

the meditation centre



20  
19 Programme

## Practical Information

**To contact us:** T: 020 7278 2070 or E: [meditatio@wccm.org](mailto: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 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. 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. 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 of John Main, a Benedictine monk, to teach meditation as a way to help restore the contemplative dimension of life. Its spiritual foundation is the daily practice of meditation and the local meditation group. People from all walks and stages of life meet weekly in over 100 countries.

Meditatio as the outreach of the Community shares the fruits of meditation with the wider world and directs the wisdom of meditation towards the crises of our time. Its programs engage the areas of education, business, leadership, interfaith, health, addiction, mental health and other social justice issues. To find out more visit [www.meditatio.co.uk](http://www.meditatio.co.uk)

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



## DAILY & REGULAR SCHEDULE

### Weekdays:

1.00 pm – 1.30 pm Meditation – All welcome

### Mondays:

7.00 pm – 7.30 pm – Meditation – All welcome

7.30 pm – 9.00 pm – Yoga (For details see page 00)

### Fridays:

10.00 am – 12.00 noon – Yoga and Meditation (For details see page 00)

### 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.

### On Beginning Meditation

On the first Thursday of each month an introduction evening will be held for those new to meditation. The evenings will be led by members of WCCM. **6.30 pm – 8.00 pm**

*“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

**9 February – 4 March**  
**Preview with the Artist**  
**5.00 pm – 7.00 pm,**  
**Saturday 9 February**

**9 March – 4 April**  
**Preview 6.30 pm – 9.00pm,**  
**Saturday 9 March**



## ART

### EXHIBITIONS AT THE MEDITATIO CENTRE

#### Retrospective

**Asta Binkauskaitė**

The exhibition shows a selection of artwork produced in the past three decades.

**Asta** holds a BA and MA in Fine Arts from Vilnius Academy of Fine Arts, Lithuania, as well as an MA in Art Psychotherapy from Goldsmiths, University of London.



#### The Renaissance Remastered

**David Turner FRSA**

The world around us is moving ever faster and seemingly becoming more complex (and self destructive) every day. It has all become a blur of sensations, and there is often so much to make sense of it can become overwhelming. Through my drawings, prints and fine art photography I seek to connect with the continuities of the distant and recent past, and the princes, painters, poets, philosophers, and politicians who experienced tumultuous times, and aim to commune with my appreciation for their works and deeds.

**David** is a well known Visual Artist and Digital Maker. He got his Masters in Culture, Creativity, and Entrepreneurship from the University of Leeds in 2014 and was recently appointed a 'Fellow' of the RSA, a 'think tank' founded in 1754 and dedicated to the 'encouragement of the Arts, Manufactures, and Commerce'. He received his art training at The Royal College of Art and The Royal Drawing School and retains links with both.

13 – 21 April

Preview With The Artist

5.00 pm – 7.00pm,

Saturday 13 April



## The Colt Untied – Images and words for Holy Week & Eastertide

Loraine Goddard

You are welcome to come to look at the exhibition through Easter week and pray with these images.

**Loraine** is a meditator and facilitator for two WCCM groups in Somerset. Following a journey moving through Veterinary Science, Fine Art and 'The University of Life', Loraine values being with images, words and the people she meets, creatively exploring whatever matters are arising at the time.

4 – 25 May

Preview With The Artist

5.00 pm – 7.00pm,

Saturday 4 May

## Current Work

Andrew Smith

**Andrew** has painted since graduating from Slade College in 1976.



1 – 27 June

Preview 5.00 pm – 7.00pm,

Saturday 1 June



C/O

Aka Me

In his work, the artist Aka Me, takes up the visual strategies of advertising and translates them into an artistic framework. In doing so, he combines images of art and pop culture, his own photographs, writing and logotypes into seamless montages in an egalitarian way, in which the cultural and social reality is reflected by its exposed mechanisms in a winking manner.

In affirmative glossiness, the images ensnare the observer and suggest a conspiratorial wholeness that deconstructs itself only on closer examination.

6 – 20 July

Preview with the Artist

5.00 pm – 7.00 pm,

Saturday 6 July

### Painting on Canvas and Ceramics

Zoë Callaghan

Zoë has been largely influenced as a painter by the strong light which enhances shape, giving way to strong colour. an aniconic style with flat use of vivid colour prompted by early Greek ceramics.

**Zoë** also explores the medium of printing, mainly using lino cuts and mono prints.



25 July – 29 August

Preview

7.00 pm – 8.00 pm,

Thursday 25 July



### Arco Iris Learning

An opportunity to share the creative photography images made by children aged 7–11 years old..

**Arco Iris Learning** leads Creative Photography sessions for children to gain photographic skills. Mental health is a big priority so sessions are lead to increasing confidence, self esteem and supporting others to gain the same skills. [arcoirislearning.blogspot.co.uk](http://arcoirislearning.blogspot.co.uk)

7 – 26 September

Preview with the Artist

3.00 pm – 6.00 pm,

Saturday 7 September

Stephen will be giving a talk about his paintings from 4.00 pm and about how they link to his practice of meditation. Please join us.

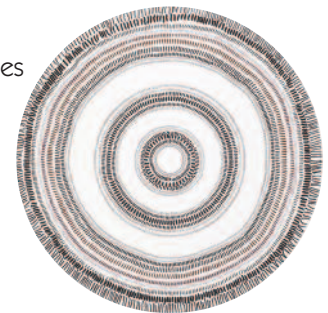
### Visualising the Invisible

Stephen Magrath

This exhibition of abstract drawings and paintings describes a personal journey into ever deeper states of meditation.

**Stephen** works as an artist and art teacher in Bath where he also leads two meditation groups. His art is inspired by a keen interest in the mind and mental health and recently this has overlapped with his meditation practice as a source for new images.

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





**10 – 29 October**  
Preview with the Artist  
6.00 pm – 8.00 pm,  
Thursday 10 October

**9 – 23 November**  
Preview with the Artist  
5.00 pm – 7.00 pm,  
Saturday November

**28 November – 13 January 2020**  
Exhibition Opening  
6.00 pm – 8.00 pm,  
Thursday 28 November

### **Firebird and other Directions**

Harriet Proudfoot

**Harriet** moves between movement and meditation, art and poetry. For 50 years she has been a passionate pioneer of the importance of early years creativity, with a chapter on Development through the Creative Arts published in 1984.



### **“The Feeling of the Soul of Things” Ouspensky 1912–1929**

Mary Cook

I enjoy being face to face with landscape or portrait and work in oil and watercolour.

**Mary** finds painting is a way of seeing and an opportunity to connect with the innate beauty in creation.

[marycookpainter.co.uk](http://marycookpainter.co.uk)

### **Paintings**

Jocelyn Merivale

Jocelyn studied at Chelsea School of Art, and Goldsmiths’ College. Her painting career developed through geometrical abstracts to mainly figurative work, though she employed imagination as much as observation. She also taught Art in London schools, and later worked in primary schools as an Art and Play therapist with the Place to Be charity.

Jocelyn was a keen follower of John Main and Laurence Freeman. She practised meditation at various times in her life – most notably during her last eight months, in 2014, while she struggled with cancer and died at the age of 66. This show includes work ranging from her student days right up to pieces made during her final months.



GIVING UP WITHOUT GIVING UP  
by Jim Green  
Wednesday 20 March  
6.30 pm – 9.00 pm  
Free Event but please book in  
advance

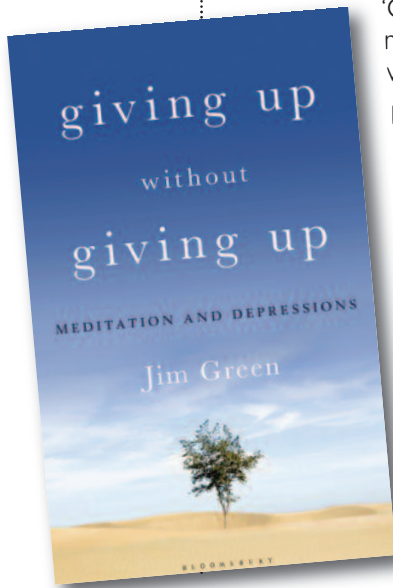
## BOOK LAUNCH

### **Giving Up without Giving Up: Meditation & Depressions**

by Jim Green

An evening to celebrate the launch of Jim Green's book *Giving up without Giving Up: Meditation and Depressions* published by Bloomsbury. The evening will be hosted by Laurence Freeman OSB.

*'What if the suffering that we call depression contains experiences and lessons without which we cannot be fully alive?'*



'Giving Up Without Giving Up' explores the possibility that we have much to learn from the desert times in our lives, when it feels as though we are losing everything, most of all a sense of who we are.

Drawing on his experience of meditation within both the Buddhist and Christian contemplative traditions, as well as his own times of personal loss and bewilderment, Jim Green offers us a moving account of just how this wisdom practice can accompany each of us as we make 'the gentle pilgrimage of recovery'. He offers a thorough and practical approach to our times of personal desolation, centred on the practice of meditation, showing how we can learn to treat ourselves and each other with care and compassion.

**Jim** has worked for many years in the field of mental health with both local and national organisations, the Open University and the BBC. He describes his decades of meditation practice as 'always learning to be a beginner'.

LEADERSHIP AND  
CONTEMPLATION

Led by **Sean Hagan**

**Wednesday 20 February**

**6.30 pm – 9.00 pm**

**Cost £15 Concessions £10**

*Light refreshments provided.*

KNOW WHO YOU ARE

Led by **Robert A. Johnson**

**Saturday 6 April**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

## BUSINESS AND LEADERSHIP

### Leadership and Contemplation

Sean shares his own personal experience in the exercise of leadership and learning how to become a more effective leader. Sean will talk about developing a 'spirit of attention' through meditation which has helped focus him in his work life with the ability to exercise better judgement.

**Sean** was General Counsel and Director of the Legal Department since 2004, until his retirement from the IMF in September 2018. He is a member of both the Executive Committee and Advisory Council for the WCCM.

### Know Who You Are: Compassion and Effectiveness are Derived from Inner Strength

Strengthening the self in resistance to a misguided society so that you can 'love your enemies and inspire change'. Throughout the day, we will explore such themes as: How experience affects what I do. The challenge of now. Inspiration rather than confrontation. Contemplation and the creation of self. Defining meaning and purpose in an uncertain world. Poetics and Persuasion.

**Robert** is the Executive Director of the Institute for New Economic Thinking.



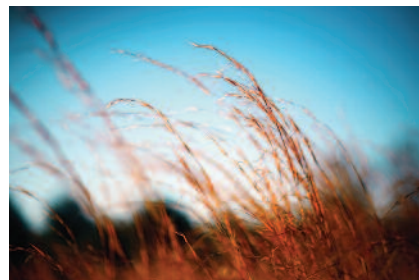
DRAWING FROM NATURE  
**Led by Michelle Charles**  
**Saturday 9 February**  
**10.30 am – 4.00 pm**  
**Cost £30 Concessions £20**  
*Please bring a packed lunch.*  
*Coffee and tea provided.*

MOVING WITH THE SPIRIT  
**Led by Linda Richardson**  
**Thursday 26 September**  
**6.30 pm – 9.00 pm**  
**Cost £15 Concessions £10**  
*Light refreshments provided.*

## CONTEMPLATIVE ARTS

### **Drawing from Nature – a day of contemplative drawing**

It takes time for us to see things. Light changes by a fraction of a second, we think we see something and then as the light shifts and we look again, our perspective and view of objects change. Nothing remains the same. Memories also shift, expand, and change. This drawing workshop is being offered to every level, from beginning, to advanced. No prior experience necessary.



**Michelle** is an experienced artist and workshop leader in art and design, and has taught drawing and painting for many years in the USA and UK. Her work has been shown in solo shows at galleries all over the world including Kettle's Yard Cambridge, the Museum of the Royal Pharmaceutical Society, and recently at Jane Lombard gallery in New York. Her works are in public collections that include: The British Museum, The Wellcome Trust, The Brooklyn Museum (USA), and the National Museum of Art (USA).

### **Moving with the Spirit**

The fastest way to still the mind is to move the body. Dance, Meditation, Worship. No steps to learn. No prior experience necessary. *Wear loose, comfortable clothing. We dance barefoot or in soft shoes.*

**Linda** is an artist and part of the World Community for Christian Meditation. She believes that in movement and dance we can express our deepest longings, losses and joys and this can release us into a new experience of meditation.

## CONTEMPLATIVE REFLECTIONS

'ARISE MY LOVE'

**Led by Rev Graeme Watson and  
Dr Stefan Reynolds**

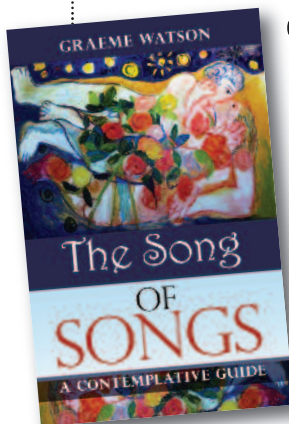
**Saturday 30 March**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*



### 'Arise my love': The invitation of the Song of Songs

This day will look at the story behind what was long considered the greatest poem ever written. How a human love story came to carry mystical symbolism when so many commentators had despaired of finding it? Graeme and Stefan have spent years exploring how we can retrieve the Song of Songs as a poem for our time. In this day they will introduce aspects of the Song and look at how, as a poem, it is suitable for Lectio Divina and contemplative prayer.

**Graeme** 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. He is a spiritual director, 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 on *The Cloud of Unknowing* (available on [www.wccm.org](http://www.wccm.org)).

**Stefan** is a well-established speaker and writer on Christian mysticism, as well as Director of Retreats at Mount Melleray Abbey in Ireland. His books include *Living with the*

*Mind of Christ: Mindfulness in Christian Spirituality* and *The Wisdom of Love in the Song of Songs* (Hikari Press, 2018). He has a PhD from London University on Middle-English Mysticism and MAs in History of Christianity, and Christianity and Inter-Religious Dialogue.



RECOVERING THE BOOK OF KELLS  
FOR CONTEMPLATIVE PRAYER

Led by **Dr Fáinche Ryan** and

**Dr Cornelius Casey**

**Saturday 4 May**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

MEDITATION AND HOPE AMIDST  
CLIMATE CHAOS

Led by **Peter Musgrave**

**Saturday 11 May**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

## Recovering the Book of Kells for Contemplative Prayer

Much attention has been paid to the Book of Kells as an artistic masterpiece, the liturgical and the theological depth of the manuscript has been brought to the forefront in their work. The day will introduce people to the iconography of the Book of Kells, and to some of the full page illustrations in the manuscript.



**Cornelius** was the inaugural Director of the Loyola Institute of Theology at Trinity College Dublin, and **Fáinche** is the current Director. Both are systematic theologians. The Loyola Institute offers postgraduate degrees in theology in the Catholic tradition, as well as modules on undergraduate degrees. Together they have developed a module entitled The Book of Kells, A theological reading.

## Meditation and Hope Amidst Climate Chaos

What does hope look like in the uncertainty and despair of climate breakdown? In this workshop we will use participatory methods to explore the contribution of prayer and meditation to climate change activism and the contribution of climate change awareness to our prayers for the world. Together we will learn more about climate breakdown. We will share ways in which our prayer, meditation can give us a grounding in our lives so we can make a contribution to the healing of the earth.

**Peter** has worked for over 35 years in the field of community development. He has a special interest in Bangladesh where he has lived and worked for many years, a country on the frontier of climate change. Peter is a meditator with WCCM and has enjoyed coming to many talks at The Meditatio Centre since its inception. He with some other colleagues, will facilitate the workshop and provide input into our reflections.

A DARKNESS ALL OF LIGHT

Led by **Martin Laird OSA**

**Saturday 20 July**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

### **A Darkness All of Light**

‘A Darkness all of Light’ – this line from a poem by Franz Wright serves to focus our day dedicated to the practice of contemplation – through conference and discussion. Silence itself has no opposite. For the silent mind, sound is as silent as no sound. For the decluttered mind, despair and delight manifest the very same silence we incessantly bodyforth by the simple fact that we are. But for the cluttered mind, such things seem to be at odds. To explore this, among other things, Fr. Martin will consider such challenges as: the inner noise generated when we try to use contemplative practice to acquire something we think we lack; or get rid of something we would rather not have in our lives; or how the practice of ‘mindfulness’ risks leaving us fixated on ourselves as our own contemplative projects; as well as other special challenges for the maturing contemplative.

**Fr Martin** has lectured and led retreats throughout the US, UK, and Republic of Ireland. He is Professor of Early Christian Studies at Villanova University near Philadelphia and the author of *Into the Silent Land*, *A Sunlit Absence*, and his new book *An Ocean of Light* from Oxford University Press.



## THE SENSE OF WONDER

Led by **Prof Mark Burrows**

**Saturday 26 October**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

## TURNED BY DIVINE LOVE

Led by **The Rt Revd John Stroyan**

**Saturday 7 December**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

## The Sense of Wonder

Wonder conjures a sense of mystery gesturing toward what it means to open ourselves to the world around and within us. It also suggests the energies of the imagination: we ready ourselves for what we do not yet know, and dare to imagine. We will explore poets and theologians, mystics and artists, some of whose works shaped the heart of the Christian tradition while others gave their witness at the boundaries. All were joined in Socrates' conviction that wonder is the beginning of wisdom and that mystery shimmers in the ordinary. Wonder holds the seeds of hope so needed today.

**Mark** is well known as a retreat leader and speaker. He is Professor of Religion and Literature at the University of Applied Sciences in Bochum, Germany. His publications include: *Rainer Maria Rilke's Prayers of a Young Poet* (2016), *Meister Eckhart's Book of the Heart: Meditations for the Restless Soul* (2017) and *The Chance of Home* (2018). [www.msburrows.com](http://www.msburrows.com)

## Turned by Divine Love

Bishop John will lead a day of reflection and silent prayer on starting again with God and with others. Drawing on the rich Christian traditions of both east and west, the reflections will be based on his recently published book, *Turned by Divine Love*, which evokes fresh praying and thinking about all the key relationships in our lives, beginning with God.

**Bishop John** was installed as the Bishop of Warwick in 2005. He was ordained in 1983 and served in inner-city parishes in Coventry and in Birmingham followed by 11 years in a rural benefice in Oxfordshire. He is President of the Association for Promoting Retreats UK, President of the Community of the Cross of Nails and Co-Chair of the Reully Contact Group. He is an experienced retreat leader and has been deeply enriched by Eastern Monasticism and through Orthodox mystical theology.





FROM DARKNESS TO LIGHT  
**Led by Hymie Wyse**  
**Saturday 23 February**  
**10.30 am – 4.00 pm**  
**Cost £30 Concessions £20**  
*Please bring a packed lunch.*  
*Coffee and tea provided.*

YOGA AND THE JOURNEY OF SELF-  
TRANSFORMATION  
**Led by Ravi Ravindra**  
**Wednesday 11 September**  
**6.30 pm – 9.00 pm**  
**Cost £15 Concessions £10**  
*Light refreshments provided.*

## INTERFAITH

### **From Darkness to Light: The Life and Teachings of Sri Ramana Maharshi**

The contemporaneity of this great Indian mystic is very relevant for us today. His teaching answers all the questions we are facing. The day will be dedicated to learning about Sri Ramana Maharshi and sharing our experiences.

**Hymie** is a Therapist and Group Analyst and has been interested in the mystics all his life.



### **Yoga and the Journey of Self-transformation**

All serious teachings insist on a radical self-transformation in order to make any connection with the Truth or God or the Real. There are distinct steps in the journey of transformation. We will explore how the practice and theory of Yoga corresponds to this inner voyage.

**Ravi** is the author of *The Pilgrim Soul: A Path to the Sacred Transcending World Religions* (Quest Books) *The Bhagavad Gita: A Guide to Navigating the Battle of Life* (Shambhala Publications) and *The Gospel of John in the Light of Indian Mysticism* (Inner Traditions).  
[www.ravindra.ca](http://www.ravindra.ca)

**We look forward to welcoming Kabir Helminski to the Centre in 2019. We will send notification of the date nearer the time.**

**Kabir** is a Shaikh of the Mevlevi Order of Sufis, which traces its inspiration to Jelaluddin Rumi. Under his direction The Mevlevi Order is working to apply traditional Sufi principles to contemporary life. Kabir and his wife Camille founded and direct The Threshold Society, a nonprofit educational foundation. He leads workshops and retreats for Sufis and the broader multifaith community.

ASH WEDNESDAY

**Led by Laurence Freeman OSB**

**Wednesday 6 March**

**6.30 pm – 9.00 pm**

**Cost £15 Concessions £10**

*Light refreshments provided.*

PREPARING FOR CHRISTMAS

**Led by Laurence Freeman OSB**

**Saturday 14 December**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

## LAURENCE FREEMAN AT THE CENTRE

### Ash Wednesday

Like the 'Rains Retreat' in Buddhism or Ramadan in Islam, Lent in the Christian community is a time of deeper spiritual practice and personal asceticism – learning the benefits of self-control in some ordinary areas of our life in order to sharpen our spiritual awareness. We start the 40 days of Lent today with the 'giving of the ashes', a simple ritual reminding us of our earthiness, and a talk by Fr Laurence on how to make the most of Lent.

His book *Sensing God* which is a popular handbook for Lent and a way to refresh your meditation discipline will be available.



### Preparing for Christmas



It is hard for many of us to remember the spiritual meaning of Christmas amid the commercial hype and stress of this season. Taking a day to Prepare for Christmas has become tradition at Meditatio Centre and we are again happy that Fr Laurence can lead us in meditation, reflection and a time to be with friends on the same wavelength. His theme this year will be finding the mysterious in the ordinary.

**Fr Laurence** is a Benedictine monk and the spiritual successor of John Main OSB. 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.

YOGA WORKSHOP: COMING HOME  
TO THE BODY/MIND

Led by **Chris Hurley**

**Saturday 9 March**

**1.00 pm – 5.30 pm**

**Cost £25 Concessions £15**

*Please bring a packed lunch.*

*Coffee and tea provided.*

YOGA WORKSHOP: A MANTRA FOR  
THE BODY

Led by **Lucy Barnes**

**Saturday 22 June**

**1.00 pm – 5.30 pm**

**Cost £25 Concessions £15**

*Coffee and tea provided.*



## MOVEMENT AND MEDITATION

### **Yoga workshop: Coming Home to the Body/Mind**

An opportunity to reacquaint ourselves with the moving, breathing, resting body. We will ask of ourselves, ‘How does this feel for me now?’ and so develop a sense of how it is to be present and aware. The movements will be simple but many of them will be done lying on the floor.

‘In Him we live and move and have our being’.

### **Yoga workshop: A Mantra for the Body**

In describing the mantra we talk of simplicity, attention and returning to our word. What would a mantra for the body be? Walking, rhythm and breathing spring to mind, as well as simple tasks with the hands. Together we will explore all of the above from a yoga perspective, and discover tools to create a simple mantra for the body.

Both these Yoga workshops encourage a greater awareness of the body and offer simple, practical skills to give support in meditation and in daily life. Workshops are divided into two practical sessions leading into meditation, with a break for refreshment and conversation. Previous experience of yoga is not necessary and please wear loose clothes that you can move in. All Welcome.

**Lucy** is a dancer and yoga teacher from London working with adults, children and in teacher training. She runs weekly classes at Meditatio and has been part of the WCCM community since 2006. She is accredited by British Wheel of Yoga.

**Chris** has been a member of WCCM for over 30 years and is an experienced Yoga teacher. She leads Bodywork classes and workshops for meditators throughout the UK.

BLAKE: PROPHET OF THE  
IMAGINATION

Led by **Grevel Lindop**

**Saturday 27 April**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

HEART-WORK AND THE ART OF  
LOVING

Led by **Prof Mark Burrows**

**Saturday 1 June**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

## POETRY

### Blake: Prophet of the Imagination

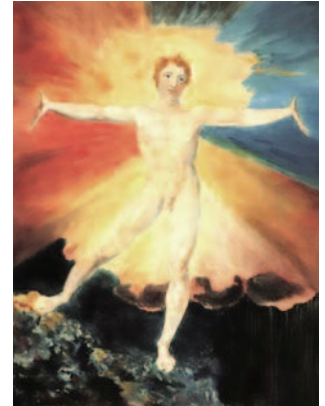
William Blake – poet, artist, prophet and visionary – was London’s great exponent of imaginative freedom and creativity. A profound and joyful thinker, he shows how our imagination shapes the world and how we can ‘cleanse the doors of perception’ to experience the world ‘as it is, infinite!’ Looking at some of Blake’s poems, prose and radiant artwork, we shall explore his ideas and see how they apply to our own lives: helping us ‘To see a World in a Grain of Sand, and Heaven in a wild Flower, Hold Infinity in the Palm of your Hand, and Eternity in an Hour’.

**Grevel** is a poet, critic, biographer and travel writer. He taught courses on Blake at Manchester University, and has also taught Buddhist meditation for more than thirty years. He chairs the Board of the Temenos Academy, and writes essays and reviews for a range of magazines including *The London Magazine*, *Stand*, *PN Review*, *Poetry London* and *Temenos Academy Review*.

### Heart-Work and the Art of Loving: Rainer Maria Rilke’s ‘Sonnets to Orpheus’

These sonnets by Rilke stand as one of the masterpieces of German poetry. Written near the end of his life, the poems invite us to open our lives to the depths and to find new courage to dwell in the world with creative passion. Our exploration will invite us to answer the poet’s call to ‘do the heart-work’ with the memories and experiences of our lives, since ‘the world, the more we observe it, wants to flourish in love.’ The question is, how? This meditative day will engage this question and with these poems slowly and in depth. We will use a new translation of these poems by the retreat leader.

See biographical details on page 14.



THE SPIRITUALITY OF THE  
TWELVE STEPS

**Led by May Nicol**

**Thursday 14 February and**

**Thursday 19 September**

**6.30 pm – 9.00 pm**

**Suggested Donation £10.00**

*Light Refreshment provided.*

## RECOVERY AND ADDICTION

### **The Spirituality of the Twelve Steps**

An evening to explore the spirituality of Step 11 from the 12 steps.

Looking at how meditation improves our conscious contact with God as we understand God.

‘The Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all people.’ AA

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



THE COMPASSION OF THE  
MYSTICS

Led by Prof Bernard McGinn

Tuesday 9 April

6.30 pm – 9.00 pm

Cost £15 Concessions £10

*Light refreshments provided.*

JOHN CHAPMAN: THE NECESSITY  
OF CONTEMPLATION

Led by Fr Robin Burgess

Saturday 18 May

10.30 am – 4.00 pm

Cost £30 Concessions £20

*Please bring a packed lunch.*

*Coffee and tea provided.*

## RETREAT WITH THE MYSTICS

### The Compassion of the Mystics

Compassion as intellectual, affective, and active sympathy for others is rooted in the Hebrew Scripture's account of God's loving kindness for his people and in the New Testament picture of Jesus. Compassion became a central virtue in Latin Christianity, especially among the mystics. This is evident in the new forms of apostolic mysticism found in Western Europe in the 13th century. Using Francis of Assisi and some of his contemporary 'holy women' of the Low Countries and Germany, this talk will probe the contours of true compassion. It will close with a look at the 17th century mystic Francis de Sales, who is both an exemplar and a theorist of the nature of compassion.

**Bernard** is the Naomi Shenstone Donnelly Professor emeritus of the University of Chicago, where he taught for 34 years before retiring in 2003. 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. He is a Patron of WCCM.

### John Chapman: The Necessity of Contemplation

A day on the life and work of John Chapman, Abbot of Downside who died in 1933. His Spiritual Letters show him to be a forerunner of the rediscovery of the contemplative way associated with Thomas Merton, John Main & Thomas Keating. He is the author of the well known saying, Pray as you can, not as you can't. There will be times of meditation in the day and time for questions/comments.

**Fr Robin** is a Catholic priest of Westminster Diocese living in the parish of Ealing Abbey, where John Main began his first meditation group. He is Clergy Co-ordinator for WCCM.

THE SACRAMENT OF THE PRESENT  
MOMENT

**Led by Liz Watson**

**Saturday 29 June**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

A DAY WITH THE RUSSIAN  
THINKERS

**Led by Josie Von Zitzewitz**

**Saturday 21 September**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

**The Sacrament of the Present Moment**

The present moment is a commonly used phrase, but not one that is always very well understood.

Jean-Pierre de Caussade was an 18th century French Jesuit who explored this theme deeply in his own life and in guiding others. The Sacrament of the Present Moment is the title of the treatise he left us and will be our guide for the day.

**Liz** has been a member of WCCM for over 20 years and now focuses on teaching meditation in a variety of settings, leading retreats in the UK and beyond, and offering spiritual direction.

**A Day with the Russian Thinkers**

Writers, intellectuals and churchmen alike contributed to the unprecedented flowering of religious thought in late 19th and early 20th century Russia. This 'religious renaissance' took place in a cultural climate marked by the onslaught of secular rationalism and materialism – the idea that the world is just what we can see – and made Russian religious ideas available to a much wider audience.

During this day we will explore some key works of Dostoevsky, the famous novelist, who admittedly wrote slightly earlier, Vladimir Solovyov, the founding father of Russian religious philosophy, Pavel Florensky, priest, poet, polymath and martyr of the Soviet Gulag, and others. Steeped in Orthodox teaching about theosis, becoming-like-God, as the highest goal of the human life, these thinkers will inspire us on our contemplative journey.

**Josie** has been meditating for over 20 years and is an oblate of the WCCM. She teaches Russian literature and language at the University of Cambridge and is the author of multiple publications on Russian poetry inspired by Christian ideas.



BECOMING FRIENDS OF GOD AND  
PROPHETS

Led by Rev Dr Daniel Horan OFM

Saturday 19 October

10.30 am – 4.00 pm

Cost £30 Concessions £20

Please bring a packed lunch.

Coffee and tea provided.

## Becoming Friends of God and Prophets: Holiness According to Thomas Merton and Pope Francis

In April of last year Pope Francis released an apostolic exhortation titled *Gaudete et Exsultate* ('Rejoice and Be Glad'), which focused on the universal call to holiness that all Christians receive at baptism. He addresses the challenges and opportunities we face in the modern world

when it comes to living the Gospel. Daniel will explore the meaning, significance, background, and application of the Pope's exhortation by drawing on the text itself as well as the writings of the late Trappist monk Thomas Merton. Daniel will also draw upon the work of the American theologian Elizabeth Johnson CSJ to help retrieve a renewed sense of the Communion of Saints as a community composed of 'friends of God and prophets.'

**Daniel** is a Franciscan friar, assistant professor of systematic theology and spirituality at Catholic Theological Union in Chicago, USA, and the author of 12 books including the award-winning *The Franciscan Heart of Thomas Merton: A New Look at the Spiritual Influence on his Life, Thought, and Writing* (2014); *All God's Creatures: A Theology of Creation* (2018); and *Reading, Praying, Living Pope Francis's Rejoice and Be Glad* (2019). He lectures around the United States, as well as in Canada, England, Italy, New Zealand, Israel, and Australia. [www.DanHoran.com](http://www.DanHoran.com)





A DAY OF DETACHMENT

**Led by Dr Rebecca Stephens**

**Saturday 23 November**

**10.30 am – 4.00 pm**

**Cost £30 Concessions £20**

*Please bring a packed lunch.*

*Coffee and tea provided.*

### **A Day of Detachment: Being (and Unbeing) in the Modern World**

Eckhart himself declared that: 'It is my wont to speak about detachment, and of how man should rid himself of self and all things.' It is so central a theme to his writing that he made it the topic of one of his 'Talks of Instruction', his treatise 'On Detachment' and in many of his sermons. Yet to our modern ears his emphasis on detachment can seem off putting – confusingly Zen, passive, even nihilistic.

This day-retreat will help us understand and embrace the joy of Eckhartian detachment through talks, reflection and meditation. We will explore how it impacts on our thinking about suffering and inequality, love and human relationships, pain and death.

**Rebecca** has spent the past 25 years in dialogue with Meister Eckhart, as a scholar, a teacher and in her daily life. Vice-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*.



WAYS TO GO BEYOND – AND WHY  
THEY WORK

Led by **Dr Rupert Sheldrake**

**Wednesday 27 February**

**6.30 pm – 9.00 pm**

**Cost £15 Concessions £10**

*Light refreshment provided.*

## SCIENCE AND SPIRITUALITY

### **Ways to go Beyond – and Why they Work**

Rupert Sheldrake looks at seven spiritual practices that are personally transformative and have scientifically measurable effects. All provide ways of going beyond our everyday states of mind into experiences such as flow, a sense of a greater conscious presence, bliss, fuller understanding, or deep connectedness.



In his new book, a sequel to *Science and Spiritual Practices*, Sheldrake writes as both a scientist and a spiritual explorer, and assesses various types of practices in the light of the latest scientific research. Why do these practices work? Are their effects ‘all inside the brain’ and essentially illusory? Or can we really make contact with forms of consciousness greater than our own? Sheldrake suggests that we can.

**Rupert** is a biologist and author of more than 85 scientific papers and 12 books, including *The Science Delusion* and *Science and Spiritual Practices*. His new book *Ways to Go Beyond* (2019). He was a Fellow of Clare College, Cambridge and a Research Fellow of the Royal Society, and is now a Fellow of the Institute of Noetic Sciences, in Petaluma, California, and of Schumacher College, in Dartington, Devon.  
[www.sheldrake.org](http://www.sheldrake.org)

FINDING THE WAY – A COURSE  
ON MEDITATION AND SPIRITUAL  
GROWTH

**Led by Liz Watson**

**Wednesdays 6.30 pm – 9.00 pm  
6, 13, 20 & 27 November and  
4 & 11 December**

**Cost £15 per evening or £75 for  
whole course paid in advance  
Concessions £10 per evening or  
£50 for whole course paid in  
advance**

*Light refreshment provided.*

## SPIRITUAL GROWTH COURSES

### **Finding the Way – A Course on Meditation and 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. The practice of meditation will be integral to each session. 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?

See biographical details on page 21.



HOW CAN WE DEEPEN OUR  
MEDITATION PRACTICE?

**Saturday 23 March**

**11.00 am – 3.30 pm**

FINDING PEACE AND JOY WITHIN

**Saturday 8 June**

**11.00 am – 3.30 pm**

LONDON GROUP LEADERS' DAY

**Saturday 12 October**

**11.00 am – 3.30 pm**

ADVENT QUIET DAY

**Saturday 30 November**

**11.00 am – 3.30 pm**

## 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 our meditation practice during the journey through Lent this year?

Led by the London Coordinators

Does Lent give us a good opportunity to examine lovingly our meditation practice? Are there any concerns we have like a sneaking guilt if we miss a day? Are there any joyful experiences we could share? What further support is there?

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

### Finding Peace and Joy Within – An Introduction to Christian Meditation

Led by Geoff Waterhouse

There is no charge but bring some lunch to share, but not too much!

### London Group Leaders' Day

Led by the London Coordinators

A Day of Renewal

Looking at where we are and where are groups are. Do we need refreshing and if so how do we get it? Looking at the balance between contemplation and action.

**Suggested donation: No more than £5 as a contribution to lunch.**

### Advent Quiet Day

Led by the London Coordinators

Keeping Christmas relevant for those who try to follow the contemplative path.

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

YOGA CLASSES WITH LUCY  
BARNES

**Mondays: Meditation and Yoga**  
7.00 pm – 9.00 pm

**Fridays: Yoga and Meditation**  
10.00 am – 12.00 noon

**Cost for yoga: £15 per class**  
when booking for the term.

**Drop in classes by arrangement.**

**Concessions available. Please**  
**ask. No charge for meditation**  
**session.**

## YOGA & MEDITATION

### Yoga classes with Lucy Barnes

**Spring 2019**

7 January – 12 April (half-term 18 – 22 February)

**Summer 2018**

3 June – 19 July (Please note this year Lucy is on sabbatical from:  
13 April – 2 June)

**Autumn 2018**

9 September – 12 December (half-term 21 – 25 October)

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.

See biographical details on  
page 20.

**Contact Lucy on**

**T: 07904 166123**

**E: [lucybarnesyoga@icloud.com](mailto:lucybarnesyoga@icloud.com)**



# 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
FEBRUARY	<b>On Beginning Meditation</b>	Thursday 7	6.30pm – 8.00pm	3
	CONTEMPLATIVE ARTS <b>Drawing from Nature</b>	Saturday 9	10.30am – 4.00pm	10
	ART: EXHIBITION PREVIEW <b>Retrospective</b>	Saturday 9	5.00pm – 7.00pm	4
	RECOVERY AND ADDICTION <b>The Spirituality of the Twelve Steps</b>	Thursday 14	6.30pm – 9.00pm	19
	BUSINESS AND LEADERSHIP <b>Leadership and Contemplation</b>	Wednesday 20	6.30pm – 9.00pm	9
	INTERFAITH <b>The Life and Teaching of Sri Ramana Maharshi</b>	Saturday 23	10.30am – 4.00pm	15
	SCIENCE AND SPIRITUALITY <b>Ways to go Beyond – And Why They Work</b>	Wednesday 27	6.30pm – 9.00pm	24
MARCH	LAURENCE FREEMAN AT THE CENTRE <b>Ash</b>	Wednesday 6	6.30pm – 9.00pm	16
	<b>On Beginning Meditation</b>	Thursday 7	6.30pm – 8.00pm	3
	MOVEMENT AND MEDITATION <b>Coming Home to the Body/Mind</b>	Saturday 9	1.00pm – 5.30pm	17
	ART: EXHIBITION PREVIEW <b>The Renaissance Remastered</b>	Saturday 9	6.30pm – 9.00pm	4
	BOOK LAUNCH <b>Giving Up Without Giving Up – Meditation and Depressions</b>	Wednesday 20	6.30pm – 9.00pm	8
	TEACHING ON CHRISTIAN MEDITATION <b>How can we deepen our practice through Lent?</b>	Saturday 23	11.00am – 3.30pm	26
	CONTEMPLATIVE REFLECTIONS <b>Arise my Love: The Invitation of the Song of Songs</b>	Saturday 30	10.30am – 4.00pm	11
APRIL	<b>On Beginning Meditation</b>	Thursday 4	6.30pm – 8.00pm	3
	BUSINESS AND LEADERSHIP <b>Know Who You Are</b>	Saturday 6	10.30am – 4.00pm	9
	RETREAT WITH THE MYSTICS <b>The Compassion of the Mystics</b>	Tuesday 9	6.30pm – 9.00pm	20
	ART: EXHIBITION PREVIEW <b>The Untied Colt</b>	Saturday 13	5.00pm – 7.00pm	5
	POETRY <b>Blake – Prophet of the Imagination</b>	Saturday 27	10.30am – 4.00pm	18
MAY	<b>On Beginning Meditation</b>	Thursday 2	6.30pm – 8.00pm	3
	CONTEMPLATIVE REFLECTIONS <b>Recovering the Book of Kells for Contemplative Prayer</b>	Saturday 4	10.30am – 4.00pm	12
	ART: EXHIBITION PREVIEW <b>Current Work</b>	Saturday 4	5.00pm – 7.00pm	5
	CONTEMPLATIVE REFLECTIONS <b>Meditation and Hope Amidst Climate Chaos</b>	Saturday 11	10.30am – 4.00pm	12
	RETREAT WITH THE MYSTICS <b>John Chapman</b>	Saturday 18	10.30am – 4.00pm	20
JUNE	POETRY <b>Heart-Work and the Art of Loving</b>	Saturday 1	10.30am – 4.00pm	18
	ART: EXHIBITION PREVIEW <b>C/O</b>	Saturday 1	5.00pm – 7.00pm	5
	<b>On Beginning Meditation</b>	Thursday 6	6.30pm – 8.00pm	3
	TEACHING ON CHRISTIAN MEDITATION <b>Finding Peace and Joy Within</b>	Saturday 8	11.00am – 3.30pm	26
	MOVEMENT AND MEDITATION <b>A Mantra for the Body</b>	Saturday 22	1.00pm – 5.30pm	17
	RETREAT WITH THE MYSTICS <b>The Sacrament of the Present Moment</b>	Saturday 29	10.30am – 4.00pm	21

Month	Series and Title	Date	Time	Page
<b>JULY</b>	<b>On Beginning Meditation</b>	Thursday 4	6.30pm – 8.00pm	<b>3</b>
	ART: EXHIBITION PREVIEW <b>Painting on Canvas and Ceramics</b>	Saturday 6	5.00pm – 7.00pm	<b>6</b>
	CONTEMPLATIVE REFLECTIONS <b>A Darkness All of Light</b>	Saturday 20	10.30am – 4.00pm	<b>13</b>
	ART EXHIBITION <b>Creative Photography</b>	Thursday 25	7.00pm – 8.00pm	<b>6</b>
<b>AUGUST</b>	<b>CLOSED</b>			
<b>SEPTEMBER</b>	<b>On Beginning Meditation</b>	Thursday 5	6.30pm – 8.00pm	<b>3</b>
	ART: EXHIBITION PREVIEW AND TALK <b>Visualising the Invisible</b>	Saturday 7	3.00pm – 6.00pm	<b>6</b>
	INTERFAITH <b>Yoga and the Journey of Self Transformation</b>	Wednesday 11	6.30pm – 9.00pm	<b>15</b>
	RECOVERY AND ADDICTION <b>The Spirituality of the Twelve Steps</b>	Thursday 19	6.30pm – 9.00pm	<b>19</b>
	RETREAT WITH THE MYSTICS <b>A Day with Russian Thinkers</b>	Saturday 21	10.30am – 4.00pm	<b>21</b>
	CONTEMPLATIVE ARTS <b>Moving with the Spirit</b>	Thursday 26	6.30pm – 9.00pm	<b>10</b>
<b>OCTOBER</b>	<b>On Beginning Meditation</b>	Thursday 3	6.30pm – 8.00pm	<b>3</b>
	ART: EXHIBITION PREVIEW <b>Firebird and Other Directions</b>	Thursday 10	5.00pm – 7.00pm	<b>7</b>
	TEACHING ON CHRISTIAN MEDITATION <b>London Group Leaders Meeting</b>	Saturday 12	11.00am – 3.30pm	<b>26</b>
	RETREAT WITH THE MYSTICS <b>Becoming Friends of God and Prophets</b>	Saturday 19	10.30am – 4.00pm	<b>22</b>
	CONTEMPLATIVE REFLECTIONS <b>The Sense of Wonder</b>	Saturday 26	10.30am – 4.00pm	<b>14</b>
<b>NOVEMBER</b>	SPIRITUAL GROWTH COURSE <b>Finding the Way</b>	Wednesday 6	6.30pm – 9.00pm	<b>25</b>
	<b>On Beginning Meditation</b>	Thursday 7	6.30pm – 8.00pm	<b>3</b>
	ART: EXHIBITION PREVIEW <b>The Feeling of the Soul of Things</b>	Saturday 9	5.00pm – 7.00pm	<b>7</b>
	SPIRITUAL GROWTH COURSE <b>Finding the Way</b>	Wednesday 13	6.30pm – 9.00pm	<b>25</b>
	SPIRITUAL GROWTH COURSE <b>Finding the Way</b>	Wednesday 20	6.30pm – 9.00pm	<b>25</b>
	RETREAT WITH THE MYSTICS <b>A Day of Detachment – Meister Eckhart</b>	Saturday 23	10.30am – 4.00pm	<b>23</b>
	SPIRITUAL GROWTH COURSE <b>Finding the Way</b>	Wednesday 27	6.30pm – 9.00pm	<b>25</b>
	ART: EXHIBITION PREVIEW <b>Jocelyn Merival Paintings</b>	Thursday 28	6.00pm – 8.00pm	<b>7</b>
	TEACHING ON CHRISTIAN MEDITATION <b>Advent Quiet Day</b>	Saturday 30	11.00am – 3.30pm	<b>26</b>
<b>DECEMBER</b>	SPIRITUAL GROWTH COURSE <b>Finding the Way</b>	Wednesday 4	6.30pm – 9.00pm	<b>25</b>
	<b>On Beginning Meditation</b>	Thursday 5	6.30pm – 8.00pm	<b>3</b>
	CONTEMPLATIVE REFLECTIONS <b>Turned by Divine Love</b>	Saturday 7	10.30am – 4.00pm	<b>14</b>
	SPIRITUAL GROWTH COURSE <b>Finding the Way</b>	Wednesday 11	6.30pm – 9.00pm	<b>25</b>
	LAURENCE FREEMAN AT THE CENTRE <b>Preparing for Christmas</b>	Saturday 5	10.30am – 4.00pm	<b>16</b>



The World Community for Christian Meditation

**The Meditatio Centre**

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