



WCCM
THE MEDITATIO CENTRE



20
22 Programme
January – August 2022

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: We will be following government guidelines regarding Covid-19. If restrictions prevent us from having in-person events we will offer them online. Some of our events will be hybrid. Do look at the information carefully before booking. 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.

Bookshop: Come and visit our bookshop specialising in contemplative and spiritual titles.

Website: 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 <https://wccm.org/outreach/>

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 ??)

Wednesdays: 9.45 am – 11.00 am: Yoga (For details see page ??)
1.00 pm – 1.30 pm: Meditation ONLINE as well as at the Centre
link to join <https://bit.ly/wedmed>
Meeting ID: 452 619 517 Passcode: 300137

Fridays: 10.00 am – 11.30 am: Yoga (For details see page 31)
11.30 am – 12.00 noon: Meditation – All welcome

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 10 minutes before the start of the session to talk to us about it. Please note we also invite people to join online on Wednesdays.



AN INTRODUCTION TO MEDITATION
IN THE CHRISTIAN TRADITION

6.00 pm – 7.00 pm

There is no cost for these evenings.

An Introduction to Meditation in the Christian Tradition

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



HOMING: FINDING YOUR WAY INTO
THE MYSTERY OF WHO YOU ARE
**led by Mark Burrows &
Hayley Matthews**
**Saturday 5 February, 9 April
and 14 May**
1.00 pm – 7.00 pm
Cost £30 per session or £80 for
all 3. Concessions/Online £20
per session or £50 for all 3.

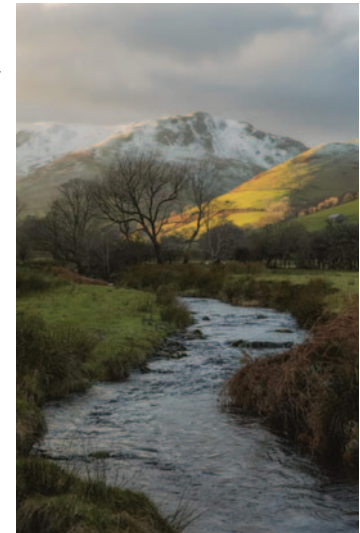
CONTEMPLATIVE REFLECTIONS

Homing: Finding your way into the mystery of who you are

Homing is a three-part series of half-day retreats taking place February to May 2022. Each retreat explores “homing” as a way to support your journey into the deep gift of who you are. The first explores this as “anchoring,” the second through “flowing” and the third in terms of “belonging” by drawing upon literature, folklore and history, practicing meditation, engaging poetry, and witnessing dance. Together we will discover the wisdom we carry in our own lives.

I: “Homing as Anchoring” (February 5, 2022, online only)

In this first retreat, we’ll explore what it means to “anchor” our lives as a way of homing, knowing that this experience might be particularly close to us after recent periods of staying in place. What wisdom have you gleaned through this pandemic? Have you found a grounding in solitude? The witness of poems will carry us deep into the homing journey, with words that “ripen in the silence,” as the poet Rilke put it. We’ll explore the experience of ‘anchoring’ in spiritual traditions, looking at the rites and lives of medieval anchoresses like Julian of Norwich. We’ll turn to Alistair McIntosh’s notion of “digging where we stand”, witnessing dance as a means of exploring – even as observers – what it means that our bodies anchor us and ground our very lives, and move our own bodies in simple ways that might help us own them as our anchors.



II: “Homing as Flowing” (April 9, 2022, online only)

In this second retreat, we will build on the experience of “anchoring,” exploring the experience of “flow” as a means of living into what Rilke called “the Open.” Guided again by contemporary poems and ancient legends, we’ll draw on the energies surging through our lives that connect us with one another and the cosmos itself. We’ll experiment with our breathing as the primal “flowing” we experience in our bodies, discovering breath as “an invisible poem” (Rilke). We’ll also practice simple, meditative movements that engage the energies of our “deep mind” (Maggie Ross). This wisdom draws on Clarissa Pinkola Estés’ notion of the “sealskin” legend, exploring how to allow our souls to lead us – beyond our fears and the expectations of others – into an inner freedom that “flows” through our whole lives. Again, we’ll watch dance to inspire us into flowing.

III: “Homing as Belonging” (May 14, 2022 – at The Meditatio Centre and online)

The final retreat explores what it means to draw on the grounding that opens us to experience the energies of “flowing” towards belonging in our bodies, in our lives, in the world and with others. Again we’ll draw on literature and legend, dance and movement, song and silence, as means of activating our sense of what it means that we “be/long” and how this experience connects us in our distinctive individuality to the larger web of life. The final “movement” of this three-part retreat will turn to the magnificent “Ninth” of Rilke’s “Duino Elegies,” offering an invitation to live into this “belonging” as a spiritual/corporeal journey. We’ll return to Clarissa Pinkola Estes and her approach to the journey of the exile, and Suzanne Simard and her profound discoveries of the ‘wood-wide web’ and discovery of ‘mother trees.’

While these three retreats are interrelated, each stands on its own; you can come to one or all three. If you can’t make one and you would like to experience it, you can book a recording.



Hayley Matthews is a contemporary dancer, (structural integration posture and movement specialist) and initiator and caretaker of a fugitive global network of pro dancing women. In 2020 Hayley was awarded the Thea Barnes Legacy Award, an award of female leadership in dance across the UK and US.

<https://www.ensembledance.org/>

Mark Burrows 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.

FEEDING AMONG THE LILIES: THE
PRACTICE OF LECTIO DIVINA

Stefan Reynolds

Saturday 11 June

**10.30 am – 4.00 pm at the
Centre and Online**

Cost £30 Concessions £20

Online £20

Feeding among the Lilies: the Practice of Lectio Divina

Feeding among the lilies is a line from the *Song of Songs*, it has been used to describe the practice of Lectio Divina. Thomas Merton in *The Seven Storey Mountain* uses the image of planting and sowing as expressing the effect of reading scripture: “God often talks to us in scripture. That is, he plants the words full of actual graces as we read them and suddenly undiscovered meanings are sown in our hearts, if we attend to them, reading with minds that are at prayer.” This day will be dedicated to exploring this practice, ancient and always new, feeding among the lilies of scriptures and sacred wisdom texts so as to be nourished and inspired for our spiritual journey.

Dr Stefan Gillow Reynolds is author of *Living with the Mind of Christ: Mindfulness in Christian Spirituality* (DLT, 2016) and *The Wisdom of Love in the Song of Songs* (Hikari, 2018) and *Letting Go and Coming Home: A Year of Poetry and Photos* (Hikari, 2021). He has a PhD in Christian Spirituality from London University and runs retreats for The World Community for Christian Meditation and for the Cistercian Abbey of Mount Melleray where he works. He lives with his wife in Lismore, Co. Waterford.



LIVING PRAYER

Jill Benet

Saturday 30 April

**10.30 am – 4.00 pm at the
Centre and Online**

Cost £30 Concessions £20

Online £20



Living Prayer

As our prayer becomes embodied so does our capacity to live in presence and receive the fullness of being. We see life as a process and the expectations of ourselves and others exchanged for curious interest, empathy and radical acceptance.

Jill Benet is the co-founder of Contemplative Outreach London, which teaches and supports the method of Centering Prayer. She also co-founded the Silence in the City series of talks on the contemplative life. A life-long meditator of Eastern and Western tradition, she leads retreats and is a teacher and guide of Inner Relationship Focusing.

SACRED EARTH SACRED SOUL

John Philip Newell

Wednesday 16 March

6.30 pm – 9.00 pm at the

Centre and Online

Cost £15 Concessions £10

Online £10

ALBATROSS

Director: Chris Jordan

Wednesday 27 April

7.30 pm – 9.00 pm at the

Centre

ENVIRONMENT

Sacred Earth Sacred Soul

An evening with Celtic teacher John Philip Newell in which he presents a vision of reawakening to the sacredness of Earth and every human being as the basis of healing in our lives and world. The presentation, in which he will be drawing from the themes of his most recent publication, *Sacred Earth Sacred Soul*, will be followed by a time of meditation and sharing.

“...the earth is sacred and that this sacredness is at the heart of every human being and life-form. To awaken again to this deep knowing is to be transformed in the ways we choose to live and relate and act.”

John Philip Newell, *Sacred Earth Sacred Soul* (HarperOne, July 2021)

John Philip Newell (born 1953) is a Celtic teacher and author of spirituality. He began the School of Earth and Soul and teaches regularly in the US and Canada as well as leading international pilgrimage weeks on Iona in the Western Isles of Scotland. His PhD is from the University of Edinburgh and he has authored over fifteen books, including his latest major publication *Sacred Earth Sacred Soul*.

Film showing – Albatross

“Until my ghastly tale is told, this heart within me burns” Samuel Taylor Coleridge

Albatross (97 minutes) is a powerfully moving love story that brings viewers together into a shared space of connection and reverence.

We are gathering a group of people who are committed to meditation and the climate crisis to plan a way forward from the findings of the COP26 meetings that took place in Glasgow. If you are interested, please come along to watch the film together, talk and share ideas afterwards over refreshments.

HEALTH: A RESIDENTIAL
MEDITATIO SEMINAR
**Laurence Freeman OSB and
Barry White**
**Tuesday 3 – Sunday 8 May at
Abbaye de Bonnevaux, Marcay,
France**

CENTERING DOWN – YOGA AND
BREATHING FROM YOUR CHAIR
Lucy Barnes
**Every Thursday from
24 February – 7 April**
9.00 am – 10.00 am Online only
No cost but donations welcome

HEALTH

Health: A Residential Meditatio Seminar

This residential retreat led by Laurence Freeman and Dr Barry White at Bonnevaux is offered as a culmination of the talks given last year on deep health and healing by Barry. It will be an experience of the practices that he described in his talks – exercise, sleep and food as well as the enrichment of meaning that comes through sacred texts. The 2021 series of monthly talks are now available online and watching them would be a good preparation for this in-person retreat.
For more details go to www.bonnevauxwccm.org

Centering Down – yoga and breathing from your chair

We will spend an hour together, stretching, breathing, moving away from our centre and coming back ... all centred around the chair we're sitting on. The practice is simple and gentle; no previous experience is necessary. You will need a supportive upright chair and a device to watch on zoom. There is no charge, donations welcome if you wish.
For any questions about the sessions contact lucybarnesyoga@icloud.com

Zoom link: Join Zoom Meeting

<https://us02web.zoom.us/j/6210427417?pwd=TkZPVytnWGVXYndpYlhseUtHYVYV1QT09>

Meeting ID: 621 042 7417 Passcode: 402407



JESUS AND THE YOGA OF WISDOM

Rev Ian Spencer

Saturday 12 March

10.00 am – 4.30 pm at the

Centre

Cost £30 Concessions £20

THOU ART THOU: SOME

IMPLICATIONS OF

ONENESS/INTERBEING

George Wilson

Wednesday 25 May

7.00 pm – 9.00 pm Online only

Cost £15 Concessions £10

INTERFAITH

Jesus and the Yoga of Wisdom

Yoga understands wisdom as something much deeper than thoughts or ideas. How do we experience life, our bodies, breath and mind – and other people, sentient and insentient beings?

St Paul writes that “nothing can separate us from the love of God in Christ” – but what does that mean, really. Wisdom based on experience rather than belief based on theology, is what Jesus offered his disciples.

So the invitation – “come follow me – take my yoga upon you and learn of me”!

Simple postures (can be done seated), chanting, discussion and meditation are all part of the day – come along, it’s going to be great!

Rev Ian Spencer is an ordained Anglican and is Priest and Warden of Holland House Retreat in Worcestershire. He is Zen practitioner who trained within the Soto tradition. Ian is also trained as a yoga teacher and continues to study and practice within all three traditions, allowing the insights and wisdom of each to speak to the other. He’s currently writing his first book, *The Wisdom of Yoga for Christians*.

Thou art Thou: Some Implications of Oneness/Interbeing

We will look at the implications for self-identity of non-duality. The talk will feature what we learn from Science, Thich Nhat Hanh, St Francis, Ibn 'Arabi, Meister Eckhart, and the Four Heavenly Abodes.

George Wilson has been a Buddhist for over 60 years. He is interested in the compatibility between science and mystical religion as a way of promoting interfaith dialogue. His writing has been published in the Eckhart Society Newsletter and he is author of the book *Reflections of the Moon*, Lumphanan Press, 2019.

THE HOLY ART OF CONVERSATION

Laurence Freeman OSB

Saturday 26 February

10.00 am – 4.30 pm at the

Centre and Online

Cost £30 Concessions £20

Online £20

LAURENCE FREEMAN AT THE CENTRE

The Holy Art of Conversation

Dialogue, tolerance, compromise are among the tools for making and preserving peace. Conversation is an art that facilitates this but one that in the Twitter and Facebook age of polarisation has fallen into disrepair. A contemplative mind trained in listening and other-centeredness offers hope that our culture and fundamental ways of communication can be saved, for our good and the good of the planet. Laurence will situate this talk in the context of the WCCM theme of Unified Consciousness: One Mind One Heart and will illustrate it with examples from the community that meditation continues to create.

Laurence Freeman OSB is a Benedictine monk of the Benedictine Congregation of Monte Oliveto Maggiore. He is Director of The World Community for Christian Meditation and Bonnevaux.



MANY DIMENSIONS: THE
SPIRITUAL POETRY AND FICTION
OF CHARLES WILLIAMS

Grevel Lindop

Saturday 28 May

**10.30 am – 4.00 pm at the
Centre and Online**

Cost £30 Concessions £20

LITERATURE

Many Dimensions: The Spiritual Poetry and Fiction of Charles Williams

Poet and novelist Charles Williams (1886–1945) was a close friend of C.S. Lewis and J.R.R. Tolkien. He wrote some of the twentieth century's finest poems on the Arthurian legends, and embodied his religious vision in seven highly readable 'spiritual thrillers'. An influential Anglican theologian, Charles Williams was also involved in esoteric work. Rowan Williams called Grevel Lindop's biography *Charles Williams: The Third Inklings* 'comprehensive, judicious, sympathetic, but also properly surprised by its subject'. We shall explore Charles Williams's poetry, fiction, and ideas, and ask what they have to teach us now.

Grevel Lindop is a poet, critic, biographer and travel writer. He is a Buddhist meditation teacher, chairs the Temenos Academy (founded by Kathleen Raine), and is working on a spiritual biography of WB Yeats, to be published by Oxford University Press.



TWO CONTEMPORARY WOMEN
WRITERS: READING AS
CONTEMPLATION

Josie von Zitzewitz

Wednesday 6 July

**6.30 pm – 9.00 pm at the
Centre and Online**

Cost £15 Concessions £10

Online £10



Two Contemporary Women Writers: Reading as Contemplation

We will look at two American women – one a novelist, Marilynne Robinson, the other a poet, Lisel Mueller. These very different writers are both exceptionally fine observers, and they are at their best when they describe what is going on within people, and between people and God. Using deceptively simple, precise language, they invite us to linger and read in a contemplative fashion.

Josie von Zitzewitz is a regular speaker at The Meditatio Centre and has been meditating for over 20 years. She is an oblate of the WCCM. She teaches Russian literature and language at New College, Oxford and is the author of multiple publications on Russian poetry inspired by Christian ideas.

THE JOY OF ENCOUNTER – A
MEDITATIO GATHERING
**with Laurence Freeman OSB,
Terry Doyle, Methodist Asylum
Project Middlesborough and the
community at Ampleforth
21 and 22 June at Ampleforth
Abbey, York YO62 4EN**

MEDITATION ON THE MARGINS

The Joy of Encounter – A Meditatio Gathering

This residential retreat will be a joyous gathering with refugees, asylum seekers and all those living on the margins. It will include story-telling, singing, meditation, arts and contemplative walks culminating in a beautiful closing ceremony. Sharing and learning in community with people living in the margins. More details to follow so keep in touch! e. meditatio@wccm.org



BROTHERS AT PRAYER

Kim Nataraja

Saturday 12 February

2.00 pm – 5.00 pm Online only

Cost £25

RETREAT WITH THE MYSTICS

Brothers at Prayer

Together we will explore some of the thoughts of three important teachers of contemplative prayer: Evagrius, Meister Eckhart and John Main.

They span many centuries but yet speak with the same voice. We will look at their advice 'to leave self behind' and the way to do this. Our time together will comprise of meditation, talks, discussion and a period for questions.

Kim Nataraja 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.



IMAGINE THERE'S A HEAVEN (IT'S
EASY IF YOU TRY)

Gemma Simmonds

Saturday 26 March

**10.30 am – 4.00 pm at the
Centre and Online**

Cost £30 Concessions £20

Online £20



Imagine There's a Heaven (It's Easy If You Try)

Ignatius of Loyola (1491–1566) found intimacy with God and the motivation to change his life through the practice of imaginative contemplation. During this day we will learn about the life of Ignatius and discover together how through his Spiritual Exercises he offers a highly accessible way of praying and of finding God in all things in daily life.

Dr Gemma Simmonds CJ is a sister of the Congregation of Jesus, Director of the Religious Life Institute and Senior Lecturer in Pastoral Theology, Margaret Beaufort Institute of Theology, Cambridge. She teaches Christian Spirituality at the Cambridge Theological Federation. She has been a spiritual director, retreat giver and lecturer for over 25 years, working globally. She is the author of *The Way of Ignatius* (SPCK, 2019) and her newest book *Dancing at the Still Point* (FORM, 2021)

ZENEDICTINE! THE SPIRIT OF ZEN
AND THE RULE OF BENEDICT

Jim Green

Saturday 23 April

**10.30 am – 4.00 pm at the
Centre and Online**

Cost £30 Concessions £20

Online £20

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 Green 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).

THERESE OF LISIEUX: MYSTIC OF
LOVING CONFIDENCE IN GOD

Prof Bernard McGinn

Wednesday 1 June

7.00 pm – 8.30 pm Online only

Cost £15 Concessions £10

Therese of Lisieux: Mystic of Loving Confidence in God

Therese of Lisieux (1873–1897) is one of the most popular of modern saints and mystics, having been canonized in 1925 and declared a Doctor of the Church in 1997. Nevertheless, Therese’s mystical teaching has often been misunderstood, not least because of faulty early editions of her writings. This talk will examine the challenging aspects of Therese’s “Little Way” as an expression of absolute loving confidence in God.



Prof Bernard McGinn 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.

A BURNING PASSION FOR GOD:
REFLECTING ON MARGUERITE
PORETE

Dr Rebecca Stephens

Saturday 25 June

**10.30 am – 4.00 pm at the
Centre and Online**

Cost £30 Concessions £20



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.

Dr Rebecca Stephens is a scholar and a teacher in her daily life. 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*.

HOLY PLACES

Rupert Sheldrake

Wednesday 16 February

6.30 pm – 9.00 pm at the

Centre and Online

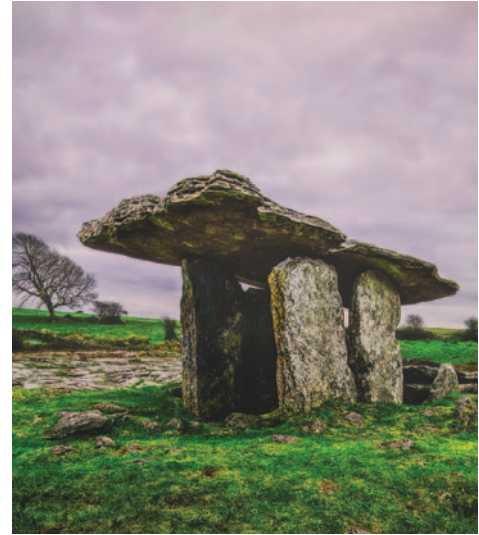
Cost £15 Concessions £10

Online £10

SCIENCE AND SPIRITUALITY

Holy Places

All over the world, people are drawn to holy places, some natural, like mountain tops, springs, caves and ancient trees; some human-made like temples, cathedrals, churches and shrines. The power of these places in part depends on a kind of memory of people's experience there in the past. They are also often places that literally connect heaven and earth and many are the focus of pilgrimage. Rupert Sheldrake will discuss the power of these places and how they can help us on our spiritual journey.



Dr Rupert Sheldrake is a biologist and author of more than ninety technical papers and nine books, including *Science and Spiritual Practices*. As a Fellow of Clare College, Cambridge, he was Director of Studies in Cell Biology, and was also a Research Fellow of the Royal Society. He worked in Hyderabad, India, as Principal Plant Physiologist at the International Crops Research Institute for the Semi-Arid Tropics (ICRISAT), and also lived for two years in the ashram of Fr Bede Griffiths in Tamil Nadu. From 2005–2010, he was Director of the Perrott-Warrick Project for the study of unexplained human and animal abilities, funded by Trinity College, Cambridge. He is currently a Fellow of the Institute of Noetic Sciences in Petaluma, California and of Schumacher College in Dartington, Devon. He lives in London and is married to Jill Purce, with whom he has two sons. His web site is www.sheldrake.org.

CHRISTIAN MEDITATION: A SIX
WEEK INTRODUCTORY COURSE

**This course will be led by
members of WCCM**

**Wednesdays 2, 9, 23, 30 March
and 6, 13 April**

**7.00 pm – 8.30 pm Online only
Suggested donation £5 per
session or £25 for the course**

BEING AN OBLATE OF THE WCCM

Saturday 5 March

10.30 am – 4.30 pm

Saturday 23 July

10.30 am – 4.30 pm

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.



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. If you are interested in finding out more about what it means to become an Oblate, you are welcome to attend the meetings taking place at The Meditatio Centre on Saturday 5 March and Saturday 23 July 10.30 am – 4.30 pm.

Please contact oblates@wccm.uk for more information.

LUCY BARNES YOGA AND
MEDITATION WEEKLY SCHEDULE
2022

The meditation times are non-
paying and open to all.

Cost for Monday and Friday
yoga: £17 per class when
booking for 6 week blocks.

Cost for Wednesdays Online
class: £10 drop-in

Concessions available. Please
ask.

YOGA & MEDITATION

Lucy Barnes YOGA and MEDITATION WEEKLY SCHEDULE 2022

Monday: **in-person** 7.00 pm – 9.00 pm Meditation followed by yoga class
Wednesday: **online** 9.45 am – 11.00 am Meditation
Friday: **in-person** 10.00 am – 12 noon Yoga class followed by meditation

This is a gentle Hatha Yoga class, open to all ages and abilities. The focus is on grounding, breathing and releasing through simple yoga postures and relaxation. Mats and equipment are provided, just wear loose clothes you can move in.

Term dates:

Spring 2022 10 Jan – 4 April (half term 14 – 18 Feb)
Summer 2022 20 April – 18 July (half term 30 May – 3 June)
Autumn 2022 12 Sep – 14 Dec (half term 24 – 28 Oct)



Lucy Barnes is a dancer and British Wheel qualified yoga teacher in the wccm community. Her teaching follows a sensory approach, influenced by awareness of the breath, rhythm, and gravity. Recent interests have been practice of Feldenkrais and T'ai Chi, also Egyptian Dance. Lucy has been teaching adults, children and private classes in London since 2006.

For enquiries contact
lucybarnesyoga@icloud.com

BONNEVAUX

Bonnevaux is the international meditation and retreat centre of the WCCM. It is developing on the site of a 12th-century abbey which lived a contemplative life in service of the world based on the Rule of St Benedict for 700 years.

Since 2019, a resident community has lived here in the spirit of Benedictine wisdom, following a daily rhythm of life, balancing daily times of prayer, work, and study.

Guests and those attending retreats and conferences share the hospitality and peace of Bonnevaux with many so they can transmit it to others. The centre also runs a comprehensive online programme.

Bonnevaux adds an important new dimension to WCCM's way of teaching meditation to help develop a contemplative approach to our global challenges and for living peacefully and happily in the modern world.

www.bonnevauxwccm.org



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	AN INTRODUCTION TO MEDITATION IN THE CHRISTIAN TRADITION	Thursday 6	6.00pm – 7.00pm	4
FEBRUARY	AN INTRODUCTION TO MEDITATION IN THE CHRISTIAN TRADITION	Thursday 3	6.00pm – 7.00pm	4
	CONTEMPLATIVE REFLECTIONS Homing: Finding our way into the mystery of who we are Part 1	Saturday 5	1.00pm – 7.00pm	5
	RETREAT WITH THE MYSTICS Brothers at Prayer	Saturday 12	2.00pm – 5.30pm	17
	SCIENCE AND SPIRITUALITY Holy Places	Wednesday 16	6.30pm – 9.00pm	21
	LAURENCE FREEMAN AT THE CENTRE The Holy Art of Conversation	Saturday 26	10.30am – 4.00pm	13
MARCH	SPIRITUAL GROWTH Six Week Introductory Course	Wednesday 2	7.00pm – 8.30pm	22
	AN INTRODUCTION TO MEDITATION IN THE CHRISTIAN TRADITION	Thursday 3	6.00pm – 7.00pm	4
	SPIRITUAL GROWTH Being an Oblate of WCCM	Saturday 5	10.30am – 4.30pm	22
	SPIRITUAL GROWTH Six Week Introductory Course	Wednesday 9	7.00pm – 8.30pm	22
	INTERFAITH Jesus and the Yoga of Wisdom	Saturday 12	10.30am – 4.00pm	12
	ENVIRONMENT Sacred Earth Sacred Soul	Wednesday 16	6.30pm – 9.00pm	10
	SPIRITUAL GROWTH Six Week Introductory Course	Wednesday 23	7.00pm – 8.30pm	22
	RETREAT WITH THE MYSTICS Imagine There's a Heaven	Saturday 26	10.30am – 4.00pm	18
SPIRITUAL GROWTH Six Week Introductory Course	Wednesday 30	7.00pm – 8.30pm	22	
APRIL	SPIRITUAL GROWTH Six Week Introductory Course	Wednesday 6	7.00pm – 8.30pm	22
	AN INTRODUCTION TO MEDITATION IN THE CHRISTIAN TRADITION	Thursday 7	6.00pm – 7.00pm	4
	HEALTH Breathing for Meditators last session	Wednesday 7	6.30pm – 9.00pm	11
	CONTEMPLATIVE REFLECTIONS Homing: Finding our way into the mystery of who we are Part 2	Saturday 9	1.00pm – 7.00pm	6
	SPIRITUAL GROWTH Six Week Introductory Course	Wednesday 13	7.00pm – 8.30pm	22
	RETREAT WITH THE MYSTICS Zenedictine!	Saturday 23	10.30am – 4.00pm	19
	ENVIRONMENT Albatross Film Showing	Wednesday 27	7.00pm – 9.00pm	10
	CONTEMPLATIVE REFLECTIONS Living Prayer	Saturday 30	10.30am – 4.00pm	9
MAY	HEALTH Health: A Residential Meditatio Seminar	Tue–Sun 3–8	Abbaye de Bonnevaux	11
	AN INTRODUCTION TO MEDITATION IN THE CHRISTIAN TRADITION	Thursday 5	6.00pm – 7.00pm	4
	CONTEMPLATIVE REFLECTIONS Homing: Finding our way into the mystery of who we are Part 3	Saturday 14	1.00pm – 7.00pm	6
	INTERFAITH Thou art Thou	Wednesday 25	7.00pm – 8.30pm	12
	LITERATURE The Spiritual Poetry and Fiction of Charles Williams	Saturday 28	10.30am – 4.00pm	14
JUNE	RETREAT WITH THE MYSTICS Therese of Lisieux: Mystic of Loving Confidence in God	Wednesday 1	7.00pm – 8.30pm	19
	AN INTRODUCTION TO MEDITATION IN THE CHRISTIAN TRADITION	Thursday 2	6.00pm – 7.00pm	4
	CONTEMPLATIVE REFLECTIONS Feeding Among the Lilies – Lecto Divina	Saturday 11	10.30am – 4.00pm	8
	MEDITATION ON THE MARGINS The Joy of Encounter – A Meditatio Gathering	Tue/Wed 21/22	Ampleforth Abbey	16
	RETREAT WITH THE MYSTICS Marguerite Porete	Saturday 25	10.30am – 4.00pm	20
JULY	LITERATURE Two Contemporary Women Writers: Reading as Contemplation	Wednesday 6	6.30pm – 9.00pm	15
	AN INTRODUCTION TO MEDITATION IN THE CHRISTIAN TRADITION	Thursday 7	6.00pm – 7.00pm	4
	SPIRITUAL GROWTH Being an Oblate of WCCM	Saturday 23	10.30am – 4.30pm	22



WCCM

THE MEDITATIO CENTRE

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