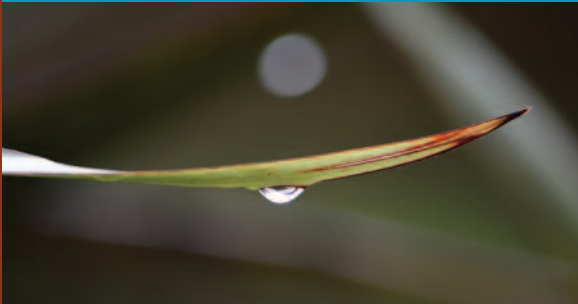


the meditation centre



20  
17 Programme

## Practical Information

**To contact us:** T: 020 7278 2070 or E: [meditatio@wccm.org](mailto:meditatio@wccm.org)

**Office Hours:** Monday to Thursday 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 and 476  
From West End: Buses 19, 38 and 341

**How to book:** The cost for each event is detailed in the programme and we would appreciate early bookings. Please book online by visiting [www.meditatiocentrelondon.org/book-online](http://www.meditatiocentrelondon.org/book-online). You can also book by telephoning us or by email.

**Concessions:** Concessions are offered to students, OAPs and the unwaged. If you need further help please do not hesitate to call us. People who require concessions please call or email us to book.

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



For up to date information and news about The Meditatio Centre, please visit the website:

[www.meditatiocentrelondon.org](http://www.meditatiocentrelondon.org)

To subscribe to regular mailings please follow the link: <http://eepurl.com/8jSwj>

Become a Friend: [www.facebook.com/meditatiocentre.wccm/events](http://www.facebook.com/meditatiocentre.wccm/events) or tweet us at [twitter.com/meditatiocentre](https://twitter.com/meditatiocentre).

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## WELCOME TO THE MEDITATIO CENTRE

**A**t 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 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.

We look forward to welcoming you to The Meditatio Centre and trust that you will find here much that will nourish and support you on your way.



## DAILY & REGULAR SCHEDULE

### **Weekdays:**

1.00 pm – 1.30 pm Meditation – All welcome

### **Mondays:**

7.00 pm – Meditation – All welcome

7.30 pm – 9.00 pm – Yoga (For details see page 31)

### **Wednesdays:**

10.00 am – 12.00 Yoga and Rolf Movement Classes (For details see page 31)

### **Fridays:**

10.00 am – 11.30 am Yoga and Meditation (For details see page 31)

### **Meditation**

**Daily Weekdays:** 1.00 pm – 1.30 pm

This daily lunchtime meditation group meets Monday – Friday at The Meditatio Centre. We welcome people from any tradition or none to join us in this silent meditation. The group follows the path of meditation as taught by The World Community for Christian Meditation. If you are new to meditation and would like to find out more about meditation please call the office (020 7278 2070) or come 15 minutes before the start of the session to talk to us about it.

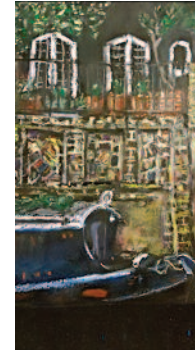
## ART EXHIBITIONS AT THE MEDITATIO CENTRE

**4 February – 4 March**  
Preview with the Artists  
5.00 pm – 7.00 pm,  
Saturday 4 February

### **Light and Colour – People and Places**

**Ann Kozlowski-Hunt and Shirley Maher**

Both are London based professional practicing artists. Ann trained at Middlesex School of Art as a sculptor and then went on to do teacher training at London University. Shirley trained at Middlesex University, Brookes University and St. Martin's School of Art



**7 March – 10 April**  
Preview with the Artist  
6.00 pm – 8.00pm,  
Thursday 16 March



### **Recent Work from the Heath**

**Henry Gibbons Guy**

These works were created over the past year, through all seasons, in a small area of Hampstead Heath. The interest centred around two ponds and the walkway between them. Construction workers began to encroach, making their way into the drawings. Eventually one tree, seen from several viewpoints, came to be the dominant motif – its appearance and qualities changed yet its presence was constant.

**13 April – 22 May**  
Preview with the Artist  
6.00 pm – 8.00pm,  
Thursday 20 April

### **Current Works**

**John Rossington**

John has lived locally for many years, and subjects suggested by the local area occur in his paintings. Although maintaining a life-long interest in art it is only in the last 10 years that he has been able to concentrate on painting and drawing in a productive way. This exhibition tries to give an impression of what he has done so far.



**24 May – 26 June**  
**Preview With The Artist**  
**6.00 pm–8.00pm,**  
**Wednesday 24 May**

**6–28 July**  
**Book Launch and Exhibition**  
**Opening 6.30 pm**  
**Thursday 6 July**

### **The Anatomy of Trees**

**Annabel Cullen**

The drawings in this exhibition are of or about trees. Sometimes they are just meditations on the bark. Sometimes the bark becomes a landscape, sometimes body parts. I am attracted to the anthropomorphic qualities of trees, their timelessness and the suggestion of movement within their stillness. I work in charcoal, graphite, ink and wash, lithographic crayon and conté to create surface textures that correspond to my physical sense of the tree's surface and its sculptural masses.

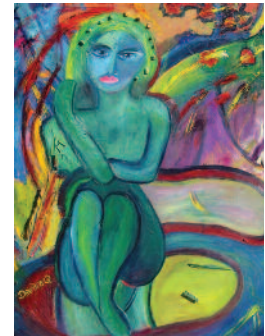


I trained as a painter at Camberwell School of Art and Crafts and The Royal College. I have always painted people and since winning the BP Portrait Prize in 1990 have worked primarily as a portraitist. I have been drawing trees for some years – they seem like people to me.

### **The Sacred Wound**

**Deirdre Quiry**

This exhibition explores the woundedness inherent within the human condition – experienced either by way of genetic inheritance or by a combination of this, life experiences and choices. As the Sufi poet Rumi said, “The Wound is the place where the light enters you.” This exhibition explores not only the woundedness of our humanity but importantly our potential to heal – becoming whole.



**Deirdre** is also an author who published her first novel *Eden Burning* in August 2015, Urbane Publications. To coincide with the exhibition, we will also be celebrating the publication of her second novel *The Secret Wound*.

**2 – 23 September**  
**Preview with the Artist**  
**5.00 pm – 7.00 pm,**  
**Saturday**  
**2 September**



### **Collages by Sage** **Sarah Wickings**

This exhibition is a journey of my short-lived career so far as a collage artist. The focus for me in my collages has always been people from a distance. I aim to create imaginative little worlds or scenarios that people can perhaps see themselves in and relate to. I like to keep them simple and not over-complicate things. I think it makes them more relatable and inviting to people, which is the ultimate goal for me; to take people out of the real world and escape into my imaginative work, even just for a few moments.

When I began creating these digital collages, it was just a hobby that started late 2015, and since then I've been amazed at how it's taken over. I studied at Bournemouth Arts University and a very recent graduate in Graphic Design.

**9 October– 13 November**  
**Preview with the Artist**  
**5.00 pm – 7.00 pm, Saturday**  
**14 October**

### **In the Shadows of the Andes** **Natasha Cross**

This exhibition is a vision of Chile – a land of stunning contrast. Natasha travelled from the northern desert to the southern glaciers to capture the spirit of the country. The shadows of the Andes and the warmth of the Chilean people are never far away from her canvas.



**15 – 30 November**  
**Preview with the Artist**  
**5.00 pm – 7.00 pm,**  
**Saturday 18 November**

### **Symbols of God** **Lightspirit**

The exhibition shows symbols of various faiths, religions, beliefs and practices. The works use semi-precious gems and wire on painted canvas. Lightspirit finds the making of her works therapeutic.





## THE TRINITY – RUBLEV'S ICON

Led by **Joris van Ael**

**Thursday 14 December**

**6.30 pm – 9.00 pm**

**Cost £15 Concessions £5**

*Light refreshments provided.*



## The Trinity – Rublev's Icon

This world-famous icon of the Holy Trinity was painted in the 15th century by the Russian monk Andrei Rublev. It was painted as a tribute to St. Sergius of Radonezh, intended for a stone church to be built over his tomb. This particular icon is a very mysterious one, with the three angels seated in different coloured garments around a table with a chalice. Who are these angels and why are they seated that way? Could there be a deeper meaning to the colour of the garments? And what is the significance of the object in the chalice? How can this icon be better known and viewed today? Joris Van Ael will clarify the meaning of this icon and its history to his audience.

**Joris van Ael** is a Belgian iconographer. He received his formation from two Orthodox teachers in Paris: Bernard Frinking and Leonid Ouspensky. Apart from being an iconographer, he is one of the founders and leading lecturers of a Theological Study Group on the Church fathers, in cooperation with the Diocese of Ghent, which offers in-depth courses on the history of Christianity and the early Church fathers.

## MEDITATION IN A TIME OF LOSS

Led by **Liz Watson**

**Thursday 4 & Thursday 18 May**

**6.30 pm – 9.00 pm**

**Cost £15 Concessions £5**

*Light refreshments provided.*

## BEREAVEMENT

### Meditation in a Time of Loss

'Grief is a liminal space where God can fill the gap with something new and totally unexpected' (Richard Rohr). On these two evenings we will meditate together, share experience and reflect on the insight expressed in Richard Rohr's words.

**Liz** is a long-standing member of WCCM, teaching meditation, leading meditation retreats and offering spiritual direction. For these sessions she will also be drawing on previous experience as a CRUSE bereavement counsellor.

A SPIRITUAL COMPASS FOR  
LEADERS NAVIGATING CHAOS  
**Led by Martin & Deirdre Quiry**  
**Saturday 15 July 2017**  
**10.30 am – 4.00 pm**  
**Cost £30 Concessions £20**  
*Please bring a packed lunch.  
Coffee and tea provided.*

IN PURSUIT OF SILENCE  
**Saturday 25 March**  
**6.00 pm – 9.00 pm**  
*Please bring some nibbles and a  
drink you enjoy. We will watch the  
film and then have a discussion  
afterwards.*  
[www.pursuitofsilence.com](http://www.pursuitofsilence.com)

## BUSINESS & EXECUTIVE LEADERSHIP

### **A Spiritual Compass for Leaders Navigating Chaos**

This workshop explores how a “spiritual” perspective supports leaders in navigating a chaotic global business environment, making decisions and relating with others in ways which restore sanity and meaning to decision making and relationship building. It also examines “self-awareness” and “awareness of others”, “wholeness” and “wisdom” in a modern leadership context.

**Martin** consults with and offers coaching support to executives in a variety of multinational companies. He has worked all over the world in this capacity.

**Deirdre** is a Director of Seven Rocks Consulting working in leadership development, teambuilding and coaching for more than 20 years.



## CONTEMPLATIVE FILM CLUB

### **In Pursuit of Silence**

**In Pursuit of Silence** is a meditative exploration of our relationship with silence, sound and the impact of noise on our lives. Beginning with an ode to John Cage’s ground-breaking composition 4’33”, **In Pursuit of Silence** takes us on an immersive cinematic journey around the globe – from a traditional tea ceremony in Kyoto, to the streets of the loudest city on the planet, Mumbai during the wild festival season – and instantly inspires us to experience silence and celebrate the wonders of our world.

**We hope to do this on a regular basis and would value any good suggestions for films. Email us on [meditatio@wccm.org](mailto:meditatio@wccm.org)**

A RADIANT DARKNESS  
Led by **Mark S. Burrows**  
**Saturday 4 February**  
**10.30 am – 4.00 pm**  
**Cost £30 Concessions £20**  
*Please bring a packed lunch.*  
*Coffee and tea provided.*



MEDITATION IN MOVEMENT &  
ST BENEDICT'S 12 STEPS  
TOWARDS GOD  
Led by **Fr Christopher Gorst &  
Terry Doyle**  
**Saturday 11 March**  
**10.30 am – 4.00 pm**  
**Cost £30 Concessions £20**  
*Please bring a packed lunch.*  
*Coffee and tea provided.*

## CONTEMPLATIVE REFLECTIONS

### **A Radiant Darkness: The Heart's Journey into the Divine and God's Journey into our Hearts**

St. Paul offers a quiet – and quietly radical – reading of the Genesis creation story: “For it is the God who said, ‘Let light shine out of darkness’ who has shone in our hearts ...” (2 Cor. 4.6). The apostle is commenting here on Genesis 1.3. But his intent is to suggest how light shines not in but out of our darkness. It is this conviction we will spend the day exploring – guided by poets, artists, musicians, and theologians – delving into this mystery in our lives, with all its strange wonder and wild beauty.

**Mark** is professor of religion and literature at the University of Applied Sciences in Bochum, Germany. He is a speaker and retreat leader, theologian and teacher, and a poet. His new collection of poems, *The Chance of Home*, was published in January 2017. His scholarly work focuses on mysticism and poetics, and his passions wander into the arts and their intersection with theology.

### **Meditation in Movement & St Benedict's 12 Steps Towards God**

The day will consist of Meditation in stillness and Bodywork in movement through Tai Chi. It will also explore the relevance of the Rule of St Benedict for a modern world through the lens of the 12 Steps of Humility.

**Fr Christopher** has been a Benedictine monk for 50 years at Ampleforth though 8 years of which were spent in a monastery in Zimbabwe. He has been practising Tai Chi for 12 years.

**Terry** is an Oblate with WCCM and leads workshops and retreat in Tai Chi and Meditation. He is also UK Coordinator for Meditatio in bringing Meditation into the Margins of Society.

LIVING YOUR TRUTH

Led by **David Lorimer**

**Thursday 29 June**

**6.30 pm – 9.00 pm**

**Cost £15 Concessions £10**

*Light refreshments provided.*

[www.davidlorimer.co.uk](http://www.davidlorimer.co.uk)

LIGHT SITTING IN LIGHT

Led by **Martin Laird OSA**

**Saturday 8 July**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*



## Living your Truth: Tapping your Deeper Purpose

Living our truth and aligning with our deeper purpose gives us a deep sense of connection to our inner resources. This evening will invite you to consider some important existential questions with implications about how we live our lives. David Lorimer will draw on his own experience as well as his wide reading to help you to stand back and take stock of who you are, where you have come from and where you are going. You will leave the evening with renewed inspiration and courage to live your life and truth to the full: to be who you truly are.

**David Lorimer, MA, PGCE, FRSA** is a writer, lecturer and editor who is Chief Consultant to Character Education Scotland and Programme Director of the Scientific and Medical Network ([www.scimednet.org](http://www.scimednet.org)). Originally a merchant banker then a teacher of philosophy and modern languages at Winchester College, he is the author and editor of over a dozen books.

## Light Sitting in Light

“Just as air is in the light of the sun, and the light of the sun is in the air – so too is God constantly in the being of the soul.” These words from the 14th century, Flemish mystic, Jan van Ruusbroec, serve to focus this day. His description of our relationship with God is not something any of us needs to acquire. It only needs to be realized. By means of self-forgetful release into the practice of contemplation, the illusion of separation from God is dispelled. We will consider the subtle difficulties we meet in something so simple as stillness; what interior skills develop as our practice deepens; why mindfulness meditation is not enough; the profound role played by the contemplative with depression/anxiety, that is to say struggle and dereliction at the altar of the heart.

**Martin Laird, O.S.A.** is Professor of Early Christian Studies at Villanova University. Among his published works are: *Into the Silent Land*; *A Sunlit Absence*; and the forthcoming, *An Ocean of Light* (all from Oxford University Press).

WHO DO YOU TRUST?

Led by **Jim Green & Edmund Giszter**

**Saturday 23 September**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*



THE BLESSING – YOUR LIVED  
LIFE. THE REGRET – YOUR  
UNLIVED LIFE

Led by **Fr Daniel O’Leary**

**Saturday 4 November**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

## Who do you Trust?

We are living in a world which is now routinely described as “Post-Truth”. Many institutions and figures in whom we have traditionally “believed” and relied upon have been revealed as deeply compromised. In the personal sphere, many of us have experienced such profound betrayals – sometimes at a very early stage in our lives – that the possibility of establishing trusting relationships can seem permanently beyond us. John Main says that the central point of Christian education – any education – is to prepare us for the experience of betrayal. The Buddha is reported to have discouraged his listeners from following a teaching simply because it sounds convincing and is delivered with authority. What, and who, can we rely on? What is there within the contemplative experience that can help to make trust a reality in our own lives? During our time together we will explore these questions, listening to each other’s words and sharing times of silence.

**Edmund** is a meditator and an integrative child psychotherapist who works with the Child & Adolescent Mental Health Service (CAMHS) and with adults and children in private practice. **Jim** is an oblate of WCCM and a writer who worked for over thirty years in the mental health field with organisations such as Mind, the BBC and the Open University.

## The Blessing – Your Lived Life. The Regret – Your Unlived Life

There’s still time! Do not die with your Music still in You.

**Daniel O’Leary’s** life-enhancing understanding of the fleshing of God springs from a traditional and orthodox (but mostly forgotten) theology of nature and grace which transforms our understanding of the Incarnation. This theology and spirituality, this new way of being and of seeing, are now the focus of Fr Daniel’s life’s work. He is, however, still finding it difficult to be the one thing that God wants of each of us – ***to be a free and authentic human being!***

## MIND FULL OR MINDFUL?

Led by **Dr Stefan G Reynolds**

**Wednesday 8 November**

**6.30 pm – 9.00 pm**

**Cost £15 Concessions £10**

*Light refreshments provided.*

REPORTED BY ANGELS AT EVERY  
HOUR

Led by **Rev Dr Nicholas Buxton**

**Thursday 30 November**

**6.30 pm – 9.00 pm**

**Cost £15 Concessions £10**

*Light refreshments provided.*

## Mind Full or Mindful?

How do we move from the busy mind to awareness of where we are in the here and now? Does what is going on in our heads map what is going on around us or are we living in unnecessary worries and carrying with us unnecessary things from the past. This evening Dr Reynolds, author of *Living with the Mind of Christ: Mindfulness in Christian Spirituality* will give advice on how meditation can be combined with a daily practice of mindfulness so as to deepen our sense of being in the here and now.

**Dr Stefan Gillow Reynolds** is author of *Living with the Mind of Christ: Mindfulness in Christian Spirituality* (DLT, 2016). He is an Oblate of WCCM and an Associate of the Irish Cistercians, a regular leader of retreats and holds a Doctorate in Christian Spirituality from London University.

## Reported by Angels at Every Hour

The Rule of St Benedict contains a wealth of spiritual instruction, not least with regard to the life of prayer. But does it have anything to say about mindfulness? In this session we will explore certain aspects of the Christian contemplative tradition with reference to the phenomenon of contemporary secular mindfulness, in order to unpack some of the various ways in which each might inform the other.

**The Reverend Dr Nicholas Buxton** is Priest-in-Charge of the Church of St John the Baptist, Newcastle upon Tyne, and a Founder Director of Just Meditation CIC. He has a PhD in Buddhist philosophy and is an experienced meditation teacher. Publications include *The Wilderness Within: Meditation and Modern Life* (Canterbury Press, 2014), and *Tantalus and the Pelican: Exploring Monastic Spirituality Today* (Continuum, 2009).



## THE UPANISHADS

Led by **Isabelle Glover**

**Saturday 25 February**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

## LIVING FROM OUR FULLNESS

Led by **Br John Martin**

**Sahajananda**

**Thursday 8 June**

**6.30 pm – 9.00 pm**

**Cost £15 Concessions £10**

*Light refreshments provided.*

## INTERFAITH

### The Upanishads

We have all heard of The Upanishads but not many of us have read any of them. Yes they are difficult to approach – but as they are considered to be the finest part of the most ancient scriptures in the world – the Vedas – it is certainly worth a try. During the day we will explore the place of the Upanishads in Indian literature and also gently reflect on some of the writings. Extracts from the Upanishads can be found in two paperbacks: *The Upanishads* translated by Juan Mascaro, Penguin Classics. Also *The Ten Principal Upanishads* put into English by Purohit Swami and W.B. Yeats, Faber and Faber.



**Isabelle** is a long-time member of WCCM having been introduced to the Oblate community by Fr John Main in Montreal. She is also a Sanskrit teacher. She loves to garden and enjoys her 9 grandchildren.

### Living From our Fullness: The Role of Prayer and Meditation

The ultimate goal of our spiritual journey is to discover our fullness or infinite self and live from that fullness. Prayer and meditation are well tested means to lead us into our fullness or infinite self. For this we need to transcend our finite self. Br. Martin explores this process from the teaching of Christ and the Upanishad sages.

**Brother Martin** was one of the closest followers of Fr Bede Griffith, who strongly influenced him. He made his theological studies at St Peter's Seminary of Bangalore, where he discovered the writings of the founders of Shantivanam (Jules Monchanin and Henry Le Saux). This discovery has transformed his vision of Christ and Christianity.

SILENCE IN SCIENCE AND  
SPEAKING IN FAITH  
**Laurence Freeman OSB and  
Alan Wallace in dialogue**  
**Saturday 2 September**  
**5.00 pm – 9.00 pm**  
**Cost £20 Concessions £10**  
*Light refreshments provided.*

Please note the venue for this  
event is:

**Colet House, 151 Talgarth  
Road, London W14 9DA**

## **Silence in Science and Speaking in Faith**

An evening to explore with Alan Wallace and Laurence Freeman the different ways of knowing as reflected in science and contemplation. How do we discover and uncover the mysteries of life and the world around us? Is science the sole arbiter of reality? Is faith irrational and therefore unreliable? What do we give authority to – religion's beliefs, scientific evidence, philosophical speculations or something other?

**Alan Wallace** is a scholar and practitioner of Buddhism and has taught Buddhist theory and meditation worldwide since 1976. Having devoted 14 years to training as a Tibetan Buddhist monk, ordained by H. H the Dalai Lama, he went on to earn degrees in physics and the philosophy of science and a doctorate in religious studies at Stanford. With his unique background, Alan brings deep experience to the challenge of integrating traditional Indo-Tibetan Buddhism with the modern world.

**Laurence Freeman** is a Benedictine monk and spiritual successor of John Main and has been teaching meditation in the Christian tradition since the 1970s. He is the Founder and Director of The World Community for Christian Meditation. Author, retreat leader and international speaker, he sees the contemplative as the essential dimension of humanity and all spirituality and is deeply committed to inter-faith dialogue.





MEDITATING WITH ZEN MASTER  
DOGEN KIGEN (1200–1253)

Led by **John Gaynor**

**Wednesday 13 September**

**6.30 pm – 9.00 pm**

**Cost £15 Concessions £10**

*Light refreshments provided.*

### **Meditating with Zen Master Dogen Kigen (1200–1253)**



This evening we will explore the practice of meditation using insights from the work entitled *Fukanzazengi* (*Universal Recommendation of the Principles of Sitting Meditation*) by Japanese Zen Master Dogen. Writing in 1227, Dogen declared his Chinese Master Tiantong was ‘the only person since Tang Master Hyakujo who truly understood the significance of Sitting Meditation’. In particular, ‘Sitting meditation is the Buddha Dharma, and Buddha Dharma is Sitting Meditation’.

**John** has been a Zen Teacher with the Oxford Zen Centre of the Sanbo Zen tradition for 15 years. He has led a 90 day silent meditation retreat, seven 28 day silent meditation retreats, and numerous 6 day silent meditation retreats.

We look forward to welcoming **Shaikh Kabir Helminski** again this year at the Centre. He is a translator of Rumi and other Sufi poets, an internationally respected spiritual teacher and inter-spiritual collaborator, and a Sufi Shaikh in Rumi’s lineage.

## BEGINNING LENT

Led by **Laurence Freeman OSB**

**Ash Wednesday: 1 March**

**6.30 pm – 9.00 pm**

**Cost £15 Concessions £10**

*Light refreshments provided.*

## PREPARING FOR CHRISTMAS

Led by **Laurence Freeman OSB**

**Saturday 16 December**

**10.30 am – 4.30 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

## LAURENCE FREEMAN AT THE CENTRE

### Beginning Lent

Ash Wednesday starts a springtime season of personal renewal as well as a preparation for the Easter celebration. Fr Laurence starts us off today for a fresh and liberating forty days.

**This evening will also be webcast live. Details of how you can join in the webcast will be published nearer the time on our website [www.wccm.org](http://www.wccm.org).**



### Preparing for Christmas

For several years now Fr Laurence has led a preparation day for Christmas right at one of the busiest times of the year. This season highlights the real priorities in our lifestyle. So often we are driven only by materialistic values and distractions. Yet Christmas dramatically transcends the dualism of Divine and Human or spiritual and material. This is the meaning of these particular days – that can renew us daily. Meditation puts the vision into practice and so will be an integral part of this day of preparation.



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

MENTAL HEALTH, RECOVERY AND  
MEDITATION

Led by Andrew Dugmore

Thursday 9 March

6.30 pm – 9.00 pm

Cost £15 Concessions £10

*Light refreshments provided.*

[www.reconnectinnature.org.uk](http://www.reconnectinnature.org.uk)

## MENTAL HEALTH & MEDITATION

### Mental Health, Recovery and Meditation

*“A personal reflection on the journey of recovery from a serious mental illness and how meditation played its part.”*

**Andrew Dugmore** is a member of WCCM and successfully recovered from a severe mental illness which he wrestled with for 20 years. Andrew attributes his recovery to meditation, ambition, hope, people believing in his recovery, life discipline and a deep connection with the natural environment. He has been a pioneer in the work of using nature as therapy, founding a social enterprise Reconnect. He is also an educator and teaches mental health first aid.





## MOVEMENT & MEDITATION

These 4 movement and breathing workshops are designed to encourage a greater awareness of the body and to offer simple, practical skills to give support in daily life and in meditation.

Workshops are divided into two practical sessions leading into meditation, with a break for refreshment and conversation in the middle.

Previous experience of yoga is not needed to participate.

Please wear loose clothes that you can move in.

Refreshments are provided

Giovanni, Lucy and Wojtek are all experienced yoga and bodywork practitioners and part of the meditation community.

WINTER: BREATHING

Led by Lucy Barnes

Saturday 11 February

1.00 pm – 5.30 pm

Cost £25 Concessions £15

*Tea and Coffee provided.*

SPRING: RELEASING

Led by Lucy Barnes

Saturday 29 April

1.00 pm – 5.30 pm

Cost £25 Concessions £15

*Tea and Coffee provided.*

### WINTER: Breathing

Moving helps us breathe. Breathing helps us move.

On this afternoon we will explore the relationship of body and breath as we experience it. We will look at the anatomy of breath, develop our awareness through simple yoga breathing practices and have time and space to prepare for meditation.

### SPRING: Releasing

“The chariot of the mind is drawn by wild horses .....” The Upanishads.

Tension held in the body is often compared to distraction in meditation.

On this day we will have time to look at patterns of tension through the body which we are often unaware of and find and suggest other alternatives with gentle yoga, breathing and relaxation.

AUTUMN: GROUNDING

Led by Wojtek Karczmarzyk and

Lucy Barnes

Saturday 7 October

1.00 pm – 5.30 pm

Cost £25 Concessions £15

*Tea and Coffee provided.*

URBAN RETREAT

Led by Giovanni Felicioni

Saturday 9 December

1.00 pm – 5.30 pm

Cost £25 Concessions £15

*Tea and Coffee provided.*

## **AUTUMN: Grounding**

“accepting gravity ... is the origin of lightness” Vanda Scaravelli

A chance to focus on our contact with the ground, and how the body responds to it, through large movements and small, in walking, balancing, sitting and at rest.

Developing awareness of how gravity moves through us can release tension, help alignment and give greater freedom in movement and stillness.

## **Urban Retreat**

This urban retreat will be for beginners and ongoing meditating yogis to come away with a winter practice sequence & principles that you can take with you into the holidays and new year.

## **TEACHERS**

**Lucy Barnes** is a dancer who has studied yoga since 1990. British Wheel qualified, she teaches adults and children in North London. Lucy has been part of the meditation community since 2006. E: [lucybarnesyoga@icloud.com](mailto:lucybarnesyoga@icloud.com)

**Giovanni Felicioni** is a Rolfer® and a Yoga Teacher and has been practising as a body-worker in London and abroad for over 20 years. He is a member of the Rolf® Institute Faculty and also teaches Yoga and Anatomy for the London based Yoga Teacher Training Course inspired by Mary Stewart and Vanda Scaravelli. Giovanni is an oblate of the WCCM. E: [gravity@rolfing-yoga.com](mailto:gravity@rolfing-yoga.com) or visit [www.rolfing-yoga.com](http://www.rolfing-yoga.com)

**Wojtek Karczmarzyk** has a master’s degree in Physical Education. His thesis was on the role of attentiveness in sport. He is a Rolfer® and a certified Yoga teacher. Wojtek is an Oblate of WCCM. E: [wkarczmarzyk@gmail.com](mailto:wkarczmarzyk@gmail.com)

## POETRY AND MEDITATION

Led by Rev Malcolm Guite

Saturday 18 March

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

## HAIKU POETRY

Led by Prof Peter Jaeger

Thurs 11 May

6.30 pm – 9.00 pm

Cost £15 Concessions £10

Light refreshments provided.

## POETRY

### Poetry and Meditation: Looking at how Poetry can Deepen the Meditation Experience

Focusing on the beautiful and mysterious ‘I am’ sayings in St John’s Gospel, we will look at how we can harness the power of meditation to deepen and centre our faith in Christ. Priest-poet Malcolm Guite will explore meditative reflections and insights into nine of his sonnets, taken from his book *Parable and Paradox*.

**Malcolm Guite** is an English poet, singer-songwriter, Anglican priest, and academic. Guite is the author of five books of poetry as well as several books on Christian faith and theology. He also performs as a singer and guitarist fronting the Cambridgeshire-based blues, rhythm and blues, and rock band *Mystery Train*.

### Haiku Poetry

Matsuo Basho, the 17th century Japanese haiku master and adherent of Zen Buddhism, advised his students not to follow in the footsteps of the wise, but to “seek what they sought.” From its origins to its resurgence as a contemporary form, haiku poets have sought to record insight into ultimate reality. This talk and practical writing workshop will explore haiku poetry in relation to meditation and focussed mindfulness and consider the traditional conventions and more recent innovations. No prior experience of writing poetry is needed.

**Peter** is a Canadian writer based in London and the author of 11 books, including works of poetry, criticism, and hybrid creative-critical research. His most recent publications are *John Cage and Buddhist Ecopoetics* (2013), *540493390* (2014) and *A Field Guide to Lost Things* (2015). He is Professor of Poetics at Roehampton University.



THE FOUNDATION OF POETRY:  
FAITH AND LANGUAGE

Led by Canon Mark Oakley

Saturday 27 May

10.30 am – 4.00 pm

Cost £30 Concessions £20

*Please bring a packed lunch.*

*Coffee and tea provided.*

SACRED POETRY AND THE GIFT OF  
YOUR VOICE

Led by Ashley Ramsden

Saturday 10 June

10.30 am – 4.00 pm

Cost £30 Concessions £20

*Please bring a packed lunch.*

*Coffee and tea provided.*

[www.ashleyramsden.com](http://www.ashleyramsden.com)

## The Foundation of Poetry: Faith and Language

A day exploring the relationship between language and faith. God is not the object of our knowledge but the cause of our wonder, so what sort of language must we use on our God search?

**Mark Oakley** is Chancellor of St Paul's. He writes and broadcasts on the areas of poetry, spirituality and human rights. He is a trustee of the Civil Liberties Trust, an ambassador for Stop Hate UK, Patron of Tell MAMA and a Visiting Lecturer at Kings College, London.

## Sacred Poetry and the Gift of your Voice

Your voice is a gift to the world but only you can reveal it. The art of speaking poetry is a practice that can help you to honour who you are and what you hold sacred.

Perhaps this is why we return to the poems we love, for in them we recognise what



we long for. Come and find the confidence to slow down, take the space and embody what you have to say. Please bring a favourite poem of your choice that you know by heart, or are in the process of learning to speak freely, as part of our work. Rumi, T.S. Eliot, Mary Oliver, David Whyte, Hafiz, Lalla; whatever voice speaks to yours is welcome.

**Ashley Ramsden** is the founding director of the International School of Storytelling UK, the longest running centre of its kind. He travels the world with his workshops and performances and is a speaker of sacred poetry.

## ADDICTION AND GRACE

Led by **May Nicol**

**Thursdays 23 February, 25 May  
and 2 November**

**6.30 pm – 9.00 pm**

**Cost £10 Concessions £5**

*Light refreshments provided.*

## THE SAINT, THE WRITER AND THE MYSTIC – THREE GENIUSES LIVE THE CRISIS OF EUROPE

Led by **Dr Stefan G Reynolds**

**Saturday 25 March**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

## RECOVERY & ADDICTION

### Addiction and Grace

*“Meditation is the step away from self-centredness to  
God-centeredness.”*

John Main

A series of evenings over the year for people in recovery exploring the use of Christian Meditation as an 11th Step Practice.

**May Nicol** is the UK Special Interest Coordinator for Addiction and Recovery.

## RETREAT WITH THE MYSTICS

### The Saint, the Writer and the Mystic – Three Geniuses live the Crisis of Europe

**Edith Stein, Etty Hillesum and Simone Weil** – we will be looking at how three women living through the Second World War forged their visions through a response to God, to creativity and to suffering in their lives and in those around them. It is a journey into holiness, honesty and compassion. We will be looking particularly at the final words of these geniuses and how they relate to the practice of meditation and contemplative prayer.

**Dr Stefan Gillow Reynolds** is author of *Living with the Mind of Christ: Mindfulness in Christian Spirituality* (DLT, 2016). He is an Oblate of WCCM and an Associate of the Irish Cistercians, a regular leader of retreats and holds a Doctorate in Christian Spirituality from London University.



SPIRITUALITY AND ECOLOGY:  
PIERRE TEILHARD DE CHARDIN  
AND THOMAS BERRY

Led by Prof Ursula King

Saturday 1 April

10.30 am – 4.30 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

## Spirituality and Ecology: Pierre Teilhard de Chardin and Thomas Berry

This retreat day will be concerned with the deep connections between ecology and spirituality as perceived by Pierre Teilhard de Chardin and Thomas Berry. Both men developed a new consciousness of the Earth and its people and asked how a new Earth consciousness is connected to the emergence of a new Earth community. They also asked what “road” we have to choose and what “great work” we need to engage in for this new world to arise.

It is hoped that their ecological spirituality and eco-theology of love will enable participants to share in the deeper way of “seeing” – a new approach that redirects our vision and deepens our awareness of the intimate presence of the Divine throughout creation. It has enormous potential for dynamizing our energies, increasing our power to love and our reverence for the mystery of life.



**Ursula King** is Professor Emerita of Theology and Religious Studies, University of Bristol. Educated in Germany, France, India and England, she lectures all over the world. Her publications include *Spirit of Fire: The Life and Vision of Pierre Teilhard de Chardin* (2015), *Teilhard de Chardin and Eastern Religions* and many others. Her 1996 Oxford Bampton lectures have just been republished: *Christ in All Things. Exploring Spirituality with Pierre Teilhard de Chardin* (2016).

THE CLOUD OF UNKNOWING  
**Led by Graeme Watson**  
**Saturday 1 July**  
**10.30 am – 4.00 pm**  
**Cost £30 Concessions £20**  
*Please bring a packed lunch.*  
*Coffee and tea provided.*

EXPLORING THE SPIRITUAL  
PATH WITH DANTE AND HIS  
DIVINE COMEDY  
**Led by Kim Nataraja**  
**Saturday 16 September**  
**10.30 am – 4.00 pm**  
**Cost £30 Concessions £20**  
*Please bring a packed lunch.*  
*Coffee and tea provided.*

## The Cloud of Unknowing

John Main described the 14th century classic: *The Cloud of Unknowing* as ‘the most succinct, practical and balanced guide to meditation in the English mystical tradition.’ On this day we shall explore its main themes, and look at how they may be used and adapted by ordinary people in the very different circumstances of today. The emphasis will be developing our own personal practice.

**Graeme Watson** is an Anglican priest, who has worked in pastoral posts in UK and in Tanzania, and in training men and women for ordained and lay ministries. A spiritual director, he leads poetry workshops and retreats, and teaches Meditation in the WCCM. He is the author of *Strike the Cloud: Understanding and Practising the teaching of the Cloud of Unknowing*, SPCK, 2011; *The Song of Songs: A Contemplative Guide*, SPCK, 2014. He has recently recorded 8 talks about *The Cloud of Unknowing* for WCCM (available on the website [www.wccm.org](http://www.wccm.org)).



## Exploring the Spiritual Path with Dante and his Divine Comedy

Dante in his *Divine Comedy* depicts poetically the spiritual journey. The essence of what he describes so beautifully resonates with our own experience on the path to becoming fully alive and awake. His emphasis right from the beginning is on helping us to become aware of what motivates us and what blocks us on the way to reconnecting with the spiritual part of our being. Both ‘mindfulness’ and contemplative prayer go hand in hand in his poem.

**Kim Nataraja** has been a contemplative since her youth and joined The World Community for Christian Meditation in 1993. She has written books on meditation including *Journey to the Heart*, *Sharing the Gift*, *Food for the Journey* and *Dancing with your Shadow*.

FOLLOWING CHRIST THE  
CARMELITE WAY: TERESA OF  
AVILA AND JOHN OF THE CROSS

Led by Prof Peter Tyler

Saturday 18 November

10.30 am – 4.00 pm

Cost £30 Concessions £20

*Please bring a packed lunch.*

*Coffee and tea provided.*

THOMAS MERTON – HIS LIFE,  
WORK AND WITNESS

Led by Fr Dan Horan

Saturday 2 December

10.30 am – 4.00 pm

Cost £30 Concessions £20

*Please bring some lunch to share.*

*Coffee and tea provided.*

## Following Christ the Carmelite Way: Teresa of Avila and John of the Cross

Teresa of Avila in her *Way of Perfection* gives us four goals in following Christ through the Carmelite way:

- poverty of spirit
- discernment of spirits
- silence and solitude
- freedom of spirit

In our day together we shall pursue these four goals with readings and insights from the two Carmelite Doctors of the Soul: Ss Teresa of Avila and John of the Cross. No prior experience or learning is necessary. There will be opportunities for silent prayer during the day.

**Peter Tyler** is Professor of Pastoral Theology and Spirituality at St Mary's University, Twickenham. He writes and lectures extensively on the Spanish Mystics and their relevance to contemporary life and is also a registered psychotherapist. His books include *The Pursuit of the Soul: Psychoanalysis, Soul-making and the Christian Tradition* (T & T Clark: 2016) and *Teresa of Avila: Doctor of the Soul* (Bloomsbury: 2013).

## Thomas Merton – His life, work and witness

This retreat day for Advent, inspired by the life, work and witness of Thomas Merton, will be led by Father Dan. The day will include talks, periods of meditation and a shared act of reflective worship. Please bring some lunch to share.

**Daniel Horan** is a Franciscan friar from USA who teaches theology and spirituality at the Catholic Theological Union, Chicago. He is a member of the International Thomas Merton Society Board of Directors. He is an author of 6 books including *The Franciscan Heart of Thomas Merton*, as well as scholarly and popular articles. He gives lectures, leads retreats and workshops on Merton in many countries, as well as on the intersection of the Millennial Generation and spirituality.

SCIENCE AND SPIRITUAL  
PRACTICES

**Led by Dr Rupert Sheldrake**

**Wednesday 15 February**

**6.30 pm – 9.00 pm**

**Cost £15 Concessions £10**

*Light refreshments provided.*

[www.sheldrake.org](http://www.sheldrake.org)

ARTIFICIAL INTELLIGENCE AND  
CONTEMPLATIVE SCIENCE

**Led by Marco Schorlemmer**

**Saturday 20 May**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

## SCIENCE & SPIRITUALITY

### Science and Spiritual Practices

This evening will show how science itself is now transcending the materialist philosophy, and pointing toward a new sense of a living world. The cosmos is no longer like a machine running down; it is more like a developing organism with an inherent memory, and so is our planet, Gaia. These new paradigm shifts in the sciences shed a new light on spiritual practices like pilgrimage, ritual, and meditation.

**Rupert Sheldrake, Ph.D.** is a biologist and author of more than 80 scientific papers and 11 books, including *The Science Delusion*. He was a Fellow of Clare College, Cambridge University, and a Research Fellow of the Royal Society. He is a Fellow of the Institute of Noetic Sciences, Petaluma, California, and of Schumacher College, Dartington

### Artificial Intelligence and Contemplative Science

Research in Artificial Intelligence (AI) is advancing rapidly, yielding computational systems with impressive capabilities. This has brought many to voice their concerns about the risks that AI research can pose to the survival of humanity. But, is AI really such an apocalyptic threat? Can we learn from AI research about how we see ourselves as sentient beings? Marco will argue that AI and research in other techno-scientific fields can be very valuable for humanity if done with a contemplative mind.

**Marco** is a scientist at the Artificial Intelligence Research Institute of the Spanish National Research Council (CSIC), where he has worked on Automated Theorem Proving, Knowledge Representation and Reasoning, Multi-Agent Systems, and Computational Creativity. He is also the Coordinator of the Science group in the *National Plan for Values* initiative of the Catalan government. He is WCCM's national coordinator for Catalonia.

HUMAN HEALING WITHIN THE  
SCIENCE AND RELIGION  
DIALOGUE

Led by **Dr Gillian Straine**

**Wednesday 11 October**

**6.30 pm – 9.00 pm**

**Cost £15 Concessions £10**

*Light refreshments provided.*

## Human Healing within the Science and Religion Dialogue

In ill health we usually seek healing through modern medical science, but it may also prompt us to ask deep questions about meaning and spirituality. Therefore healing is an important area of thought in the science and religion debates which have recently seen a shift in emphasis to consider the role of human experience epistemologically at the interface of where these two magisteria meet. In this talk, Gillian will explore this new area of thought and ask what theology and human experience can bring to our understanding of healing.

**The Revd. Dr. Gillian K. Straine** is the Director of the Guild of Health and St. Raphael ([www.gohealth.org.uk](http://www.gohealth.org.uk)). An Anglican Priest, she also has a doctorate in Physics from Imperial College London and an MA in Theology from the University of Oxford. She is the author of *Introducing Science and Religion: A path through polemic* (SPCK, 2014) and *Cancer: A Pilgrim Companion* (SPCK, 2017). She lives in London with her husband and two young children.



AN INTRODUCTION TO CHRISTIAN  
MEDITATION

**Facilitated by Brijji Waterfield  
& team**

**Wednesdays 6.30 pm – 9.00 pm**

**1 March, Ash Wednesday with  
Laurence Freeman** (For details  
see page 16)

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

**Suggested Donation: £5**

*Light refreshments provided.*

FINDING THE WAY

**Led by Liz Watson**

**Thursdays 6.30 pm – 9.00 pm**

**12, 19, 26 October and**

**9, 16, 23 November**

**Cost £15 per evening or £75 for  
course paid in advance**

**Concessions £10 per evening or  
£50 for course paid in advance.**

*Light refreshments provided.*

**Contact Liz**

**E: [lizmeditates@gmail.com](mailto:lizmeditates@gmail.com)**

## SPIRITUAL GROWTH COURSES

### **An Introduction to Christian Meditation**

Starting on Ash Wednesday with a talk by Fr Laurence Freeman, this 6-week course will introduce participants to Christian Meditation. If you would like to explore what meditation is then this is the course for you. Through experience and informal discussions we will look at different aspects of the tradition and the practice.

**Brijji Waterfield** has had a life-long interest in the mystical traditions of Christianity and other faiths. She is a spiritual director and leads retreats.

**Josie von Zitzewitz** is an Oblate of the WCCM. She is an academic teaching Russian literature and a keen runner who practices yoga.

**Paul Doocey** is a meditator with WCCM. His professional background is as a Senior Manager for an autism education charity. He is training as a psychotherapist.

### **Finding the Way: A course on Spiritual Growth**

This 6 week course aims to give us a better understanding of the spiritual journey so that we can tread it more confidently. The course will be practical and experiential. It will encourage reflection on our own experience whilst listening to the experience of others and the wisdom of past masters.

Some of the questions we will explore are: How do we find the truth? How do we know who we are? How can we live freely, joyfully and responsibly in a troubled world? What is the meaning of suffering? What part does a practice of meditation play in spiritual growth?

**Liz** has been a member of The World Community for Christian Meditation for over twenty years and now focusses on teaching meditation in a variety of settings, leading retreats in the UK and beyond, and offering spiritual direction.

HOW CAN WE DEEPEN/RENEW  
OUR MEDITATION PRACTICE

**Saturday 8 April**

**11.00 am – 3.30 pm**

**Suggested donation £10  
includes a simple lunch**

AN INTRODUCTION TO CHRISTIAN  
MEDITATION

**Saturday 3 June**

**11.00 am – 3.30 pm**

**No charge but bring some lunch  
to share, but not too much!**

LONDON GROUP LEADERS'  
MEETING

**Saturday 14 October**

**11.00 am – 3.30 pm**

**Suggested donation: £5 as a  
contribution to lunch.**

LIVING INCARNATIONALLY

**Saturday 25 November**

**11.00 am – 3.30 pm**

**Suggested donation £10  
includes a simple lunch**

## TEACHING ON CHRISTIAN MEDITATION

To book any of these events please T: 020 8280 0049 or E: [uk@wccm.org](mailto:uk@wccm.org)

### **How can We Deepen/Renew our Meditation Practice through Lent**

Led by The London Regional Coordinators, Eileen, Geoff and Graeme

Do you find it difficult to meditate regularly?

Are you experiencing doubts or difficulties?

Come along to this day to meditate together and to renew your practice.

### **An Introduction to Christian Meditation**

Led by the London coordinators Eileen, Geoff & Graeme

What is it? What is good about it? Where did it come from? Who was Fr. John Main?

This will be a day spent on exploring the roots of Christian meditation, the fruits of meditation and the practice of meditation. Bring a friend or colleague along to discover or re-discover the gift of Christian meditation.

### **London Group Leaders' Meeting**

Come together as the group leaders of London and beyond. There will be a teaching input as well as a sharing and time to support each other in our role. All group representatives are very welcome. It is a lovely opportunity to meet and support each other in our work ... and most importantly to meditate together! Please invite your joint leaders and potential group leaders to this day. It would be brilliant if each London group (and beyond) was represented.

### **Living Incarnationally**

How does the practice of contemplative prayer help this to become a reality? Join the London Regional Coordinators in looking at how meditation can help deepen our relationship with the Christmas story year on year.

## PAINTING THE WORDS

Led by **Linda Richardson**

**Saturday 18 February**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

## WORKSHOPS

### Painting the Words

Using some simple lettering techniques we will play and experiment with words and paint to create images that will enhance the words we use in our art work.

In the first part of the session we look at the Foundation hand and practice this alphabet. I hope this will give you sufficient instruction so that you can continue practicing this hand at home. We will move on to some simple lettering techniques and experiment with paint and textures.

The aim is that you will go home with a piece of work that you have completed, or have some rough sketches about how you would like to complete it at home. You will not become a calligrapher after this workshop but I hope you will become more inspired and confident in using words in your art work.

Please bring at least two pencils, a ruler, a water pot and a variety of brushes if you have them. Please also bring a short sentence or quote that you would like to work with.

**Linda Richardson** is an artist and part of the World Community for Christian Meditation. Her art reflects her desire to re-enchant what many see as a mechanistic world devoid of mystery and meaning.





YOGA CLASSES WITH LUCY  
BARNES  
Mondays: Meditation and Yoga  
7.00 pm – 7.30 pm  
Fridays: Yoga  
10.00 am – 11.30 am  
Cost: £13 per class when  
booking for the term (non-  
refundable or transferable)/  
£15 per class drop in  
Contact Lucy on  
M: 07904 166123  
E: [lucybarnes@btinternet.com](mailto:lucybarnes@btinternet.com)

YOGA & ROLF MOVEMENT CLASSES  
Wednesdays 10.00 am – 12.00  
There will be a period of  
meditation at the end.  
Cost: £13 per class when  
booking for term (non  
refundable, non transferable);  
£15 when dropping in (please  
confirm with Giovanni by email  
even on the day:  
[gravity@rolfing-yoga.com](mailto:gravity@rolfing-yoga.com)).  
Concessions available please  
ask.

## YOGA & MEDITATION

### Yoga classes with Lucy Barnes

Spring 2107	9 January – 7 April (half-term 13 – 17 February)
Summer 2107	21 April – 21 July (half-term 29 May – 2 June)
Autumn 2107	11 September – 15 December (half-term 23 – 27 October)

This is a gentle Hatha yoga class focussing on grounding, breathing and releasing. We will explore yoga postures, breathing and relaxation. Classes are open to all ages and abilities. Mats and equipment provided. Wear loose clothes you can move in.

Lucy Barnes is a dancer who has studied yoga since 1990. British Wheel qualified, she teaches adults and children in North London. Lucy has been part of the meditation community since 2006.

### Yoga & Rolf Movement Classes with Giovanni Felicioni

Term	Term A – 4 classes	January 13, 27, February 10, 24
Dates	Term B – 4 classes	March 2, 9, 30, April 6

These classes will be oriented towards both the beginner and the ongoing practitioner. The main goal of the classes is to help you develop your own practice of yoga at home by coming to class on a weekly basis or by dropping in during the month when you are able. The work will be gentle and deep and will be oriented more towards making friends with your body rather than performing and attaining levels of “body mastery”. We will be exploring Yoga Asana as an ancient rich wisdom of bodywork as well as using contemporary Movement Science coming from Rolfing to help us underpin what we are learning and making this relevant to our daily lives and a support to our meditation practice.

To check that classes are running and for more information about Giovanni Felicioni please go to [www.rolfing-yoga.com](http://www.rolfing-yoga.com). Email: [gravity@rolfing-yoga.com](mailto:gravity@rolfing-yoga.com).

## AT A GLANCE

Month	Series and Title	Date	Time	Page
FEBRUARY	CONTEMPLATIVE REFLECTIONS <b>A Radiant Darkness</b>	Saturday 4	10.30am – 4.00pm	9
	ART: EXHIBITION PREVIEW <b>Light and Colour – People and Places</b>	Saturday 4	6.00pm – 8.00pm	4
	MOVEMENT AND MEDITATION <b>Winter: Breathing</b>	Saturday 11	1.00pm – 5.30pm	18
	SCIENCE AND SPIRITUALITY <b>Science and Spiritual Practices</b>	Wednesday 15	6.30pm – 9.00pm	26
	WORKSHOP <b>Painting the Words</b>	Saturday 18	10.30am – 4.00pm	30
	ADDICTION AND RECOVERY <b>Addiction and Grace</b>	Thursday 23	6.30pm – 9.00pm	22
	INTERFAITH <b>The Upanishads</b>	Saturday 25	10.30am – 4.00pm	13
	MARCH	LAURENCE FREEMAN AT THE CENTRE <b>Beginning Lent</b>	Wednesday 1	6.30pm – 9.00pm
SPIRITUAL GROWTH COURSE <b>An Introduction to Christian Meditation</b>		Wednesday 8	6.30pm – 9.00pm	28
MENTAL HEALTH AND MEDITATION <b>Mental Health, Recovery and Meditation</b>		Thursday 9	6.30pm – 9.00pm	17
CONTEMPLATIVE REFLECTIONS <b>Meditation in Movement &amp; Benedict's 12 Steps Towards God</b>		Saturday 11	10.30am – 4.00pm	9
SPIRITUAL GROWTH COURSE <b>An Introduction to Christian Meditation</b>		Wednesday 15	6.30pm – 9.00pm	28
ART: EXHIBITION PREVIEW <b>Recent works from the Heath</b>		Thursday 16	6.00pm – 8.00pm	4
POETRY <b>Poetry &amp; Meditation: Looking at how Poetry can Deepen the Meditation Experience</b>		Saturday 18	10.30am – 4.00pm	20
SPIRITUAL GROWTH COURSE <b>An Introduction to Christian Meditation</b>		Wednesday 22	6.30pm – 9.00pm	28
RETREAT WITH THE MYSTICS <b>The Saint, the Writer and the Mystic</b>		Saturday 25	10.30am – 4.00pm	22
CONTEMPLATIVE FILM CLUB <b>In Pursuit of Silence</b>		Saturday 25	6.00pm – 9.00pm	8
SPIRITUAL GROWTH COURSE <b>An Introduction to Christian Meditation</b>	Wednesday 29	6.30pm – 9.00pm	28	
APRIL	RETREAT WITH THE MYSTICS <b>Spirituality and Ecology: Teilhard de Chardin &amp; Berry</b>	Saturday 1	10.30am – 4.30pm	23
	SPIRITUAL GROWTH COURSE <b>An Introduction to Christian Meditation</b>	Wednesday 5	6.30pm – 9.00pm	28
	TEACHING ON CHRISTIAN MEDITATION <b>How can we Deepen/Renew our Meditation Practice</b>	Saturday 8	11.00am – 3.00pm	29
	ART: EXHIBITION PREVIEW <b>John Rossington Current Works</b>	Thursday 20	6.00pm – 8.00pm	4
	MOVEMENT AND MEDITATION <b>Spring: Releasing</b>	Saturday 29	1.00pm – 5.30pm	18
MAY	BEREAVEMENT <b>Meditation and Loss</b>	Thursday 4	6.30pm – 9.00pm	7
	POETRY <b>Haiku Poetry</b>	Thursday 11	6.30pm – 9.00pm	20
	BEREAVEMENT <b>Meditation and Loss</b>	Thursday 18	6.30pm – 9.00pm	7
	SCIENCE & SPIRITUALITY <b>Artificial Intelligence and Contemplative Science</b>	Saturday 20	10.30am – 4.00pm	26
	ART: EXHIBITION PREVIEW <b>The Anatomy of Trees</b>	Wednesday 24	6.00pm – 8.00pm	4
	RECOVERY & ADDICTION <b>Addiction and Grace</b>	Thursday 25	6.30pm – 9.00pm	22
	POETRY <b>The Foundation of Poetry: Faith and Language</b>	Saturday 27	10.30am – 4.00pm	21
JUNE	TEACHING ON CHRISTIAN MEDITATION <b>An Introduction to Christian Meditation</b>	Saturday 3	11.00am – 3.30pm	29
	INTERFAITH <b>Living from our Fullness: The Role of Prayer and Meditation</b>	Thursday 8	6.30pm – 9.00pm	13
	POETRY <b>Sacred Poetry and the Gift of Your Voice</b>	Saturday 10	10.30am – 4.00pm	21
	CONTEMPLATIVE REFLECTIONS <b>Living the Truth</b>	Thursday 29	6.30pm – 9.00pm	10

Month	Series and Title	Date	Time	Page
<b>JULY</b>	RETREAT WITH THE MYSTICS <b>The Cloud of Unknowing</b>	Saturday 1	10.30am – 4.00pm	<b>24</b>
	ART: EXHIBITION PREVIEW AND BOOK LAUNCH <b>The Secret Wound</b>	Thursday 6	6.30pm – 9.00pm	<b>5</b>
	CONTEMPLATIVE REFLECTIONS <b>Light Sitting in Light</b>	Saturday 8	10.30am – 4.00pm	<b>10</b>
	BUSINESS & EXECUTIVE LEADERSHIP <b>A Spiritual Compass for Leaders Navigating Chaos</b>	Saturday 15	10.30am – 4.00pm	<b>8</b>
<b>AUGUST</b>	<b>CLOSED</b>			
<b>SEPTEMBER</b>	INTERFAITH <b>Silence in Science and Speaking in Faith AT COLET HOUSE</b>	Saturday 2	5.00pm – 9.00pm	<b>14</b>
	ART: EXHIBITION PREVIEW <b>Collages by Sage</b>	Saturday 2	6.00pm – 8.00pm	<b>6</b>
	INTERFAITH <b>Meditating with Zen Master Dogen Kigen (1200–1253)</b>	Wednesday 13	6.30pm – 9.00pm	<b>15</b>
	RETREAT WITH THE MYSTICS <b>Exploring the Spiritual Path with Dante and his Divine Comedy</b>	Saturday 16	10.30am – 4.00pm	<b>24</b>
	CONTEMPLATIVE REFLECTIONS <b>Who do you Trust?</b>	Saturday 23	10.30am – 4.00pm	<b>11</b>
<b>OCTOBER</b>	MOVEMENT AND MEDITATION <b>Autumn: Grounding</b>	Saturday 7	1.00pm – 5.30pm	<b>19</b>
	SCIENCE AND SPIRITUALITY <b>Human Healing within the Science and Religion Dialogue</b>	Wednesday 11	6.30pm – 9.00pm	<b>27</b>
	SPIRITUAL GROWTH COURSE <b>Finding the Way</b>	Thursday 12	6.30pm – 9.00pm	<b>28</b>
	TEACHING ON CHRISTIAN MEDITATION <b>London Group Leaders' meeting</b>	Saturday 14	11.00am – 3.30pm	<b>29</b>
	ART: EXHIBITION PREVIEW <b>In the Shadow of the Andes</b>	Saturday 14	5.00pm – 7.00pm	<b>6</b>
	SPIRITUAL GROWTH COURSE <b>Finding the Way</b>	Thursday 19	6.30pm – 9.00pm	<b>28</b>
	SPIRITUAL GROWTH COURSE <b>Finding the Way</b>	Thursday 26	6.30pm – 9.00pm	<b>28</b>
<b>NOVEMBER</b>	RECOVERY & ADDICTION <b>Addiction and Grace</b>	Thursday 2	6.30pm – 9.00pm	<b>22</b>
	CONTEMPLATIVE REFLECTIONS <b>The Blessing – Your Lived Life. The Regret – Your Unlived Life</b>	Saturday 4	10.30am – 4.00pm	<b>11</b>
	CONTEMPLATIVE REFLECTIONS <b>Mind Full Or Mindful?</b>	Wednesday 8	6.30pm – 9.00pm	<b>12</b>
	SPIRITUAL GROWTH COURSE <b>Finding the Way</b>	Thursday 9	6.30pm – 9.00pm	<b>28</b>
	SPIRITUAL GROWTH COURSE <b>Finding the Way</b>	Thursday 16	6.30pm – 9.00pm	<b>28</b>
	RETREAT WITH THE MYSTICS <b>Following Christ the Carmelite Way</b>	Saturday 18	6.00pm – 8.00pm	<b>25</b>
	ART: EXHIBITION PREVIEW <b>Symbols of God</b>	Saturday 18	6.00pm – 8.00pm	<b>6</b>
	SPIRITUAL GROWTH COURSE <b>Finding the Way</b>	Thursday 23	6.30pm – 9.00pm	<b>28</b>
	TEACHING ON CHRISTIAN MEDITATION <b>Living Incarnationally</b>	Saturday 25	11.00am – 3.30pm	<b>29</b>
	CONTEMPLATIVE REFLECTIONS <b>Reported by Angels at Every Hour</b>	Thursday 30	6.30pm – 9.00pm	<b>12</b>
<b>DECEMBER</b>	RETREAT WITH THE MYSTICS <b>Thomas Merton – His Life, Work &amp; Witness</b>	Saturday 2	10.30am – 4.00pm	<b>25</b>
	MOVEMENT AND MEDITATION <b>Urban Retreat</b>	Saturday 9	1.00pm – 5.30pm	<b>19</b>
	ART: EXHIBITION PREVIEW <b>The Trinity – Rublev's Icon</b>	Thursday 14	6.30pm – 9.00pm	<b>7</b>
	LAURENCE FREEMAN AT THE CENTRE <b>Preparing for Christmas</b>	Saturday 16	10.30am – 4.00pm	<b>16</b>



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