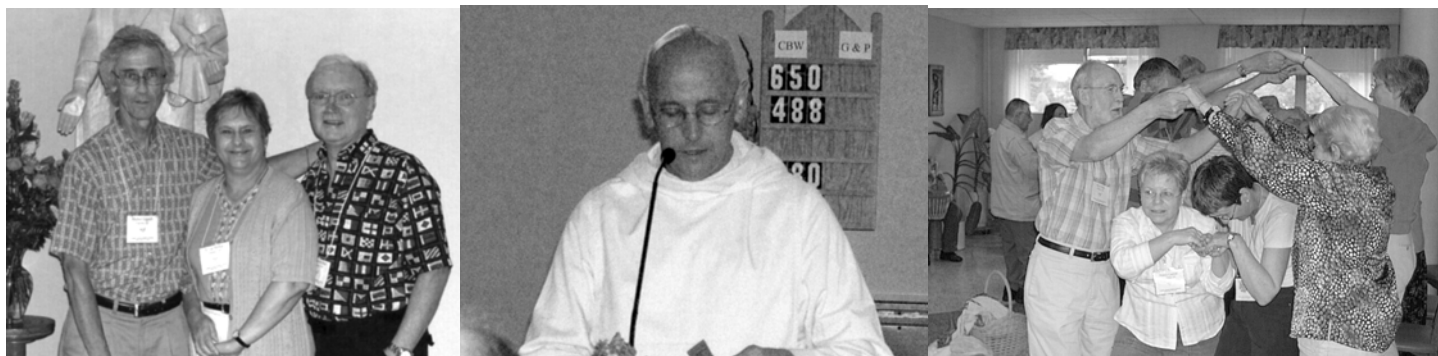


Christian Meditation in Canada

NEWSNOTES AUTUMN 2005 VOL. 14 NO. 3 THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION

Friends and Neighbours on the Path *National Conference held in Orleans, Ontario, June 17–19, 2005*



Ron and Helen McRae, with members of the National Council and many volunteers, completed an outstanding task in organizing this year's conference *Bridges and Boundaries: Friends and Neighbours on the Path to the Center*.

Participants registered for Saturday's workshops. Choices included: Christian meditation and Buddhism; Bede Griffiths as a bridge between Hinduism and Christian meditation; Christian meditation and medieval women mystics; Christian meditation and the prayer of the heart; Christian meditation and yoga. Also offered were physical and spiritual practices such as yoga, walking a portable labyrinth, walking meditation, learning chants from different religious traditions and drumming in the Canadian Native cultural tradition combining mind, body and spirit.

On Friday evening Michel Legault, National Coordinator, welcomed everyone and invited us to join the "pilgrimage... to visit other spiritual landscapes in order to discover their beauty and, at the same time, see our own heritage with fresh eyes." After dinner everyone traveled to the Good Shepherd Parish Church to hear Father Laurence Freeman's keynote address on "Unity and Inter-religious Dialogue."

On Saturday evening we returned to the Good Shepherd Church to participate in "Dances of Universal Peace." We

learned simple, meditative, joyous circle dances that use sacred phrases, chants, music and movements from many traditions of the earth to touch the spiritual essence within ourselves and others.

Sunday was devoted to community and the diversification of the practice of Christian meditation within communities. Several meditators gave a short talk on Christian meditation in these varied contexts – from soup kitchens, universities, health care facilities to retreat centres and connections in India. There was discussion about silent and directed retreats, the growth of weekly groups, partnerships and spirituality centres where Christian meditation is introduced and lived and – a crucial topic – the School weekends being held in different parts of the country.

Fr. Laurence and Rev. Glenda Meakin led the liturgy to end the conference. Lunch followed and participants chatted with new friends and reviewed what they had learned over the weekend. They departed for their homes to continue their traditional meditation practice but, now, a practice enriched with the knowledge of other traditions that will expand, enhance and deepen their own.

– Rosemary Bishop, Regional Coordinator AB/SK

More on next page

IN THIS ISSUE

Bridges and Boundaries on the Path to the Center	C2	Community Notes.....	C8
On the Path.....	C3	The Gifts of Prayer Include Peace.....	C8
Practicalities of Practice	C3	Calendar of Events.....	C9
Opening of the new National Resource Centre	C4	Statement of Revenues and Expenditures.....	C10
News from Far and Near.....	C5	The School – Sharing the Gift.....	C11
Letter to the Oblate Community	C7	Awesome Silent Retreat.....	C12



Bridges and Boundaries on the Path to the Center

“I pray that they all will be one...”

At the Canadian National Conference in Ottawa, June 17, 2005, Father Laurence Freeman gave the keynote address on *Unity and Inter-religious Dialogue*.

Fr. Laurence warmly welcomed everyone and reminded us that we all come from a wide variety of cultures and experiences. Boundaries naturally arise. However, we must not allow them to become walls between us. We must create an atmosphere of honest and sincere inter-religious dialogue and persevere in giving witness to the truth.

Developing the theme, Fr. Laurence said John Main taught that meditation creates community and is a way to wisdom. This is in contradiction to the way of the world and what the world teaches. Meditation allows us to return to our spiritual center, the center of energy. In John 17, Jesus prayed, “...that they all may be one,” describing his own experience in God. This relationship can only be understood in the context of the human family. ...We are agents of unity, building links to that center of reality which is responding to the human cry. Our true nature is to unity. When we are untrue to our nature, we create areas of division. If we take these words of Jesus seriously we will understand that the Christian’s work in the world is for unity. Through our own relationship with Jesus, the world will come to know Him through us. ...The mission of Christian work globally is to accomplish what Jesus is praying for. In other words, the work of unity proceeds from individuals out to the cosmic world.

Jesus had two main pillars, contemplation and non-violence. Unless we adhere to them as well, we are not following the teaching of Jesus. Are we really His disciples? We cannot impose unity by coercion or we will not be consistent with Jesus’ teaching. Dialogue is the way to unity, not force. We need to discover what dialogue actually is ... we must reflect and meditate on it. ‘Doing’ dialogue properly is at the heart of the Christian identity. This is what truth means, and Jesus told us to “bear witness to the truth.”

How do we find truth today? By ‘being’ His Christian presence with those we meet. The first element of dialogue is to be a *presence* to the other without any attempt to change the other. Fr. Laurence reminded us that if we want to be workers in the world, we have to begin this work in ourselves. We begin to see that non-violence is words, not bullets. Therefore, it is the recognition of ‘being present’ to the other that is important ... allowing ourselves to see the truth from the other’s point of view. If we risk seeing the other’s point of view, we will be seeing through the mind of Christ.

Finally, Fr. Laurence reaffirmed that in our relationship with Jesus, who is Truth, vision is restored, joy is restored. By letting go we will come to know that the “Kingdom is within us.”

– Joyce Rogers, Area Coordinator, British Columbia

From the National Coordinator On The Path

When making plans to attend the National Coordinators' meeting in Italy this July, I decided to add an extra ten days to go hiking on a long-distance trail in the south of France, not realizing that there would be some uncanny similarities between these two different events.

At the Coordinators' meeting, representatives from 26 countries gathered in Villa Agapé, a retreat house with a magnificently well-kept rose garden and an olive orchard, just outside of Florence. We shared views on the development of the meditation communities in our respective countries, and explored how we can support meditators and present the teaching to various groups. At suppertime, the first evening, I was at a table with meditators from England, India, Germany, the Netherlands and Australia. After the meal, all 40 participants introduced themselves to the rest of the group. We had a sense of going around the world. It was striking how the path of meditation was taking root in very different countries. The universality of that simple practice became palpable.

When, a few days later, I started to walk on a trail that begins in Le Puy en Velay and continues all the way to Santiago de Compostela, I met walkers from Belgium, Germany,

Luxembourg, Japan, Canada, UK and France. People from different countries are attracted to that trail, on which they walk for a few days, or a week, or up to 10 weeks if they decide to go all the way to the Spanish pilgrimage site. The spiritual quest that leads to meditation transcends country borders, as does the attraction of a long-distance journey. Both give a sense of being part of something much bigger than ourselves. Being connected with fellow pilgrims from different cultural backgrounds brings depth and breadth to the path we are sharing.

As we walked from village to village through gently rolling fields and thick pine forests, day after day, there was no need to ask on what trail we would go that day. All we had to do was to continue to the next hamlet, following the signs to Compostela. In the same way, we don't ask every morning what we will do during meditation. We simply continue where we left the day before, we keep saying the mantra, opening our hearts to the infinite mystery. The journey is always the same and always fresh and new, because we go deeper and deeper into the sacredness of life. This is true whether our pilgrimage leads us into silence or in the beauty of nature.

– Michel Legault

Practicalities of Practice

Q. Is meditating with a mantra the only way? And is “Maranatha” the only mantra?

A. John Main quite frankly said, when asked this question, that it was the only way he knew. Of course, there are other ways, but all teachers tell us to choose a way and be faithful to it. As far as the mantra is concerned, one can choose any sacred word or phrase, but again teachers seem to intuit what is best for students. *Maranatha*, as recommended by John Main, is an ancient Christian prayer, in the language Jesus spoke, Aramaic. It means “Come, Lord.” Fr. John had two more reasons for recommending this mantra: Paul ends his first letter to the Corinthians with it, and John ends the Book of Revelation with it.

Q. Should we encourage meditators from other traditions to be part of our meditation group or even visit?

A. As we become more rooted in our own tradition we can be open to others and appreciate what they have to offer. As John Main often said, “In silence God is loving to all.” When we encounter others, we needn't fear or try to change them, but share in the mystery of this transforming silence. Our group has had Buddhists and Jews coming on a regular basis. They like the Jesus described by John Main – “this great cosmic river of Love.”

– George Zanette, Past National Coordinator

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

514-485-7928

meditatio@sympatico.ca – <http://www.meditatio.ca>

Editorial Team

Rev. Phil Barnett, Nancy Carson, Joy Gordon, Michel Legault and Mark Schofield.

Send submissions to Nancy, NewsNotes Coordinator

E-mail: willcars@enoreo.on.ca

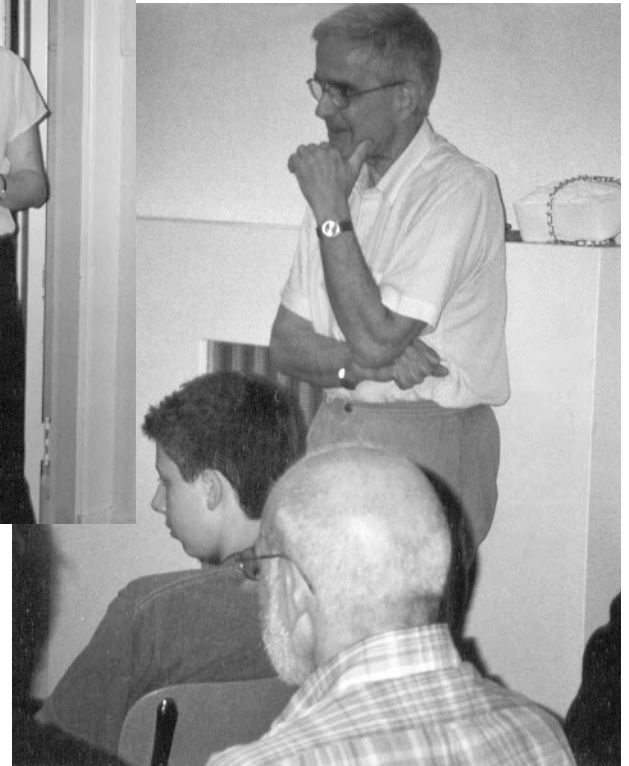
or meditatio.newsnotes@sympatico.ca

Mailing address: 404-88 Tollgate Rd., Brantford, ON N3R 7R5

Telephone 519-753-4444

Échos du silence, a newsletter for French-speaking meditators, is available. Send inquiries to Fr. Michel Boyer, editor, 526-7400 boulevard Saint-Laurent, Montreal, QC H2R 2Y1.

Opening of the new National Resource Centre

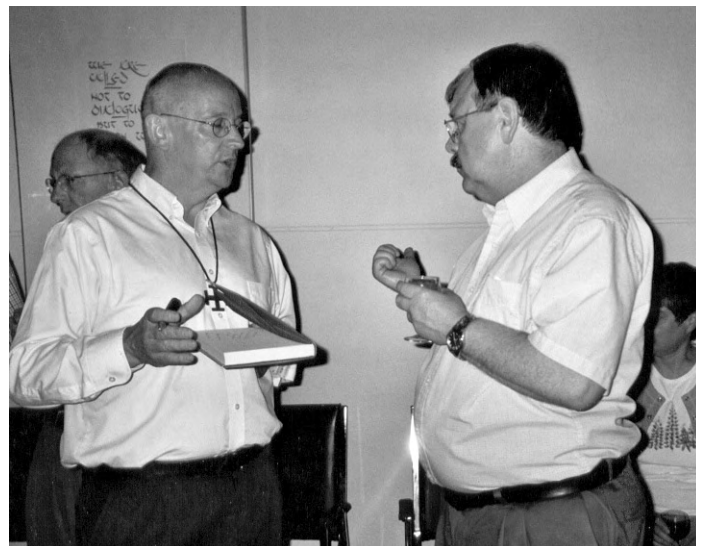


On Thursday, June 16, the Montreal meditation community celebrated the inauguration and blessing of our new Canadian National Resource Centre (NRC) – meditation room, meeting room, office and bookroom. We remembered our beginnings, our roots, and Father John’s prophetic words that “This too, will only be a stopover.”

Fr. Laurence blessed our new enterprise and we celebrated with food and wine. As we joined the hundred people assembled in a hall in the building complex available to us for larger gatherings, Fr. Laurence spoke on the subject of love as the spiritual fountainhead in the life of every human person.

Deeply moved – meditating together at the end of the talk was an affirmation of the vitality and hope for the future of the community.

– Polly Schofield, Montreal



Photos clockwise: Fr. Laurence addressing the public meeting; Irene Armano, manager of the bookstore; Dr. Balfour Mount introducing Fr. Laurence; Fr. Laurence and Fr. Gerry Westphal in conversation.

NEWS FROM FAR AND NEAR

ACROSS THE OCEAN

GUEST HOUSE AVAILABLE FOR TRAVELLERS

The London (UK) Community has recently taken over management of the Guest House at the Monastery of Christ the King (Cockfosters) to run it as a small meditation retreat centre on a three-year trial basis. It has ten comfortable en suite bedrooms plus various common areas. Visitors to London are welcome to stay there either for a few days of *quiet*, or as a sympathetic B&B base while pursuing other activities in London. For more information or to schedule a visit, contact Desley Deike – tel. 011 44 20 7883-9615 or e-mail <desley@wccm.org>.

– Clem Sauv , WCCM Guiding Board and Trustees

PRINCE EDWARD ISLAND

MOUNT ST. MARY’S SPIRITUALITY CENTRE ANNOUNCES CHRISTIAN MEDITATION EVENTS

Sister Kathleen Bolger CSM, CCMC Atlantic region coordinator, will lead various groups in Christian meditation events in the 2005 fall season. Beginning September 13, and continuing every Tuesday morning (9:05 a.m.) and evening (7:15 p.m.), Christian meditation with John Main tapes followed by 25 minutes of silent prayer will be offered.

Three evenings, September 19, 26, and October 3, have been set aside to introduce Christian meditation. The respective themes are *Input*, *Prayer* and *Practice*.

A special evening of prayer and socializing is being planned for Saturday, October 8. This will be a time to meet Island meditators.

A group study and prayer time with Christian meditators will begin Thursday, October 13, and continue each Thursday during the fall months.

NEW BRUNSWICK

PAUL HARRIS CONDUCTS SUMMER RETREAT IN NEW BRUNSWICK

Villa Madonna retreat house in Rothesay, New Brunswick was the location, July 8-10, for a silent retreat on the theme “Christian Meditation: Contemplative Prayer for a New Generation”, given by former Canadian National Coordinator Paul Harris.

A large number of group leaders attended the retreat, including participants from Prince Edward Island and Nova Scotia, as well as New Brunswick. Atlantic coordinator Sr. Kathleen Bolger assisted Paul with special arrangements and daily prayer readings, and local meditators Sandra

Hogan and Rinske Palmer helped with the sale of books and tapes.

Paul’s four talks to some 30 retreatants encompassed an introduction on Friday evening to the essential teaching of Christian meditation, a talk on the life and teaching of John Main on Saturday morning, and a Saturday afternoon session based on his book *Frequently Asked Questions about Christian Meditation*. On Sunday morning he highlighted the four ordinary stages all meditators will go through on their lifetime pilgrimage of Christian meditation. This final presentation was supplemented by large posters with graphics.

Paul emphasized the role of the mantra, how to handle distractions, the importance of patience and perseverance on the path and the vital role of Christian meditation groups in sharing the teaching to newcomers and solidifying the fidelity of the on-going meditator.

Paul Harris is available for retreat bookings at <paulturnerharris@aol.com>.

QUEBEC – EASTERN ONTARIO

MEDITATION TIME - CELEBRATION TIME



A picnic celebration was held July 23 on the property of Sedbergh School near Montebello, Quebec. A group from Eastern Ontario and Quebec came together to meditate under the trees in the cool breeze beside the calm private lake – it was beautiful.

People swam, some canoed, while Polly Schofield rowed others across the lake. Many thanks to Vincent Lavoie, Polly,

Continued on next page

News from Far and Near *continued from previous page*

and the headmaster of Sedbergh School for their help in making this a happy occasion for all.

– Sian Robinson

ONTARIO

OBLATES RECEIVED

Congratulations to three members of the Ottawa oblate community who made their final oblations at a meeting on June 17, just prior to the opening of the national conference. They are Rita Hamilton and Charles Murray, both from Marion Charbonneau's Stittsville group and Francie D'Annunzio of the St. Patrick's group in Fallowfield and an active member of the Ottawa regional co-ordinating committee. It was wonderful to have Fr. Laurence preside over the reception. He spoke of how the community has grown and continues to evolve, and how we fit into the larger Benedictine community. Several Ottawa oblates were present and we were delighted to have Alain and Marthe, a couple from Gatineau who are oblates of the Benedictine community in Mont Laurier, Quebec.

– Don Myrick, Oblate

BENEDICTINE WAYS

The Rule of Benedict offers us a path of stability and joy in daily life by showing us how to live a balanced life centered in God. Join us for one or all of a series of Benedictine days where we practise a pattern of living that has borne fruit for ordinary people for 1,500 years. Each day will include daily offices, meditation, lectio divina, readings, and reflection led by Rev. Glenda Meakin. This series begins November 12 at Renison College, Waterloo. See *Calendar of Events* for more information.

IN THE BEGINNING...

In its 26 years, the Christian Meditation Community of Toronto has offered members a regular, annual schedule of monthly teaching meetings. Members have been inspired by a wide range of guest speakers from, early on, Fr. John Main himself and Fr. Laurence Freeman, to the head of the Toronto Vedanta Centre and Dr. Mary Marrocco of the Canadian Council of Churches in recent years.

The program for 2005-2006 promises, not something completely different, but nonetheless, something quite special. Six of the 10 sessions, each with different speakers/teachers, will be devoted to an introductory course to Christian Meditation. These presentations hold promise for everyone, long-time meditators and newcomers alike. As Fr. Laurence often reminds us, "We are all, always, beginners."

Details are as follows:

- September 29 *What is Meditation* – John Callaghan
- October 27 *John Main: the Man and His Mission*
– Clem Sauvé
- November 24 *The Roots of Our Tradition*
– Joseph Bergeron
- December 15 *The Wheel of Prayer* – Tom LaFrance
- January 26 *Leaving Self Behind* – Joseph Clarkson
- February 23 *Meditation as a Way of Life*
– Marilyn Metcalfe

CMCT's monthly teaching meetings are held in Room #4, Knox College, 59 St. George Street, University of Toronto from 7 to 9 p.m. on the last Thursday of each month, September to June. Free-will donation. Everyone is welcome!

– Christian Meditation Community of Toronto

ANNUAL ADVENT SILENT RETREAT

One of the important themes of Advent is that of hope. For what do we hope? On whom or in what is our hope founded? How do we live hopefully and not fall into despair? Come and experience the ways in which Christian meditation helps us to live hopefully, trusting in the promises and faithfulness of God. Rev. Glenda Meakin, spiritual director and Canadian coordinator of the School program will lead "Living Hopefully", a silent retreat, during the weekend of November 25-27 at Providence Spirituality Centre, Kingston. The retreat begins at 7 p.m. Friday night and continues until 1 p.m. Sunday. The cost for the weekend is \$175. See *Calendar of Events* for more information.

KANATA MEDITATION GROUP CELEBRATES 20TH ANNIVERSARY WITH PAUL HARRIS

Holy Redeemer Parish Hall was the venue for a happy occasion on April 11, 2005. The event, including refreshments and a birthday cake, celebrated the 20th anniversary of the Kanata group, which was started by Paul Harris in 1985. It was particularly appropriate to have Paul speak to us. He has spoken and written extensively and is recognized internationally as one of the foremost teachers and gifted communicators of Christian meditation in the tradition of Father John Main.

The title of his talk was "Frequently Asked Questions About Christian Meditation." Time was limited for the number of questions to be addressed, but some time also was given to questions from the audience, which Paul handled in his clear and concise style. To take just one example, asked why people

News from Far and Near *continued from previous page*

meditate, he said, echoing John Main, that “meditation is an invitation to journey interiorly and deeply within our hearts to find God, who is love. Christian meditation leads us in a profound way to a direct experience of the presence of the Spirit deep within us.”

Paul’s talk, using the same title and ending with references from his book, which covers a wide range of subjects gleaned from the experience of meditators from around the world, went straight to the point.

We were fortunate to have a very good turnout and this was reflected in a number of new meditators who have recently joined our group. Thanks, Paul!

– Archie Boyd, Ottawa

REGISTER FOR “FULLY ALIVE” RETREAT IN TWEED

The “Fully Alive” retreat sponsored by the Canadian Christian Meditation Community as a School – Sharing the Gift event is happening in Tweed, Ontario the weekend of October 21-23. This weekend offers an opportunity for all who would like to explore the ways in which two paths of prayer - Prayer of the Heart (meditation) and Prayer of the Body (yoga) - deepen our experience of God.

Casey Rock and Lucie Legault, yoga teachers, and Rev. Glenda Meakin and Rev. Kevin Flynn will present a format of meditation sessions interspersed with yoga, as well as periods of relaxation and times to walk and enjoy the magnificent setting with other participants. See *Calendar of Events* for details.

Letter to the Oblate Community

I have been pondering the question of who we are as oblates, and where we are going with the Teaching – our most precious legacy – as individuals and as a community of meditators.

The teaching of Christian meditation, handed to us by Fr. John Main for our transformation and to communicate to our contemporaries, is our greatest gift, and everything we have as a community. “JUST SAY YOUR MANTRA,” he would repeat over and over again. As a community we are only as vibrant, as alive, as our individual meditating selves – being faithful to the simple twice-daily discipline of saying the mantra.

In those early oblate meetings in the Montreal Priory, held on Sundays after midday mass, the oblates were asked to gather in the downstairs meditation room. We sat in a circle waiting for Fr. John. Before he began his talk to us, he would invite us to lunch. These were wonderful affairs, held on the lawn behind the monastery. Few of us will forget those abundantly delicious barbecues, the laughter, the surrounding greenness and the golden shower of sunshine and joy! Joy born of the freedom of our shared practice.

During his talks to the little group of oblates, Fr. John would stress every time the absolute importance of keeping the teaching simple. “JUST SAY YOUR MANTRA, and DO NOT COMPLICATE THE TEACHING! Be faithful to it, be generous,” he would say with so much passionate conviction. “Just say your mantra and everything will flow from it. People will be drawn to you – and this has nothing to do with numbers. Do not worry about how you are going to pass it on. Your own experience will teach you. Do not worry about what to say. Do not be concerned about how to

say it. Words will be given. Eloquence will be given to you when the time comes – if you meditate.” “Do not read books about it,” he advised, “and above all else do not talk about your own experience.” “Talk about it as little as you can. We already are a self-obsessed generation. We don’t talk about meditation – we meditate,” I remember him saying.

As oblates, he charged us with the message, which he never ceased to repeat: simply to meditate, and to meditate simply. To observe the total and absolute simplicity of the mantra that requires our absolute response in self-forgetfulness. The greatest sin he reminded us was to hand out “Receipts for Deceit”. “Leave yourself behind, and ask the redeeming question: WHOM DOES IT SERVE?”

This was Fr. John’s great gift to us – a much-trodden spiritual path, a discipline that if practiced faithfully and humbly will lead us with absolute certainty into the fulcrum of Reality, which is in our own heart – in every heart.

For me, the day when Fr. John accepted my oblation in front of the community was the most deeply felt, happiest day of my life – on par with the birth of my first son.

As an oblate of the World Community, which I serve, I am passing on to you what I have heard and was given by our teacher, Fr. John – given with such urgency, with so much generosity and love.

Yesterday is history to guide us, tomorrow is still a mystery, but today is a gift to be lived consciously and fully. The future of our community is assured only if we, each of us, in the silence of our heart – continue to meditate.

Polly Schofield
Montreal, May 2005

COMMUNITY NOTES

SISTER ANASTASIA YOUNG RETURNS TO SASKATCHEWAN

Sister Anastasia Young, who for many years has been involved in the Canadian Christian Meditation community in Hamilton, Ontario and St. John, New Brunswick, has recently accepted a new position as Director of Pastoral Services in the Archdiocese of Regina. In addition to bringing Christian meditation speakers to various centres where she has worked, she also started Christian meditation groups, the last one being at Villa Madonna retreat house in Rothesay, New Brunswick.

Sister Anastasia returns to her home town. She was one of seven children, born and raised in Regina where she attended high school before she joined the Sisters of Social Service.

– Paul Harris, Previous Canadian Coordinator

In Memoriam

It was with profound sadness that the Christian Meditation Community of Toronto learned of the death of Dan Colvin,

meditation group leader at St. John's Catholic Church in Burlington, Ontario. He passed away on July 23, 2005. Dan, a Scottish Presbyterian, was born in Glasgow in 1918. He was introduced to Christian meditation in the early '90s through an evening with Paul Harris. It wasn't long before he was "sharing the gift" with others. Dan, with the mentoring of Burlington area coordinator Theresa MacKinnon, introduced a midday Christian meditation time at the Christian Drop-in Centre known as "The Hub", located at the Burlington Mall. For almost nine years he led this group at that location, welcoming those who came and stayed, as well as those who came for a while and left. Theresa says about Don: "He found his home in Christian meditation. He had a universal mind and openly lived his Christianity with a passion for Celtic Spirituality." When the mall changed hands, "The Hub" Christian meditation group could no longer afford the cost of the room. Determined to carry on, they began meeting at St. John's Church where the group continues today.

Well done, Dan, good and faithful servant.

The Gifts of Prayer Include Peace

Have you read an article in the press and wanted to add your views? Marilyn Sugden, Ottawa meditation group leader did just that. The following letter to the editor appeared in the Ottawa Citizen May 19, 2005. It was in response to an article on transcendental meditation that emphasized the physical and physiological benefits of meditation to extend life.

I belong to a worldwide community that practises Christian meditation. I have been meditating for 18 years, and have experienced all the physical and psychological benefits of transcendental meditation, as well as one other very special benefit.

This type of meditation is a wonderful form of contemplative prayer. It is a very ancient tradition of prayer (from the fourth century), which was introduced to this generation by a Benedictine monk, Father John Main.

In this form of prayer we sit in silence for two 30-minute periods a day and repeat a prayer word or mantra. The mantra Father John suggested is the word Maranatha, which means "Come Lord Jesus." The repetition of the word brings us to a silence beyond our own thoughts, words or imagination.

We are not concerned with thinking about God, but about

"being" with God. As we sit in His presence, our hearts are opened to experience His love, His peace and His joy. As a result, in our lives we experience this love, we have more compassion, peace, patience, understanding and courage - all the gifts of prayer.

We meet in groups weekly to share our silence and encourage each other on the pilgrimage. In Ottawa, there are more than 30 groups that meet in churches, halls, homes, and institutions. Anyone can come at any time, there is no charge, and you can be a member of any Christian denomination. The Ottawa area has more meditation groups than any other major city in the world. You can learn more by visiting the website <www.meditatio.ca>.

I am so grateful to have found this simple way of profound prayer, and hope to be still meditating on my deathbed.

– Marilyn Sugden, Nepean, Ontario

Calendar of Events

Note: For regular updates please refer to the Canadian website at www.meditatio.ca/news/updates.

October 2005

1 Oct., Surrey, B.C. Day of Reflection – “Wonder” – led by Fr. Charles Brandt. Venue: Star of the Sea School Hall. Time: 9:45 a.m. to 4 p.m. Cost: \$25. Bring bag lunch (restaurants in area). Contact: Joyce Rogers 604-531-001 or <joycerogers@shaw.ca>.

8 Oct., Charlottetown, P.E.I. *Christian Meditation Evening of Prayer and Socializing* for Island meditators. Venue: Mount St. Mary’s Spirituality Centre. Contact: Kathleen Bolger CSM 902-892-6585 or <kbolger@peimarthas.ca>.

14-16 Oct., North Bay, Ont. *The School – Sharing the Gift* led by the School resource team. Venue: St. Joseph’s Motherhouse. Contact: Marilyn Parker 705-497-7783 or <mer31@vianet.ca>.

20 Oct., Toronto, Ont. *Twilight Retreat* led by Fr. Laurence Freeman. Time: 6 to 9:30 p.m. Venue: St. Michael’s College Chapel (beneath St. Basil’s Church) 50 St. Joseph Street (Bay & Bloor). No advance registration. Fee \$25, payable at the door. Contact: Joy Gordon 416-485-9718.

21-22 Oct., Saint John, N.B. Retreat led by Kathleen Bolger CSM. Venue: Villa Madonna Retreat House. Contact: Kathleen Bolger 902-892-6585 or <kbolger@peimarthas.ca>.

21-23 Oct., Tweed, Ont. *Fully Alive II: Christian Meditation and Yoga Event* led by Casey Rock, Lucie Legault, Rev. Glenda Meakin and Kevin Flynn. Venue: Bridgewater Retreat Centre. Contact: Casey Rock <caseyrock@rogers.com> or Lucie Legault <legault.smeltzer@videotron.ca>.

21-23 Oct., Montreal, Que. *Silent Weekend Retreat* with Fr. Laurence Freeman. Venue: L’Ermitage Ste. Croix. Cost: \$175 for single room with shared bathroom. Starting time 6 p.m. Registration/Contact: Magda Jass 514-489-0998 or <meteor.jass.heritage@qc.aibn.com>.

November 2005

12 Nov., Waterloo, Ont. *Benedictine Ways* led by Rev. Glenda Meakin. Venue: Renison College, University of Waterloo. Time: 10 a.m. to 3:30 p.m. Registration: Marilyn Malton 519-884-4404 X628 or <ren-rim@renison.uwaterloo.ca>.

25-27 Nov., Kingston, Ont. *Living Hopefully*, an Advent silent retreat for meditators led by Rev. Glenda Meakin. Venue: Providence Spirituality Centre. Cost: \$175. Time: 7 p.m., Friday to 1 p.m. Sunday. Registration: Claire Andrews 416-922-7230. Contact: Rev. Glenda Meakin 519-273-4187 or <meakin@cvg.net>.

December 2005

6 Dec., Pickering Village/Ajax. *Watching and Waiting*, a Candlelight Prayer Service and Meditation. Venue: St. George’s Anglican Church, 77 Randall Drive. Time: Doors open 7 p.m. Service: 7:30 p.m. Contact: Please confirm attendance by December 3, Marilyn Metcalfe 905-831-2945.

January 2006

14 Jan., Waterloo, Ont. *Benedictine Ways* led by Rev. Glenda Meakin. Venue: Renison College, University of Waterloo. Time: 10 a.m. to 3:30 p.m. Registration: Marilyn Malton 519-884-4404 X628 or <ren-rim@renison.uwaterloo.ca>.

February 2006

11 Feb., Waterloo, Ont. *Benedictine Ways* led by Rev. Glenda Meakin. Venue: Renison College, University of Waterloo. Time: 10 a.m. to 3:30 p.m. Registration: Marilyn Malton 519-884-4404 X628 or <ren-rim@renison.uwaterloo.ca>.

24-26 Feb., Orleans, Ont. Christian Meditation Community of Ottawa *Annual Silent Retreat* led by Deacon Derek Smith. Venue: Providence House, Orleans. Contact: Ron Dicks 613-739-1046 or <rdicks@magma.ca>.

March 2006

30 Mar., Toronto, Ont. *Stages of the Christian Meditation Spiritual Journey*, an evening talk, presented by Paul Harris. Venue: Knox College, St. George St. Time: 7 pm. Contact: Clem Sauvé 416-921-0367 or <clems@interlog.com>.

31 Mar.-2 Apr., Kingston, Ont. *The School – Sharing the Gift* led by the School resource team. Venue: Providence Spirituality Centre. Contact: Rev. Glenda Meakin 519-273-4187 or <meakin@cvg.net>.

Want to list an event? You will find a user-friendly form to submit additions at www.meditatio.ca/Forms/EventForm.html.

The Canadian Christian Meditation Community
MEDITATIO
 La communauté de méditation chrétienne du Canada
 Registered Charity
 Statement of Revenues and Expenditures

	2004	2003
Revenues:		
Donations		
Newsletter	\$14,199	\$8,483
National Resource Centre	25,141	19,957
School	1,365	2,700
Doreen Romandini Fund ¹		5,408
Friends	4,595	1,913
Canadian Council	325	200
Publication	25,180	28,452
National Conference	0	5,729
Sales Tax Recovery	6,311	9,997
Total Revenues	\$77,116	\$82,839
Expenditures:		
National Resource Centre		
Rent	\$7,493	\$6,720
Office Supplies & Postage	2,775	1,246
Utilities	700	581
Communications	3,661	2,023
Equipment	1,710	0
Insurance	693	779
Professional Fees	0	4,025
Bank Charges	274	500
Transportation	1,733	2,967
Newsletter	17,462	17,560
Publications	20,530	17,850
Sales Taxes Paid	5,243	3,465
Donations	3,575	6,190
Programs:		
Travel	3,087	4,177
School	1,504	2,389
Canadian Council	2,065	839
National Conference	0	4,369
Friends (WCCM)	6,118	227
Total Expenditures	\$78,623	\$75,907
Excess of Revenues over Expenses	(\$1,507)	\$6,932

– Mark Schofield, secretary/treasurer

NOTES

1. The Doreen Romandini Fund became the overall title of the annual fundraising campaign, under which donations could be directed to specific areas. The NRC donations were therefore combined with the former DRF category.

If you have any questions concerning the financial statement, please contact the secretary/treasurer, Mark Schofield, at 514-481-8746 or <mark.schofield@sympatico.ca>.

Doreen Romandini Fund Sharing the Gift

Dear Friends,

In the yearly cycle of our Community, autumn is the time for the annual fund-raising drive to support the work of the Canadian Christian Meditation Community. This fund-raising effort is known as the Doreen Romandini Memorial Fund. For those who did not have the opportunity of knowing Doreen the enclosed brochure explains why it was named in her honour. It also explains why an annual fund-raising drive is necessary – our Community, nationally and regionally/locally is run entirely by volunteers... Nevertheless there are operating expenses that are incurred and must be paid relating to the National Council, the National Resource Centre and the School. (Contributions for NewsNotes are payable separately in the first quarter of each year.)

In his first letter to the Corinthians Saint Paul writes, “There are different kinds of spiritual gifts, but they all come from the same Spirit. There are different ways to serve the same Lord and we can each do different things ... the Spirit has given each of us a special way of serving others.”

One way in which we can all participate and serve is by financially supporting the work of our Community – thus sharing the gift of meditation with an ever-increasing number of people.

To quote Saint Paul again, in the second letter, “It does not matter how much you have. What matters is how much you are willing to give from what you have.”

Tax receipts will be issued for all gifts \$25 and over. Thanking you in advance for your continuing generosity.

Pax in Christo,

Canadian Christian Meditation Community
Council

Michel Legault, National Coordinator
 Joyce Rogers, British Columbia/Territories
 Rosemary Bishop, Alberta/Saskatchewan
 Phil Barnett, Manitoba/NW Ontario
 Ron Dicks, Ontario
 Clare Duckworth, Quebec
 Michel Boyer OFM,
 Méditation chrétienne du Québec
 Kathleen Bolger CSM, Atlantic
 George Zanette, Past National Coordinator

The School – Sharing the Gift

Two School weekends are being offered for meditators to practise sharing the gift of meditation with others and also become more deeply rooted in their own daily practice. October 14-16, the School team will be at St. Joseph's Motherhouse in North Bay. March 31-April 2, 2006, the location will be Providence Spirituality Centre in Kingston. See the Calendar of Events for more information.

EXCITING NEWS!

Exciting developments are happening in the World Community regarding teaching meditation to children. At a recent meeting of School Coordinators, meditators from Australia and the United States presented excellent resources for teaching meditation to children.

In Australia, Barbara O'Halloran has written a series of resource books for children ages 5 to 11. In the US, Jeannie

Battigan has shared her teaching notes for Grades 1 and 2 in a school setting. These materials will shortly be available in a resource book for any meditator wanting to teach children and young people in a school or Sunday school, youth group or Confirmation class, or for parents and grandparents to teach at home. As well, School Coordinators are working on resources for young people ages 12 to 17.

Other discussions at the School Coordinators' meetings centered around the Roots of Christian Mysticism course to begin in the US this September, which is modelled on the very successful program in London, now in its third year.

If you have an interest or experience in teaching meditation to children and young people and would like further information about these resources, please contact Rev. Glenda Meakin at <meakin@cyg.net>.

– Rev. Glenda Meakin, National School Coordinator

A Dream Postponed...

In mid-spring, the Christian Meditation Community of Toronto and the steering committee for the proposed Blue Mountain Retreat Centre in Clarksburg, Ontario, were informed by the current owners of the property that they were withdrawing the property from the market. The North family decided, on reflection, that they wanted to enjoy being there for a few more years. Those familiar with the property will easily understand why!

The organizing committee had not made much progress in raising the matching funds that the WCCM was prepared to advance towards the purchase. We would like to take this opportunity, however, to thank the dozen or so members of the Canadian community for the generous financial support that they were willing to pledge towards realization of this dream.

CMCT will not be exploring alternative options in the medium term—we will let the dream sit for a while.

– Christian Meditation Community of Toronto

LET'S KEEP CONNECTED

Canadian Christian Meditation • NewsNotes

I wish to receive renew NewsNotes for 2005

Name _____

Address _____

City _____ Province _____ Postal Code _____

Contribution \$15 enclosed - payable to Meditatio/CCMC.

PLEASE MAIL TO: Meditatio Christian Meditation Community
P.O. Box 552, Station NDG, Montreal, QC H4A 3P9

Meditatio/Canadian Christian Meditation Community Newsletter is published four times a year.
Mailing includes the International Newsletter of the World Community for Christian Meditation

Awesome Silent Retreat

A silent retreat for Christian meditators was held May 13-15, 2005 at St. Joseph's Motherhouse on the shores of beautiful Lake Nipissing in North Bay. The retreat leader was George Zanette, a well-known teacher in the Christian meditation community. His theme was: *The Awakened Heart: Living, working and "Being" in love... exploring the fruit of contemplative prayer.*

On Friday evening after the opening prayer, meditation and introduction to the weekend, the *grand silence* began. The following are some insights from George's talks.

Reawakening the heart: "The Material world is the eternal thought expressed in space in time. In silence, we become connected to this eternal thought; the heart is reawakened when we are opened to this process. We must move beyond safe images and concepts. On the journey we unlearn religious beliefs and practices that are obstacles to this openness. 'Good' religion re-links us with our source. The biggest gift of John Main was that he gave us our roots. He re-linked us to our old traditions of meditation (Desert Fathers); we didn't have to look elsewhere, it was already with us."

Contemplation: "Contemplation resists a description of the Divine – just rest (BE) in God. God is everywhere if we 'see.' Become fully awake in the temple of the heart. Work out of the center. Become transmitters of love. [We] need a transformer to change 'life' to 'love.' The ultimate transformer was the cross."

Practices and Awareness: "We elevate or save the human condition through practices; trust, openness, and awareness."

Don't explain, just live it, show it. A person living this reality may be the only copy of the scripture that some people see. Pure awareness is like the moment one becomes totally consumed by beauty (before thought enters). Its opposite is confusion, lack of concentration, regrets, fear of the future, need for diversion. Pure awareness, an awakened heart, contemplative living are found in the life of Jesus in the New Testament."

George shared his experience of meeting the Dalai Lama, noting the sense of "presence", of "joy," and his own feeling of affinity with Buddhist principles. He also noted this same presence and joy are found in meditators from all traditions. Mystics, in writing on detachment, note that the deeper one's faith becomes, the more one is open to the other teachings.

Thanks are due to all who helped to make our retreat a success. From the handling of registrations, accommodation and menus (fantastic meals and nourishment breaks), to Yoga before meditation periods, drumming, a 'momentous walk' through the Labyrinth on a very wet Saturday evening, the book table, and all the "behind the scenes" duties – everything ran like clockwork. It was a pleasure for organizers Margie Vezina, Sharon Phillips, Dianne Armatage and the North Bay Christian Meditation Group to have George and his wife, Debbie, with us for the weekend. Sister Mary Sammon closed the retreat by leading us in song with a blessing for them both. George, thank you for your very generous donation to our library and for an inspiring retreat.

– Dianne Armatage, North Bay

Meditatio

Canadian Christian Meditation Community
P.O. Box 552, Station NDG
Montreal, Quebec H4A 3P9
514-485-7928
meditatio@sympatico.ca
www.meditatio.ca

Publications Mail Agreement No. 40007931