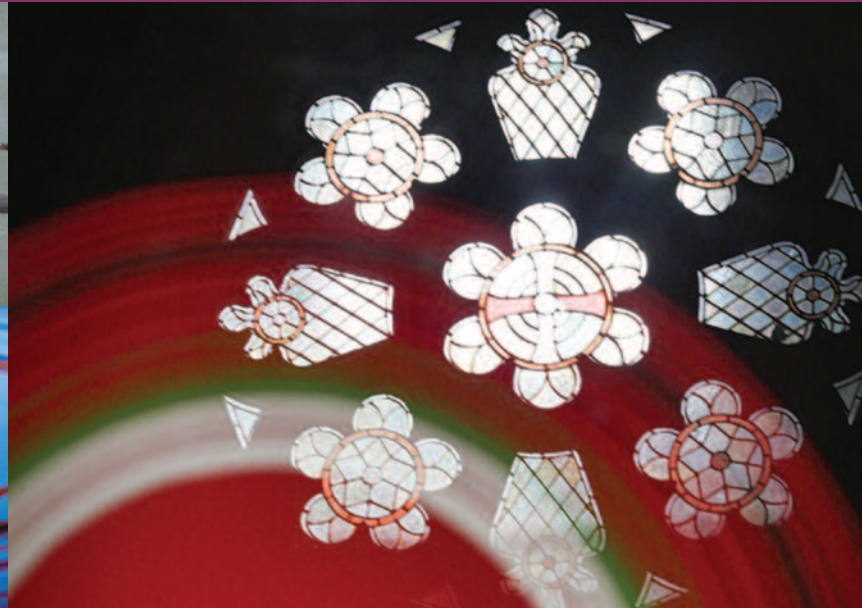


the meditation centre



20
20 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, 214 341 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. IT IS ESSENTIAL TO BOOK IN ADVANCE FOR ALL EVENTS.

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>

Visit us on Social Media: Facebook – [meditatiocentre.wccm](https://www.facebook.com/meditatiocentre.wccm) Twitter – [@meditatiocentre](https://twitter.com/meditatiocentre) Instagram – [#meditatiocentre](https://www.instagram.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.



ON BEGINNING MEDITATION

6.30 pm – 8.00 pm

*There is no cost for these evenings.
Coffee and tea provided.*

BEING AN OBLATE OF THE WCCM

Saturday 1 February

Saturday 30 May

Saturday 1 August

All at 11.00 am – 4.00 pm

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)

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

On Beginning Meditation

On the first Thursday of each month an introductory evening will be held for those new to meditation. The evenings will be led by members of WCCM.

“So all we have to do is to begin the journey. Of course, then you have to keep on beginning. But even to begin is introducing into the picture of your life a new source of light, a new perspective or a new element” Laurence Freeman OSB

Being an Oblate of The World Community for Christian Meditation

If you would like to explore this Benedictine path as a way of life growing out of your meditation we will be happy to help you understand what it involves. There are 3 dates in the year when Oblates of the WCCM come together at The Meditatio Centre. If you are interested in finding out more about what it means to become an Oblate, you are welcome to attend any of the meetings.

Please contact Gilly Withers for more information gilly@withers.org

ART EXHIBITIONS AT THE MEDITATIO CENTRE

25 January – 9 February
Preview Saturday 25 January
7.00 pm – 9.00 pm

Living in Limbo

Jenna Coombs

Wasting time, watching time. A space by which time doth float ... This exhibition is a collection of illustrated photographs and poems which observe the in-between of existence. Come along on the 25th January to experience the works come to life!

Jenna is currently studying Performance: Design and Practice at Central St Martin's, London.



19 February – 8 March
Preview Saturday 29 February
5.00 pm – 8.00 pm



Getsemani

Berta De La Rosa

Her work *Getsemani* explores the tight relationship that field workers establish with olive trees during the 'milking' process and emphasises the mutual dependence they have on each other's future. This project consists of a series of installations and photographs which echo the games of Berta's childhood in the countryside.

Berta is a Spanish-born interdisciplinary artist that lives and works in London. After a BA (hons) degree in Fine Arts, she has collaborated on numerous projects in New York, Milan and London. She completed a MA in Photography at Central Saint Martins School of Arts, London in 2013. www.bertadelarosa.com

12 – 29 March

Preview Thursday 12 March

6.00 pm – 8.00 pm

Current Work

Bridget Chetwynd

This recent work includes oil paintings as well as watercolours.

Bridget is working as International Office Manager for WCCM and is also an artist. Bridget has been working as a designer and painting since graduating from Wimbledon School of Art.



4 – 25 April

Preview Saturday 18 April

5.00 pm – 7.00pm

Landscape at the edges of the city ...

Sophie Hurr



Sophie Hurr is continuing to develop artworks that explore the edges of land and cityscape, through a process of drawing and observing light, movement and colour in a variety of marks and media. A personal response to movement, change and light is still often the aim, and through this the sense of freedom that can be felt.

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

9 – 23 May

Preview Saturday 9 May

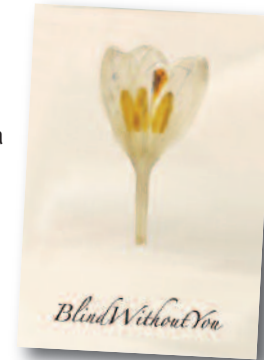
6.00 pm – 8.00pm

Blind Without You

Mike Rathbone

An exhibition of prints and poems .

Mike is a meditator, musician and artist and a long term friend of The Meditatio Centre.



6 June – 2 July
Preview Saturday 6 June
6.00 pm – 8.00 pm



Equanimity Jane Johansson

Horses occupy a special place in my world and living with them every day we share a connection that transcends words. We travel on many adventures together, through far away hills and deep into the soul. My new body of work attempts to explore these themes. Horses have brought me back to myself.

Jane studied Fashion Design (BA Hons) at St Martins School of Art and has had a career as a costume designer for Contemporary dance and Ballet before recently starting to paint.

4 – 21 July
Preview Saturday 4 July
4.30 pm – 6.00 pm

People and the Changing Environment Peter Musgrave

The photographs in this exhibition were taken by Peter Musgrave in Bangladesh. They show the experiences of people living precariously on the edge due to climate change. The photographs were taken mostly over the last 10 years with a concern to show the effects for people living in a changing environment.

Peter has worked in Bangladesh over many years, especially in churches and NGO based community development work and revisits the country regularly.



4 – 30 September
Preview Thursday 10 September
7.00 pm – 9.00 pm

Thread Management

Margaret Proudfoot

My work is centrally concerned with diverse materials and intricate processes with an approach that could also be called *Making Slow Work of It*. The threads, strands or lines might be cartographic, narrative, biological or literal. Using paper, wire and fabric, together with meditative processes of cutting and construction, I explore ideas around borders, fences and demarcation lines.

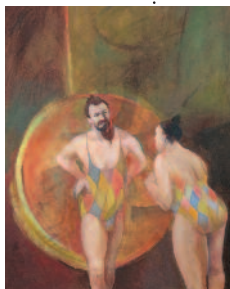


Margaret is a sculptor long established at Clockwork Studios in South London. Having studied sculpture and printmaking at Camberwell she continues her own practice, exhibiting regularly, while also working within the Arts and Health sector.
clockworkstudios/margaret-proudfoot

15 – 29 October
Preview Thursday
15 October
6.00 pm – 8.00 pm

Two Women Artists

Ali Shipton and Joan Stanton



Ali Shipton is Scottish and living in London. She studied at Glasgow School of Art and Goldsmith's College, London. Most of my work is about people, with occasional forays elsewhere. For me, drawing from life is crucial.

Joan Stanton was born and lives in London. She studied at Chelsea College of Art, and Brighton Art School. All my work evolves from observation, themes influenced by everyday things, plus those seen while travelling.



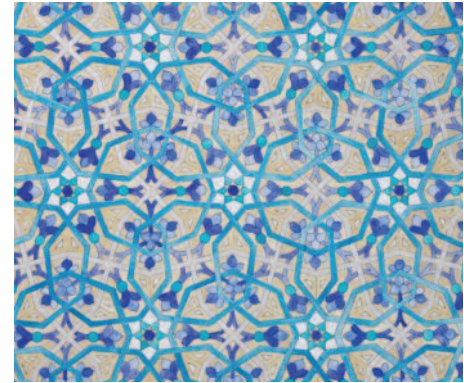
Exhibition starts 12 November
Preview Thursday 12 November
6.30 pm

Islamic Geometric Patterns

Margi Lake

Come and join Margi for her talk on the practice of creating Islamic Geometric designs on Thursday 12 November.

Margi is an artist, geometer and poet with a lifelong interest in the world's wisdom traditions and the healing power of art, creativity and spirituality. Her approach to drawing and painting Islamic geometric patterns meshes seamlessly with her quest for sacred knowledge and spiritual wisdom.



9 – 16 December
Preview Wednesday 9
December 6.00 pm – 8.00 pm



A Brush With Prayer

Icons and Religious works by the hands of the Iconettes

We are a group of iconographers from all over England. We did our three year apprenticeship together in Canterbury and we have met regularly over the last five years to work together.

We exhibit both individually and as a group. We are affectionately known as the Iconettes, however we take the painting of icons very seriously, giving them due reverence while we work on them, always starting the day with prayer. We will be demonstrating and talking about our work throughout the exhibition.

For individual contact details, please email Gabrielle Boyle on boylegabrielle@hotmail.com

THE POETICS OF SPACE

Michelle Charles

Saturday 14 March

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

PAINTING WITH WATERCOLOUR

Mary Cook

Saturday 31 October

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

ISLAMIC GEOMETRIC DESIGN AS A

CONTEMPLATIVE PRACTICE

Margi Lake

Thursday 12 November

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshment provided.

CONTEMPLATIVE ARTS

The Poetics of Space

Inspired by the book *The Poetics of Space* by Gaston Bachelard this drawing and mixed media workshop will help us to discover what it is to spend time looking at drawing the essence of objects and their relationship to space whilst creating moments for our own space, taking precious time to listen to ourselves and slow down. This is a practical workshop. Materials will be provided.

Michelle is an artist and a dedicated educator. Her work is held in public collections across the world including the British Museum, the Wellcome Collection, the museum of the Royal Pharmaceutical Society Museum and the National Gallery of Art, Washington, the Brooklyn Museum, and the Addison Gallery of American Art, Phillips Collection USA

Painting with Watercolour

A gentle exploration of watercolour painting which will be suitable for existing practitioners or nervous absolute beginners. This is a practical workshop suitable for existing practitioners or nervous absolute beginners. Materials will be provided.

Mary is an experienced painter and meditator. *“I find that both meditation and painting in watercolour can be a journey into that unknown creative place where at times deep rest and harmony may be experienced”.*

Islamic Geometric Design as a Contemplative Practice

This talk will introduce us to the practice of Islamic Geometric design. Creating an artwork with compass and ruler is a labour of love, discipline, patience and skill. The process of transformation experienced in creating a work of art reminds us of the potential for a process of spiritual transformation. This is an introductory talk, not a practical workshop.

See biographical details on page 8.

SUNRISE AT MIDNIGHT

Martin Laird OSA

Saturday 8 February

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

CONTEMPLATIVE REFLECTIONS

Sunrise at Midnight

The purpose of this retreat day is to provide those who practice contemplation the time and space to deepen their practice (call it centering prayer, Christian meditation, great mindfulness – these labels do not go as deeply as we go). By sitting together in supportive silence at intervals throughout the course of the day, we deepen our contemplative practice by releasing ever more generously into it. By not attending to the powerful habits of our own inner noise that sustain the illusion of separation from God and create so much suffering, these habits gradually lose their gripping power. The immensely vast silence already within us continues to expand as we are un-selfed of self only to realize (not acquire) ourselves ever hidden with Christ in God (Col 3:3).

Through conferences by Fr. Martin we will consider some of the great stumbling blocks on the contemplative path: the noise of inner chatter; afflictive thoughts; judging our practice; the positive role of boredom; trying too hard to make something ‘spiritual’ happen; turning ourselves into our pet contemplative project; the spirituality marketplace, among other topics.

Fr. Martin has lectured and led retreats throughout the US, UK, and Republic of Ireland. He is Professor of Early Christian Studies at Villanova University near Philadelphia and the author of *Into the Silent Land*, *A Sunlit Absence*, and his new book *An Ocean of Light* from Oxford University Press.



THE JOURNEY HOME

Simon Parke

Saturday 7 March

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

“HE HAS PUT THE 'MYSTERY OF TIME' INTO OUR HEARTS...”

Monica M. Cardona

Wednesday 8 April

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshment provided.

The Journey Home

This quiet day, unfolding gently, is concerned with the path back to who you really are. Using stories, meditations, interaction and silence, it will give space for the scars and misdirections, as well as the light, the love and the healing. When we become disconnected from who we are, however it happened, it is a long journey home. Based on my book of the same name, *The Journey Home* is a day to consider accurately our particular journey – and the pathway home to our authentic, truthful and beautiful self.

Simon is an author, speaker and consultant. He is CEO of The Mind Clinic, author of (amongst other titles) *Solitude: Recovering the Power of Alone* and *The Secret Testament of Julian* (both White Crow Books) and *The Journey Home* (Bloomsbury) <http://simonparke.com>

“He has put the ‘Mystery of Time’ into our hearts...” cfr. Qoh 3:11

We can all attest to the mysterious nature of time in our lives. We always seem to be running out of time, needing more time, or feeling that time slips through our fingers. Where does time come from and where is it going? 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? Yet it is precisely the “here and now” where we find what we are really looking for in all our efforts and search for meaning: God's gift of joy. Join us for an evening of exploring the insights of one of the most elusive books of the Hebrew Bible: Ecclesiastes, aka Qoheleth.

Monica M. Cardona 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 has recently completed her doctoral dissertation on the Book of Qoheleth.

EXPERIMENT WITH LIGHT

Angela Greenwood

Saturday 13 June

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

GENEROSITY TO COMMUNION – LIFE IN L'ARCHE

Hazel Bradley

Saturday 11 July

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

Experiment with Light

Experiment with Light (EwL) is a Quaker spiritual practice where we open to the 'Light' within a context of stillness. We might hold a particular concern in the Light, and just wait ... becoming open in silence ... to insights, images, inspirations or challenges perhaps. This is a guided meditation practice anyone can engage with and practice.

Angela has practiced Christian meditation for years, and more recently has been involved in both facilitating and teaching EwL locally and around the country. She is passionate about sharing the practice outside Quakers.



Generosity to Communion – life in L'Arche

A day on the spirituality of people with learning disabilities with input, sharing, short film clips and inclusive prayers by members of the L'Arche Community in London.

<https://www.larchelondon.org.uk/>

Hazel has been a member of L'Arche for 41 years. She is a trained spiritual director, storyteller, retreat leader and drama therapist and passionate about inclusive, creative worship. She is co-author of *Creative Ideas for Worship with All Abilities* (Canterbury Press) and *Silence and Encounter: Meditation with People With Learning Disabilities*.

THE CITY IS MY MONASTERY

Revd Richard Carter

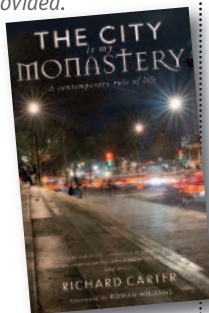
Saturday 17 October

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.



THE TRANSFORMATIVE EXPERIENCE OF MEDITATION

Kim Nataraja

Saturday 21 November

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

The City is my Monastery

Richard Carter swapped a life of simplicity with an Anglican religious order in the Solomon Islands for parish ministry in one of London's busiest churches, St Martin-in-the-Fields. Seeing a need for monastic values in the centre of the city, he founded the Nazareth Community. During this day, Revd Richard will share the wisdom found in the daily life rooted in the Nazareth Community's seven guiding principles: Silence, Service, Scripture, Sacrament, Sharing, Sabbath Time and Staying.

In praise of Richard's book **The City is My Monastery** "This wonderful book is both recognizable and startlingly new. What we are given here is not simply another book on 'spirituality' but a workbook for living in and with meaning, Christian meaning, Jesus-shaped meaning." Rowan Williams

Richard is Associate Vicar for Mission at St Martin in the Fields, Trafalgar Square. He is the author of *In Search of the Lost: The Death and Life of Seven Peacemakers of the Melanesian Brotherhood* (Canterbury Press) *Who is My Neighbour? The Global And Personal Challenge* (SPCK) and *The City is my Monastery* (Canterbury Press).

The Transformative Experience of Meditation

"If we are changed by interaction with others on the surface level of our being, how much more will we be changed in the silence of meditation, when we enter the sphere of influence of our true self in Christ?" Kim Nataraja. This experiential retreat day will look at how by leaving thoughts and images behind we transcend the ego and enter into the Presence of God.

Kim has been a contemplative since her youth and joined WCCM in 1993, becoming the Director of The School of Meditation between 1999–2016. She is the author of many books including *Dancing with your Shadow* and *The Journey to the Heart: Christian Contemplation through the Centuries*. She has given talks and led retreats in the UK, Europe, USA, Canada, Australia and Singapore.

CONNECTING PRAYER AND ACTION
IN THE MIDST OF THE CLIMATE
EMERGENCY

Peter Musgrave

Saturday 4 July

10.30 am – 4.00 pm

Cost £30 Concessions £20

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

A FAITH RESPONSE TO CLIMATE
EMERGENCY

Ruth Jarman

Saturday 19 September

10.30 am – 4.00 pm

Cost £30 Concessions £20

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

ENVIRONMENT & MEDITATION



Connecting Prayer and Action in the Midst of the Climate Emergency

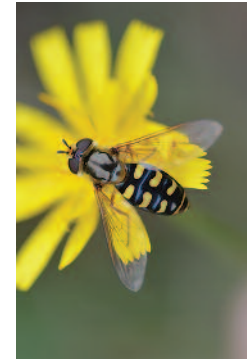
In this workshop we will use participatory methods to explore the contribution of prayer and meditation to climate change activism and the contribution of climate change awareness to our prayers for the world. The day will be a safe reflective space for people to talk and pray about the climate emergency. Peter will be exhibiting some of his photos during and after the talk.

Peter has worked for over 35 years in the field of community development . He has a special interest in Bangladesh where he has lived and worked for many years, a country on the frontier of climate change. Peter is a meditator with WCCM.

A Faith Response to Climate Emergency

Can we face the reality of the science on climate and species extinction while holding on to faith, hope and love? This day will tell the truth about the science, grieve for all that is lost and explore what God and the future may be requiring of us now.

Ruth studied Chemistry at Oxford and worked in the semiconductor industry in Somerset, Paris and California. She co-founded Operation Noah and is Information Officer for the national charity Green Christian. With others, she started Christian Climate Action in 2012, which uses non-violent direct action in the face of climate breakdown.



THE PRACTICE OF TIBETAN
BUDDHISM

Geshe Tenzin Namdak

Thursday 9 July

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshment provided.

BAHAI AND THE HARMONY
BETWEEN SCIENCE AND FAITH

Prof Faraneh Vargha-Khadem

Wednesday 7 October

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshment provided.

INTERFAITH

The Practice of Tibetan Buddhism

An evening of sitting and open discussion.

Geshe Namdak is an experienced teacher of both practical and philosophical aspects of Buddhism, renowned for his clarity, humility, and an excellent sense of humour. He took ordination from HH Dalai Lama and was awarded the Geshe degree in 2017, the first Westerner to complete the entire twenty-year Geshe programme. He is currently the resident teacher at Jamyang Buddhist Centre in London.



Baha'i and the Harmony Between Science and Faith

In this talk, Faraneh will review some of the principles of the Baha'i Faith on the harmony between science and religion. She will use some discoveries from the field of neuroscience to demonstrate how higher cognitive functions of human beings can be viewed as channels through which our spiritual nature can find expression.



Faraneh Vargha-Khadem is Professor of Developmental Cognitive Neuroscience, and Head of Section on Cognitive Neuroscience and Neuropsychiatry at the UCL Institute of Child Health. She is also the clinical-academic lead for the Department of Clinical Neuropsychology at Great Ormond Street Hospital for Children.

AN EVENING OF ZEN PRACTICE

Robert Kennedy, SJ

Tuesday 13 October

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshment provided.

THE MEETING OF CHRISTIANITY

AND HINDUISM IN THE

SPIRITUAL SEARCH OF DOM

HENRI LE SAUX OSB

Sr Marie Claude

Saturday 5 December

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

An Evening of Zen Practice

An evening of sitting and discussion with Fr Robert Kennedy.

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.



The Meeting of Christianity and Hinduism in the Spiritual Search of Dom Henri Le Saux OSB (Swāmī Abhishiktānanda).



During this day we will explore Swāmī Abhishiktānanda's (Henri Le Saux) encounters with Hindu spirituality and his attempt to reconcile, in the *Guhāyām*, the secret cave of the heart, the truth of his advaitic experience with the teachings of Christ and Christianity.

Sr. Marie Claude is a graduate of SOAS, University of London. She is a Jungian Analyst and psychotherapist with a private practice in London. She is interested in the encounter between Advaita Vedanta and Christianity, and Jungian Psychology and Indian Spirituality.

PAYING ATTENTION: MEDITATION
AS THE PATH TO REALITY

Laurence Freeman OSB

Wednesday 22 April

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

PREPARING FOR CHRISTMAS

Laurence Freeman OSB

Saturday 12 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

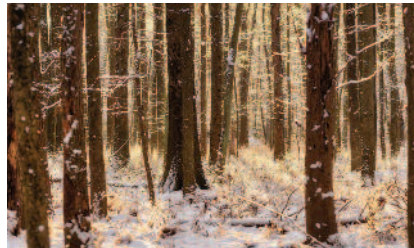
Paying Attention: Meditation as the Path to Reality

Today, meditation is an indispensable antidote to the disease of political and social non-reality. In the work of the mantra we ‘renounce all the riches of thought and imagination’ by ‘laying aside’ thoughts. The contemplative mind expands through this practice, helping us to see the true reality we are part of. During this evening, Fr Laurence will explore that idea that ‘to become conscious of even the simplest realities we need to pay attention’ (Simone Weil). Through the teaching of meditation- paying attention- we can begin to learn that fasting from thoughts and images restores our rationality – an essential gift in these confusing times.



Preparing for Christmas

Taking a day to Prepare for Christmas has become a tradition at Meditatio Centre and we are again happy that Laurence Freeman can lead us in meditation, reflection and a time to be with friends on the same wavelength.



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

HOLDING THE SPACE:
ADVENTURES IN TRUST,
CREATIVITY AND ADAPTABILITY
Esther Stevenson Thursday
13 February and Thursday 22
October 6.30 pm – 9.00 pm
Cost £15 Concessions £10
Light refreshment provided.

SPRING: BREATHING
Lucy Barnes
Saturday 15 February
1.00 pm – 5.30 pm
Cost £25 Concessions £15
Coffee and tea provided.

TAIJI-MEDITATION IN MOTION
Paul Fretter
Saturday 18 July
1.00 pm – 5.30 pm
Cost £25 Concessions £15
Coffee and tea provided.

LEADERSHIP

Holding the Space: Adventures in Trust, Creativity and Adaptability

Many people are frustrated at work, feeling they could achieve much more if their working environment was better. And in our rapidly changing times, much is said about the need for leaders to create workplaces which are more trusting, flexible and creative. In these two interactive sessions, Esther will talk about how a regular meditation practice has helped her lead in a more soulful way, sharing stories and practical examples of how organisations have developed attributes of trust, creativity and adaptability.

Esther has worked in senior leadership roles, supporting individuals and groups around the world to improve their place of work. Since experiencing the fruits and benefits of meditation, she now creates space for others to slow down and reflect on their relationship with themselves, with others and the world.

MOVEMENT & MEDITATION

Spring: Breathing

An afternoon observing and experiencing the breath, via simple yoga breathing practices, movement and relaxation. We will take a gentle look at our body's own response to gravity and breathing, deepening awareness and helping to find stillness for meditation.

Taiji-Meditation in Motion

Taiji is sometimes described as “meditation in motion”. It uses the body awareness as a way to understanding the mind. In taiji, we try to observe the body (by feeling) and then send a message to the muscles to ‘let go’, while observing the change in feelings as we are letting go. This is an introductory workshop suitable for all.

LETTING GO

Chris Hurley

Saturday 3 October

1.00 pm – 5.30 pm

Cost £25 Concessions £15

Coffee and tea provided.

Letting Go

“You are worried and upset about many things, but only one thing is needed.”

Luke 10: 41

A day to meditate together and practise simple movements and relaxation with non judgemental attention. We will start to learn to recognise and let go of unnecessary tensions and distractions in the Mind/Body. There will be time to look at preparing for meditation so that our sitting is both relaxed and alert. Our aim is to begin to declutter and simplify as we search for the one thing needed.

The workshops are divided into two practical sessions leading into meditation, with a break for refreshments and conversation in the middle. No previous experience is necessary. Please wear loose clothes that you can move in.



Lucy is a dancer and yoga teacher from London working with adults, children and in teacher training. She runs weekly classes at Meditatio and has been part of the WCCM community since 2006. She is accredited by British Wheel of Yoga.

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

Paul has a background in Okinawan Karate Do since the 1980s and in 2006 was graded to 5th Dan in the Jundokan Dojo, Okinawa. He has been a student of Taiji since 1991. He teaches and practices in Norwich. www.taiji.org.uk

SAVING BEAUTY: RECOVERING
THE HEART OF AN ABUNDANCE
THAT CAN SAVE US

Prof Mark S Burrows

Saturday 2 May

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.



1000 YEARS OF POETRY AND THE
CONTEMPLATIVE TRADITION IN
ENGLAND

Graeme Watson

Wednesday 1 July

2.00 pm – 4.00 pm

Light refreshments provided.

POETRY

Saving Beauty: Recovering the heart of an abundance that can save us

Beauty is an abundance in the midst of want, a glimpse of wholeness among the fragments. It is that sense of fullness we sometimes glimpse that meets us in our longings. Together we'll explore Dostoevsky's bold claim that "beauty alone will save us" – because it has the power to awaken us to the depth of the "ordinary" in our lives, precisely in the midst of the struggles and disappointments we face. For beauty has the capacity to restore us to a way of seeing things "whole" and living into that wholeness in ways that might inspire and encourage us to lead more authentic and centered lives.

Mark is a frequent presenter at the Meditatio Centre and is well known internationally as a retreat leader and speaker. He is a poet, translator, scholar of medieval cultures and literatures, with special focus on mystical texts and traditions. His most recent books include a collection of his poetry, *The Chance of Home*, Paraclete Poetry, 2018 and *Meister Eckhart's Book of Secrets: Meditations on Letting Go and Finding True Freedom*, Hampton Roads Publishing, 2019 www.msburrows.com

1000 Years of Poetry and the Contemplative Tradition in England

This afternoon talk will start a 12 day Pilgrimage under the guidance of Prof Michael Griffith, Associate Professor of Literature at the Australian Catholic University, Sydney. The group will visit sites of significance for the following authors: Geoffrey Chaucer, William Shakespeare, George Herbert, William Blake, William Wordsworth, Gerald Manley Hopkins, TS Eliot, Virginia Woolf, Kathleen Raine, Julian of Norwich and Francis Webb. The Pilgrimage will end at The Meditatio Centre on Saturday 11 July in the evening with a debriefing session.

'MYSTERIOUS WISDOM': THE
SPIRITUAL QUEST OF W.B. YEATS

Grevel Lindop

Saturday 24 October

10.00 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.



Graeme is an Anglican priest, a spiritual director, 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*, SPCK, 2011 and *The Song of Songs: A Contemplative Guide*, SPCK, 2014

Michael is an Associate Professor of Literature at the Australian Catholic University (ACU) and is convenor of SLA conferences in Australia on the relationship between the Sacred in Literature and the Arts. Michael belongs to a WCCM meditation group at the ACU. The pilgrimage will be underpinned with daily periods of interfaith meditation.

More information about the pilgrimage – which is open to all – can be found by visiting the website www.rehostudytours.com.au.

'Mysterious Wisdom': The Spiritual Quest of W.B. Yeats

W.B. Yeats was Ireland's greatest poet, and perhaps the greatest twentieth-century poet of the English language. His poetry arose from an intense spiritual life, which took in Irish folklore, Indian philosophy, Theosophy, ritual magic, astrology, the Tarot, spiritualism, psychic research and Zen Buddhism, as well as philosophical reading. Yeats wrote, 'The mystical life is the centre of all that I do & all that I think & all that I write'. And he interpreted 'the mystical life' in the widest possible terms.

We shall follow his quest through a number of profound and beautiful poems written at different stages of his life.

Grevel is a poet, critic, biographer and travel writer. He taught courses on Blake for many years at Manchester University, and has also taught Buddhist meditation for more than thirty years. He chairs the Board of the Temenos Academy (www.temenosacademy.org) and writes essays and reviews for a range of magazines including *The London Magazine*, *Stand*, *PN Review*, *Poetry London* and *Temenos Academy Review*.

THE LABYRINTH: LETTING GO ON
YOUR JOURNEY THROUGH THE
TWELVE STEPS

May Nicol & Martin Garsed

Saturday 9 May

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

RECOVERY & ADDICTION

The Labyrinth: Letting Go on Your Journey Through the Twelve Steps

This retreat day will look at the spirituality of the twelve steps and will include periods of meditation and silence. We will also have the opportunity to walk the labyrinth. We hope this day will be a time of repair, recovery and renewal.

May has a background in social work, in both the statutory and voluntary sectors, she is currently involved in a faith based project working with homeless and marginalised people. In WCCM, her role is in sharing the gift of meditation with those who are in recovery from addiction. She is a spiritual director and has a special interest in the spirituality of the 12 Steps.

Martin is retired from Medicine, having been a GP, Psychotherapist and Palliative Care Physician. He is a trained spiritual director and uses *The Labyrinth* as a prayer and healing tool.



PRACTICAL MYSTICISM: JOHN
MAIN AS A GUIDE TO THE
SPIRITUAL PATH

Dr Stefan Reynolds

Saturday 22 February

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

ZENEDICTINE! THE SPIRIT OF ZEN
AND THE RULE OF BENEDICT

Jim Green

Saturday 18 April

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

RETREAT WITH THE MYSTICS

Practical Mysticism: John Main as a Guide to the Spiritual Path

“The power that silence has is to allow ... truth to emerge, to rise to the surface, to become visible.” John Main, *Word into Silence*. This day will explore that silence and those times in the life of John Main where the truth became clear. In order to make truth visible we will be using pictures as a form of Visio Divina on the life and teaching of this most practical teacher of mysticism.

Stefan is a speaker and writer on Christian mysticism. He is Director of Retreats at Mount Melleray Abbey in Ireland. His latest book is *The Wisdom of Love in the Song of Songs* (Hikari Press, 2018). He has a PhD from London University on ‘Middle-English Mysticism’ and MAs in ‘History of Christianity’, and ‘Christianity and Inter-Religious Dialogue’.

Zenedictine! The Spirit of Zen and the Rule of Benedict

At first glance the boundary-dissolving impulse of Zen and the regulation of monastic life in a sixth-century Christian text seem to be pulling in different directions. But are they? Today we will reflect together – often in silence – on where the words, be they Buddhist or Benedictine, are pointing: beyond themselves to a universal and joyous mystery.

Jim is neither a Zen master nor a Benedictine monk. However, his life has been greatly influenced by teachers from both of these great traditions. He is an oblate of The World Community for Christian Meditation and the author of *Giving Up Without Giving Up: Meditation and Depressions* (Bloomsbury, 2019).

CREATION MADE FOR
RELATIONSHIP: THE HOLISTIC
METAPHYSICS OF SAINT
BONAVENTURE

Fr Tom Herbst OFM

Saturday 16 May

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

THE COMPASSION OF THE MYSTICS

Prof Bernard McGinn

Wednesday 24 June

6.30 pm – 9.00 pm

Cost £15

Concessions £10

Light refreshment provided.

Creation Made for Relationship: The Holistic Metaphysics of Saint Bonaventure

Saint Bonaventure describes a dynamic creation based on relationship – among the myriad of creatures, with God as source and destination and motivated by the same love shared by the Trinity. Both the Fall and subsequent Redemption, in a similar way to Saint Paul's sweeping vision in Romans 1 and 8, are understood in the same context with Christ, standing in the center of everything, as the point of reference ordering and re-ordering everything that exists as many parts of a whole; like a dazzling mosaic of cosmic dimensions.

Fr. Tom has a BA in History, and a M.Div. and MA in Theology. He obtained a D.Phil. in Theology from the University of Oxford. He is interested in various fields of Franciscan Studies, especially Franciscan Christology and the writings of Francis and Clare and he is Catholic Chaplain for the University of Kent.

The Compassion of the Mystics

As a central practice in the Christian life, *compassio* has a long history. Three mystics who provide rich examples of *sumpatheia/compassio* are Francis of Assisi, his contemporary the Belgian Cistercian Ida of Nivelles, and Francis de Sales. This talk will probe the contours of true compassion through the lives of the mystics and saints who illustrate this power to transform life.

Bernard is the Naomi Shenstone Donnelly Professor emeritus of the University of Chicago, where he taught for thirty-four years before retiring in 2003. Since his retirement he has continued to teach, lecture and write. His major work is a history of western Christian mysticism under the general title *The Presence of God*, seven volumes of which have been published between 1991 and 2017.



THE LIFE AND LEGACY OF
HILDEGARD OF BINGEN: A
CONTEMPLATIVE EXPLORATION

Rev Sheena Gabriel

Saturday 5 September

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

SIMPLIFYING MATTERS:
ENGAGING THE TRANSFORMING
WISDOM OF THE MYSTICS

Prof Mark S Burrows

Saturday 26 September

10.30 am – 4.00 pm

Cost £30 Concessions £20

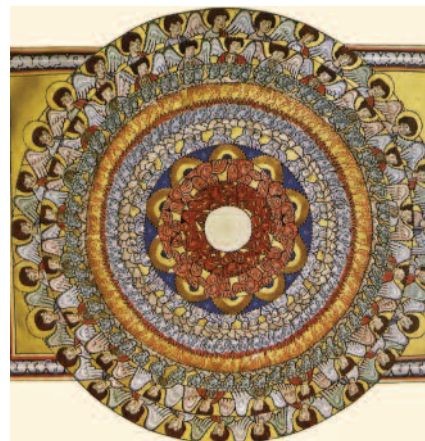
Please bring a packed lunch.

Coffee and tea provided.

The Life and Legacy of Hildegard of Bingen: A Contemplative Exploration

The day will draw on the remarkable life story of Hildegard, with meditations based on her words, music and images. Hildegard's extraordinary influence as a religious leader, teacher, theologian, writer, healer, musician, artist, and Christian mystic, is being rediscovered afresh. "Gaze at the beauty of earth's greenings ... The earth which sustains humanity must not be injured!"

Sheena is the minister at Godalming Unitarian Chapel. She has found in Hildegard's life-story, writings, art and music, a multi-faceted approach to spirituality which inspires a more embodied, holistic faith. With a background in teaching, creative therapies, counselling and meditation, she is currently training to be a spiritual director.



Simplifying Matters: Engaging the Transforming Wisdom of the Mystics

This is a day meant for those longing for a simplifying rhythm in their lives, for those who know that "less is more," even if they do not always know how to find their way into that spacious "emptiness" where the divine awaits us. We will explore this by means of the witness of poetic thinkers, those we have come to call "mystics": Meister Eckhart, Julian of Norwich, and the contemporary poet Ellen Hinsey. Come ready to be startled and lured into the deeper reaches of the mystery we call God. See biographical details on page 20.

A BURNING PASSION FOR GOD:
REFLECTING ON MARGUERITE
PORETE

Dr Rebecca Stephens

Saturday 14 November

10.30 am – 4.00 pm

Cost £30 Concessions £20

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

THE ROOTS OF CHRISTIAN
MYSTICISM

This online course is for those who would like to discover the inner depths of the Christian tradition and its mystical dimension. The self-paced course is split into 3 terms and spans 2000 years from Jesus to John Main. Please visit www.theschoolofmeditation.org to enrol.

A Burning Passion for God: Reflecting on Marguerite Porete

Marguerite Porete wrote with rhetorical brilliance and unflinching passion about the path to oneness with God, in her treatise *The Mirror of Simple Souls*. Porete offers valuable teachings which deserve to be studied within the mystical tradition and have much to teach us still today. Despite receiving praise for her book, this woman who described herself as ‘the phoenix who is alone’ paid the ultimate price for her refusal to be censored, and was executed at the stake in 1310 and dismissed as a heretic. This was not however the end of her story ... and 710 years after her death, her words still burn bright, illuminating a spiritual path of profound beauty.

Rebecca is a scholar and a teacher in her daily life. Vice-Chair of The Eckhart Society, Rebecca is a regular speaker at the Society’s annual conference, co-organises and presents Eckhartian One Day Events in York and Cambridge, and is an Associate Editor of the journal, *Medieval Mystical Theology*.



BEING HUMAN – REFLECTING ON
ARTIFICIAL INTELLIGENCE AS
THREAT OR PROMISE

Revd Canon Malcolm Brown

Wednesday 3 June

6.30 pm – 9.00 pm

Cost £15

Concessions £10

*Light refreshment
provided.*

MAKING SPACE AND TIME FOR
GOD. CAN THE GULF BETWEEN
SCIENCE AND SPIRITUALITY BE
BRIDGED?

Prof Bernard Carr

Wednesday 16 September

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshment provided.

SCIENCE & SPIRITUALITY

Being Human – Reflecting on Artificial Intelligence as Threat or Promise

In this session, we will consider some of the profound questions raised by technological developments which not only seem to be cleverer than humans but which also seem to know more about us than we know about ourselves. How should we think about the human person so that the things we cherish are not taken over by machines?

Malcolm is the Director of Mission and Public Affairs for the Church of England. He is an ethicist whose early research was in the field of ethics and market economics. He has created a hub within his department for exploring the ethical challenges of AI, robotics and big data. As well as his work on behalf of the church, he is a partner in the Centre for Doctoral Training in AI Ethics at the University of Bath.

Making Space and Time for God. Can the Gulf between Science and Spirituality be Bridged?

Historically science and religion have often been opposed and it is sometimes thought that the advances of science have driven the inexorable retreat of religion. However, there is one glaring omission in the triumph of science – any reference to mind and consciousness – and some future paradigm of physics may well accommodate this. This talk will describe a theory which makes space for spiritual realities and thereby forms a bridge between science and religion.

Bernard is Emeritus 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*.

CHRISTIAN MEDITATION – A SIX
WEEK INTRODUCTORY COURSE

Evonne Galloway

Wednesdays 6.30 pm – 9.00 pm

26 February

4, 11, 18, 25 March

1 April

Suggested Donation: £5

Coffee and tea provided.

THE LISTENING CHURCH –
SPIRITUAL DIRECTION

Marie Mann

Wednesday 20 May

6.30 pm – 9.00 pm

Suggested Donation: £5

Coffee and tea provided.

SPIRITUAL GROWTH

Christian Meditation – A Six Week Introductory Course

This course teaches you how to meditate and helps you to establish it as a regular practice. It also tells the story of how meditation was rediscovered within the Christian tradition as a form of contemplative prayer and how it is practiced by many Christians around the world.

Evonne is an experienced group facilitator with a gift for teaching Christian meditation in an open and creative way. She runs a morning meditation group in her local church and has done several introductory days, including meditation in schools. Evonne is currently in the discernment process for ministry in the Church of England.

The Listening Church – Spiritual Direction

What is Spiritual Direction or Accompaniment? What is its origin and is it relevant now? Who is it for and who can become a Spiritual Directors? So often the church speaks, teaches and instructs but sometimes we need someone to listen to our search for God, to give us the opportunity to share and reflect on the hand of God in our everyday life, Spiritual Direction offers this non-judgmental space for personal reflection. One area most directees share is worries about their prayer life, it seems most people worry that they don't pray as well as they think they should; prayer is at the heart of our journey to God, this gives us the only true direction.

Marie is director of the Training Programme is Spiritual Direction at Aylesford Priory (<https://spiritualdirectionaylesford.co.uk>) previously at the Franciscan International Study Centre, and retired Southwark Faith Formation Advisor.

STEPPING INSIDE: MEDITATION
IN ADVENT

Liz Watson

Thursdays 6.30 pm – 9.00 pm

26 November

3, 10, 17 December

**Cost £15 per evening or £50 for
whole course paid in advance**

**Concessions £10 per evening or
£30 for course paid in advance.**

Light refreshments provided.

Stepping Inside: Meditation in Advent

A series of 4 evenings investigating four of the themes of Advent – Faith, Hope, Joy and Love – and exploring the way meditation practice is opening up these gifts in our lives.

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



STARTING THE JOURNEY

Saturday 6 June

11.00 am – 3.30 pm

LONDON GROUP LEADERS' DAY

Saturday 10 October

11.00 am – 3.30 pm

TEACHING ON CHRISTIAN MEDITATION

Starting the Journey

London Regional Coordinators, WCCM in the UK

An introduction to Christian Meditation

Suggested donation £5 includes a simple lunch

London Group Leaders' Day

London Regional Coordinators, WCCM in the UK

A day of joy, fellowship, sharing & learning

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

To book for either of these days please contact the UK Office on

T: 020 8280 2283 or email uk@wccm.org



LUCY BARNES YOGA AND
MEDITATION WEEKLY SCHEDULE
2020

**Mondays: Meditation followed
by yoga class**

7.00 pm – 9.00 pm

**Fridays: Yoga class followed by
meditation**

10.00 am – 12.00 noon

Cost for yoga: £17 per class
when booking for the term.

Drop in classes by arrangement.

Concessions available. Please
ask.

YOGA & MEDITATION

Lucy Barnes YOGA and MEDITATION WEEKLY SCHEDULE 2020

Term dates:

Spring 2020

13 January – 3 April (half-term 17 – 21 February)

Summer 2020

20 April – 17 July (half-term 25 – 29 May)

Autumn 2020

7 September – 14 December (half-term 19 – 23 October)

See biographical details on page 19.

For enquiries contact Lucy on E: lucybarnesyoga@icloud.com



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
JANUARY	ART: EXHIBITION PREVIEW Jenna Coombs	Saturday 25	7.00pm – 9.00pm	4
FEBRUARY	OBLATE DAY	Saturday 1	11.00am – 4.00pm	3
	ON BEGINNING MEDITATION	Thursday 6	6.30pm – 8.00pm	3
	CONTEMPLATIVE REFLECTIONS Sunrise at Midnight	Saturday 8	10.30am – 4.00pm	10
	LEADERSHIP Holding the Space	Thursday 13	6.30pm – 9.00pm	18
	MOVEMENT & MEDITATION Spring: Breathing	Saturday 15	1.00pm – 5.30pm	18
	RETREAT WITH THE MYSTICS Practical Mysticism: John Main	Saturday 22	10.30am – 4.00pm	23
	SPIRITUAL GROWTH Six Week Introductory Course	Wednesday 26	6.30pm – 9.00pm	28
	ART: EXHIBITION PREVIEW Berta De La Rosa	Saturday 29	5.00pm – 8.00pm	4
MARCH	SPIRITUAL GROWTH Six Week Introductory Course	Wednesday 4	6.30pm – 9.00pm	28
	ON BEGINNING MEDITATION	Thursday 5	6.30pm – 8.00pm	3
	CONTEMPLATIVE REFLECTIONS The Journey Home	Saturday 7	10.30am – 4.00pm	11
	SPIRITUAL GROWTH Six Week Introductory Course	Wednesday 11	6.30pm – 9.00pm	28
	ART: EXHIBITION PREVIEW Bridget Chetwynd	Thursday 12	5.00pm – 8.00pm	5
	CONTEMPLATIVE ARTS The Poetics of Space	Saturday 14	10.30am – 4.00pm	9
	SPIRITUAL GROWTH Six Week Introductory Course	Wednesday 18	6.30pm – 9.00pm	28
	SPIRITUAL GROWTH Six Week Introductory Course	Wednesday 25	6.30pm – 9.00pm	28
APRIL	SPIRITUAL GROWTH Six Week Introductory Course	Wednesday 1	6.30pm – 9.00pm	28
	ON BEGINNING MEDITATION	Thursday 2	6.30pm – 8.00pm	3
	CONTEMPLATIVE REFLECTIONS The Mystery of Time	Wednesday 8	6.30pm – 9.00pm	11
	RETREAT WITH THE MYSTICS Zenedictine!	Saturday 18	10.30am – 4.00pm	23
	ART: EXHIBITION PREVIEW Sophie Hurr	Saturday 18	5.00pm – 7.00pm	5
	LAURENCE FREEMAN AT THE CENTRE Meditation as the Path to Reality	Wednesday 22	6.30pm – 9.00pm	17
MAY	POETRY Saving Beauty	Saturday 2	10.30am – 4.00pm	20
	ON BEGINNING MEDITATION	Thursday 7	6.30pm – 8.00pm	3
	RECOVERY & ADDICTION The Labyrinth: Letting Go and 12 Step Spirituality	Saturday 9	10.30am – 4.00pm	22
	ART: EXHIBITION PREVIEW Mike Rathbone	Saturday 9	6.00pm – 8.00pm	5
	RETREAT WITH THE MYSTICS Bonaventure	Saturday 16	10.30am – 4.00pm	24
	SPIRITUAL GROWTH The Listening Church – Spiritual Direction	Wednesday 20	6.30pm – 9.00pm	28
	OBLATE DAY	Saturday 30	11.00am – 4.00pm	3
JUNE	SCIENCE & SPIRITUALITY Being Human	Wednesday 3	6.30pm – 9.00pm	27
	ON BEGINNING MEDITATION	Thursday 4	6.30pm – 8.00pm	3
	TEACHING ON CHRISTIAN MEDITATION Starting the Journey	Saturday 6	11.00am – 3.30pm	30
	ART: EXHIBITION PREVIEW Jane Johannson	Saturday 6	6.00pm – 8.00pm	6
	CONTEMPLATIVE REFLECTIONS Experiment with Light	Saturday 13	10.30am – 4.00pm	12
	RETREAT WITH THE MYSTICS The Compassion of the Mystics	Wednesday 24	6.30pm – 9.00pm	24

Month	Series and Title	Date	Time	Page
JULY	POETRY An Introduction to the Christian Mystical Tradition	Wednesday 1	2.00pm – 4.00pm	20
	ON BEGINNING MEDITATION	Thursday 2	6.30pm – 8.00pm	3
	ENVIRONMENT & MEDITATION Connecting Prayer and Action (with exhibition preview)	Saturday 4	10.30am – 4.00pm	14
	INTERFAITH The Practice of Tibetan Buddhism	Thursday 9	6.30pm – 9.00pm	15
	CONTEMPLATIVE REFLECTIONS Generosity to Communion – life in L’Arche	Saturday 11	10.30am – 4.00pm	12
	MOVEMENT & MEDITATION An Introduction to Taiji	Saturday 18	1.00pm – 5.30pm	18
AUGUST	OBLATE DAY	Saturday 1	11.00am – 4.00pm	3
SEPTEMBER	ON BEGINNING MEDITATION	Thursday 3	6.30pm – 8.00pm	3
	RETREAT WITH THE MYSTICS Hildegarde of Bingen	Saturday 5	10.30am – 4.00pm	25
	ART EXHIBITION PREVIEW Margaret Proudfoot	Thursday 10	7.00pm – 9.00pm	7
	SCIENCE & SPIRITUALITY Making Space and Time for God. Can Physics Help?	Wednesday 16	6.30pm – 9.00pm	27
	ENVIRONMENT & MEDITATION A Faith Response to Climate Emergency	Saturday 19	10.30am – 4.00pm	14
	RETREAT WITH THE MYSTICS The Transforming Wisdom of the Mystics	Saturday 26	10.30am – 4.00pm	25
OCTOBER	ON BEGINNING MEDITATION	Thursday 1	6.30pm – 8.00pm	3
	MOVEMENT & MEDITATION Letting Go	Saturday 3	1.00pm – 5.30pm	19
	INTERFAITH Baha’i and the Harmony Between Science and Faith	Wednesday 7	6.30pm – 9.00pm	15
	TEACHING ON CHRISTIAN MEDITATION London Group Leaders Meeting	Saturday 10	11.00am – 3.30pm	30
	INTERFAITH An Evening of Zen Practice	Tuesday 13	6.30pm – 9.00pm	16
	ART EXHIBITION PREVIEW Ali Shipton and Joan Stanton	Thursday 15	6.00pm – 8.00pm	7
	CONTEMPLATIVE REFLECTIONS The City is my Monastery	Saturday 17	10.30am – 4.00pm	13
	LEADERSHIP Holding the Space	Thursday 22	6.30pm – 9.00pm	18
	POETRY Mysterious Wisdom: The Spiritual Quest of W. B. Yeats	Saturday 24	10.30am – 4.00pm	21
	CONTEMPLATIVE ARTS Watercolour Painting	Saturday 31	10.30am – 4.00pm	9
NOVEMBER	ON BEGINNING MEDITATION	Thursday 5	6.30pm – 8.00pm	3
	CONTEMPLATIVE ARTS Islamic Geometric Design (with exhibition preview)	Thursday 12	6.30pm – 9.00pm	9
	RETREAT WITH THE MYSTICS Marguerite Porete	Saturday 14	10.30am – 4.00pm	26
	CONTEMPLATIVE REFLECTIONS The Transformative Experience of Meditation	Saturday 21	10.30am – 4.00pm	13
	SPIRITUAL GROWTH Stepping Inside: Meditation in Advent	Thursday 26	6.00pm – 9.00pm	29
DECEMBER	SPIRITUAL GROWTH Stepping Inside: Meditation in Advent	Thursday 3	6.30pm – 9.00pm	29
	INTERFAITH Abishiktanada	Saturday 5	10.30am – 4.00pm	16
	ART EXHIBITION PREVIEW Gabrielle Boyl Icons	Wednesday 9	6.00pm – 8.00pm	8
	SPIRITUAL GROWTH Stepping Inside: Meditation in Advent	Thursday 10	6.30pm – 9.00pm	29
	LAURENCE FREEMAN AT THE CENTRE Preparing for Christmas	Saturday 12	10.30am – 4.00pm	17
	SPIRITUAL GROWTH Stepping Inside: Meditation in Advent	Thursday 17	6.30pm – 9.00pm	29



The Meditatio Centre is affiliated to Bonnevaux, the international meditation and retreat centre and home of The World Community for Christian Meditation.
www.bonnevauxwccm.org



The World Community for Christian Meditation

The Meditatio Centre

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Email: meditatio@wccm.org

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