

Christian Meditation in Canada

NEWS NOTES WINTER 2003 VOL. 13 NO. 3 THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION

Contemplating the Kingdom

The notion of the Kingdom of God remains a difficult spiritual concept to grasp, even for those who spend a great deal of time contemplating scripture. However, if you had attended the Canadian National Conference on Christian Meditation in October, your understanding would have improved significantly after hearing Fr. Laurence give his keynote address on Friday evening; and it would have been further enhanced after hearing four panelists share their meditation journey on Saturday.

In his presentation, Fr. Laurence drew a powerful connection between the meditative practice and the kingdom. He reminded us that the kingdom is not a place or an event with a beginning and an end; it is rather something that is “among us and within us. ... The whole pilgrimage we are on is an experience of the Kingdom. ... It is a witness of the real nature of the gospel, a mystery deeper than words ... a meaning much deeper than we can understand.”

He told us that, in meditation, we experience an “enduring transformation of the self into what we really are, whatever reality God gives us - the unique reality we are. ... The explanation of meditation is the kingdom.”

Fr. Laurence presents a simple and powerful message: The intellect may never grasp the Kingdom, but our “being” experiences it; the experience of meditation is also the experience of the kingdom - the experience of God’s eternal love. The Kingdom, like meditation, is not something that we have to strive for, succeed at, or evaluate; we simply live it. If we are attentive, we recognize phases; such as the shedding of fears, overcoming insecurities, renewing our commitment to the journey, experiencing ourselves being loved, and being loving to others. Every stage, every milestone, Fr. Laurence explained, is the beginning of the Kingdom; and the clues are found in our lives.

On Saturday, the four panelists who shared their meditation experiences provided some of the clues that Fr. Laurence was talking about. As a young man, busy with school, work, and social

activities, John Lindall had glimpses of a self that existed submerged under an insecure persona. He said that it was only after he went to work at Kingston Penitentiary that he began to grasp the possibility of who was his real self. “It was like a door opening and shutting again, very quickly ... but in that moment, in my heart I

knew what I was created for.” In taking on the challenge to grow out of his egocentric ego, he explained, “It is in entering into the silence that vulnerable John is allowed to be loved and the hurt John is held in the palm of God’s hand.” John transmits this love to the prisoners he visits, whom he describes as possessing the spiritual identity as a loved child of God.

When Fr. Laurence told us that the Kingdom experience is both hidden and visible, he added that we see it in other people’s

faces, voices, or gestures. Norma Hannuch confirmed this when she told the audience how one day she got the courage to return unaccompanied to the monastery to meditate after a two years’ hiatus. The fear of going there on her own had kept her away; a life-changing event gave her the courage to return. She still vividly remembers the experience of seeing, from a distance, a group of meditators at the entrance to the monastery. Her first impulse was to turn back, but after some time she observed, “They looked so peaceful; there was something special about them. That gave me courage to continue.”

Using the experience of meditation as a metaphor for the Kingdom helps us to grasp the movement of the spirit as it guides us in our spiritual journey. Unavoidably, sacrifices will be exacted; and we will be challenged to “let go,” no matter how much we want to cling to what is secure. This aspect of Fr. Laurence’s teaching was exemplified in Sr. Anastasia’s journey, a journey of searching, studying, and listening to individuals who were placed in her life –one of them Fr. John Main.

This was also the experience of Julie Meakin who, on behalf of a friend living in Japan, had been searching for a Christian practice

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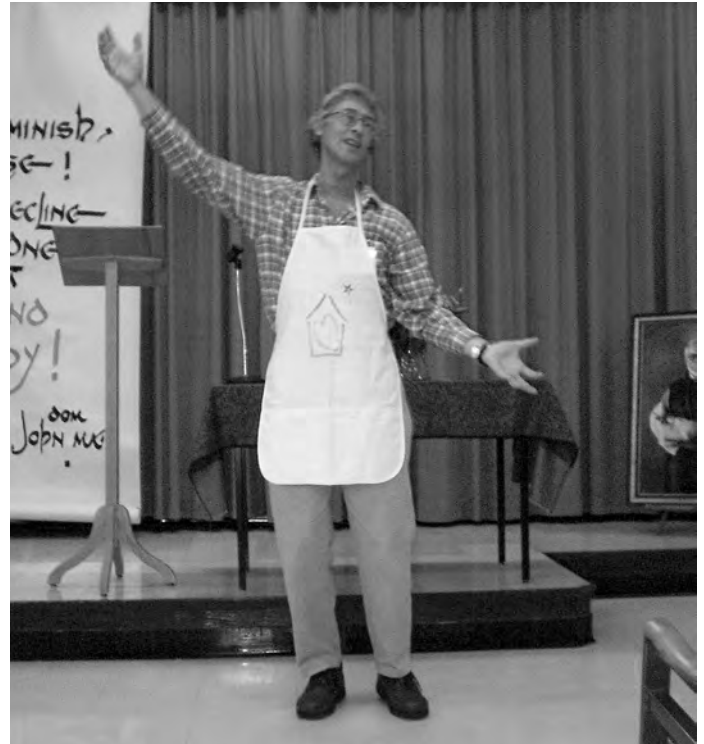
FROM NATIONAL COORDINATOR

On the Path

Two years ago, I was in Fara Sabina, a small medieval village one hour north of Rome, for a weeklong silent retreat with Fr. Laurence Freeman and Sr. Eileen O’Hea. The daily schedule included eight sitting or walking meditations and a three-hour block of free time. Overall, it was an extremely beautiful event with many opportunities for personal growth and reflection. From this event, I would like to share with you two insights that seem to be particularly related to the journey of meditation. They came to me after hiking the network of trails that started at the edge of the village.

On the first day I located a map that did not seem very clear to me. The fact that I could not understand the Italian explanations definitely contributed to my confusion! So, it was without a clear sense of direction that I started to follow a red wooden arrow posted on a tree. After fifteen minutes or so of walking, the path divided itself into two; one labelled “Area Sosta” and the other labelled “St. Alessandro.” I opted to follow the “Area Sosta” path partially because it also indicated a 3.8 km. distance, which seemed like an appropriate distance for me to cover during the couple of hours that I had available. After walking for another 15 to 20 minutes, I found another sign which read the same as the previous one; “Area Sosta, 3.8 km.” I was puzzled! Did I not progress at all? Had I turned around in circles without knowing it? Unable to answer these questions and having little choice but to retrace my steps or to proceed, I chose to continue on the trail. It was not long until I reached another sign that once again read; “Area Sosta, 3.8 km.” Even more puzzled, I kept on walking as my brain dealt with the mystery. Then it struck me! I understood that it was really more important to continue to walk on the path than to wonder how far I was from the goal or how much distance I had covered. This insight, I thought, was a useful metaphor for the journey of meditation. Staying on the path without assessing the progress or aiming for a particular goal is the basic reminder that each one of us needs to hear again and again, as we trek on with our daily meditation.

My other insight came about on the third afternoon of my hiking after I caught myself doing something other than walking. I removed a few branches that obscured a sign; I put back a post that had fallen down, and I cleared moss from a red rock, which was clearly intended as a marker. I had become attentive to the maintenance of the path to make the way easier or clearer for other hikers. It didn’t feel like a burden. On the contrary, it felt more like a pleasant task. Reflecting on my actions shed further light on the meditation pilgrimage. In the same way that people are motivated



Michel Legault

to maintain a trail for other hikers, those who meditate are inspired to facilitate the meditation pilgrimage for those who are less experienced. There comes a time when a meditator will sense from the inside that he or she needs to help another pilgrim.

It is important for all meditators to pay attention to these subtle signals, to listen to the Spirit deep in their centre. Paradoxically, going outside of oneself to support others also helps one to stay on the path. To maintain the discipline, even when there are no visible signs of progress can, in itself, be progress. These hikes that facilitated the silence in my own heart were the means that allowed me to experience my meditation journey. I was reminded to continue to meditate, even when there seems to be no progress, and to be attentive to my fellow travellers, who are on the same path. The process of meditation is to be experienced, and the outcome or destination is to be anticipated as a surprise, just like my 3.8 km. trek to Area Sosta had been. It was only after I arrived that I knew that I had arrived at the rest area. And this way we gradually arrive to Area Sosta, the ultimate rest area.

Michel Legault, *National Coordinator*

The World Community for Christian Meditation

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NEWS FROM FAR AND NEAR

BRITISH COLUMBIA and the YUKON

PAST EVENTS

On 27 September, the BC region hosted a seminar, "Day of Reflection: Rooted in Love" at St. Mary's Church in Vancouver. The retreat facilitator was Sister Rita Stang. The retreat was well attended with 62 meditators participating.

On 18 October, a leaders' meeting was held at St. James Anglican Church in Vancouver. It was a very worthwhile day with the attendance of 22 group leaders from the lower mainland in the Vancouver area.

FUTURE EVENTS

In May 2004, the School for training teachers of meditation will be hosted in Surrey, B.C. For more information, contact Joyce Rogers at 604-531-0001.

Submitted by Louise Menard, Area Coordinator, White Rock, BC.



ALBERTA and SASKATCHEWAN

PAST EVENTS

From **Calgary**, Engeline Piet reports that regular meditation sessions are being held and this past year there were no special events. On 21 November, she will be giving two workshops on Christian Meditation at the National Conference for the Anglican Diocese in Canmore. She remains involved with meditation at the FCJ Christian Centre in Calgary, giving regular courses and one Saturday retreat on Christian Meditation.

From **Canmore**, Alberta, Rev. Mr. and Mrs. Frank Doe report that their meditation group continues to meet at St. Michael's Church every Wednesday evening. They have a small dedicated core group which always welcomes new members. They feel that meditation is meeting various needs within the community as demonstrated by one participant who states that meditation helps her to cope with the stress of providing ongoing pastoral care to her spouse who requires a great deal of care.

From **Providence Centre** (PC), Alberta, Terry McGee reports that one member, Lisa Larson, who died last April, will be greatly missed. Lisa, a very faithful member who really bonded with others, had been with their Christian Meditation group for six years. After two years with the group, she had joined the RCIA and was baptized into the Catholic community. She was an inspiration to everyone: During the summer recesses, she and a friend continued to come to PC to listen to John Main's tapes and to meditate. Lisa remained faithful to her meditation throughout her illness because she felt it helped her prepare for her anticipated death.

From **Cold Lake**, Alberta, Gerri Himmelsbach reports that their little meditation group of a few years continues to meditate every Friday at 10:00 a.m. She has distributed information about the World Christian Community of Meditation (WCCM) to four

Catholic Schools and has posted it in the parish bulletins. From this effort, two people have shown an interest. She was also invited to give a meditation presentation to first and second year teachers, as well as members of the RCIA. She feels it is important to inform the schools and parishes about Christian Meditation, even if only a few participate; at least people know what is going on in their parishes and that there are alternate forms of prayer.

From **Regina**, Saskatchewan, Terrance Marner – the new regional coordinator – reports that recently their group at Holy Rosary Cathedral has received good news from one member who, after having attended the Bede Griffith retreat in India last January, is now doing a year's pilgrimage to many of the Indian holy sites.

From **Edmonton**, Alberta, Monique Eng reports that being put in touch with other meditators via the WCCM was very helpful to her. She had needed help when she was invited to lead an interfaith meditation session in a Catholic school where students (representing different religions or being of different religions) were presenting diverse religious beliefs. Two people from the diocese ecumenical committee had also been present. Knowing that she was helping to bring the students in the presence of the Lord helped her remain serene. Overall, she felt that the short introduction to meditation and the actual meditation were well received. She also reported that last spring she conducted a short survey, the results of which indicated that the majority of students expressed a feeling of peace from the practice of meditation. It was marvelous!

FUTURE EVENTS

From **Regina**, Saskatchewan, Terrance Marner reports that he is planning a one-day introduction to Christian meditation at John Paul II Centre in January 2004. As well, he would like to form a permanent meditation group at the Centre.

Lethbridge, Alberta has weekly group meetings: Tuesdays from 13:30-14:30 hr. at Martha Retreat Centre (Contact J. Doyle, 732-4178); Tuesdays from 19:00-20:00 hr. at Southminster United Church (Contact W. Sherman, 381-7051); Wednesdays from 16:00-16:45 hr. at Blue Sky Lodge (Contact: Tom Cain, 327-3365). Tom Cain will also help any individual start his/her own group of meditation.

Submitted by Sr. Elaine Henigman, Area Coordinator, Edmonton, AB.



ONTARIO

FUTURE EVENTS

The Canadian Meditation Community of **Toronto** (CMCT) marks its 25th anniversary in 2004. John Main and Laurence Freeman first brought the teaching of Christian Meditation to the Toronto area in the late 1970s. The precise date of when the first series of meetings took place has been lost in the mist of time, at least locally.

Continued on next page

News from Far and Near *continued from page three*

The organization of local groups, however, dates back to 1979. Accordingly, throughout 2004, CMCT will be celebrating its 25th anniversary as part of its usual annual cycle of meetings and events. More details will be provided in the January Newsletter.

The CMTC is organizing a one-week pilgrimage to the Western Arctic for 2-9 August 2004 immediately following the 2004 John Main Seminar (JMS). This is a follow-up initiative to the very successful visit to the Eastern Arctic that took place last August after the JMS in 2002. The focus of this pilgrimage will be to appreciate the wonder of creation in one of the few areas of the world where it can still be experienced in its entire pristine splendor. This event will be of particular interest to people concerned about the environment and who have an interest in Native culture and spirituality. The usual daily practice of Christian Meditation will be observed. For logistical reasons, the pilgrimage will be limited to 15 people. Please note that nine of the 2002 participants have already signed-on. Full details will be available in upcoming newsletters. For information, contact Clem Sauvé at clems@interlog.com or fax: 416-921-3005.

Submitted by Clem Sauvé, Area Coordinator, Toronto

PAST EVENTS

Robin Lane, leader of the Christian Meditation group at St. James Anglican Church in **Morrisburg**, organized a supper meeting, October 16, with guest speaker Paul Harris giving a talk entitled, "*Christian Meditation: The Path of Contemplative Prayer*." Thirty-five people greatly enjoyed this event, which also included thirty minutes of meditation, a discussion period, and the sale of books.

On 1 November, in **North Bay** at the Catholic Centre, fifty people enjoyed a full day seminar on Christian Meditation. The participants were informed and inspired by Paul Harris's two presentations on the teaching of Christian Meditation, as well as the viewing of Vision Television's production of "*Quiet Mind*", which featured Fr. Laurence Freeman and meditators in Singapore. The participants also enjoyed two sessions of group meditation, and had the opportunity to purchase books and tapes. Chris Tanner reported on the recently held Canadian National Christian Meditation Conference in Montreal. The participants are grateful to Carol Peterson, Chris Tanner and Marilyn Parker for their time and effort in organizing this seminar.

Alice Ward reports that the three **Thunder Bay** Meditation groups held a successful public evening session on the topic, "What is Meditation?" on 25 Nov. She adds, "We are looking forward to letting more people know about this wonderful gift we have in our midst; a gift that helps to bring us to wholeness and oneness with our own spirit and with God's spirit. Praise God."



QUEBEC

PAST EVENTS

Coming from many regions of **Quebec**, leaders and invitees of Meditation Chretienne du Quebec (the French speaking arm of the Meditation Community of Quebec) gathered in the splendor of autumn during the last weekend of September to enhance their

skills and widen their experience with a view to fostering more meditation groups in Quebec.

Shared knowledge, wise advice, valued expertise and novel experiences enriched (beyond all expectations) the lives of the grateful participants, stimulating their enthusiasm to form new groups. Even Mother Nature cooperated with us by enabling us to meditate outside in the sun and wind. It was thus, in a graceful fall atmosphere of renewed energy where we felt in unison with John Main's saying, "Once on the road of meditation one cannot but transmit the experience to others." I am filled with gratitude for this experience and for the privilege of being part of La Meditation Chretienne.

Submitted by Zita McGraw

The much anticipated Canadian Christian Meditation Conference took place 24-26 October at the beautiful Ermitage Sainte-Croix, **Montreal**. The theme was "Nourishing The Roots", and the keynote speaker was Father Laurence Freeman OSB. The 73 participants who attended came from all Canadian Provinces and some came from California. We meditated, nourished our roots, and made new friends. It was the gathering of the meditation family.

Following the Conference, from 26 Oct., to 1 Nov., there was a six day retreat (the first in Canada) given by Fr. Laurence Freeman and Sr. Eileen O'Hae. The two facilitators complemented each other as they invited us to go deeper in our being helping us to advance in our spiritual life. The presentations could not have been any better; they paved the way to deep graces of liberation, understanding, and outrageous happiness for many. Our bodies were taken care of by the Yoga exercises that were taught by Carlos Siqueira. One late evening, we were even graced by the presence of the northern lights dancing about in the skies. Many people expressed that this was just what they needed at this time in their lives.

Submitted by Magda Jass, Canadian Coordinator for Fr. L. Freeman's Travels & Retreats



ATLANTIC PROVINCES

PAST EVENTS

A total of six meditation groups have formed in the Atlantic provinces; two new groups in **New Brunswick**, for a total of five; one new group in **Nova Scotia**, for a total of seven; one new group in **Newfoundland**, for a total of three; and three new groups in **Prince Edward Island**. One of the new groups in PEI, which is composed of both single and married young people, shows great enthusiasm and joy in praying together weekly.

FUTURE EVENTS

South Rustica, PEI, will host a School for teachers of meditation on 7-9 May 2004.

In **New Brunswick**, Fr. Laurence Freeman will do a two-day retreat in October 2004.

Submitted by Sr. Kathleen Bolger, Regional Coordinator of Atlantic Canada

Canadian Christian Meditation Community (CCMC)

Fund Appeal 2003

The practice of meditation is an invaluable gift of being that we receive in unexpected times and ways, and quite often because someone reached out and touched us to introduce us to it or to sustain us in the path.

In time we find that a desire, even a need, is born within us to also reach out and share the gift with others. This important work of reaching out, of expanding and sustaining a meditation community can take many forms. One essential form of sharing the gift is to make a financial contribution to the Community.

The financial summary for 2003, reproduced on this page, gives us a sense of the size and scope of the out-reach work undertaken by CCMC. The annual spending level of some \$50,000 is allocated to the three principal ways of spreading and supporting the path of meditation. The quarterly newsletter and the maintenance of our Internet site require some \$20,000 annually. The operation of our National Resource Centre facility, which is primarily used as a store and distribution centre for our many publications, requires about \$15,000 annually. Finally, the support provided to the Canadian National Council for a variety of national and regional events, as well as the support given to the School (for teachers of meditation) consumes some \$15,000 each year.

Through this work and the essential financial resources required to conduct it, the community reaches out, supporting its members and welcoming others to join the path.

Each of us has an opportunity to directly contribute to this work. A \$20 donation can sustain the on-going publication of the newsletter and development of our website – both circulated outside the community free-of-charge. Larger contributions can sustain our Resource Centre, enable us to nourish those called to be group leaders, and provide a variety of events across Canada.

We must all take a moment to think about the appropriate level of contribution we wish to make. Reading the enclosed pamphlet about the Doreen Romandini fund will provide us with a more detailed understanding of the work of the Canadian Christian Meditation Community. Remember, the work of CCMC can only be accomplished by your prayers, the work of many volunteers across Canada and by your generous financial contribution.

We are then left with the final step of writing a cheque for a tax-deductible donation. Please note that to qualify for a 2003 receipt, donations must be postmarked before 31 December.

Mail your contribution to: Meditatio, Christian Meditation Community, P.O. Box 552 Station NDG, Montreal, QC H4A 3P9.

Thank you for contributing to the work of sharing the gift.

Luigi Armano

Statement of Revenues and Expenditures for 2002 and 2001

	2002	2001
Revenues:		
Donations		
Newsletter	\$14,055	\$17,705
National Resource Centre	18,789	15,725
School for Teachers	50	1,725
Doreen Romandini Fund	19,222	4,187
Friends	6,888	5,340
Canadian Council	2,243	3,595
Publications	39,436	21,901
John Main Seminar 2002	58,747	10,841
Total Revenues	\$159,430	\$81,019
Expenditures:		
National Resource Centre		
Rent	6,720	6,720
Supplies	2,530	2,288
Utilities	437	60
Telephone	928	671
Insurance	685	635
Bank Charges	320	139
Transportation	1,855	1,600
Newsletter	13,122	19,623
Publications	54,677	22,751
Donations*	57,755	3,620
Programs:		
Travel	4,277	6,188
School for Teachers	0	2,554
Canadian Council	1,988	1,066
Events & JMS 2002	0	7,531
Total Expenditures	\$145,294	\$75,992
Excess of Revenues over Expenses	\$14,136	\$5,027

During 2002, the Newsletter received a small number of substantial donations that covered almost half of the production and distribution costs.

* Of the surplus of \$58,747 from the John Main Seminar, \$57,755 was donated to the WCCM International Office.

Mark Schofield, *secretary/treasurer*

Calendar of Events

December 2003

17 Dec. Ajax (Pickering Village), ON. *Advent Watching and Waiting*, a candlelight prayer service, meditation and potluck social from 19:30–21:30 hr. Venue: St. George's Anglican Church, 77 Randall Dr. Contact Marilyn Metcalfe at 905-831-2945.

18 Dec. Toronto, ON. *The Mystery of the Star* led by Erika Schweigerlehner. Time: 19:00 hr. Venue: Rm. 183, Croft Chapter House, University College, U of T, St. George Campus. Contact Clem Sauvé at 416-921-0367 or <clems@interlog.com>; or Joy Gordon at 416-485-9718 or <joyg@sympatico.ca>.

30 Dec. Montreal, QC. *The Dom John Main's Anniversary: Agape Celebration*. Time: 19:30 hr. Venue: Loyola Chapel, 7141 Sherbrooke West. Contact Polly Schofield at 514-481-8746.

January 2004

23-25 Jan. Orleans, ON. *A Silent Weekend Retreat* led by Deacon Derek Smith. Venue: Maison Notre-Dame-de-la-Providence, 1754 St. Joseph Blvd. Registration: \$130. Deadline: 9 January with \$30 deposit. Contact Dolores Bahen at 613-836-2620 or <wbahen@sympatico.ca>.

29 Jan. Toronto, ON. *Ignatian Spirituality and Christian Meditation* led by Hilary Alfatt. Time: 19:00 hr. Venue: Rm. 183, Croft Chapter House, University College, U of T, St. George Campus. Contact Clem Sauvé at 416-921-0367 or <clems@interlog.com>; or Joy Gordon at 416-485-9718 or <joyg@sympatico.ca>.

February 2004

13-15 Feb. Ancaster, ON. *Sharing the Gift: A weekend for experienced meditators who want to share the gift of meditation*. Venue: Mt. St. Mary Immaculate Retreat Centre. Contact: Millie McDougall-Allen at 905-627-2573 or <sandyford@sprint.ca>.

26 Feb. Toronto, ON. *The Intelligence of the Heart* led by John Callaghan. Time: 19:00 hr. Venue: Rm. 183, Croft Chapter House, University College, U of T, St. George Campus. Contact Clem Sauvé at 416-921-0367 or <clems@interlog.com>; or Joy Gordon at 416-485-9718 or <joyg@sympatico.ca>.

28 Feb.– 3 April, Waterloo, ON. *A Lenten Pilgrimage: Reflections on the Spiritual Journey* led by the Rev. Glenda Meakin. Saturdays, 10:00 – 12:00 hr. Venue: Renison College, 240 Westmount Rd. North. Call 519-884-4404, ext. 628 or write to <ren-rim@renison.uwaterloo.ca>.

March 2004

6 March. Toronto, ON. *One day Retreat* led by Joseph Bergeron. Venue: St. Thomas Anglican Church, Parish Hall, 383 Huron St. Contact George MacDonald at 416-225-7841.

25 March. Toronto, ON. *Frequently Asked Questions About Christian Meditation* led by Paul Harris. Time: 19:00 hr. Venue: Croft Chapter House, University College, U of T, St. George Campus. Contact Clem Sauvé at 416-921-0367 or <clems@interlog.com>; or Joy Gordon at 416-485-9718 or <joyg@sympatico.ca>.

April 2004

29 April. Toronto, ON. *Staying Rooted in a Shifting Landscape* led by Rev. Glenda Meakin. Time: 19:00 hr. Venue: Rm. 183, Croft Chapter House, University College, U of T, St. George Campus. Contact Clem Sauvé at 416-921-0367 or <clems@interlog.com>; or Joy Gordon at 416-485-9718 or <joyg@sympatico.ca>.

May 2004

7-9 May. Rustico, PEI. *Sharing the Gift: A weekend for experienced meditators who want to share the gift of meditation*. Contact Sr. Kathleen Bolger at 902-892-6586 or <kbolger@peimarthas.ca>.

14-16 May. Surrey, BC. *Sharing the Gift: A weekend for experienced meditators who want to share the gift of meditation*. Venue: Rosemary Heights Retreat Centre. Contact Joyce Rogers at 604-531-0001 or <joycerogers@telus.net>.

27 May. Toronto, ON. *The Eastern Roots of Christian Meditation* led by Clem Sauvé; and Annual Satsang/Community Meeting. Time: 19:00 hr. Venue: Rm. 183, Croft Chapter House, University College, U of T, St. George Campus. Contact Clem Sauvé at 416-921-0367 or <clems@interlog.com>; or Joy Gordon at 416-485-9718 or <joyg@sympatico.ca>.

June 2004

11-13 June. Orangeville, ON. *Annual Weekend Retreat*. Venue: St. Francis Centre of Spirituality.

24 June. Toronto, ON. *Christian Meditation: A Beginner's Perspective* led by Virginia Belmonte. Time: 19:00 hr. Venue: Rm. 183, Croft Chapter House, University College, U of T, St. George Campus. Contact Clem Sauvé at 416-921-0367 or <clems@interlog.com>; or Joy Gordon at 416-485-9718 or <joyg@sympatico.ca>.

July 2004

26 - 28 July. Burlington, Vermont, USA. *Silent Retreat* led by Fr. Laurence Freeman. Venue: St. Michael's College. A brochure will be available at a later date.

29 July – 1 Aug. Burlington, Vermont, USA. *John Main Seminar 2004: Heart of Flesh – A Feminist Spirituality for Women and Men* led by Sr. Joan Chittester, O.S.B. Venue: St. Michael's College. A brochure will be available at a later date.

Contemplating the Kingdom *continued from page one*

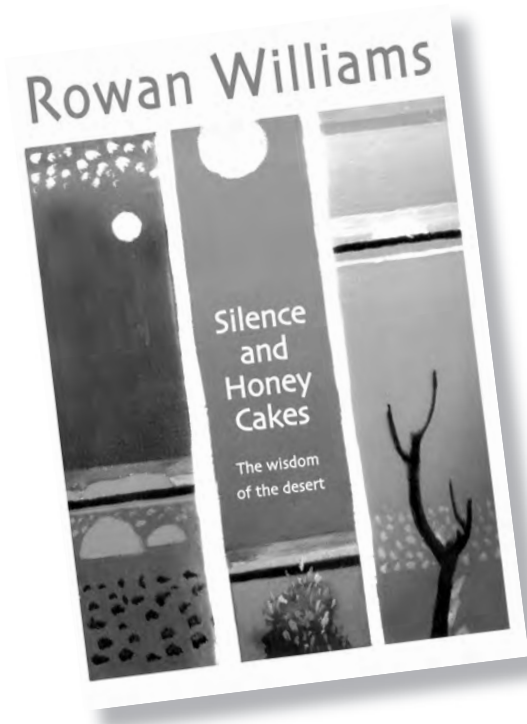
that would help this friend to relax. She became aware that what her mother was practising and teaching was the answer she sought. She became more interested in the practice as she assisted her mother in organizing workshops. She tested it but did not practise meditation in a disciplined way until after the 2002 John Main Seminar in Cornwall, ON, where she said she was inspired to make it part of her daily life.

The organizers of this October's National Conference should feel proud of the great response in attendance and in sharing. I am certain that this community gathering inspired, reassured, and motivated each participant. We all felt a tinge of pride after hearing Fr. Laurence say that for him, it was "so meaningful to be in Canada, the place where the [meditation] community has grown

in an exemplary way and where the relationship between French and English meditators is coming together to show where radical differences can be overcome." Besides being a compliment to our hosts, this statement illustrated again the transformative power of meditation both for the individual and society at large.

As Fr. Laurence stated, such retreats and workshops are "events of spiritual families, which allow us to nurture each other and grow. ... The growth of community is itself a sign of Kingdom experiences." Yes, the Kingdom of God is and will remain a mystery. But the conference gave us an intimation of how we can live in this mystery, here and now.

Louisa Pedri, *Editor*



NEW PUBLICATIONS

Silence and Honey Cakes – Rowan Williams

In the text of the talks presented at the 2001 John Main Seminar, Rowan Williams returns to the fourth and fifth-century desert fathers and mothers for wisdom and insight. He discovers that their spirituality resonates strongly with aspects of the modern spiritual search.

Price **\$22.00** plus 10% postage – Total \$24.20

Please make cheques payable to **Meditatio** and mail to the address below.

The newsletter is supported by donations. The cost of production and circulation is \$10 a year for the four issues. A larger donation enables us to give a wider public circulation. A tax receipt will be issued for donations of over \$10. We thank you for your generosity.

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Scenes from the National Conference



Meditatio

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