



WCCM
THE MEDITATIO CENTRE



20
22 Programme

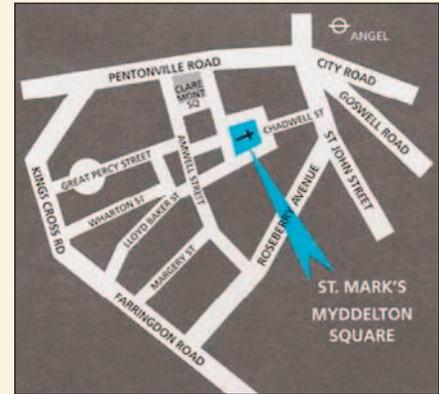
September – December 2022

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.

Weekdays:

1.00 pm – 1.30 pm: Meditation

Mondays:

7.00 pm – 7.30 pm: Meditation

7.30 pm – 9.00 pm: Yoga

Wednesdays:

9.00 am – 10.15 am: Yoga

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

AN INTRODUCTION TO MEDITATION IN THE CHRISTIAN TRADITION

6.00 pm – 7.00 pm

There is no cost for these evenings.



DAILY & REGULAR SCHEDULE

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.

Yoga

For details of Yoga sessions see page 17.

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

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, please contact oblates@wccm.uk for more information.

MEDITATION WITH CHILDREN

Alan Levandoski

Friday 28 October

10.30 am – 11.30 am at the

Centre

Donations appreciated

CHILDREN

Meditation with Children

A sweet and simple interactive musical concert that introduces the presence of God in the silence to children. Open to all ages.



Alana Levandoski is a contemplative Canadian Christian composer, song and chant writer, and producer, whose particular interest is in using music's illuminating power to catch glimpses of incarnation in and through all of life. Her albums, often comprising song and spoken word, give voice to that which is ineffable in the human spirit.
<https://www.alanalevandovski.com/>

TRANSFORMING VISION –
DRAWING PORTRAITS AND HANDS

Michelle Charles

Saturday 24 September

**10.30 am – 4.00 pm at the
Centre**

Cost £30 Concessions £20



CONTEMPLATIVE ARTS

Transforming Vision – Drawing Portraits and Hands

Connecting our inner spirit with our capacity to draw. A day of contemplative drawing with artist and teacher Michelle Charles. Our hands serve as instruments to hold, touch, make things and gesture. They carry the history of our ancestors and are often used to connect in prayer. Our faces are an expression of how we feel and how we experience happiness and joy, sadness and grief.

This workshop is instructive, drawing tuition will be offered generously and gently with encouragement for all levels, from the beginner (maybe you haven't drawn since school and want to draw portraits) to, the advanced.

The day will integrate sitting and walking meditations in our beautiful surrounding garden to prepare and settle our minds for some lively and inspired drawing. The only requirement for this day is for you to attend, there is no good and no bad, we are all beginners and a beginner's mind will serve you well. Michelle will start the day with a presentation on portrait and hand drawing as they pertain to art history and connectivity. At this time following lockdown, you will be taught and encouraged to sharpen new drawing skills that connect and depict aspects of what it is to be human.

Michelle Charles was born in London and has exhibited and taught in the UK and the USA for the past four decades. She has received numerous awards including a third grant from the Pollock Krasner Foundation Fellowship and Arts Council England. Her work has been reviewed in Art Forum, The Independent, Guardian, The Village Voice, New York magazine, and The Lancet. Charles's works are a part of public collections that include: The British Museum, Brooklyn Museum, the National Museum of Art DC, the Wellcome Trust, Royal Pharmaceutical Society, Contemporary Arts Society, the Jerome Foundation. www.michellecharlesartist.com

OPENING THE HEART: POETRY AND
PROSE BY MEVLANA RUMI AND
KAHLIL GIBRAN

Lennie Charles and Friends

Saturday 22 October

Showings at 2.00 pm – 4.30 pm
and 7.30pm–10.00pm

Sunday 23 October

Showings at 12.30 pm – 3.00 pm
Cost £15 Concessions £10



THE EYE DID NOT WAVER ...

uzma taj

Saturday 5 November

6.00pm at the Centre

Free entry

Opening the Heart: Poetry and Prose by Mevlana Rumi and Kahlil Gibran

A celebration of poetry, prose and music in remembrance of the Love that transcends our material existence and meets our deepest yearnings – opening our hearts to joy and inner peace.

Narrators: Rez Kebir, Shaila Simi, Duncan Mackintosh

Vocals: Saara Majid & Shaila Simi; **Cello, Oud & Vocals:** Julia Ana Katerina

Bansuri & Oud: Manuel Arroyo-Kalin; **Percussion & Strings:** Lennie Charles

Lennie Charles has been performing music and poetry events from the works of classic mystic poets such as Rumi, Kahlil Gibran, Lao Tzu, Omar Khayyam and Kabir to name a few, to local audiences for number of years. A Classical and Middle Eastern multi-instrumentalist and a big fan of BBC Radio's *Words & Music*, he wanted to bring that listening experience to a live audience. The music is often improvised and poems read twice, lines repeated and may also re-read against another poem. Poems, he says, need to be read and listened to twice sometimes, one for the head and again for the heart.



The Eye Did Not Waver ...

uzma taj is an artist inspired by her conversation with Nature and her spirituality. She will be sharing a collection of poems and illustrations reflecting the merging of her Pakistani heritage with growing up in an northern English town.

The title of her exhibition is from verse 53.17 of the Quran. These particular lines inspire the desire to remain present in merging worlds; a possibility born from weaving in the wide steps taken from her Sufi path with Rumi.

uzma is an artist, writer, and Mevlevi whirling dervish. uzmataj.com

SIGNPOSTS OF LOVE,
AUTHENTICITY & MEDITATION

John Siddique

Saturday 12 November

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

Cost £30 Concessions £20

Online £25

CONTEMPLATIVE REFLECTIONS

Signposts of Love, Authenticity & Meditation: An experiential retreat day

The profound question of how to meet and express our lives and be part of the world with greater meaning is a seemingly eternal one.

During this day retreat with spiritual teacher and author John Siddique we will work with and practice highly accessible ways of meeting & knowing God in the ordinariness of our daily lives.



John Siddique is the author of *Signposts of The Spiritual Journey* and *SO* and six other books to date. John is a much-loved spiritual teacher whose work has quietly helped millions of people around the world find greater meaning in their own lives. His meditations, teachings and writings have featured in *Time*, *The Tablet*, *Platinum*, *Eden*, *The Guardian*, *The BBC* and in many other places. John is a commissioning editor and board member for WritersMosaic from the Royal Literary Fund, he is also an Honorary Fellow of Literature at Leicester University.

“Rebellious by nature, pure at heart”

The Times of India

ON PILGRIMAGE

Peter Jaeger

Thursday 24 November

6.30 pm – 9.00 pm at the

Centre and online

Cost £15 Concessions £10

Online £12.50



On Pilgrimage

Pilgrimage is the ancient and accessible contemplative practice of walking or moving slowly through the natural world as a way of connecting with the sacred. As a form of walking meditation, pilgrimage enables one to amplify the dialogue between inner life and outer landscape. A pilgrimage is not simply a walk, but a voyage to bring something of value back to the community. Join Professor Peter Jaeger as he outlines some current approaches to pilgrimage by contemporary visual artists and writers. The event will include the London launch of Jaeger's most recent book about pilgrimage, *Postamble*.

Peter Jaeger is a Canadian writer living in Bristol. His work is informed largely by the interface of spirituality and contemporary innovative poetics, and he has written on such topics as John Cage, Buddhism, pilgrimage, language in the visual arts, and ecology. He has read his work at numerous prominent venues, including the Whitechapel Gallery in London, the Museum of Contemporary Art in Barcelona, and the Venice Biennale of Art. Jaeger has taught literature and writing at the University of Toronto, Royal Holloway University of London, and Dartington College of Art.





BREATHING IN, BREATHING OUT:
WHAT IS HAPPENING TO OUR
EARTH, OUR HOME

Judith Keller

Thursday 17 November

9.00 am – 11.00 am online

Cost £15



ENVIRONMENT

“Meditation does not solve every one of our problems but it does radically change the way we see them. Most vitally, it opens the eye of the heart so that we can shape our policies with wisdom and ensure that compassion is never lost. Earth’s crisis – the ravaging of its climate, the imbalances in its ecology – is a central concern for the WCCM. We are committed to the healing of our relationship with Earth through our shared practice and through the teaching and resources our community provides.”

Jim Green

WCCM Meditatio Earth Crisis Group meets regularly and you will find information about the Earth Crisis Forums taking place bi-monthly online from all over the world by visiting: <https://wccm.org/outreach-areas/earth-crisis-climate-ecology/>

To get involved, contact mediatio@wccm.org

Breathing In, Breathing Out: What is Happening to Our Earth, Our Home

An online eco-poetic and eco-contemplative workshop interweaving brief texts from *Laudato Si*

In this workshop we will immerse ourselves in music, birdsong, a single poem (by Australian poet Stephan Edgar), and a compassionate breathing practice to be in touch with both our suffering and love for Earth. We will consider a number of the goals of ‘*Laudato Si*’, listening for their invitations to us today.

Judith Keller has a background in spirituality and the arts. She is a former lecturer in religious education at Australian Catholic University. In her retirement Judith trained as a guide in her Regional Botanic Gardens where she regularly leads walks, ‘For The Love of Trees’ and ‘This Fragile Earth’. Recently she completed her training as a *Laudato Si*’ animator and was a hub facilitator in the recent International Ignatian Ecospiritual Conference.

BREATHING FOR MEDITATORS

Lucy Barnes

Thursday 1, 8, 15, 22 December

9.00 pm – 10.00 pm online only

No cost but donations welcome



HEALTH

Breathing for Meditators

Four gentle breathing and movement sessions from your chair. In these online sessions we will sit and focus on sensing movement, breathing, gravity and stillness through our bodies, leading to meditation. No previous experience is necessary. You will need an upright firm chair near your device.

All welcome. There is no charge, donations welcome if you wish. For any questions about the sessions contact lucybarnesyoga@icloud.com

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.



A CELEBRATION OF LOVE: MOTHER
MARY AND THE WAY OF TRUE
BEING

**Camille Hamilton Adams
Helminski**

Thursday 8 September

7.00 pm – 9.00 pm online only

Cost £15

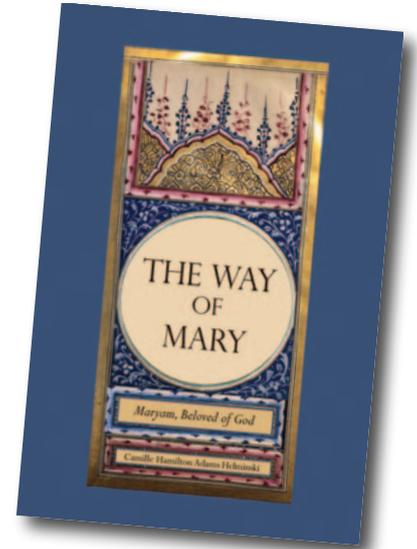


INTERFAITH

A Celebration of Love: Mother Mary and the Way of True Being

Join us for the birthday celebration of Beloved Mary as Camille Hamilton Adams Helminski shares from her newest book *The Way of Mary: Maryam, Beloved of God*. She will share with us how Beloved Mary is a ready companion of Loving tenderness and strength, during these intense times, encouraging us all to resonate from our deepest, truest self, in alignment with the Heart of Creation. One never knows when we will be called Home; Beloved Mary can assist us in readying ourselves and in simultaneously living our life most fully now, with vibrant Truth and Love.

Camille Hamilton Adams Helminski, Sufi mystic and poet, has long represented the tradition of Rumi, teaching internationally with her husband, Kabir, through the Threshold Society which they founded in 1988, encouraging all to awaken to the Divine Presence in every moment of our lives. She has produced some of the first modern English translations of Jalaluddin Rumi, and among other works has rendered a significant portion of the Qur'an into English in *The Light of Dawn, Daily Readings from the Holy Qur'an*, compiled the wisdom of female Muslim saints in the now classic guide, *Women of Sufism*, offered poetic reflections on the Divine Attributes in *Ninety-Nine Names of the Beloved, Intimations of the Beauty and Power of the Divine*, and most recently brought forth *The Way of Mary: Maryam, Beloved of God*. Mother of three, she now lives with her husband, Kabir, in Escondido, California.



THIS EMPTINESS, MORE
BEAUTIFUL THAN EXISTENCE

Laurence Freeman OSB

Saturday 15 October

**10.00 am – 4.30 pm at the
Centre and Online**

Cost £30 Concessions £20

Online £25

A FULL PILLOWCASE

Laurence Freeman OSB

Saturday 17 December

**10.00 am – 4.30 pm at the
Centre and Online**

Cost £30 Concessions £20

Online £25

LAURENCE FREEMAN AT THE CENTRE

This Emptiness, More Beautiful than Existence

Rumi's line is typically intriguing and playful. It opens to an understanding of the universal truth of emptiness, which is called kenosis in the gospel. In this talk I'd like to play with emptiness which – when we see it negatively – causes so much misery and confusion in the psyche and in society and yet makes life full when we see its real meaning.

A Full Pillowcase

On Christmas morning as a child I'd wake up blissfully finding a pillowcase full of presents at the foot of my bed. The gospel word for fullness is pleroma. As with emptiness we have to understand what fullness means. The birth of Jesus brings hope to the world and touches human sadness when we see how both the emptiness and fullness of life form the dance of being.



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.



HERE AND NOW

Chris Hurley

Saturday 3 September at the Centre

1.30 pm – 5.30pm

Cost £25 Concessions £15

MOVEMENT AND MEDITATION

Here and Now

This workshop will consist of simple movements and relaxation done with kind and loving attention to the body and breath. We will practise being present Here and Now, a process of both accepting and letting go.

These awareness exercises can be a useful preparation for our sitting meditation, but also a way to continue our contemplative path off the mat.

Some of the work will be down from lying on the floor. Please wear loose clothing. Mats are available at the Centre.



Chris Hurley has been a member of WCCM for 30 years and is an experienced Yoga teacher. She leads classes and workshops for meditators throughout the UK. Chris is interested in how a simple Bodywork practice can inform and support our sitting meditation.



THE SPIRITUALITY OF THE 12
STEPS

May Nicol

Thursday 20 October

6.30 pm – 9.00 pm at the

Centre

Cost £10 suggested donation

RECOVERY AND ADDICTION

The Spirituality of the 12 Steps

An evening to look at the Spirituality of the Twelve Steps and how meditation (and the practice of the 11th Step) can help us to remove obstacles in our pathway out of addiction. This evening is for everyone, not only for those already in recovery.

‘Stillness is what creates Love. Movement is what creates Life. To be still yet moving – that is everything.’
Do Hyun Choe

‘The realm of the spirit is broad, roomy, all inclusive, never exclusive or forbidding to those who earnestly seek.’
Big Book pg 46



May Nicol leads a weekly WCCM Meditation as the 11th Step group in London and has led talks at The Meditatio Centre and retreats at Douai Abbey and The Kairos Centre focussing on how meditation can aid recovery from addiction. She is a Spiritual Director and former WCCM UK Special Interest Coordinator for Addiction.

“ALL SHALL BE WELL”: THE
GOSPEL OF LOVE ACCORDING TO
JULIAN OF NORWICH

Prof Mark S Burrows

Saturday 1 October

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

Cost £30 Concessions £20

Online £25



RETREAT WITH THE MYSTICS

“All Shall Be Well”: The Gospel of Love according to Julian of Norwich

Startling, courageous, wise, consoling: such words aptly describe the book of “showings” left by an anchoress living in the later 14th – early 15th c., known to us as Julian of Norwich. An “unlettered” woman, as she described herself, she received sixteen “revelations of divine love” in midlife, on May 8, 1373. During this day-retreat we will explore her witness to God’s radically inclusive love and the compassion this calls us to embrace, for ourselves and others. Our probing of her visionary text will encourage us to see what it means that our lives are “oned” with God, and how we might live into her conviction that in every dimension of our lives “love is [God’s] meaning.”

Rev. Mark S. Burrows, Ph.D. is well known to the Meditatio Centre. Much in demand as a retreat leader and speaker, his interests explore the convergence of spirituality and the arts, theology and mysticism. An associate member of the Iona Community and an oblate of Glastonbury Abbey, a Benedictine monastery near Boston, Burrows is also a poet and award-winning translator of German literature. His most recent volume of poems, *The Chance of Home*, was published in 2018, and he published two volumes of meditative poems with Jon M. Sweeney inspired by the mystical writings of Meister Eckhart: *Meister Eckhart’s Book of the Heart* (2017) and *Meister Eckhart’s Book of Secrets* (2019), with a third due out in 2023. www.msburrows.com



EXPERIMENT WITH LIGHT FOR
ADVENT

Angela Greenwood

**Saturday 26 November at the
Centre**

10.30 am – 4.00 pm

Cost £20

SPIRITUAL GROWTH

Experiment with Light for Advent

Opening to the Light of Truth and Being in this special season of Advent.

Inspired by the writings of mystics past and present, and by our own deep experience of Opening to the Light and to 'What is wanting to come into our hearts' and our troubled world at this time, we will see if the Experiment with Light meditation might aid us in our own mystical journeys of awakening and deepening in the Spirit."

Creative expression will be an option. You may like to bring a journal with you.

Angela Greenwood has practised 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.



LUCY BARNES YOGA AND
MEDITATION WEEKLY SCHEDULE
2022

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

Cost for Monday 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

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: 12 Sep – 14 Dec (half term 31 Oct – 4 Nov)

Lucy Barnes is a dancer and British Wheel qualified yoga teacher in the wcm community. Her teaching follows a sensory approach, influenced by awareness of the breath, rhythm, and gravity. Recent interests have been practice of Feldenkrais and Tai 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. We are pleased to present a few of the on the ground retreats coming up in Autumn. For full details of all the events, please visit the website

www.bonnevauxwccm.org



HEALING THE BROKEN HEART –
DISCOVERING PEACE AFTER LOSS

**Paul Dunn, Laurence Freeman
and Giovanni Felicioni**

7–11 September

Bonnevaux, France

Cost: single room – 400€,

shared room – 320€

Healing The Broken Heart – Discovering Peace After Loss

Come and immerse yourself in the contemplative life at Bonnevaux as you seek to heal from the heartache, grief and overwhelm due to the ending of a significant relationship. This retreat – led by Dr. Paul Dunn, PhD, Laurence Freeman and Giovanni Felicioni – integrates introducing you to meditation or deepening an already existing practice with psychological education, yoga and movement work to support you in your journey toward growth and healing.



Paul E. Dunn, PhD is a clinical psychologist in private practice in southern New Jersey, USA and a Benedictine Oblate with the World Community for Christian Meditation. Paul's journey toward becoming a bit of an expert in the area of healing heartache through Christian Meditation started when he went through his own experience of deep heartache as a result of the breakup of his 23 year marriage. Through Paul's experience of individual therapy, couples counseling, journaling, reading, and a disciplined daily Christian Meditation prayer life he discovered Wisdom, relief and healing. This workshop was born from this Wisdom.

Fr Laurence is a Benedictine monk of the Monastery of Sta Maria di Pilastrello, Lendinara, in the Benedictine Congregation of Monte Oliveto. He is Director of Bonnevaux and of The World Community for Christian Meditation.

Giovanni Felicioni (Bonnevaux Associate Director) has been a part of the WCCM since the beginning, being involved in its official foundation in 1991. He is an Oblate, a certified Advanced Rolfer™, a Rolf Movement™ practitioner and Yoga Teacher.



JOHN MAIN SEMINAR 2022
THE CHALLENGE TO DEMOCRACY:
THE CHALLENGE OF DEMOCRACY
**Herman Van Rompuy and
Laurence Freeman**
**14–17 November: Pre-seminar
Retreat**
**17–20 November: John Main
Seminar**
Bonnevaux, France



John Main Seminar 2022 **The Challenge to Democracy: The Challenge of Democracy**

Democracy is too important to leave it only to politicians. However imperfectly, democracy more than any other kind of government helps create the conditions allowing humanity to reach its full potential. We all have to transcend personal interests in order to live in a democratic society and accept responsibility for our own freedom and future. It is also part of our spirituality because democracy is an ongoing conversation that demands truth, other-centredness and serves justice.

Herman Van Rompuy, is a Belgian politician, who served as Prime Minister of Belgium from 2008 to 2009 and then as the first permanent President of the European Council from 2009 to 2014. He is a rare kind of politician – respected and admired by all parts of the global spectrum – who has devoted his life to the democratic process. Herman has gained a unique knowledge of the world, its cultures, virtues and vices. His life has also been a spiritual journey, grounded in faith and leading him to a daily practice of meditation and to sharing in the mission of our community. Herman has been happily married for 45 years and has a family of 4 children and 9 grandchildren.

ADVENT RETREAT: LIVING TAKES
TIME
**Laurence Freeman and Giovanni
Felicioni**
6–11 December
Bonnevaux, France
Cost: single room – 500€,
shared room – 400€

Advent Retreat: Living Takes Time

This spiritual season reminds us that living takes time. The speed and stress of today's world can arrest our human development and block the stages of growth. Preparing for Christmas in a contemplative spirit allows us to see how the conception, birth and growth of Jesus are inner personal realities to become conscious of. In this retreat Laurence Freeman will reflect on how Christ is formed in us and suggest ways to make meditation, reading and daily incarnational practices sources of nourishment for this emerging self.

AT A GLANCE

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

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	MOVEMENT AND MEDITATION Here and Now	Saturday 3	1.30pm – 5.00pm	13
	BONNEVAUX Healing the Broken Heart – Discovering Peace after Loss	Wednesday 7 – Sunday 11		19
	INTERFAITH A Celebration of Love: Mother Mary and the Way of True Being	Thursday 8	7.00pm – 9.00pm	11
	CONTEMPLATIVE ARTS Transformative Vision – Drawing Portraits and Hands	Saturday 24	10.30am – 4.00pm	5
OCTOBER	RETREAT WITH THE MYSTICS The Gospel of Love according to Julian of Norwich	Saturday 1	10.30am – 4.00pm	15
	AN INTRODUCTION TO MEDITATION IN THE CHRISTIAN TRADITION	Thursday 6	6.00pm – 7.00pm	3
	LAURENCE FREEMAN AT THE CENTRE This Emptiness, More Beautiful than Existence	Saturday 15	10.30am – 4.00pm	12
	RECOVERY AND ADDICTION The Spirituality of the 12 Steps	Thursday 20	6.30pm – 9.00pm	14
	CONTEMPLATIVE ARTS Opening the Heart: Poetry and Prose by Rumi and Gibran	Saturday 22	2.00pm and 7.30pm	6
	CONTEMPLATIVE ARTS Opening the Heart: Poetry and Prose by Rumi and Gibran	Sunday 23	12.30pm	6
CHILDREN Meditation with Children	Friday 28	10.30am – 11.30pm	4	
NOVEMBER	AN INTRODUCTION TO MEDITATION IN THE CHRISTIAN TRADITION	Thursday 3	6.00pm – 7.00pm	3
	CONTEMPLATIVE ARTS The Eye Did Not Waver ...	Saturday 5	7.00pm – 8.30pm	6
	CONTEMPLATIVE REFLECTIONS Signposts of Love, Authenticity & Meditation	Saturday 12	10.30am – 4.00pm	7
	BONNEVAUX John Main Seminar 2022 – Pre-seminar Retreat	Monday 14 – Thursday 17		20
	BONNEVAUX John Main Seminar 2022	Thursday 17 – Sunday 20		20
	ENVIRONMENT Breathing In, Breathing Out: What is Happening to Our Earth, Our Home	Thursday 17	9.00am – 11.00am	9
	CONTEMPLATIVE REFLECTIONS On Pilgrimage	Thursday 24	6.30pm – 9.00pm	8
SPIRITUAL GROWTH Experiment with Light for Advent	Saturday 26	10.30am – 4.00pm	16	
DECEMBER	HEALTH Breathing for Meditators	Thursday 1	9.00am – 10.00am	10
	AN INTRODUCTION TO MEDITATION IN THE CHRISTIAN TRADITION	Thursday 1	6.00pm – 7.00pm	3
	BONNEVAUX Advent Retreat	Tuesday 6 – Sunday 11		20
	HEALTH Breathing for Meditators	Thursday 8	9.00am – 10.00am	10
	HEALTH Breathing for Meditators	Thursday 15	9.00am – 10.00am	10
	LAURENCE FREEMAN AT THE CENTRE A Full Pillowcase	Saturday 17	10.30am – 4.00pm	12
HEALTH Breathing for Meditators	Thursday 22	9.00am – 10.00am	10	



WCCM

THE MEDITATIO CENTRE

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: 1182213