

The Meditatio Centre, London

Meditation and Community in the Heart of the City



WCCM



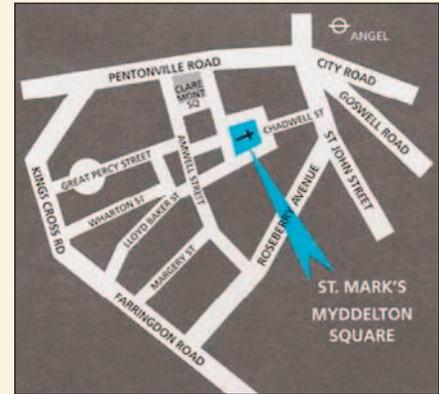
20
23 Programme

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: Please note that our events are now in person and online and some are online only. Do look at the information carefully before booking. The cost for each event is detailed in the programme.
Book online by visiting www.meditatiocentrelondon.org.
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 Instagram – #meditatiocentre



WELCOME TO THE MEDITATIO CENTRE

'Meditation and Community in the Heart of the City' for 10 years.

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. The theme for WCCM 2023 is **Metanoia: Let our Minds be Remade** and we hope that our programme will help you to reflect on this throughout the year.

We look forward to welcoming you to The Meditatio Centre in our 10th Anniversary Year and trust that you will find here much that will nourish and support you on your way.

CONTENTS

- 3 Daily and Regular Schedule
- 5 Contemplative Reflections
- 10 Health
- 13 Laurence Freeman at the Centre
- 14 Poetry
- 16 Retreat with the Mystics
- 22 Spiritual Growth
- 24 Workshops
- 26 Yoga & Meditation
- 27 Bonnevaux
- 28 Year "At a Glance"



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 26)

Wednesdays: 9.00 am – 10.15 am: Yoga Online (For details see page 26)
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

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. The group follows the path of meditation as taught by The World Community for Christian Meditation. If you are new to meditation, please call us (020 7278 2070). There is always an opportunity before and after to talk to one of us. Please note we also invite people to join online on Wednesdays.



ON BEGINNING MEDITATION

First Thursday of each month

6.00 pm – 7.00 pm

There is no cost for these evenings

Coffee and tea provided.

If you are interested in finding out more about what it means to become an Oblate, please join us at one of the days:

Saturday 11 February and

Saturday 2 September,

11.00 am – 4.00 pm. Please

contact oblates@wccm.uk for

more information.

Please join us on **Sunday 12 February, Sunday 11 June and Sunday 8 October from 11.00 am – 1.00 pm.**

Refreshments will be served afterwards.

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.



Contemplative Eucharist

In thanksgiving for 10 years, The Meditatio Centre is offering three Contemplative Eucharists in 2023. The Eucharists will be led by Fr Robin Burgess.

Fr Robin Burgess is a Catholic priest of Westminster Diocese living in the parish of Ealing Abbey, where John Main began his first meditation group.

METANOIA: LET YOUR MINDS BE
REMADE

Canon Patrick Woodhouse

Saturday 4 February

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

Cost £40 Concessions £20

Online £25

THAT MYSTERIOUS SILENCE – TEN
YEARS OF THE MEDITATIO CENTRE

Saturday 18 March

**2.00 pm – 8.00 pm at the
Centre and online**

**Suggested donation of £10 to
help towards the cost of the
celebration**

CONTEMPLATIVE REFLECTIONS

Metanoia: Let Your Minds be Remade

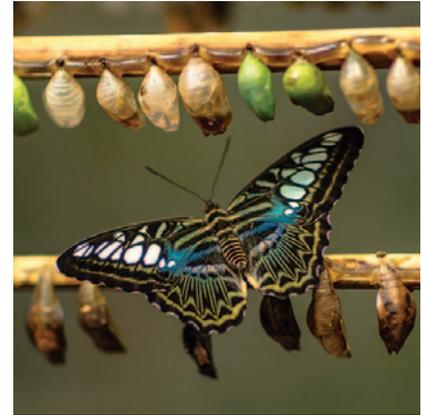
In his letter to the Romans, St Paul appeals to his readers “not to be conformed to this world, but to be transformed by the renewing of your minds.” In this day we shall explore what this extraordinarily radical challenge of metanoia means in the context of our very damaged and disturbing world, and how, through our practice, we may grow ever more deeply into it. Both the morning and afternoon sessions will begin with a period of meditation followed by a reflection on the theme followed by discussion and questions.

Patrick Woodhouse is an Anglican priest, and was formerly a Canon of Wells Cathedral. He is the author of several books including *Etty Hillesum, a Life Transformed* and *Life in the Psalms, Contemporary Meaning in Ancient Texts*; (both published by Bloomsbury). He lives with his wife Sam in Somerset.

That Mysterious Silence – Ten Years of the Meditatio Centre

Please join us to celebrate our tenth birthday with talks and music, food, and meditation. Meet friends old and new and let’s give thanks for all the Centre has shared over the years and all you have shared with it!

Guest speakers include **Brijji Waterfield, Prof Mark Burrows, Terry Doyle, Stefan Reynolds** and others will talk on the theme of That Mysterious Silence and what it means to them.



THE GOSPEL ACCORDING TO ZEN –
AN EXPLORATION

Jim Green

Saturday 13 May

10.30 am – 4.00 pm

Cost £40 Concessions £20

Online £25



The Gospel According to Zen – An Exploration

“Entering the forest he moves not the grass, Entering the water he makes not a ripple”
The Zenrin

“Split wood: I am there. Lift up the stone, and you will find me there”
Jesus in The Gospel of Thomas

Who is this? If we question Zen teachers we are asked, Who is asking? Jesus has a question too: And you. Who do you say I am?

In our time together we will reflect on the challenge and the invitation of both Jesus and the teachings of Zen. How do they speak to each other? How do they speak to us? Our attentive listening to such questions will offer us another invaluable chance to sit with the transformative question: Who am I? (And, by popular demand, the opportunity to play Zen Bingo will return.)

Jim Green is an oblate of The World Community for Christian Meditation and the author of *Giving Up Without Giving Up: Meditation and Depression* Bloomsbury 2019.



A LONDON PILGRIMAGE

Dr Rupert Sheldrake

Thursday 25 May

11.30 am at The Meditatio

Centre – 6.00 pm at

Westminster Abbey

**Cost £20 All proceeds will be
divided between the churches
we visit.**

**There are limited places
available on the Pilgrimage, so
please book ahead.**

A London Pilgrimage

Join us for a special London Pilgrimage on the feast day of St Bede, on which we will also be remembering Fr Bede Griffiths, a Benedictine monk whose ashram in South India was one of the inspirations for the founding of the WCCM, and who was Rupert Sheldrake's principal spiritual teacher.

Pilgrimage is a devotional practice. It is an inherently transient experience, removing the participant from his or her home environment and identity. Pilgrimages have long been a common feature of many world religions, including Christianity, Judaism, Islam, Buddhism, Hinduism, and Shinto.

We will start our urban Pilgrimage from The Meditatio Centre with a talk by Rupert and a simple lunch before heading off to the church of St Bartholomew the Great and then onto St Etheldreda's, Ely Place via St Andrew Holborn, the Temple Church, St Dunstan in the West, Cleopatra's Needle, on the Embankment, ending at Westminster Abbey for a choral evensong. We will meditate along the way and Rupert will talk to us about pilgrimage, saints and the history of these places of worship.

There will be approximately 2 hours walking time during the Pilgrimage. If you are not able to join for all the route, you may start with us and then meet at Westminster Abbey at 4.20 pm to finish together.

Dr Rupert Sheldrake is a biologist and author. 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, and lived for two years in the ashram of Fr Bede Griffiths in Tamil Nadu. 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. www.sheldrake.org.



CHRISTIAN MEDITATION AS
BEING AND PRAYER

Josie von Zitzewitz

Wednesday 5 July

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

Cost £20 Concessions £10

Online £12.50

THE ROLE OF MEDITATION IN A
JEWISH SPIRITUAL LIFE

Rabbi Yoel Glick

Wednesday 25 October

7.00 pm – 9.00 pm online

Cost £20 Concessions £10



Christian Meditation as Being and Prayer

This evening will explore how meditation leads us into the state of radical openness described in 1 Thessalonians 5: 16–18 as ‘praying without ceasing’ – and how a prayerful outlook helps us to become and remain fully ourselves in a world that often reduces life to quantifiable outcomes. Selected Russian writers will provide us with wisdom for the journey.

Josie von Zitzewitz has been meditating for over 20 years and is an oblate of the WCCM. She is an academic currently teaching Russian literature at Oxford University and the author of multiple publications on Russian poetry inspired by Christian ideas. She regularly gives retreat days for the WCCM.

The Role of Meditation in a Jewish Spiritual Life

Is meditation part of the Jewish religion? Is there a history of meditative and contemplative practices in the tradition? What purpose does meditation serve in a Jew’s approach to God?

In this talk, we will explore how Judaism uses meditation and contemplative practices to deepen the traditional prayers and rituals. We will explore the role of meditation in the Bible. We will discover how meditation provides a vehicle for building a personal relationship and a living connection with the divine.

Rabbi Yoel Glick is a teacher of Jewish mysticism, one of the pioneers of modern Jewish meditation, and a spiritual mentor who has been guiding seekers on the path for over thirty years. He is the director of *Daat Elyon*, an online Academy and in-person Center for Jewish meditation, spiritual wisdom and training in Jerusalem, Israel. He is the author of *Walking the Path of the Jewish Mystic: How to Expand your Awareness & Transform your Life*, *Living the Life of Jewish Meditation: A Comprehensive Guide to Practice & Experience* and *Seeking the Divine Presence: The Three Pillars of a Jewish Spiritual Life*.

THE GIFTED IMAGINATION

John Bell

Saturday 4 November

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

Cost £40 Concessions £20

Online £25



**WHY DID GOD BECOME HUMAN?
RENEWING OUR UNDERSTANDING
OF THE “REASON FOR THE
SEASON”**

Daniel Horan OFM, PhD

Saturday 9 December

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

Cost £40 Concessions £20

Online £25

The Gifted Imagination

The term ‘imagination’ gets a mixed press, seen by some as an escape, a distraction or a dark hole. This eclipses the undoubted significance of the imagination in everything from medical research to writing fiction. It has also a major role to play in the development of faith, not only because a substantial part of Scripture is imaginative writing (prophecies, parables etc), but also because the imagination helps us to unlock depths of meaning which the intellect cannot offer. In addition to this, meditation often engages us in moving beyond the confines of the known in order to discover truths and affirmation which have been evading us.

John Bell is an ordained minister of the Church of Scotland and a member of the Iona Community. He is a hymn writer, author and lecturer who works across the globe. One of his primary passions is to enable lay people to own their worth. He is based in Glasgow where he grows potatoes in his front garden.

Why Did God Become Human? Renewing our Understanding of the “Reason for the Season”

The theme for this day invites us to reflect on the meaning of the Incarnation, of God’s choice not only to be ‘God For Us,’ but also ‘God With Us’ (Emmanuel) In keeping with the theme of ‘Metanoia: Let our Minds be Remade’, this presentation is an opportunity to develop a spirituality of ongoing conversion, especially during the season of Advent. At a time when it can be difficult to see the light of Christ in our communities and world, a renewed understanding of the Incarnation offers us spiritual inspiration and hope.

Daniel P. Horan, OFM, PhD is Professor of Philosophy, Religious Studies and Theology and Director of the Center for Spirituality at Saint Mary’s College in Notre Dame, Indiana. He is author of numerous books, his latest being *Striving Toward Authenticity: Engaging Thomas Merton on Race, Justice, and Spirituality*, due out in Autumn 2023.

PRAYER AND THE MBTI – WHY DO WE PRAY AS WE DO?

Sue Wilson

Saturday 18 February

10.30 am – 4.00 pm at the Centre

Cost £40 Concessions £20



HEALTH

Prayer and the MBTI – why do we pray as we do?

Have you ever wondered why we prefer to pray in different ways to other people?

Each one of us is born with different gifts in our personalities, with unique imprints of how we prefer to use our minds, values and feelings in our everyday lives. So, by knowing ourselves a little better each day, we are able to make more informed choices, understand those around us better and to be authentic.

Carl Jung on researching the personality, divided our waking times into 2 simple mental activities, finding out information and then making decisions. A mother and daughter team Katharine Briggs and Isabel Myers translated his theory into simple language which became the Myers Briggs Type Indicator (MBTI)

The day will include time for individual reflection, conversation in groups and some input from Sue. Handouts will be included for you to reflect on and explore different ways of finding God in all things in daily life.

Sue Wilson has been a Spiritual Director for 25 years. She works with groups, Spiritual Directors, church groups and anyone who is searching for peace of mind through understanding the gifts of their own personality better.



LIVING AND MEDITATING WITH
PERSISTENT PAIN

Chris Hurley

Saturday 1 April

**1.30 pm – 5.00 pm at the
Centre**

Cost £30 Concessions £15

Refreshments will be available

**Please wear loose and
comfortable clothing**

CAPACITAR TECHNIQUE
WORKSHOP

Denise Treissman

Saturday 7 October

**10.30 am – 4.00 pm at the
Centre**

Cost £40 Concessions £20



Living and Meditating with Persistent Pain

We will look at a modern scientific understanding of chronic pain. Then we will consider how these insights can be applied in everyday life and how as meditators we might adapt our sitting practice. The day will consist of some talking and listening, some meditation and some gentle movements done from a chair or standing. You will not be asked to do anything which you are not happy to do.

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.

Capacitar Technique Workshop

The word Capacitar is Spanish and means to empower, encourage and bring each other to life. At this workshop we will be introduced to some easy-to-learn, easy-to-use holistic practices drawn both from ancient cultures and current research. Capacitar International, a non-profit organisation, has field-tested and evaluated these practices with thousands of people for more than 30 years, empowering individuals and communities to heal and grow, in over forty countries on five continents.

Research has shown the positive effect that these practices have on people's emotional, mental, physical and spiritual states, encouraging self-care, and enabling people to discover a sense of peace and wellness. Practices include Tai Chi and body movement, visualization and breathwork, Fingerholds for managing emotions, Emotional Freedom Tapping and Acupressure, done to music and in quiet.

Denise Treissman has taught Meditation for over twenty years and Capacitar Wellness Practices for eight years. She is a member of the Capacitar UK training team and has taught Capacitar to Mediators, Clergy, Counsellors, Red Cross and Cruse Volunteers, Nurses and people working with refugees.

BREATHING FOR MEDITATORS IN
ADVENT

Lucy Barnes

**Thursday 30 November and
7, 14, 21 December**

9.00 am – 10.00 am Online

No cost but donations welcome

Breathing for Meditators in Advent

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 e. meditatio@wccm.org

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



METANOIA: HOW TO ACCEPT REALITY

Laurence Freeman OSB

Wednesday 17 May

6.30 pm – 9.00pm at the Centre and Online

Cost £20 Concessions £10

Online £12.50

THE JOURNEY OF CONSCIOUSNESS

Laurence Freeman OSB

Saturday 14 October

10.30 am – 4.00pm at the Centre and Online

Cost £40 Concessions £20

Online £25

HOW THE BIRTH OF JESUS CHANGED HUMAN CONSCIOUSNESS FOREVER

Laurence Freeman OSB

Saturday 16 December

10.30 am – 4.00pm at the Centre and Online

Cost £40 Concessions £20

Online £25

LAURENCE FREEMAN AT THE CENTRE

Metanoia: How to Accept Reality

It's often hard to change our mind once we've made it up: on Brexit, God or how to grow spiritually. In this talk Laurence Freeman will suggest that change is not only necessary but inevitable simply because we are mortal and always changing – something to recognise and rejoice in. The question is 'how to overcome our resistance to the inevitable'?

The Journey of Consciousness

When was your first really conscious moment? Whenever it was, it began a journey from narrow self-consciousness to Christ-God-consciousness. In this day of teaching Laurence will describe the stages we pass through on this journey of awakening.

How the Birth of Jesus Changed Human Consciousness Forever

The birth, life, teaching, death and Resurrection of Jesus awakened human nature in a definitive way once and for all. We discover this firstly at the personal level but then at the unified human level – because our identity is far more than what the individual ego can cling to. Spiritual awakening and growth is recognising how we have divine potential.

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.



THE “YOU” OF PRAYER; THE
“YOU” OF POETRY
Pádraig Ó Tuama
Thursday 29 June
6.30 pm – 9.00 pm at the
Centre and Online
Cost £20 Concessions £10
Online £12.50

TS ELIOT AND KATHLEEN RAINE:
TWO CONTEMPLATIVE POETS
Grevel Lindop
Saturday 9 September
10.30 am – 4.00 pm at the
Centre and Online
Cost £40 Concessions £20
Online £25

POETRY

The “You” of Prayer; the “You” of Poetry

Most prayers address a “you”, and many poems do too. Join poet Pádraig Ó Tuama as he explores prayers and poems from across traditions and topics through the lens of the lyric address – the “you” at the heart of this most intimate of conversations.

Pádraig Ó Tuama is a poet and a theologian whose work has been featured on the BBC, RTÉ, NPR and other national broadcasters. He presents the popular podcast *Poetry Unbound* from On Being studios. His latest books include *Feed the Beast* (Poetry Pamphlet) Forthcoming, Broken Sleep Books, December 2022, *Poetry Unbound: 50 Poems to Open Your World*.



TS Eliot and Kathleen Raine: Two Contemplative Poets

Amid the chaos of the twentieth century, two poets found their own spiritual paths. T.S. Eliot’s quest led him through the ‘Waste Land’ left by the First World War to the timeless, meditative calm of ‘Four Quartets’. Kathleen Raine found insight and tranquility in contemplating nature: both science and Eastern philosophy enriched her journey. Their poems allow us to share two very modern spiritual quests.

Grevel Lindop is a poet, critic, essayist, 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 is currently writing a book about WB Yeats. <https://grevel.co.uk/>

CELEBRATING 100 YEARS OF THE
PROPHET

Lennie Charles

Saturday 21 October

2.00 pm and 7.00 pm at the

Centre

Cost £20 Concessions £10



Celebrating 100 Years of the Prophet

Kahlil Gibran's *The Prophet* is a hugely influential philosophical work of prose poetry – an inspirational, allegorical guide to living. It is one of the world's most read books and one that many have turned to in critical moments of their lives. Join us either in the afternoon or evening for this special performance celebrating 100 years of the publication with prose, poetry and music, woven with biographical details about Gibran's life.

Lennie Charles is a Classical and Middle Eastern multi-instrumentalist and 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.

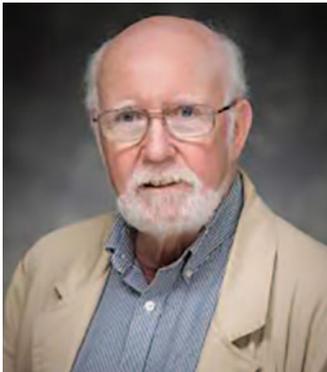
WHAT IS MODERN MYSTICISM?

Prof Bernard McGinn

Thursday 26 January

7.00 pm – 8.30 pm Online

Cost £20 Concessions £10

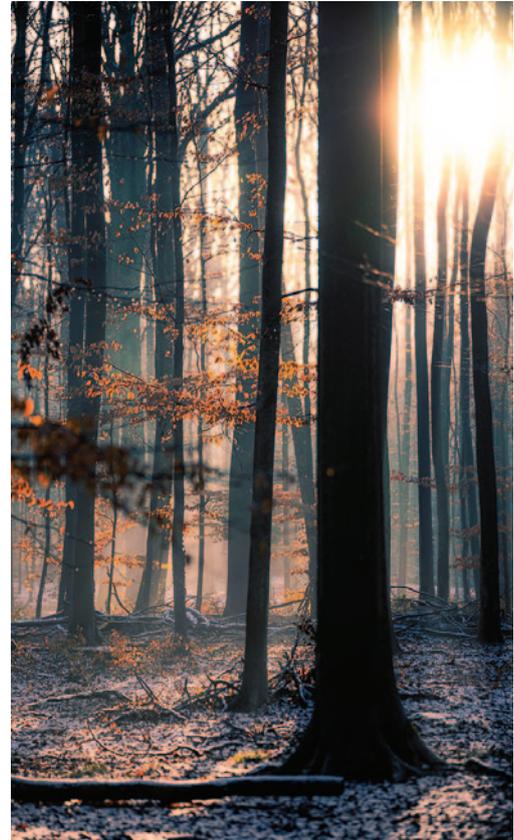


RETREAT WITH THE MYSTICS

What is Modern Mysticism?

What is modern mysticism? How are modern mystics different from classic Christian mystics of the period up to 1700? Taking modern mysticism as the period stretching from the end of the 19th century down to the present, this talk explores the nature of mysticism in general and how mystics of this period, despite many differences, still continue many of the themes of classic mysticism. It also analyzes some of the distinctive teachings of select modern mystics.

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.



GOING TO GROUND: SEEKING
HEALING FROM SUFFERING

Dr Rebecca Stephens

Saturday 4 March

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

Cost £40 Concessions £20

Online £25



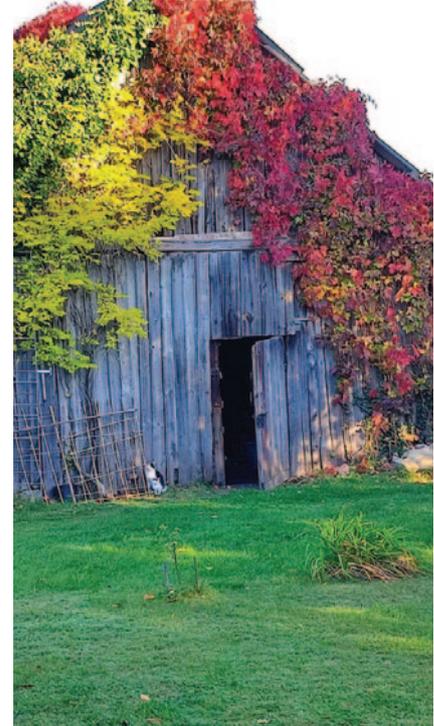
Going to Ground: Seeking Healing from Suffering

Our word for that pain which is experienced consciously is ‘suffering’, and its injustice and resistance to logic can be enough to send faith flying.

As the Biblical story of Job demonstrates, suffering often powerfully brings home to us our attachment to ourselves and what we believe we deserve. Eckhart’s doctrine of *abgeschiedenheit* however offers those who suffer an alternative to anger or atheism; because the detached soul, living ‘without a why’, is able to transcend suffering’s ‘why me?’. In detachment we neither over-identify with our pain, nor deny it; rather, we are present to it and accept it.

This day will combine exploration of Eckhart’s teachings on suffering with discussion and practical demonstration of the work of Ursula Fleming, founder of the Eckhart Society who worked in the field of pain control.

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*. She is a working yoga teacher, who trained in Yin Yoga with the renowned Bernie Clark.



EVAGRIUS OF PONTUS – TEACHER
OF METANOIA AND MINDFULNESS

Kim Nataraja

Saturday 15 April

2.00 pm – 5.30 pm Online

Cost £25 Concessions £15



Evagrius of Pontus – Teacher of Metanoia and Mindfulness

From an early age Evagrius (CE 346–99) was influenced by the Cappadocian Fathers St Basil, St Gregory of Nyssa and Gregory of Nazianzus. He was very attracted to the stimulating intellectual life of Constantinople. He was handsome, cultured and a brilliant orator. He left Constantinople for romantic reasons and ended up in the Egyptian Desert with the Desert Fathers and Mothers.

There he became one of the most influential of the Desert Fathers. Because of his experience in the world and his spiritual practice in the Desert he had a profound psychological understanding into the workings of the human mind. Dr C G Jung would have been proud to call him a colleague. He was especially known – apart from his advice on prayer – for his teaching on ‘Watching the Thoughts’ and ‘Purifying the Emotions’. He is in fact the first Christian Mindfulness teacher.

During this afternoon we will meditate together and look at his helpful advice. There will be breaks to reflect about, what you heard, and possibilities to ask questions.

Kim Nataraja is a retired College Lecturer and Head of Department of Modern Languages. Her books include *Dancing with Your Shadow*, 2007, *Journey to the Heart* 2011, *Sharing the Gift* 2013, *Food for the Journey* 2014 and *The transformative experience of Meditation* 2019. She now leads retreats and teaches online.



CARL JUNG AND THE MYSTICAL
DIMENSION OF THE PSYCHE

Sr Marie Claude Teer

Thursday 22 June

6.30 pm – 9.00 pm at the

Centre and Online

Cost £25 Concessions £15

Online £12.50

Carl Jung and the Mystical Dimension of the Psyche

Jung's understanding of religion as based on personal experience of the God within, was made evident in a 1959 BBC interview in which John Freeman asked Jung if he believed in God, to which Jung replied, "I don't need to believe... I know." This talk will explore Jung's relationship to religious experience, the mystical or, what Jung refers to as, the numinous.

Sr. Marie Claude Teer is a member of the Canonesses of St. Augustine, Congregation of Our Lady. She is a graduate of SOAS, University of London, and has an MA in Indian Philosophy. She is a graduate of the Guild of Analytical Psychologists and has a private practice in South West London where she lives.



VULNERABLE US, AND THE
VULNERABLE AMONG US: ST
FRANCIS FOR SPIRITUALLY
ENGAGED PEOPLE

Jon M Sweeney

Wednesday 6 September

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

**Cost £20 Concessions £15
Online £12.50**

THOMAS MERTON AND THE
TRANSFORMATIVE POWER OF LOVE

Sophronia Scott

Saturday 30 September

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

**Cost £40 Concessions £20
Online £25**



Vulnerable Us, and the Vulnerable Among Us: St Francis for Spiritually Engaged People

Our spiritual work is important. However it can be easy to lose sight of caring for ourselves in the midst of its demands. We must learn that it is okay to feel scared and vulnerable because we can help others by starting from our own vulnerability.

Jon will look at this using examples from the life of Francis of Assisi.

Jon M Sweeney is the author of forty books including *The Complete Francis of Assisi* and *Feed the Wolf*, a work of Franciscan spirituality. Jon is married to a congregational rabbi; together they codirect The Lux Center for Catholic-Jewish Studies at Sacred Heart Seminary and School of Theology in Wisconsin. He is currently an editor for Orbis Books.

Thomas Merton and the Transformative Power of Love

“To say that I am made in the image of God is to say that love is the reason for my existence, for God is love.”
Thomas Merton

The Merton who lived as a contemplative monk studying, writing, and praying was also a man who could be impatient, rambunctious, charming, deceptive, in pain and, yes, in love. In other words, he was completely human and in the vulnerability of that messy humanity he most felt the grace of God. How do we make this connection and sense God’s love for us? How do earthly and spiritual love fit together? We will consider these questions during our time together.

Sophronia Scott is a novelist, essayist, and leading contemplative thinker. Her book *The Seeker and the Monk: Everyday Conversations with Thomas Merton* won the 2021 Thomas Merton “Louie” Award from the International Thomas Merton Society. Sophronia has taught at Regis University’s Mile High MFA and Bay Path University’s MFA in Creative Nonfiction. She is currently the director of, a low-residency graduate program based in Alma, Michigan. Sophronia lives in Sandy Hook, Connecticut.

GENTLY INTO THAT GOOD NIGHT:
LESSONS FROM JOHN OF THE
CROSS FOR TODAY

Prof Peter Tyler

Saturday 18 November

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

Cost £40 Concessions £20

Online £25

Gently Into That Good Night: Lessons from John of the Cross for Today

Amongst Christian theologians and mystics St John of the Cross (1542–1591) is probably one of the most misunderstood (and misquoted). Rather than presenting the spiritual journey as a ‘gloomy dark night’ he wants to invite us into the mysteries and ecstasies that await our journey of the soul. In our day together Prof. Peter Tyler will introduce the saint and some of the key elements of his spiritual teaching.

Prof Peter Tyler is Professor of Pastoral Theology and Spirituality and Director of the Centre for Initiatives in Spirituality and Reconciliation at St Mary’s University. He has written extensively on the Spanish mystics, his most recent books including: *John of the Cross: Carmel, Desire and Transformation* (Routledge, 2024), *The Living Philosophy of Edith Stein* (Bloomsbury, 2023) and *The Spanish Mystics: Ecstasy and Communion* (WISE, 2022).



MEDITATION IN THE CHRISTIAN
TRADITION – A TASTER FOR
TEACHERS

**Pat Hay, Tim Cullen and Gilly
Withers**

Wednesday 15 February

Wednesday 19 April

7.00 pm – 7.45 pm Online

No charge

SPIRITUAL GROWTH

Meditation in the Christian Tradition – a Taster for Teachers

These evenings online are especially formulated for teachers of children of any school age to give an insight into how the regular practice of meditation can help you withstand the pressures of daily life in school today. There will be a short period of meditation and then the sharing of experience. Finally, we will look briefly at research into the physical, mental and spiritual benefits of meditation. The dates ‘top and tail’ the Six Week Introductory Course which we encourage you to join (for information see below).



Pat Hay worked as a teacher and then as an Educational Psychologist for many years. She is an Oblate of the WCCM.

Tim Cullen is a retired teacher of Primary and Secondary children.

Gilly Withers retired after 45 years as a secondary school teacher. She is a Benedictine Oblate of the WCCM Community.

MEDITATION IN THE CHRISTIAN
TRADITION – A SIX WEEK
INTRODUCTORY COURSE

**Tina Jefferies and Revd Chris
Blanchard**

**Wednesdays 1, 8, 15, 22, 29
March and 5 April**

**7.00 pm – 8.30 pm Online
Cost £25 for the course**

Meditation in the Christian Tradition – 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.

Canon Chris Blanchard has worked for many years in parish ministry. He has led numerous courses, both online and in the Ross Parishes. He has hosted WCCM Meditation groups for the past four years. He has developed a deep interest in the power of contemplative prayer in everyday life.

Tina Jefferies has led a WCCM meditation group for over four years. As an adult teacher who values meditation and contemplation as essential to life, she shares the message by providing contemplative days and retreats in rural Herefordshire.



LABYRINTH FOR PEACE
Dr Martin Garsed
Thursday 23 February
6.30 pm – 9.00 pm at the
Centre
Cost £20 Concessions £10

DRAWING STILLNESS
Ali Shipton
Friday 28 April
10.30 am – 4.00 pm at the
Centre
Cost £40 Concessions £20

SPIRITUAL DIRECTION
Lynne Galloway
Thursday 15 June
6.30 pm – 8.30 pm at the Centre
Cost £10

WORKSHOPS

Labyrinth for Peace

The “Labyrinth” is an ancient universal symbolic path. It is also used as a spiritual tool to draw closer to God. Using a labyrinth involves moving one's body and opening one's heart. On the anniversary of the invasion of Ukraine we are offering this evening to walk the labyrinth as a prayer for peace.

Dr Martin Garsed 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.

Drawing Stillness

A day's workshop to discover and interpret a still life through drawing. We draw to see. The more we draw, the more we see, and the more we see, the more we can express. We'll experiment with different ways of drawing and different materials.

Alison Shipton has been a teacher of art in Higher, Further and Adult education since the 1980s. A practicing artist who has exhibited widely both on group and solo shows. Graduated from Glasgow School of Art (1968), and Goldsmith's (1969).



Spiritual Direction

A practical evening to introduce spiritual direction.

Lynne Galloway was a religious sister for 23 years. She then became the Director of Spirituality at the Mount Street Jesuit Centre is currently on the team of the three-year Spiritual Direction training course now being held at the London Jesuit Centre.

'SIT ZAZEN WHOLEHEARTEDLY ...
LETTING ALL THINGS GO.'

Chris Collingwood

Saturday 15 July

10.30 am – 4.00 pm at the

Centre

Cost £40 Concessions £20

STILL LIFE COLLAGE

Emma Douglas

Friday 24 November

10.30 am – 4.00 pm at the

Centre

Cost £40 Concessions £20

'Sit Zazen Wholeheartedly ... letting all things go.'

These words Zen Master Dogen (1200–1253) to his monks, in a lecture entitled 'Bendowa' or 'The Wholehearted Way', will provide the basis for this day of meditation and exploration of the practice of meditation.

We all come to meditation via a variety of routes and for different reasons, but when we eventually begin to engage in this simple practice, whether in the Christian or Zen traditions or in any other, we discover that its deceptive simplicity gradually unmasks us and requires just to 'show up' and 'let go.' This day will explore what's involved in this.

There will be times of sitting meditation, as well as talks and other activities, including kinhin (walking meditation) and some simple bodywork based on Tai Chi warm-up exercises, intended to help free up the energy and let it flow.

Chris Collingwood is an Anglican priest and is Canon Emeritus of York Minster. He is also a Zen teacher in the White Plum Asanga, an international association of Zen teachers founded in the USA in the lineage of Taizan Maezumi R shi. Chris leads the UK-based Wild Goose Zen Sangha. Chris is the author of *Zen Wisdom for Christians* (2019).'

Still Life Collage

A workshop focusing on still life. The morning will be spent drawing and the afternoon will be spent working with different materials to create a beautiful still life collage. As always, meditation will be part of the day – along with gentle community and being together getting to know each other and ourselves in the beautiful space of the Centre.

Emma Douglas is a London based artist working in many types of media.
www.emmadouglas.com



LUCY BARNES YOGA AND
MEDITATION WEEKLY SCHEDULE
2023

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

Cost for Monday yoga: £18 per
class when booking for 6 week
blocks.

Cost for Wednesdays online
class: £12 drop-in

Concessions available. Please
ask.

YOGA & MEDITATION

Lucy Barnes YOGA and MEDITATION WEEKLY SCHEDULE 2023

Monday: **in-person** 7.00 pm – 9.00 pm Meditation followed by yoga class
Wednesday: **online** 9.00 am – 10.15 am Yoga

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: 9 January – 31 March (half term 13 – 17 February)
17 April – 14 July (half term 29 May – 2 June)
11 September – 15 December (half term 23 – 28 October)

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 Tai Chi, also Egyptian Dance. 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	ON BEGINNING MEDITATION	Thursday 5	6.00pm – 7.00pm	4
	RETREAT WITH THE MYSTICS What is Modern Mysticism?	Thursday 26	7.00pm – 8.30pm	16
FEBRUARY	ON BEGINNING MEDITATION	Thursday 2	6.00pm – 7.00pm	4
	CONTEMPLATIVE REFLECTIONS Metanoia: Let Your Minds be Remade	Saturday 4	10.30am – 4.00pm	5
	OBLATE DAY	Saturday 11	11.00am – 4.00pm	4
	CONTEMPLATIVE EUCHARIST	Sunday 12	11.00am – 1.00pm	4
	SPIRITUAL GROWTH Meditation in the Christian Tradition – A Taster for Teachers	Wednesday 15	7.00pm – 7.45pm	22
	HEALTH Prayer and the MBTI – why do we pray as we do?	Saturday 18	10.30am – 4.00pm	10
	WORKSHOP Labyrinth for Peace	Thursday 23	6.30pm – 9.00pm	24
MARCH	SPIRITUAL GROWTH Meditation in the Christian Tradition – A Six Week Introductory Course	Wednesdays 1, 8, 15, 22, 29	7.00pm – 8.30pm	23
	ON BEGINNING MEDITATION	Thursday 2	6.00pm – 7.00pm	4
	RETREAT WITH THE MYSTICS Going to Ground: Seeking Healing from Suffering	Saturday 4	10.30am – 4.00pm	17
	CONTEMPLATIVE REFLECTIONS That Mysterious Silence – Ten Years of the Meditatio Centre	Saturday 18	2.00pm – 8.00pm	5
APRIL	HEALTH Living and Meditating with Persistent Pain	Saturday 1	1.30pm – 5.00pm	11
	SPIRITUAL GROWTH Meditation in the Christian Tradition – A Six Week Introductory Course	Wednesday 5	7.00pm – 8.30pm	23
	ON BEGINNING MEDITATION	Thursday 6	6.00pm – 7.00pm	4
	RETREAT WITH THE MYSTICS Evagrius of Pontus – Teacher of Metanoia and Mindfulness	Saturday 15	2.00pm – 5.30pm	18
	SPIRITUAL GROWTH Meditation in the Christian Tradition – A Taster for Teachers	Wednesday 19	7.00pm – 7.45pm	22
	WORKSHOP Drawing Stillness	Friday 28	10.30am – 4.00pm	24
MAY	ON BEGINNING MEDITATION	Thursday 1	6.00pm – 7.00pm	4
	CONTEMPLATIVE REFLECTIONS The Gospel According to Zen – An Exploration	Saturday 13	10.30am – 4.00pm	6
	LAURENCE FREEMAN AT THE CENTRE Metanoia: How to Accept Reality	Wednesday 17	6.30pm – 9.00pm	13
	A LONDON PILGRIMAGE WITH RUPERT SHELDRAKE	Thursday 25	11.30am – 6.00pm	7
JUNE	ON BEGINNING MEDITATION	Thursday 4	6.00pm – 7.00pm	4
	CONTEMPLATIVE EUCHARIST	Sunday 12	11.00am – 4.00pm	4
	WORKSHOP Spiritual Direction	Thursday 15	6.30pm – 8.30pm	24
	RETREAT WITH THE MYSTICS Carl Jung and the Mystical Dimension of the Psyche	Thursday 22	6.30pm – 9.00pm	19
	POETRY The “You” of Prayer, the “You” of Poetry	Thursday 29	6.30pm – 9.00pm	14

AT A GLANCE

Month	Series and Title	Date	Time	Page
JULY	CONTEMPLATIVE REFLECTIONS Christian Meditation as Being and Prayer	Wednesday 5	6.30pm – 9.00pm	8
	ON BEGINNING MEDITATION	Thursday 6	6.00pm – 7.00pm	4
	WORKSHOP 'Sit Zazen Wholeheartedly ... letting all things go'	Saturday 15	10.30am – 4.00pm	25
AUGUST	CLOSED			
SEPTEMBER	OBLATE DAY	Saturday 2	11.00am – 4.00pm	4
	RETREAT WITH THE MYSTICS Vulnerable Us, and the Vulnerable Among Us	Wednesday 6	6.30pm – 9.00pm	20
	ON BEGINNING MEDITATION	Thursday 7	6.00pm – 7.00pm	4
	POETRY TS Eliot and Kathleen Raine: Two Contemplative Poets	Saturday 9	10.30am – 4.00pm	14
	RETREAT WITH THE MYSTICS Thomas Merton and the Transformative Power of Love	Saturday 30	10.30am – 4.00pm	20
OCTOBER	ON BEGINNING MEDITATION	Thursday 5	6.00pm – 7.00pm	4
	HEALTH Capacitar Technique Workshop	Saturday 7	10.30am – 4.00pm	11
	CONTEMPLATIVE EUCHARIST	Sunday 8	11.00am – 4.00pm	4
	LAURENCE FREEMAN AT THE CENTRE The Journey of Consciousness	Saturday 14	10.30am – 4.00pm	13
	POETRY Celebrating 100 Years of the Prophet	Saturday 21	2.00pm and 7.00pm	15
	CONTEMPLATIVE REFLECTIONS The Role of Meditation in a Jewish Spiritual Life	Wednesday 25	7.00pm – 9.00pm	8
NOVEMBER	ON BEGINNING MEDITATION	Thursday 2	6.00pm – 7.00pm	4
	CONTEMPLATIVE REFLECTIONS The Gifted Imagination	Saturday 4	10.30am – 4.00pm	9
	RETREAT WITH THE MYSTICS Gently Into That Good Night: Lessons from John of the Cross for Today	Saturday 18	10.30am – 4.00pm	21
	WORKSHOP Still Life Collage	Friday 24	10.30am – 4.00pm	25
	HEALTH Breathing for Meditators in Advent	Thursday 30	9.00am – 10.00am	12
DECEMBER	HEALTH Breathing for Meditators in Advent	Thursdays 7, 14, 21	9.00am – 10.00am	12
	ON BEGINNING MEDITATION	Thursday 7	6.00pm – 7.00pm	4
	CONTEMPLATIVE REFLECTIONS Why Did God Become Human? Renewing our Understanding of the "Reason for the Season"	Saturday 9	10.30am – 4.00pm	9
	LAURENCE FREEMAN AT THE CENTRE How the Birth of Jesus Changed Human Consciousness Forever	Saturday 16	10.30am – 4.00pm	13



WCCM

THE MEDITATIO CENTRE

The World Community for Christian Meditation

The Meditatio Centre

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