Glastonbury Abbey, in Hingham, MA, and member of Bochumer Literaten, a writers group in Germany. www.msburrows.com



RECOVERY & ADDICTION

Conscious Contact

Exploring the spirituality of Step 11 from the 12 steps. Looking at how meditation improves our conscious contact with God as we understand God.

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

DOSTOEVSKY: THE RUSSIAN
WRITER AS A MYSTIC
Led by Josie Von Zitzewitz
Thursday 15 February
6.30 pm – 9.00 pm
Cost £15 Concessions £10
Light refreshment provided.

THE PASSION AND THE
RESURRECTION IN THE SONG OF
SONGS
Led by Revd Graeme Watson
Saturday 10 March
10.30 am – 4.00 pm
Cost £30 Concessions £20
Please bring a packed lunch.
Coffee and tea provided.

RETREAT WITH THE MYSTICS

Dostoevsky: The Russian Writer as a Mystic

The mature writing of Fyodor Dostoevsky (1818–1881), most famous for his novel *Crime and Punishment*, was profoundly inspired by his encounters with Christian Orthodox monastic spirituality. Scholars including Rowan Williams, former Archbishop of Canterbury, have long been fascinated with Dostoevsky's Christian vision of universal love. We will spend the evening tracing his mystical teachings in some of his best-loved texts. There will be time for meditation. No knowledge of Russian literature or Dostoevsky required – excerpts will be provided.

Josie teaches Russian literature and translation at the University of Bristol after stints at Cambridge and Oxford. She is an Oblate of the WCCM and has given workshops at Meditatio and in the wider world.

The Passion and the Resurrection in the Song of Songs

We shall explore how the *Song of Songs* in the Hebrew Scriptures offers us a way of entering into the meaning of the Passion and Resurrection of Jesus.

Graeme is an Anglican priest and spiritual director. He leads poetry workshops and retreats, and teaches Meditation in the WCCM. He is the author of *Strike the Cloud: Understanding and Practising the teaching of the Cloud of Unknowing*, and *The Song of Songs: A Contemplative Guide*, both SPCK. He has recently recorded 8 talks on The Cloud of Unknowing for WCCM (available www.wccm.org).



EVAGRIUS ON THE SPIRITUAL
LIFE: FAITH, LOVE, KNOWLEDGE

Led by Dr Monica Tobon

Saturday 21 April

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

Evagrius on the Spiritual Life: Faith, Love, Knowledge

The desert monk Evagrius created a map of the Christian spiritual life which has been used by contemplatives both East and West ever since his lifetime. We will begin to explore it through talks, reflection and meditation.

Monica has worked with Evagrius for 15 years as scholar and contemplative. She has lectured on the history of philosophy and Christian spirituality at the Franciscan International Study Centre in Canterbury and is now an Honorary Research Fellow of UCL's Department of Greek and Latin. Her book *Apatheia and Anthropology in Evagrius of Pontus* is forthcoming from Routledge.



THE GOD-SEEING LIFE: JOHN OF
RUUSBROEC

Led by Hymie Wyse

Saturday 5 May

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

The God-Seeing Life: John of Ruusbroec

This workshop is about the work of Blessed John Ruusbroec, a Flemish mystic (1293–1281) and we will explore by a series of gentle exercises how this seeing can take place today.

Hymie is a group analyst and a cranial-sacral psychotherapist. He has had a lifelong interest in Christian Mysticism.



MEISTER ECKHART'S BOOK OF THE
HEART: A DAY RETREAT FOR
RESTLESS SOULS

Led by Prof Mark Burrows

Saturday 30 June

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

GEORGE HERBERT AS CHRISTIAN
MYSTIC

Led by Rev Graeme Watson

Saturday 22 September

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

FATHOMING THE DEPTHS

Led by Margaret Lane

Saturday 17 November

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring some lunch to share.

Coffee and tea provided.

Meister Eckhart's Book of the Heart: A Day Retreat for Restless Souls

A day-retreat for those who hunger for depth in life and for deeper and truer love, focused on new poetic renderings of the Meister by Mark. The day will offer a chance to live into Eckhart's wisdom, drawing on Mark's poems together with selections from Eckhart's sermons. The question that will guide us, as it did Eckhart, is what it means to live into love as the very heart of our lives? Eckhart, a towering giant in his day, ran afoul of the church for ideas far ahead of his age; we seem finally to have caught up with these ideas, or they with us.

See biographical details on page 22.

George Herbert as Christian Mystic

The poems of the Anglican priest George Herbert (1593–1633) continue to make an impact on 21st century spirituality. This interactive day will explore some of the relationships between the rich imagery of his poetry and our own practice of Christian meditation. Participants are invited to bring their own chosen poems of Herbert to share. Highly recommended: George Herbert *The Complete Poetry*, Penguin Classics, 2015; John Drury *Music at Midnight: The Life and Poetry of George Herbert*, Allen Lane, 2013.

See biographical details on page 23.

Fathoming the Depths: Ways into the Mystery with St Augustine

During this day we will reflect on some of the ways St Augustine of Hippo plumbed the depths of the mystery of himself and God as he sought to still his restless heart and to show us to do likewise.

Margaret has a PhD in the mystical theology of St Augustine and is a freelance writer, speaker and retreat giver. She has been associated with WCCM for many years and leads a weekly meditation group.

CREATION, EVOLUTION AND
ORIGINAL SIN

Led by William Joseph

Saturday 3 February

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

SCIENCE & SPIRITUALITY

Creation, Evolution and Original Sin

Creation, evolution and original sin are necessarily linked and are not sterile academic pursuits. The implications are broad and important and have an exciting history. We will trace the human adventure that tracks the attempt to understand why there is something and not nothing, what that something is and the human involvement in it. We will specifically address the concepts and process of creation, evolution and original sin and the current status of our understanding.

William is retired and lives in London. After studies in philosophy, theology, physics and ordination, he spent 22 years teaching, followed by work as a software engineer while assisting in parishes and military chaplaincies. Previous books are *And God Responded*; *In Search of Adam and Eve – A case for a Theology of Evolution*, and most recently, *But What Is a Soul? – A Twenty-First Century Investigation*.



SCIENCE WITH A HEART: IN
SEARCH OF A NEW PARADIGM

Led by Filippo Dal Fiore

Thursday in 12 April

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshment provided.

THE COSMIC CONSCIOUSNESS
CONNECTION: LINKING SCIENCE
AND SPIRITUALITY

Led by Prof Bernard Carr

Wednesday 19 September

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

Science with a Heart: In Search of a New Paradigm

Although ever expanding in their scope and reach, social and applied sciences still appear to suffer from their traditional limitations, namely their dependence on subjective assumptions and their tendency to build partisan ideologies out of theories. Filippo will argue for the need to factor in “good and universal common sense” into the process of science, in such a way as to correct reductionist arguments and embrace that universal principle, Love. The resulting paradigm has the potential to usher in a new era for science, which takes into account a more fundamental exploration of our socio-natural world. The way will be paved to discover those simple and positive laws on which social complexities are likely to be grounded.

Filippo is a polymath social scientist educated in Europe and USA. He is the author of peer-reviewed articles and books relating to the impacts of science and technology on society. He is an adjunct Professor at the University of Bologna, a strong believer in humankind, and a regular meditator. (www.filippodalfiore.com)

The Cosmic Consciousness Connection: Linking Science and Spirituality

Science has been successful in describing the smallest scales of particle physics to the largest scales of cosmology. It has also revealed an intimate link – or cosmic connection – between the microscopic and macroscopic domains, this culminating in the Big Bang. However, consciousness and the spiritual domain are completely absent, even though they are such fundamental features of our experience. So how can the ‘Theory of Everything’ be expanded to accommodate spirituality and non-material realms?

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 and the role of consciousness in physics. His recent books include *Universe or Multiverse?* and *Quantum Black Holes*.

**PATHS BETWEEN HEAD AND
HEART: THE SEVEN HARMONIES
OF SCIENCE AND SPIRITUALITY**

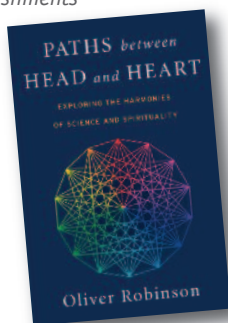
Led by Dr Oliver Robinson

Thursday 4 October

6.30 pm – 9.00 pm

Cost £15 Concessions £10

*Light refreshments
provided.*



**HUMILITY IN SCIENCE: A
BENEDICTINE ADVICE**

Led by Dr Marco Schorlemmer

Saturday 10 November

10.30 am – 4.00 pm

Cost £30 Concessions £20

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

Paths between Head and Heart: The Seven Harmonies of Science and Spirituality

We will explore the notion that science and spirituality represent two overlapping halves of a whole, and can be characterised by seven pairs of complementary opposites (outer/inner, impersonal/personal, thinking/feeling, empirical/transcendental, mechanistic/purposive, verbal/ineffable, explanation/contemplation). As well as being different, science and spirituality have a key common source in the modern ethos of innovation, experience-based knowledge and valuing individual questing/questioning. Oliver suggests that balanced human development can be facilitated by simultaneous personal exploration of both science and spirituality, for each corrects the tendency of the other towards extremes or hubris.

Oliver is Senior Lecturer in Psychology at the University of Greenwich, amateur philosopher, and committed spiritual explorer. He is the author of *Paths Between Head and Heart: The Seven Harmonies of Science and Spirituality* as well as other books and co-editor of *A New Renaissance: Transforming Science, Spirit and Society*. He complements his intellectual work with spiritual dancing, meditation and cooking – this all helps to keep him sane, at least most of the time.

Humility in Science: A Benedictine Advice

Scientific inquiry is, at its core, deeply contemplative. Current scientific practice, however, instead of nurturing this facet is often at odds with a contemplative attitude to science. Marco will focus on the role of humility in science and reflect on what the Rule of Benedict can teach us in the 21st century about how to restore the contemplative dimension of our scientific activity.

Marco is a scientist at the Artificial Intelligence Research Institute of the Spanish National Research Council (CSIC). He is the Coordinator of the Science group in the National Plan for Values initiative of the Catalan government. He is the National Coordinator for WCCM in Catalonia.

AN INTRODUCTION TO CHRISTIAN MEDITATION

Led by Brijji Waterfield and Kate Coombs

Wednesdays 6.30 pm – 9.00 pm

21 & 28 February

7, 14, 21, 28 March

Suggested Donation: £5

Tea and Coffee provided.

FINDING THE WAY: A COURSE ON SPIRITUAL GROWTH

Led by Liz Watson

Thursdays 6.30 pm – 9.00 pm

8, 15, 22, 29 November

6, 13 December

Cost £15 per evening or £75 for

whole course paid in advance

Concessions £10 per evening or

£50 for course paid in advance.

Light refreshments provided.

SPIRITUAL GROWTH COURSES

An Introduction to Christian Meditation

This 6-week course will introduce participants to Christian Meditation. If you would like to explore what meditation is, then this is the course for you. Through experience and informal discussions we will look at different aspects of the tradition and the practice.

Brijji is the Director of Special Projects for WCCM and has had a lifelong interest in the mystical traditions of Christianity and other faiths. She is a spiritual director and leads retreats.

Kate is Manager of The Meditatio Centre and has a great interest in the arts and Christian Mysticism.



Finding the Way: A Course on Spiritual Growth

This 6-week course aims to give us a better understanding of the 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. Some of the questions we will explore are: 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 the meaning of suffering? What part does a practice of meditation play in spiritual growth?

Liz has been a member of WCCM for over 20 years and now focusses on teaching meditation in a variety of settings, leading retreats in the UK and beyond, and offering spiritual direction.

HOW CAN WE BECOME INTIMATE
WITH GOD?

Saturday 24 March
11.00 am – 3.30 pm

“GOD CAN BE GRASPED BY LOVE,
BY THINKING, NEVER”

Saturday 9 June
11.00 am – 3.30 pm

LONDON GROUP LEADERS’ DAY OF
TEACHING AND SHARING

Saturday 13 October
11.00 am – 3.30 pm

WHAT IS CHRISTMAS ABOUT FOR
YOU THIS YEAR?

Saturday 24 November
11.00 am – 3.30 pm

TEACHING ON CHRISTIAN MEDITATION

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

How can we become intimate with God?

Led by The London Regional Coordinators, Eileen, Geoff and Graeme

We will explore together that prayer is a felt sense word as part of our Lenten journey.
Suggested donation £10 includes a simple lunch.

“God can be grasped by love, by thinking, never”

An Introduction to Christian Meditation

Led by the London coordinators Eileen, Geoff & Graeme

Come and discover or re-discover the roots and fruits of Christian Meditation.
Please bring a friend or colleague too.

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

London Group Leaders’ Day of Teaching and Sharing

Come together as the group leaders of London and beyond. There will be a teaching input as well as a sharing and time. All group representatives are very welcome. It is a lovely opportunity to meet and support each other in our work... and most importantly to meditate together! Please invite your joint leaders and potential group leaders to this day. It would be brilliant if each London group (and beyond) was represented.

Suggested donation: No more than £5 as a contribution to lunch.

What is Christmas about for you this year – same old, same old – or rebirth?

Come and share your hopes and receive time to share the present moment with each other.

Suggested donation £10 includes a simple lunch.

**YOGA CLASSES WITH LUCY
BARNES**

**Mondays: Meditation and Yoga
7.00 pm – 9.00 pm**

**Fridays: Yoga and Meditation
10.00 am – 12.00 noon**

**Cost: £13 per class when
booking for the term / £15 per
class drop in. Concessions
available, please ask**

YOGA & ROLF MOVEMENT CLASSES

**Wednesdays 10.00 am – 12.00
There will be a period of
meditation at the end.**

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

YOGA & MEDITATION

Yoga classes with Lucy Barnes

Spring 2018 8 January – 26 March (half-term 12 – 16 February)
Summer 2018 9 April – 20 July (half-term 28 May – 1 June)
Autumn 2018 10 September – 14 December (half-term 22 – 26 October)

This is a gentle Hatha yoga class focussing on grounding, breathing and releasing. We will explore yoga postures, breathing and relaxation. Classes are open to all ages and abilities. Mats and equipment provided. Wear loose clothes you can move in.

See biographical details on page 20.

Contact Lucy on T: 07904 166123 E: lucybarnesyoga@icloud.com

Yoga & Rolf Movement Classes with Giovanni Felicioni

Spring 2018 January 31; February 7, 21, 28; March 7, 14, 28; April 11, 25; May 2

**For other term dates please contact Giovanni Felicioni.
www.rolfing-yoga.com E: gravity@rolfing-yoga.com**

These classes will be oriented towards both the beginner and the ongoing practitioner. The main goal of the classes is to help you develop your own practice of yoga at home by coming to class on a weekly basis or by dropping in during the month when you are able. The work will be gentle and deep and will be oriented more towards making friends with your body rather than performing and attaining levels of “body mastery”. We will be exploring Yoga Asana as an ancient rich 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.

See biographical details on page 20.

AT A GLANCE

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

Month	Series and Title	Date	Time	Page
FEBRUARY	SCIENCE AND SPIRITUALITY Creation, Evolution & Original Sin	Saturday 3	10.30am – 4.00pm	26
	ART: EXHIBITION PREVIEW Paintings from a Meditator's Garden & Other Places	Saturday 3	5.00pm – 7.00pm	4
	RECOVERY AND ADDICTION Conscious Contact	Thursday 8	6.30pm – 9.00pm	22
	MOVEMENT AND MEDITATION Waves	Saturday 10	1.00pm – 5.30pm	19
	RETREAT WITH THE MYSTICS Dostoevsky: the Russian Writer as a Mystic	Thursday 15	6.30pm – 9.00pm	23
	SPIRITUAL GROWTH COURSE An Introduction to Christian Meditation	Wednesday 21	6.30pm – 9.00pm	29
	CONTEMPLATIVE REFLECTIONS Born to Fly	Saturday 24	10.30am – 4.00pm	10
	SPIRITUAL GROWTH COURSE An Introduction to Christian Meditation	Wednesday 28	6.30pm – 9.00pm	29
MARCH	INTERFAITH Seeing Through the Great Delusion	Saturday 3	10.30am – 4.00pm	15
	SPIRITUAL GROWTH COURSE An Introduction to Christian Meditation	Wednesday 7	6.30pm – 9.00pm	29
	RETREAT WITH THE MYSTICS The Passion and the Resurrection in The Song of Songs	Saturday 10	10.30am – 4.00pm	23
	SPIRITUAL GROWTH COURSE An Introduction to Christian Meditation	Wednesday 14	6.30pm – 9.00pm	29
	CONTEMPLATIVE ARTS Portraying the Divine	Saturday 17	10.30am – 4.00pm	8
	SPIRITUAL GROWTH COURSE An Introduction to Christian Meditation	Wednesday 21	6.30pm – 9.00pm	29
	TEACHING ON CHRISTIAN MEDITATION How can we become intimate with God?	Saturday 24	11.00am – 3.30pm	30
	ART: EXHIBITION PREVIEW St Paul Comes to London	Saturday 24	5.00pm – 7.00pm	4
	SPIRITUAL GROWTH COURSE An Introduction to Christian Meditation	Wednesday 28	6.30pm – 9.00pm	29
APRIL	SCIENCE AND SPIRITUALITY Science with a Heart: In Search of a New Paradigm	Thursday 12	6.30pm – 9.00pm	27
	CONTEMPLATIVE ARTS Words into Art	Saturday 14	10.30am – 4.00pm	8
	INTERFAITH The Light in the Stone	Thursday 19	6.30pm – 9.00pm	15
	RETREAT WITH THE MYSTICS Evagrius on the Spiritual Life: Faith, Love, Knowledge	Saturday 21	10.30am – 4.00pm	24
MAY	ART: EXHIBITION PREVIEW In Quiet Contemplation	Thursday 3	6.00pm – 8.00pm	5
	RETREAT WITH THE MYSTICS The God-Seeing Life: John of Ruusbroec	Saturday 5	10.30am – 4.00pm	24
	CONTEMPLATIVE REFLECTIONS One in Christ	Tuesday 15	5.30pm – 9.00pm	11
	LAURENCE FREEMAN AT THE CENTRE Conscious Leadership	Wednesday 16	6.30pm – 9.00pm	18
	INTERFAITH One Person One Planet What's Possible?	Wednesday 30	6.30pm – 9.00pm	16
JUNE	HEALTH & MEDITATION Presence in Relationship	Thursday 7	6.30pm – 9.00pm	14
	TEACHING ON CHRISTIAN MEDITATION God can be grasped by love, by thinking, never	Saturday 9	11.00am – 3.30pm	30
	POETRY Four Quartets	Wednesday 13	6.30pm – 9.00pm	21
	CONTEMPLATIVE REFLECTIONS Talking about Death	Saturday 16	10.30am – 4.00pm	11
	BOOK LAUNCH The Wisdom of Love in the Song of Songs	Thursday 21	6.30pm – 8.30pm	7
	MOVEMENT AND MEDITATION Trees	Saturday 23	1.00pm – 5.30pm	19
	CONTEMPLATIVE ARTS Theatre: Julian of Norwich Meditation	Wednesday 27	6.30pm – 9.00pm	8
	RETREAT WITH THE MYSTICS Meister Eckhart's Book of the Heart	Saturday 30	10.30am – 4.00pm	25

Month	Series and Title	Date	Time	Page
JULY	POETRY The Lord's Prayer – Seven Sonnets, Seven Meditations	Saturday 7	10.30am – 4.00pm	21
	ART: EXHIBITION PREVIEW Selected Brush Drawings from Notebooks 2 – 68	Saturday 7	5.00pm – 8.00pm	5
	CONTEMPLATIVE REFLECTIONS God is Your Centre	Saturday 14	10.30am – 4.00pm	12
	INTERFAITH An Evening of Zen Practice	Monday 16	6.30pm – 9.00pm	16
	ART EXHIBITION Creative Photography	Friday 27	2.00pm – 5.00pm	5
AUGUST	CLOSED			
SEPTEMBER	ART: EXHIBITION PREVIEW Air & Light – Land, City & Sea	Saturday 1	6.00pm – 8.00pm	6
	RECOVERY AND ADDITION Conscious Contact	Thursday 6	6.30pm – 9.00pm	22
	INTERFAITH Inner Transformation through the Yoga of the Bhagavad Gita	Thursday 13	6.30pm – 9.00pm	17
	SCIENCE AND SPIRITUALITY The Cosmic Consciousness Connection	Wednesday 19	6.30pm – 9.00pm	27
	RETREAT WITH THE MYSTICS George Herbert as Christian Mystic	Saturday 22	10.30am – 4.00pm	25
	CONTEMPLATIVE REFLECTIONS Paying Attention	Saturday 29	10.30am – 4.00pm	13
OCTOBER	SCIENCE AND SPIRITUALITY Paths between Head and Heart	Thursday 4	6.30pm – 9.00pm	28
	POETRY Wisdom for Going Deep: A Harvest of Poems that Change your Life	Saturday 6	10.30am – 4.00pm	22
	ART: EXHIBITION PREVIEW Artist in Residence, Myddelton Sq Tower Room	Saturday 6	5.00pm – 7.00pm	6
	CONTEMPLATIVE REFLECTIONS The Silence of God in the Book of Qoheleth	Wednesday 10	6.30pm – 9.00pm	13
	TEACHING ON CHRISTIAN MEDITATION London Group Leaders Meeting	Saturday 13	11.00am – 3.30pm	30
	CONTEMPLATIVE ARTS Praying with the paintings of Sieger Koder	Saturday 20	10.30am – 4.00pm	9
	BEREAVEMENT Happy those who Mourn	Saturday 27	10.30am – 4.00pm	7
NOVEMBER	ART: EXHIBITION PREVIEW Bridget Chetwynd	Thursday 1	6.00pm – 8.00pm	6
	MOVEMENT AND MEDITATION Mountain	Saturday 3	1.00pm – 5.30pm	19
	SPIRITUAL GROWTH COURSE Finding the Way	Thursday 8	6.30pm – 9.00pm	29
	SCIENCE AND SPIRITUALITY Humility in Science: A Benedictine Advice	Saturday 10	10.30am – 4.00pm	28
	SPIRITUAL GROWTH COURSE Finding the Way	Thursday 15	6.30pm – 9.00pm	29
	RETREAT WITH THE MYSTICS Fathoming the Depths	Saturday 17	10.30am – 4.00pm	25
	CONTEMPLATIVE ARTS Silence. A Documentary	Wednesday 21	6.30pm – 9.00pm	9
	SPIRITUAL GROWTH COURSE Finding the Way	Thursday 22	6.30pm – 9.00pm	29
	TEACHING ON CHRISTIAN MEDITATION What is Christmas about for you this year?	Saturday 24	11.00am – 3.30pm	30
DECEMBER	SPIRITUAL GROWTH COURSE Finding the Way	Thursday 29	6.30pm – 9.00pm	29
	HEALTH AND MEDITATION O! Holy Child of Bethlehem, Descend to Us, We Pray	Saturday 1	10.30am – 4.00pm	14
	SPIRITUAL GROWTH COURSE Finding the Way	Thursday 6	6.30pm – 9.00pm	29
	SPIRITUAL GROWTH COURSE Finding the Way	Thursday 13	6.30pm – 9.00pm	29
	LAURENCE FREEMAN AT THE CENTRE Preparing for Christmas	Saturday 15	10.30am – 4.00pm	18



The World Community for Christian Meditation

The Meditatio Centre

St Marks, Myddelton Square, London EC1R 1XX

Tel: 020 7278 2070

Email: meditatio@wccm.org

Website: www.meditatiocentrelondon.org

Registered Charity No: 327173