WCCM
THE MEDITATIO CENTRE



THE MEDITATIO CENTRE PROGRAMME 2027

Welcome!

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 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.
wccm.org

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.

Contents

Welcome	2
Daily and Regular Schedule	3
Learn to Meditate	4
Movement and Meditation	5
Silent Saturdays	6
Events at the Centre	7
WCCM Online	14
Bonnevaux	15
Contact Us	16

Daily and Regular Schedule

Meditation through the week at the Centre

Monday - Thursday
1.00 pm - 1.30 pm
No cost. All welcome.

This lunchtime meditation group meets Monday – Thursday at The Meditatio Centre. We welcome people from any tradition or none to join us in this silent meditation. The group follows the path of meditation as taught by The World Community for Christian Meditation. If you are new to meditation and would like to find out more about meditation please email kate@wccm.org or come 15 minutes before the start of the session to talk to us about it.

Monday evening
7.00 - 7.30 pm

Meditation with Lucy Barnes
Stay on for yoga if you would like to.

Wednesday
1.00 - 1.30 pm

Online meditation.
Meeting ID: 452 619 517
Password: wedmed

Meditate in Lent 2027

Wednesdays in Lent
7.30 - 8.00 am

Early morning meditation every Wednesday through Lent.
10 February – 17 March 2027

Other meditation groups at the Centre

Tuesdays

London Jizo Zen Group
mark@londonjizozencentre.org

Fridays

The Threshold Society
thresholdsociety@yahoo.com

Learn to Meditate

We are offering two four-week Learning to Meditate courses in 2027

Wednesday 14, 21, 28 April, 5 May
6.30 - 8.00 pm

Wednesday 6, 13, 20, 27 October
6.30 - 8.00 pm

Free and open to all

These sessions are designed to help anyone who wants to learn to meditate. Maybe you're starting from scratch or you've done some meditation before in a different tradition. The sessions are free and open to all.
Each session lasts for one hour and includes a talk, meditation session, and sharing. We offer refreshments afterwards for those who would like to stay.



Movement & Meditation



Lucy Barnes Yoga Classes

Join Lucy for gentle Hatha yoga classes focusing on natural movement, integration and breathing, as a support for daily life and for meditation.
No previous experience necessary.
Mats and equipment provided.

Mondays 7.30 - 9.00 pm	£18 per class to drop-in and concessions are available.
Wednesdays 10.00 - 11.15 am	£15 per class to drop-in and concessions are available.

Contact Lucy Barnes on lucybarnesyoga@icloud.com

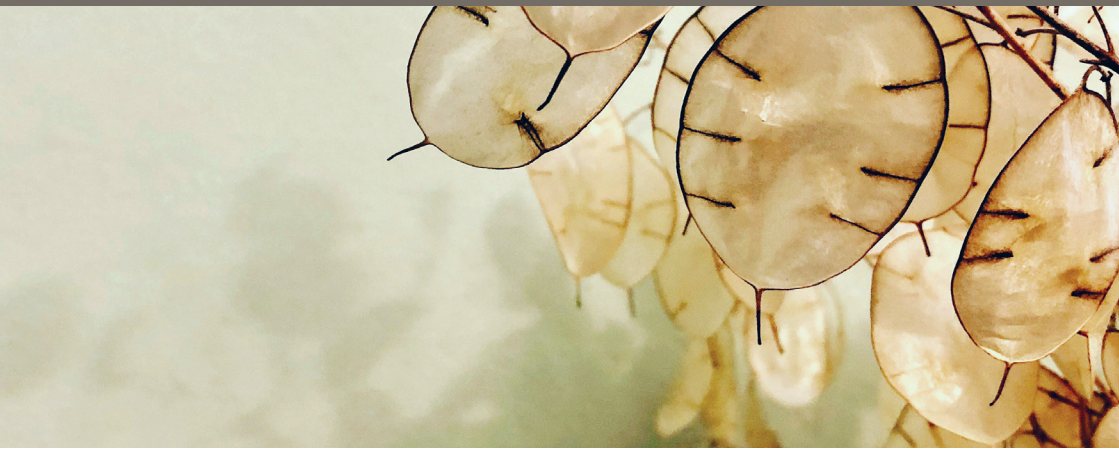
Wisdom Embodied | Thursday Morning Yoga – Rolf Movement™ Classes with Giovanni Felicioni

A regular opportunity to deepen your yoga practice, explore movement with greater awareness.

Thursdays 10:00 - 11:30 am	Yoga–Rolf Movement™ Drop-in class: £20 Term booking (5 classes): £90 (£18 per class — saving £10)
11:30 - 12:00 noon	Optional Meditation

Before each class, consult rolfing-yoga.com/3334-2/
or email gravity@rolfing-yoga.com

Silent Saturdays



The first Saturday of every month

11.00 am - 3.00 pm

6 February,
6 March,
3 April,
1 May,
5 June,
3 July,
4 September,
2 October,
6 November,
4 December

No cost.
All Welcome.

We invite you to a series of Saturdays, beginning on 6 February, especially to support your meditation practice but also to offer a time of community and friendship. A retreat into a silent space, in company.

> *"It is a most important priority for every one of us, to allow our spirit two things: first, the deepest possible contact with the Life Source and then, as a result of that contact, to allow our spirit space within which to expand."*
>
> **John Main OSB**

Each Saturday, the first of the month, will be formed by 3 periods of meditation and time to be silent; to read, draw, journal or simply be with others.

> *"This is the test of silence, that it brings us to peace with ourselves and with others. And in this work of silence, our true self emerges."*
>
> **Laurence Freeman OSB**

Refreshments are provided through the day. Please bring your own lunch

Events at the Centre



All our events include the opportunity to meditate

February

Saturday 13 February
10.30 am - 4.00 pm
£40/£20

EPIPHANY!
A day of live music with classically trained musicians - encountering God beyond words. To find out more about this project: epiphanymusic.org.uk

March

Saturday 13 March
10.30 am - 4.00 pm
£40/£20
At the centre and online

Take my Yoga: The Wisdom of Yoga for Christians and Seekers
With Ian John Spencer.
Ian John Spencer is an ordained Anglican and Zen practitioner. Ian is also trained as a yoga teacher.

Saturday 20 March
10.30 am - 4.00 pm
£40/£20/£25
At the centre and online

Identity Regeneration in the Age of AI: Talk 1
With John Niland. The second talk is on 24 July.
John Niland is a regular speaker at professional conferences, a podcast host and author of several books on self-worth.

Saturday 27 March
4.00 - 6.00 pm
£20/£10

Awaiting with Rumi and friends
A conclusion to Holy Saturday vigil.
Lennie Charles presents Rumi in Urdu, Farsi and English with live music.
See page 8 for vigil details. .



Easter at the Centre

The Deep Rhythm:
Death, Resurrection and Renewal

An Easter Vigil

We are offering a quiet space at The Meditatio Centre for Easter 2027. These three special sessions will hold times of contemplative silence, teaching on meditation and prayer.
We will use the texts of John Main and the four Gospels to look at how meditation and the story of Easter can help us to understand the rhythm of letting go, being with and resurrection in our lives, whether we follow a religious path, or not.

Good Friday 26 March
11.00 am – 3.00 pm

Holy Saturday 27 March
11.00 am – 3.00 pm followed by an hour of music

Easter Sunday 28 March
11.00 am – 1.00 pm
£20.00

Kate Middleton is part of the WCCM community and has worked at The Meditatio Centre in London since it began. She says "learning to meditate has been of huge importance on my faith journey. Silence has expanded my understanding of God and myself and continues to deepen and support my life experience."

April

Wednesday 7 April
6.30 - 9.00 pm
£20/£10/£15
at the centre and online

Secrets of the Journey:
The Path of Kabbalistic Psychology

With Prof B. Les Lancaster.

Les Lancaster is Co-Founder and Co-Director of the Sacred Science Circle. He is Emeritus Professor of Transpersonal Psychology at Liverpool John Moores University (LJMU).

Saturday 17 April
10.30 am - 4.00 pm
£40/£20/£25
At the centre and online

The Wisdom of Mystics 1: Meister Eckhart

With Mark S Burrows & Dr Rebecca Stephens.

Two brilliant Eckhartian theologians join us for an extraordinary day.

Friday 23 April
10.30 am - 4.00 pm
£40/£20
includes donations to each church visited

A London Pilgrimage

Led by Lucy Barnes.

This year our pilgrimage begins in the heart of London, weaving our way back to Meditatio. We will visit 5 iconic city churches on our way; pausing to meditate in each.
With music, readings and shared silence accompanying us, our journey will conclude at the Centre, with meditation and tea.

May

Wednesday 12 May
6.30 - 9.00 pm
£20/£10

The Labyrinth

With Dr Martin Garsed

This opportunity explores the Labyrinth as contemplative prayer, as a healing tool and a potential holy experience.



Saturday 20 May
10.30 am - 4.00 pm
£40/£20

On the Threshold: The Journey between Silence, Music and Word

With Hilary Davies.

We will look at what writers, musicians, mystics and poets have said about silence; and reflect practically on what they can teach us about silence and its apparent opposites.

June

Wednesdays
2, 9, 16, 23 June
6.30 - 9.00 pm
£15/£10 per session
£35/£30 full course

Medieval Women Mystics - A Four week course at the Centre

With Maia-Grace de Bourcier.

Including Julian of Norwich, Angela of Foligno, and Marie of Oignies, Beatrijs of Nazareth, Bridget of Sweden, Elisabeth of Schönau and looking at Simone Weil's *Gravity and Grace*, Rosalía's LUX, Dreyer's *The Passion of Joan of Arc,* Annie Dillard's *Holy the Firm,* and the work of Hilma af Klint. A discursive and friendly 4 sessions for Spring.

Saturday 19 June
10.30 am - 4.00 pm
£40/£20/£25
at the centre and online

The Wisdom of Mystics 2: Mary Magdalene and Rabia Basri

With Murshida Amat-un-Nur.

Murshida Amat-un-Nur is a Sufi Guide of the Inayatiyya, a universal Sufi Order system.



July

Saturday 17 July
10.30 am - 4.00 pm
£40/£20/£25
at the centre and online

The Wisdom of Mystics 3: Dorothy Day and Howard Thurman

With Stefan G Reynolds.

Stefan G Reynolds is Retreat Director at Mount Melleray Abbey, Co Waterford, Ireland. He has a PhD from the University of London in Christian Spirituality and two MAs in History of Christianity and in Inter-Religious Dialogue.

Saturday 24 July
10.30 am - 4.00 pm
£40/£20/£25
at the centre and online

Regenerating your Identity in Age of AI: Talk 2

With John Niland.

John Niland is a regular speaker at professional conferences, a podcast host and author of several books on self-worth.

The Meditatio Centre is closed in August

September

Saturday 11 September
10.30 am - 4.00pm
£40/£20

The Wisdom of Mystics 4: Sister Wendy Beckett

With Mary Cook.

An experiential day on the fascinating hermit, art historian and mystic Sr Wendy Beckett. We will also be introduced to watercolour painting.

Saturday 25 September
10.30 am - 4.00pm
Free event

Earth Crisis: Climate and Ecology

Members of the WCCM International Earth Crisis and Ecology meditation group will lead a day at the Centre. We will look at how meditation and the change of consciousness it brings about can strengthen our ever-increasing global sense of unity.



October

Saturday 9 October
10.30 am - 4.00 pm
£40/£20/£25
at the centre and online

The Wisdom of Mystics 5: Ramon Panikkar and Bede Griffiths

With Bob Morley.

We will examine and discuss the mysticism of Raimon Panikkar and Bede Griffiths, both of whom suggested that the deepest silence of pure awareness and the Christian experience of communion with God are not rivals, but different ways of approaching the same inexhaustible Mystery.

Saturday 16 October
4.00 - 6.00 pm
£20/£10

Rumi, Bach and Shakespeare

With Lennie Charles.

Through selected readings, reflections and live musical performances, we will journey into themes that unite these remarkable figures across centuries and cultures: love and loss, longing and fulfilment, mortality and transcendence.



November

Wednesday 3 November
6.30 - 9.00 pm
£20/£10/£10
at the centre and online

From Roshi to Rashi: Leonard Cohen and Interfaith Dialogue

With Dr Peter Jaeger

We will explore the complex, dual religious identity of singer-songwriter and poet Leonard Cohen by examining the intersection of his Jewish heritage and his deep commitment to Zen Buddhism.

Saturday 13 November
10.30 am - 4.00 pm
40/£20/£25
at the centre and online

Carl Jung and the Ground of Being

With Sr Marie Claude.

Sr Marie Claude will explore some aspects of Jung's journey of self-realisation and his discovery of a sacred ground or centre in the psyche. She will demonstrate how this realisation connects to the mystic wisdom of ancient Indian and Meister Eckhart's mysticism of the Ground.

December

Saturday 11 December
10.30 am - 4.00 pm
£40/£20/£25
at the centre and online

A Retreat Day with Laurence Freeman at Christmas

For many years, the director of WCCM, Laurence Freeman OSB, has come to The Meditatio Centre in December to prepare us to celebrate Christmas.
Please join us in person (or online) for a day of teaching, reflection and meditation at this busy time of year.
We will share seasonal refreshments together.





WCCM Online Talks

WCCM has an annual online programme of events.

The theme for our main series in 2027 is **Civilisation Culture and Spirit**.

John Main said that contemplation is the necessary foundation of authentic civilisation.
Civilisation allows human beings the best opportunity to protect the vulnerable and respect the marginal. But what is the actual meaning of 'civilisation'? Can any society be truly called 'civilised'?
Our theme for 2027 will try to find new meanings of authentic civilised life and behaviour. Fresh thinkers and original teachers in the yearlong online series coming from different backgrounds will propose new ways of understanding civilisation, something urgently needed during any period of civilisational decline.
Fr Laurence Freeman will lead a series on Sacred Texts, looking at teaching from Buddhism, Islam and Vedanta.
The online programme also offers courses on meditation suited to different time zones and levels of experience to teach, support and nurture the practice of meditation in the Christian tradition.

To see our full programme of online events, go to **wccm.org/events**



Bonnevaux Centre for Peace

Home of the World Community for Christian Meditation

Bonnevaux is the international meditation and retreat centre of the WCCM. It stands on the site of a 12th-century abbey which lived a contemplative life, 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 share the hospitality and peace of Bonnevaux with many so they can transmit it to others. 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.

Please visit our website to explore the 2027 Retreat Programme and find out about all the opportunities there are to spend time with us on your own retreat or as a volunteer.

bonnevauxwccm.org



Website meditatiocentrelondon.org
Facebook meditatio.centre
Instagram @meditatiocentre
Email meditatio@wccm.org
Telephone +44 (0) 20 7278 2070

The Meditatio Centre
St Mark's Church
Myddelton Square
London
EC1R 1XX

Our entrance is the blue door on the right side of the church.

By Tube
The nearest underground station is Angel on the Northern Line.
NB: Angel tube is exit only at the weekend from 2 Jan 2027

By Railway
King's Cross St Pancras railway station is a 15-minute walk away.

By Bus
From Waterloo, Liverpool Street, Euston and Kings Cross station: Buses 30, 73, 205, 214 and 476.
From West End: Buses 19, 38 and 341

WCCM
THE MEDITATIO CENTRE

meditatiocentrelondon.org