

# Christian Meditation in Canada

NEWS NOTES AUTUMN 2004 VOL. 13 NO. 3 THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION

## Fr. Laurence Freeman OSB visits Canada this October

The Canadian Christian Meditation Community (CCMC) is pleased to announce the upcoming visit of Fr. Laurence Freeman, OSB, in October 2004. Fr. Laurence will be making stops in Quebec, Ontario and British Columbia, visiting with and speaking to meditators from all walks of life. Having listened to him through the wonders of cassette, video and CD, some meditators, for the first time, will experience the energizing talks of Fr. Laurence in person! There are varied opportunities to participate in your area. An outline of the itinerary is at right.

Check this issue's Calendar of Events for venue, time and registration details.

If you intend to register please notify the listed contact person.

### Itinerary

- 15-17 octobre** Île St-Bernard (Châteauguay), QC. *Retraite* au Manoir d'Youville.
- 19 octobre** Chomedey-Laval. QC. *Conférence publique*.
- 20 octobre** Trois-Rivières (Cap-de-la-Madeleine) QC. *Conférence publique*.
- 21 octobre** Québec, QC. *Conférence publique: Prier en Occident aujourd'hui*
- 22-24 octobre** St. Jerome (north of Montreal), QC. *Retreat*.
- 26 October** Gloucester (Ottawa), ON. *Twilight Retreat*
- 27 October** Toronto, ON. *Benedictine Spirituality*
- 27 October** Toronto, ON. *Twilight Retreat: Witness to Wisdom: Voices of the Christian Contemplative Tradition for Today (Cassian, Cloud, Julian, Merton, Main)*.
- 28 October** Victoria B.C. *Seeking and Finding the Kingdom; Meditation in the Christian Tradition*.
- 29-31 October** Victoria, BC. *Weekend Retreat*

## Pilgrimage: Camino de Santiago

It is said that a tourist simply visits the Camino, but the pilgrim is visited by it. This was my experience when I walked the Camino de Santiago, in Spain, in April of 2002.

The Camino de Santiago is a pilgrimage that dates back to the 9th century. According to 7th- and 8th-century documents (i.e. prior to the discovery of the tomb), Jesus' apostle James had gone to proselytize in Spain but had marginal success. Together with some of his disciples, he returned to Jerusalem where he was later executed. Through some miraculous events, his disciples succeeded in bringing his body back to Spain for burial (in Compostella). Early in the 9th century, due to the vision of a hermit by the name of Pelayo, his tomb was rediscovered; the place of its discovery became known as Santiago (meaning Saint James) de Compostella. By the 11th century, Santiago was well established as a place of pilgrimage. Today, a grand cathedral stands in this place. Over the years, thousands of pilgrims have walked the 800 km Camino francés or French Route from St. Jean Pied-de-Port to Santiago. Pilgrims who walk or bike the route receive a *compostella* or certificate of completion.

My friend and I had spent many hours preparing for our journey: we took Spanish lessons, read as much as we could about the Camino, and talked to others who had done the walk. We also hiked many kilometers using our new backpacks and boots in order to get physically fit. In April of 2002, we celebrated a special Mass, said good-bye to our family and friends, and started our wonderful adventure.

During the pilgrimage, I faced many challenges but received many rewards. The route mainly crossed rural settings with many types of terrain – Roman roads, goat paths, vineyards, wheat fields, eucalyptus forests, highways and city streets. Yellow arrows helped the pilgrim find the way. One of the early challenges was to cross the Pyrenees from France to Spain. This took ten hours of walking straight uphill for 23km. My greatest physical challenge was the blistering of my feet; however, as the journey continued, relief was realized by carrying a lighter pack and practising rigorous skin care. As I walked, I found that the rhythm gave me a feeling of peace and wonder; and as I moved in the shadow of the past, I

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## Camino de Santiago *continued from front page*

realized how great the faith of the early pilgrims must have been; and this gave me courage to persist on my own journey. Rest came at night in the crowded and primitive *refugios* (old monasteries and schools) or in small hotels, when privacy and silence were desired.

Solidarity among the pilgrims was a model of the Christian community. Most days, we attended Mass in beautiful churches that have survived many cultural changes over the years. We experienced much joy in meeting people from many different countries. When we had difficulty with the numerous Spanish dialects, we received much help from other pilgrims who knew the language. We tried to enjoy every day and every moment with all its wonders and tried not to rush from one town to the next, even if it meant doing without a more comfortable bed. Every day brought a new experience and there was never any boredom. After we arrived in Santiago, we experienced mixed feelings as we exchanged stories and said good-bye to the friends we had

made on the way. As we celebrated the special pilgrim Mass, we all experienced new and varied emotions.

I have been a meditator for many years. The mantra *maranatha* was always in my heart as I walked this pilgrimage. I found myself being true to St. Paul's words, "Pray without ceasing," because the walking (despite its hardship) was a very peaceful and holy experience. My experience tells me that the pilgrim and the meditator have something in common; both begin to feel a closer connection to God. During meditation, the meditator is on a road to self discovery, which is like a pilgrimage to one's own essential being. The pilgrimage of the Camino was like a metaphor for life, and now the challenge is to incorporate the lessons learned from the Camino into my daily life.

Joan McGuinness, Ottawa

## BULLETIN

### Are you a Meditation Group Leader?

If you are a meditation group leader and you would like to have your group (with contact name) listed on the Canadian Christian Meditation Community (CCMC) website, please contact Chris Tanner at [christopher.tanner@sympatico.ca](mailto:christopher.tanner@sympatico.ca)

### Award

Dr. Terry Marner, Coordinator for CCMC in Saskatchewan (together with the Regina Open Door Society), was awarded the Spiritual Service Award at the Annual Dinner of Understanding and Recognition held 4 May by the Regina Multi-Faith Forum. For the full story, written by Frank Flegel in the *Prairie Messenger*, which describes Dr. Marner as "a significant leader in the faith community," go to the following website: [http://www.stpeters.sk.ca/prairie\\_messenger/backframe\\_05\\_12\\_04.html](http://www.stpeters.sk.ca/prairie_messenger/backframe_05_12_04.html)

### Interview

For a clear and lively interview which discusses the historical basis of Christian Meditation and provides a few other treasures on the significance of this practice, read the responses that the Rev. Glenda Meakin gave to the interviewer of the *Turning Magazine*. Here is one of her gems to assist us during our meditation: "Jesus is already praying in [our] heart. We need to become silent and attentive, and in that way we are entering into what is already going on within us. [We don't have] to make it happen." You will find the interview at the following websites: <http://www.theturning.org/folder/christianmeditation.html> or at <http://www.meditatio.ca> (link to Community News - News of Recent Events).

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## Note from the Editor

This day, as I work at my computer (situated in front of a window facing Lake Superior), putting the finishing touches on the texts of News Notes, I am witness to the slow, methodical, mysterious transformation of darkness to light – the essence of the dawn. The trees, the houses, the lake, the islands and the Sleeping Giant (a peninsula) that once were rendered vague by the darkness now become clearer, sharper and more distinct as the light slowly emerges. The toil of a great, albeit, unseen ever-present energy is continuously at work moulding and shaping this beautiful day.

For me, this experience is symbolic of the collective energy that, over the years, has been available for the production of this

newsletter. The components of this collective energy are comprised not only of the editorial team (that strives for high standards) but also of those who take time to submit articles and notices and the readers and subscribers of News Notes who contribute financially. Every contribution is like an additional stroke of light that renders things more visible and more tangible. Every issue of the newsletter is like a new dawn.

Enjoy your copy of News Notes and help shape your newsletter by contributing to it.

**Louisa Pedri**  
*Editor*

FROM NATIONAL COORDINATOR

# On the Path

It was early June, the day after the funeral of my father-in-law in Frankfort, Michigan. Before heading back to Cantley, Lucie, my wife, wanted some time alone while her mother rested. Maria, our daughter, suggested we go for a hike to nearby Old Baldy! So, off we went while the sun was still shining.

After a five-minute drive, we arrived at the shore of Lake Michigan, parked the car, and walked back on the road until we reached a sign that was now hardly visible. "Old Baldy" we read, or rather guessed. As we did several times over the years, we began to walk on this unique one-and-a-half-hour trail which started in a forest of mixed deciduous trees, mainly oaks and maples. It was a narrow path going up and down, meandering a round trees, and so dense with small bushes of shiny green yew that at times it was hardly visible. After half an hour or so, we arrived at a sandy section that rises steeply to a bare dune, reminding us of a bald skull. We climbed to the skull, and from above the tree tops we could see Lake Michigan – an expanse of blue water resembling a sea. On this clear day, the view was breathtaking with images of blue and green stripes, broken with the white spots of waves near the shore.

We started our descent. I was going very slowly in order to avoid getting sand in my shoes. I soon became fixated on not getting sand in my shoes! I had lost contact with the magnificence of the

lake and the childlike pleasure of going down the dune. I caught a glimpse of Maria who was not at all concerned. I then realized how silly this was and I started running, not caring about the amount of sand in my shoes, enjoying fully the feeling of freedom and raw vitality. What a joy! What a moment of grace!

The following day as I reflected on this awesome experience, I recognized its similarity to meditation. Like sand in our shoes, distractions in meditation are unavoidable! We can focus all our attention on them and miss the essential, or we can accept the distractions and maintain our connection with the richness of life that we contact in the depth of our silence.

I could now hear one of my father-in-law's sayings, gleaned from the many years of using tractors and trucks on a sandy fruit farm, "It's normal to get stuck. But don't dig yourself in so deep that that nothing will get you unstuck!" Being worried about distractions during our meditation is a normal situation! Being obsessed with them is a real problem! We need to go beyond our disappointment about distractions and reconnect with the essential – the faithful repetition of our one sacred word. That is the path to eternal beauty, beyond plentiful orchards and immense blue lakes.

**Michel Legault**  
National Coordinator

## Practicalities of Practice

This new column involving the practicalities of practice in meditation will be a regular feature. It will pose a question and answer that is of relevance and interest to the readers.

*I would like to begin meditating; it really appeals to me, however, making time for two meditation periods a day is impossible. Should I even begin or should I wait until my life calms down a little?*

This question is often asked at introductory sessions on Christian meditation. The difficulty is that if we wait for life to calm down, it seldom happens. John Main tells us that the important thing is to begin. So just begin meditating as you can, day by day. Start with 10 minutes in the morning and 10 minutes in the evening. Gradually work towards a 20-30-minute period, twice a day. There is no timetable for this. Some people take several years to

reach the goal. However long it takes you to reach this goal, the important thing is that you have begun.

As you allow the pattern of silent prayer to become established in your life, you will find that life calms down without much effort on your part. What happens is that meditation anchors your life in God, who is Peace, and you begin letting go of those things that distract and move you away from that Peace.

Joining a weekly meditation group is a great support for your meditation journey. It helps all of us, whether new or long-time meditators, to stay faithful to the twice daily periods.

The Reverend Glenda Meakin

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### The World Community for Christian Meditation

Return undeliverable Canadian addresses to:  
Canadian National Resource Centre  
P.O. Box 552, Station NDG  
Montreal, Quebec H4A 3P9  
514-937-8178  
meditatio@sympatico.ca – <http://www.meditatio.ca>

### Editorial Team

Rev. Phil Barnett, Elaine Bell, Nancy Carson, Michel Legault, Louisa Pedri, Mark Schofield.

Submission Deadline: 16 January, 16 April, 16 July, 16 October. Send your information to Nancy Carson at <willcars@enoreo.on.ca>

# Canadian Christian Meditation Community – Meditatio

*Canadian Registered Charity*

## Statement of Revenues and Expenditures

	2003	2002
Revenues:		
Donations		
Newsletter	\$8,483	\$14,055
National Resource Centre	19,957	18,789
School for Teachers	2,700	50
Doreen Romandini Fund	5,408	19,222
Friends	1,913	6,888
Canadian Council	200	2,243
Publications	28,452	39,436
John Main Seminar 2002	0	58,747
National Conference	5,729	0
Total Revenues	\$72,842	\$159,430
Expenditures:		
National Resource Centre		
Rent	\$6,720	\$6,720
Supplies	5,271	2,530
Utilities	581	437
Telephone	2,023	928
Insurance	779	685
Bank Charges	500	320
Transportation	2,967	1,855
Newsletter	17,560	13,122
Publications	17,850	54,677
Donations*	6,190	57,755
Programs:		
Travel	4,177	4,277
School	2,389	0
Canadian Council	839	1,988
National Conference	4,369	0
Total Expenditures	\$72,215	\$145,294
Excess of Revenues over Expenses	\$627	\$14,136

In 2003, a few substantial donations were received that covered 40% of the production and distribution costs of the newsletter.

\*The donations of \$57,755 and \$6,190 were given to the International Office of the World Community for Christian Meditation (WCCM). The 2003 donation was given to the "Friends" programme of WCCM.

Mark Schofield, *secretary/treasurer*

### PLEASE BE GENEROUS!

Enclosed with this newsletter you will find a copy of the Canadian Christian Meditation Community (CCMC) annual fund-raising appeal: The Doreen Romandini Memorial Fund.

Since 1991, Meditatio, the registered charity of CCMC, has managed to stay afloat, thanks to many small donations from meditators across the country, and from a few large donations from two or three meditators. We hope that the generosity of these individuals continues into the future.

The sale of books and tapes (by mail or at events that take place across the country) make a modest profit, but a considerable portion of our funds are tied up in maintaining an adequate inventory of publications both in Montreal and in various regional centres across the country.

There are also various flow-through donations to the WCCM, Medio Media and programmes that are handled by the registered charity. A detailed statement of revenues and expenses for 2002 and 2003 is at left.

The principal annual expenses of CCMC are:

- \$7,000 for outreach and communications,
- \$18,000 for the production and distribution of the quarterly newsletter,
- \$6,000 for the Schools and events,
- \$9,000 for maintenance of the National Resource Centre in Montreal, which is staffed entirely by volunteers;

The practice of meditation is undoubtedly central to your spiritual journey, so we appeal to you for the necessary financial help in order that we can continue to support you in your chosen spiritual path, as well as continue to share the gift as broadly as possible with others. All donations of \$25 or more are tax-receiptable.

Sincerely yours in Christ,

CANADIAN CHRISTIAN MEDITATION  
COMMUNITY COUNCIL MEMBERS (as of 2003)

Michel Legault, National Coordinator

Joyce Rogers, BC/ Territories

Terence Marner, Alberta/Saskatchewan

Rev. Phil Barnett, Manitoba/North-western Ontario

Rev. Glenda Meakin, Ontario

Clare Duckworth, Quebec

Michel Boyer, Méditation chrétienne du Québec

Sr. Kathleen Bolger, Atlantic

George E. Zanette, Past National Coordinator

# NEWS FROM FAR AND NEAR

## 2005 CANADIAN NATIONAL CONFERENCE

The next National Conference, “Bridges and Boundaries: Friends and Neighbours on the Paths to the Center” will be held in Orleans (east end of Ottawa) 17-19 June 2005. Mark this date on your calendar and do plan to attend. Check the next newsletter for additional information.

### ALBERTA

#### CALGARY

Meditators have the opportunity to attend a monthly meditation “drop-in” (07 Oct., 04 Nov., 02 Dec., from 19:00 to 20:00 hr) at FCJ Christian Life Centre, 219-19th Avenue. Engeline Piet (Spiritual Director and a member of the FCJ retreat team), who has facilitated Christian Meditation sessions at the FCJ Christian Life Centre since the early 1980s, leads these monthly boosters. She will also lead two workshops in November – Introduction to Meditation, Part 1 and 2 – as well as a day of retreat in December.

For particulars about these sessions, look at the Calendar of Events in this issue.

### ONTARIO

#### WATERLOO

Starting this October and ending in April 2005, the Rev. Glenda Meakin will facilitate a group of one-day retreats plus a number of workshops at Renison College

The October retreat, *In Heaven It Is Always Autumn* [John Donne], will focus on the ways that Christian meditation opens the human heart to the abundance of God’s love and mercy. The theme of harvest will be explored through the use of scripture, music, reflections and meditation. No previous experience in meditation is needed and everyone is welcome.

The five *Seasonal Quiet Day Series* (October to April) will incorporate meditative themes, scripture readings, prayer, and reflection.

A series of six monthly workshops (October to April) on the theme *Walking Through Life Whole and Holy - Reflections on the Benedictine Way* looks at the ways by which the Rule of Benedict and Christian meditation enable the practitioner to live life with balance, joy, and meaning.

For particulars about these sessions, look at the Calendar of Events in this issue.

#### KINGSTON

In November, at Providence House, George Zanette will give a weekend retreat on the theme *Contemplative Living – The Fruit of Meditation*. This retreat will focus on silence and meditation; the talks are geared to developing a sense of need for contemplative living as a counter-cultural activity to the disease of busy-ness. For particulars about this session, look at the Calendar of Events in this issue.

#### TWEED

In October, meditators and yoga instructors Carol Peterson, Lucie Legault, and Casey Rock will facilitate a *Yoga-Meditation Retreat*. Meditators are sometimes puzzled as to why yoga is offered as part of a meditation retreat. Often, out of curiosity, they decide to try it. Frequently, they discover new life and a greater ability to meditate. They want to learn more.

The word “yoga” is derived from the same root as the word “yoke” and signifies the ancient spiritual practice that endeavours to unite each person’s body, mind and spirit and to connect each individual self to the Universal Self.

During the retreat, facilitators will lead participants to a greater understanding of the wisdom of the body-mind-spirit connection. Participants will learn basic body posture and method of breathing, participate in conferences and meditation, consume good food, walk in a natural setting, and have time to rest. The retreat will have the opportunity to find out some of the ways yoga and meditation fit together, and they will experience it in a beautiful, natural setting.

For particulars about this session, look at the Calendar of Events in this issue.

### QUEBEC

#### RENCONTRE FRATERNELLE D’ÉTÉ

C’est le 13 juin, à Lachute, qu’a eu lieu la rencontre fraternelle d’été des groupes de méditation chrétienne du Québec. Une cinquantaine de membres des groupes de Montréal, Laval, Ottawa, Gatineau, Masson, Montebello, Lachute St-Jérôme et St-Eustache étaient présents. Ce rassemblement, animé par Michel Boyer (coordonnateur des groupes de méditation chrétienne au Québec), s’est déroulé dans la simplicité et la fraternité.

Cette rencontre était signifiante: des visages de différentes générations, provenant de divers parcours spirituels, ont eu l’occasion de faire connaissance, de partager leur expérience personnelle de méditation et finalement, de méditer ensemble.

Avant de se quitter, Michel a brossé un portrait de la situation actuelle de la méditation chrétienne au Québec. Il y a présentement 24 groupes de méditation et quelques-uns sont en formation. La Voie de la méditation, proposée par John Main, se fait connaître et répond à un besoin réel pour les chrétiens contemporains.

Submitted by Roland Benoit

### OBLATES

#### RECEPTION OF NOVICES

Congratulations to Suzanne O’Hara, Reta Hamilton, Charles Murray, Linda Dalrymple, Patricia Cher, and Frances D’Annunzio who were received as Novice Oblates on Pentecost Sunday, 30 May 2004. The ceremony took place at Stittsville, Ontario, and was conducted by Don Myrick and Ron McRae. Keep up the good work!

With love, Hilda Frost

*Continued on next page*

# News from Far and Near *continued from previous page*

## JOHN MAIN SEMINAR 2004

### REWARDING YOUTH MEETING

A small but enthusiastic group of young adults, led by Father Laurence and Dennis McAuliffe, shared their experiences and explored ways of bringing Christian Meditation to other young people. They identified a need for the use of interactive technology as well as resource materials that would be appropriate for different countries and for their own age group. It was noted that young people today are under a great deal of stress both during their university years and during the formation of their careers. They felt that this condition should be taken into account when promoting Christian Meditation among this age group.

“Not-so-young” representatives from the UK, US, Australia and Canada were also present. Ernie Christie from Australia described the pilot project that introduces daily Christian Meditation in ten grade-seven classes in North Queensland Catholic schools. He stated that the students loved it!

Three major areas of investigation were identified for the coming year: materials and resources, a discussion group to formulate ideas, and a report to be presented at the 2005 John Main Seminar in Los Angeles. Finding effective ways to reach today’s youth is a great challenge, but one that is essential.

Submitted by Flora Benoit

### CANADIANS IN ATTENDANCE

The location of this year’s seminar (Vermont, USA) made it possible for many Canadian meditators, especially from Ontario, Quebec and Atlantic Provinces, to attend. Among those present, it was encouraging to see several meditators who had begun the discipline in the early days back at the Benedictine Centre on Pine Avenue in Montreal. There were also many participants who in the past few years have been involved in positions of leadership, serving the meditation community in order to facilitate the sharing of this gift.

Participants had an opportunity to hear from each other and learn of the various events taking place across Canada. Greetings and

encouragement was passed on from one person and one part of the world to another. The silent meditation periods, the talks, the shared meals, the exchange of stories, the quiet walks all contributed to a profound joy and a deep felt-sense of community. There was an acute awareness that all individuals are like strands of the great web of life and that no one is separate or alone. Sister Joan Chittester was wonderfully inspiring – reminding us to be constantly aware of our connection and to return home hopeful of the possibilities. And Father Laurence Freeman’s reflections will keep us eager to seek the treasure.

Submitted by Dorothy Flindal

## WCCM PILGRIMAGE TO INDIA AND SRI LANKA

Since the WCCM 1998 international event *Way of Peace Pilgrimage to India* various participants in that event have informally come together to exchange insights and recall memories. For most, it was a profound and indelible once-in-a-lifetime experience. These little get-togethers invariably concluded with the wish “We really should do it again.” At the John Main Seminar 2003 in Reading, England, the latest such reunion, I agreed to get the ball rolling. I am happy to report that the WCCM pilgrimage to India and Sri Lanka is planned for 01–23 February 2005, and registrations are now being accepted. The itinerary and brochure can be obtained through the Canadian Website of the Canadian Christian Meditation Community (CCMC) at <http://www.meditatio.ca> or the World Community Christian Meditation (WCCM) web site at <http://www.wccm.org>.

During *The Good Heart Seminar* in 1994, His Holiness the Dalai Lama said “an important means of working towards harmony among the world’s religions is for people of different religious traditions to go on pilgrimages to one another’s holy places.” His Holiness reiterated this advice during an interfaith prayer meeting held in Toronto, Canada, during this summer’s 12-day tour in Canada. It is in this spirit that this initiative is being taken, with a focus on our own Christian spiritual practice and the universal spiritual heritage. For more information contact Clem at 416-921-0367 or [clems@interlog.com](mailto:clems@interlog.com).

Submitted by Clem Sauvé

# Calendar of Events

## October 2004

**15-17 Oct. Île St-Bernard (Châteauguay), QC.** *Retraite avec Laurence Freeman, osb*, au Manoir d’Youville. Pour infos, Michel Boyer (514-525-4649, [medchre@bellnet.ca](mailto:medchre@bellnet.ca))

**16 Oct., (13 Nov., 08 Jan., 12 Feb., 12 Mar., 09 Apr.). Waterloo, ON.** Six Workshops: *Walking Through Life Whole and Holy - Reflections on the Benedictine Way* sponsored by the Renison Institute of Ministry and led by the Rev. Glenda Meakin. Venue: Renison College, University of Waterloo, 240 Westmount Road North. Time: 10:00 to 12:00 noon. Register for some or all the workshops. Website: [www.renison.uwaterloo.ca](http://www.renison.uwaterloo.ca) follow link to Institute of Ministry. Contact: Marilyn Malton (519-884-4404 ext.628) or ([ren-rim@renison.uwaterloo.ca](mailto:ren-rim@renison.uwaterloo.ca))

**19 Oct. Chomedey-Laval, QC.** *Conférence publique avec Fr. Laurence Freeman, OSB.* Lieu: Église St-Norbert, 3155, boul. Cartier Ouest (Autoroute 15, sortie 7). Heure: 19h30. Frais d’inscriptions: 10\$. Pour infos: Méditation chrétienne du Québec. (514-525-4649, [medchre@bellnet.ca](mailto:medchre@bellnet.ca))

**19-21 Oct. Rothersey, NB.** *Meditation and Compassion Retreat* led by Derek Smith. Venue: 115 Villa Madonna Rd. Time: Tuesday, 18:00 to Thursday 12:00 noon. Registration: \$160. Website: [www.villamadonna.ca](http://www.villamadonna.ca). Contact: (506-849-5125, toll free 1-866-783-3300, [villa@brunnet.net](mailto:villa@brunnet.net))

**20 Oct. Trois-Rivières (Cap-de-la-Madeleine) QC.** *Conférence publique avec Fr. Laurence Freeman, OSB.* Lieu: Maison de la

*Continued*

Madone, 10, rue St-Denis. Heure: 19h30. Frais de participation: 10\$. Pour infos: Jean St-Onge, Courriel: jeanst\_onge@cogocable.ca

**21 Oct. Quebec, QC.** A keynote address to the Société canadienne de théologie entitled *Prier en Occident aujourd'hui* by Fr. Laurence Freeman. Venue: Université Laval, Pavillon La Laurentienne. Heure: 20h, Frais de participation: 10\$ Contact: Robert Mager (418-656-2131, # 3581 or robert.mager@ftr.ulaval.ca)

**22-24 Oct. St. Jerome (north of Montreal), QC.** *Retreat* led by Fr. Laurence Freeman, OSB. Venue: Jesuit Retreat Centre, 175 Blvd des Hauteurs. Registration: \$160 payable to Meditation Retreats and note the date of event. Send full or partial amount (\$30) to Magda Jass, 4540 Wilson Ave. Montreal, QC, H4A 2V4. Contact: Magda Jass (phone 514-489-0998, fax 514-489-8941, meteor.jass.heritage@qc.aibn.com)

**22-24 Oct. Tweed, ON.** *Fully Alive – A Christian Meditation and Yoga Event* led by Carol Peterson, Lucie Legault, and Casey Rock (meditators and yoga teachers). Contact: Casey Rock (caseyrock@rogers.com)

**23 Oct. Scarborough, ON.** *Day retreat: The Silence of God.* Venue: St. Barnabas Parish Hall, 10 Washburn Way. Contact: Noli Mababangloog (416-281-3045 or nolibee@rogers.com)

**26 Oct. Gloucester (Ottawa), ON.** *Twilight Retreat* led by Fr. Laurence Freeman, O.S.B. Venue: The Good Shepherd Parish, 3092 Innes Road. Time: 18:30-20:00 hr. Contact Ron or Helen McRae (613-841-4698 or 4698 or wccmottawa@sympatico.ca)

**27 Oct. Toronto, ON.** *Twilight Retreat: Witness to Wisdom: Voices of the Christian Contemplative Tradition for Today (Cassian, Cloud, Julian, Merton, Main)* led by Fr. Laurence Freeman, O.S.B. Venue: Knox College Chapel, 59 St. George St. Time: 18:00 to 21:30 hr. Registration: \$25, payable at the door. Contact: Joy (416-485-9718)

**27 Oct. Toronto, ON.** Benedictine Spirituality meeting with Fr. Laurence Freeman. Venue: Chapel of St. Basil's Church. Time: 15:00-17:00 hr. Freewill donation at the door. Registration Contact: Marylen Metcalf (905-831-2945)

**28 Oct. Victoria B.C.** *Campus Talk: Seeking and Finding the Kingdom; Meditation in the Christian Tradition* led by Fr. Laurence Freeman, OSB. Venue: University of Victoria. Time: 19:30 hr. Contact: Rev. Henri Lock, Chaplain, Interfaith Chaplain Services (250-472-4159)

**29-31 Oct. Victoria, BC.** *Weekend Retreat* led by Fr. Laurence Freeman. Venue: Queenswood House. Time: Friday, 17:30hr to Sunday, 13:00 hr. Registration: \$180. for Live-in; \$130 for Commuters. Confirm your early registration with a \$30 non-refundable deposit. Contact: Sr. Marina Smith (250- 477-3822 or marinasmith2002@yahoo.ca)

**30 Oct. Winnipeg, MB.** *Meditation as Path – a workshop led by Michel Legault.* Venue: St. Peter's Anglican Church, 755 Elm St. Time: 09:30 - 16:30 hr. Contact: Phil Barnett (204-488-8093, pbarnett.stpetes@mts.net)

**30 Oct. Waterloo, ON.** *Retreat: In Heaven It Is Always Autumn* [John Donne] sponsored by the Renison Institute of Ministry

and led by the Rev. Glenda Meakin. Venue: Renison College, University of Waterloo, 240 Westmount Road North. Contact: Marilyn Malton (519-884-4404 ext.628) or (ren-rim@renison.uwaterloo.ca).

## November 2004

**09 Nov. Calgary, AB.** *Introduction to Meditation Part 1* led by Engeline Piet. Venue: FCJ Christian Life Center, 219 19th Avenue, Calgary AB, T2S 0C8. Time: 19:00 - 21:00 hr. Registration: \$18 (Mastercard and Visa accepted). Contact: (403-228-4215)

**13 Nov., (08 Jan., 12 Feb., 12 Mar., 09 Apr., 2005).** **Waterloo, ON.** *Six Workshops: Walking Through Life Whole and Holy - Reflections on the Benedictine Way* sponsored by the Renison Institute of Ministry and led by the Rev. Glenda Meakin. Venue: Renison College, University of Waterloo, 240 Westmount Road North. Time: 10:00 to 12:00 noon. Register for some or all the workshops. Website: www.renison.uwaterloo.ca follow link to Institute of Ministry. Contact: Marilyn Malton (519-884-4404 ext.628) or (ren-rim@renison.uwaterloo.ca)

**16 Nov. Calgary, AB.** *Introduction to Meditation Part 2* led by Engeline Piet. Venue: FCJ Christian Life Center, 219 19th Avenue. Calgary AB, T2S 0C8. Time: 19:00 - 21:00 hr. Registration: \$18 (Mastercard and Visa accepted). Contact: (403-228-4215)

**20 Nov. North Bay, ON.** *One-day retreat: Meditation on the Path* led by Michel Legault. Contact 1: Merilyn Parker (705-497-7783 or mer31@vianet.ca). Contact 2: Carol Peterson (705-842-2063 or dcpeterson@sympatico.ca)

**26-28. Nov. Kingston, ON.** *Retreat: Contemplative Living, The Fruit of Meditation* led by George Zanette. Venue: Providence House. Time: Friday evening to Sunday noon. Contact: (613-542-8826 or Info@psck.org)

## December 2004

**04 Dec. Calgary, AB.** *A Meditation Retreat Day* led by Engeline Piet. Venue: Christian Life Centre, 219 19th Avenue, T2S 0C8. Time: 9:30 to 16:00 hr. Registration: \$65, includes lunch. Contact: (403-228-4215)

**04 Dec., 2004; (22 Jan., 05 Mar., 23 Apr., 2005).** **Waterloo, ON.** *Seasonal Quiet Day Series: Meditative themes and scripture readings, prayer and reflection* led by The Rev. Glenda Meakin. Venue: Renison College, University of Waterloo, 240 Westmount Road North. Contact: Marilyn Malton (519-884-4404 ext. 628, ren-rim@renison.uwaterloo.ca)

## February 2005

**1-23 Feb.** World Community for Christian Meditation (WCCM) *Pilgrimage to India and Sri Lanka.* For further information and brochure check Upcoming Events on webpage www.meditatio.ca. Contact 1: Rev. Kenneth Wilson (soulofindia@cityvillage.co.uk, telephone ++44 (0)1902 561485.). Contact 2: Clem Sauvé (416-921-0367, clems@interlog.com)

## June 2005

**17-19 June.** Orleans, ON. *Canadian National Conference.* More detailed information will be forthcoming in the next newsletter. Please watch for it. Please plan to attend and mark your June 2005 calendar now.

# Meditation at the University of Victoria

At the University of Victoria campus, every Monday and Thursday, a group of students, staff and faculty gather at the Interfaith Chapel for meditation. The meditation group started ten years ago after Fr. Laurence had come to speak to the University community. It has been meeting regularly since then; and over the years, hundreds of students have learned the simple practice of saying the mantra. Posters around the campus inform students that they are welcome to come and learn to meditate. The rich, religious diversity of the campus community is reflected in those who attend the sessions. There are Buddhists, Sikhs, Hindus, Wiccans, and Christians of many denominations who participate each week. The simple 20-30-minute observance of silence is an opportunity for each person in attendance to practise meditation according to his or her tradition.

For those who have no religious background or who simply want to learn to meditate, we offer the essential teaching as taught by John Main. We make sure that the teaching is clear about its Christian context and worldview. At the same time, we invite participants to enter into the practice to the extent that they feel called – being mindful of their own place in the journey of faith. Each session begins with readings from John Main’s writings or from other authors whose message is congruent with the Christian Meditation tradition. We make an effort to respect the diverse traditions of the participants and to honour each person’s unique experience of the divine. After meditating, the participants are free to converse and share any commonalities or differences; and in so doing, everyone

gets a much richer appreciation of the Spirit’s love of diversity and also gets exposed to the innumerable ways that one’s relationship with God can be expressed.

Meditation is a journey of the heart, a journey opening into awareness of experience of God’s awesome presence. Not all students choose to persist with the journey. Some come to check it out and don’t come again. Others come for a few weeks, and then exams or the “busyness” of student life interferes with their previous commitment. However, there are those who continue their meditation journey either independently or in a weekly group session.

There is no judgment for lack of attendance or for a lapse in participation. In fact, we all share an appreciation of the transitory nature of student life. It is understandable that off-campus jobs, exam times, assignment due dates, and co-op work terms all contribute to a student’s ability to make a commitment to the group for only short bursts of time. The very nature of student life is marked by transition and change. And so the meditation group has a drop-in ambience, constantly welcoming new people and letting go of those who fade back into the chaos of campus life. And yet, a small community is created and a sense of common identity is formed as we share with one another in silence and open ourselves to the Divine mystery simply by saying our word in silence. Thanks be to God!

Henri Lock  
*Chaplain, University of Victoria*

## **Meditatio**

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