

Meditation and Nonviolence: An evening with Sheila Treflé-Hidden

On June 5, about 80 people gathered on a sweltering Ottawa evening to listen to Sheelah Treflé-Hidden. The message that drew us together was one of “Meditation and Non-violence” and the event, co-sponsored by the Ottawa Christian Meditation Community and the Anglican Studies Program of St. Paul University, took place at the university. With a master’s degree in Peace Studies, and her own lived experience working in many troubled areas around the world (Kosovo, Northern Ireland, the Middle East), Sheelah’s perspective as a fellow meditator was sure to be thought-provoking. And indeed, it was! Here are just a few of my personal reflections...



right, to be in control; seeing the world in black and white and ignoring the value that lies in the endless shades of grey; seeking someone to blame. All of sudden, perhaps I am not so different from “them”.

But where does the violence, so often associated with religious fundamentalism, come from? According to Sheelah, it is born of fear and anger projected upon “the other”, the one who is not like “us”. She questioned whether violence is only

physical. What of spiritual violence? Emotional and/or verbal violence? And finally, how does meditation allow us to explore our own relationship with violence?

The first portion of the evening consisted of a broad survey of the development of religious fundamentalism around the world. Although somewhat overwhelming at times (did I mention it was a sweltering evening?), this “academic” overview provided a good foundation for our reflections. I especially appreciated hearing more about Christian fundamentalism, since the mainstream media often seems to think our Islamic brothers and sisters have the monopoly on this phenomenon. It really helped me to see just how similar we can be, regardless of religious affiliation. For example, Sheelah presented the “characteristics of fundamentalism,” based on studies carried out at the University of Chicago. These characteristics include: being absolute about ‘revealed truths’; being dualistic (good vs. bad, saved vs. damned, godly vs. ungodly); being fearful of diversity; having the need for an enemy/scapegoat.

Hmmm, can I relate to any of these? If I am to be honest, I must admit that I have displayed various forms of these characteristics at some point in my life: needing to be

After a short refreshment break, the group gathered again to hear more on this last question – to learn how meditation leads to an attitude of non-violence. Sheelah shared some thoughts on conflict and how we respond on a personal level. For me, this is easy: I avoid it at all costs. However, I’m beginning to understand that conflict is neither good nor bad; it simply is. It is my response to conflict that makes it constructive, or destructive. I know many of these things intellectually, but integrating these beliefs into my spiritual journey is a day-by-day process. Sheelah reminded us that God is present in conflict and that awareness of our internal conflict empowers us to recognize something similar in the “other”. Meditation creates space for this to happen. During our times of meditation, we experience acceptance, and are therefore better able to accept that which we cannot control. We experience forgiveness, and are better able to forgive. In meditation, we stand naked before God, in

Continued on next page

IN THIS ISSUE

The School: Sharing the Gift of Meditation.....	C2
On the Path.....	C3
Practicalities of Practice	C3
Reflections from School Retreat for Teachers	C4
News from Far and Near	C5

Community Notes.....	C8
Calendar of Events.....	C9
2007 National Conference Registration Form.....	C10
Statement of Revenues and Expenditures.....	C11
Bookstore order form.....	C12



our awkwardness and our vulnerability. This experience prepares us to recognize these same qualities in others. Once again, perhaps we are not so different from “them”.

The evening ended with a question and answer period – as always, so many questions, so little time. This was followed by silent meditation and the saying of *The Divine Spirit of Silence* (shown at right). Many thanks to the organizing committee for putting on such a thoughtful evening and to Sheelah Treflé-Hidden for continuing to carry her message as a meditator and a peacemaker.

– Jo-Anne Guimond

The Divine Spirit of Silence

Companions,
The wise tell us that the Divine abides in silence,
That the Divine Spirit speaks in the silent serenity of the heart.
Let us not speak of silence.

Rather, let silence speak to us of the Divine.
Together, let us enter through the door of serenity,
The silence of our heart.
The chatter of our fears, our anger, our anxiety,

The chatter of our desires and curiosity,
Of our projected plans and unfinished work
Falls away in serenity.
Let us make space, and open space, for a new heart,
Created in the silence of prayer.

A heart that is free, peaceful, quiet and calm,
A heart that is one.
A heart so large and wide that it embraces the Divine of all
And the all of the Divine.

The Divine who in silence speaks all languages,
Who in silence speaks in all creatures,
Who in silence speaks one word,
The Divine who speaks of love.

– adapted from a prayer by the Monks of Weston Priory

From the Canadian Coordinator of Schools Sharing the Gift

“What Good are the Arts?” is the title of a book examining the role of the arts in contemporary culture. I was reminded of the title as I was beginning to write this column. The first Canadian School Retreat* was recently held in Toronto, and it occurs to me a fair question to ask, “What good is a School retreat?” After all, relatively few people can afford to take time off to meditate six times a day, practice mindful walking, listen to daily talks, and keep silence for a week.

Granted, these people will share their experience and learning with others. Hopefully, they will be salt and light in their various communities. But, I believe a School retreat can also enrich those meditators who did not or cannot attend such an event. I believe a School retreat enriches all meditators because it provides a template or pattern for deepening our meditation, and therefore our life in Christ.

It does so, first of all, through the frequent daily meditation periods at the retreat. These encourage us to deepen our attention to God, not only at the beginning and end of each day but throughout the day. They encourage us to stay in the eternal Present.

No talking, no reading, no personal agenda together encourage you and me to build more silence into our daily

life. In that silence we experience the truth of Ps. 62: “In God alone is my soul at rest.”

This awareness of being at peace in the love of God enables us to move and act more gently with a greater sense of peace. At the retreat this was lived out in our mindful walking. In daily life, the fruit of our meditation also means we walk more mindful of the earth and those around us.

Finally, the daily talks and the Eucharist remind us that our life in Christ has to be nourished. Our meditation is deepened by practice and by growing in knowledge and love of God and self. In ordinary daily life that means you and I seek to become more conscious, to acknowledge our unfinished, messy human ways, and to open ourselves to the countless ways God calls us to become our true Self.

Yes, it is true that the pattern of a School retreat, if it is to be lived in daily life, requires discipline, humility, and encouragement. But if you and I are open, the fruits of such contemplative living bring a harvest of joy for us and for countless others.

– Rev. Glenda Meakin

*The Canadian School Retreat was the third part of the School experience, building on the Essential Teaching (Sharing the Gift) weekend and various seminar topics that meditators had explored at retreats or workshops.

From the National Coordinator On The Path

Had you been at Jeannie's Sunrise B&B on the West Coast of Newfoundland on that July morning, you would have heard two tables of guests talking loudly with each other even if it was still early in the day. Some were describing their stay in Gros Morne National Park, and suggesting with enthusiasm to those who had not been there to go on the Western Brook Pond cruise. Others were mentioning with equal excitement their walk by the ocean at Goose Cove, near Saint-Anthony. Then those who had listened for a bit were anxious to report on their exciting visit to the reconstructed Viking site at L'Anse aux Meadows National Park. In that B&B in Port-Au-Choix during that breakfast, as for most days, there were people on their way up to the Northern Peninsula all the way to L'Anse aux Meadows, and others coming back from it; some were headed to Labrador, others were gladly reporting on what they had experienced in those remote fishing villages.

Even if Lucie and I knew that most people would not cross our path again, it was stimulating to share tips, to make recommendations, and to hear the suggestions about different trails, restaurants, and picturesque spots. This encounter made me move back in time to the Middle Ages, when pilgrims were walking to Santiago de Compostela. In the hospices where they would stay for the night they would meet people on their way to that sacred place, and others who were making their way back home. They were sharing tips about paths to avoid when it had been raining, convents where the monks were particularly

welcoming, abbeys where the stained glass windows were awesome, or churches where you would find the powerful relics of a saint.

These two forms of sharing remind me of gatherings within our meditation communities. When we get together with other meditators on a weekly basis, we share aspects of our pilgrimage and we find that this form of support is comforting. When we meet for a regional, a national or an international event, we also get nourished by each other, in a fresh way. We learn about the useless attempt to fight distractions, the danger of trying to measure progress, the need for the daily return to the mantra. We also hear how one meditation group has a unique way of welcoming newcomers, how another gets together for a "cottage retreat".

Over the coming year, we will be fortunate to have two major events in Canada: the National Conference in Vancouver June 29-July 1 and the John Main Seminar 2007, October 15-21, near Montreal. These will be unique opportunities to connect with an energy that flows across different parts of the country and around the world, to meet other pilgrims on the same path, and to be stimulated by the diversity of experiences in other countries. We are all invited to come and stay at these spiritual B&Bs. The traditional Newfoundland hospitality and vitality will be replaced by the equally well known warmth and energy of the international meditation community!

– Michel Legault

Practicalities of Practice

Q. WHY DO MEDITATORS MEET TOGETHER IN WEEKLY GROUPS?

A. The heart of the meditation group is the sharing of silence together. This is the primary reason why people around the world are spontaneously starting small groups to meditate weekly together. The power and strength of meditating together comes from the words of Jesus: "Where two or three are gathered in my name, there I am in the midst of them" (Matthew 18:20)... It is as if meditators instinctively realize that this is a journey that is difficult to make alone; it is a journey that is so much easier if we make it

with others. It is true that no one else can meditate for us, that we meditate by ourselves each day, but at the same time we realize that we need the support of others if we are to persevere on this journey.

– reprinted with permission from

*Frequently Asked Questions about Christian Meditation:
The Path of Contemplative Prayer* [page 203] by Paul Harris.

Note: for a complete listing of groups in Canada visit <www.meditatio.ca>.

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Reflections from School Retreat for Teachers

When asked to write about my impressions of the Canadian Retreat for teachers of Christian meditation held from August 22 to August 28 at the St. John's Convent Guest House in Toronto, my immediate reaction was inadequacy (I'm just a beginner...) - the ego response that Fr. Laurence Freeman and Kim Nataraja, the International School Coordinator for WCCM, spoke of during their insightful reflections. My reply was that I would pray about the request. What came to me was the grace of gratitude for the blessings and challenges of the silent journey with 26 spiritual companions.

When my soul friend and I first entered the convent lobby for registration, a large icon of St. John on Patmos was visible. In May of 2004, I had the privilege of visiting the island of Patmos and some of the buildings where, according to legend, St. John was exiled. It was a beautiful spiritual connection of St. John's inspiration to pursue "the vision of heaven and the life of love" (One of many connections that occurred during retreat). Upon our arrival from busy Toronto, the Guest Sisters and St. John of the Divine Oblates provided a comfortable peaceful setting with beautiful grounds including gardens. Our rooms and serviette rings were named for saints (much to my amusement and Protestant curiosity)!

However, it was suggested by Fr. Laurence that we refrain from reading, speaking and eye contact to let the process of meditation and silence.....the mystery truly unfold. Therefore, research of the saints was discouraged even though the convent library, reading rooms, and book displays presented numerous temptations.

The beautiful chapel of St. John the Divine was open for contemplation throughout most of the Retreat, and the first evening before supper our Christian Meditation group was invited for evening song with the Sisters, a sacred ritual of voices raised in praise and thanksgiving. The chapel, full of light, is a sacred shape to which I often returned. After supper the first evening, we briefly met and introduced our fellow participants who have come to meditation and the retreat at different stages in their spiritual journeys and with different gifts, an interesting group to whom I couldn't speak. The journey of silence we embarked on collectively became very rich.

Father Laurence and Kim encouraged us to use the silence as a time to meditate, to write in haiku format, or to create with available art supplies. At first, I (ego) thought I wouldn't be able to do this: nevertheless, seventeen syllables would come to mind inspired by sounds and images in the natural

surroundings during walks, giving space for spirit to enter. Father Laurence and my three-year-old granddaughter who enjoys painting pictures were inspirational for my trying watercolors, trusting and letting go. Seeing other participants' creations was also inspiring.

It was a joy to walk and pray the labyrinth, stand on the heart rock, reach the center, touch the sacred stone and witness my spiritual companions as they walked

the spiritual path. Living by Lake (Mother) Superior, I am in awe of these ancient stones and to see them in Toronto at the convent and to have Polly use them to create sacred space reminded me of home. Mindful walking was a special time that created a real sense of community. (My hope is that people of diversity may use this as a way of coming together in peace.) Beautiful loving energy was surrounding us on these mindful walks: even the rain stopped.

During spiritual direction, I was able to share with Rev. Glenda Meakin the challenges of grief surfacing during times of silence, the inner work, tears of loss and regret, but also healing and peace. Glenda's words, insights and presence were a comfort and direction for spiritual growth. Meditating as a group was spiritually uplifting, a sense of discipline and the gift of the mystery of our hearts were shared. Father Laurence's and Kim's talks were riveting, challenging us to deeper spiritual understanding and discovering our true nature. (I cherish the wisdom from their reflections and the practice.)

Finally, the Eucharist celebrations were the pinnacle as we said the Lord's Prayer in our mother tongue and shared Christ's presence. To participate with ecumenical Christians was very healing for me as this is not always possible in other settings. My heart has truly found a way to invite God in Jesus Christ to dwell within.

Thank you for the retreat and setting, the teachings, the community of believers and the Holy Spirit's presence.

- Judith Rose



Father Laurence with Kim and Glenda

NEWS FROM FAR AND NEAR

GEORGE ZANETTE'S SPRING VISIT TO PRINCE EDWARD ISLAND

An inspiring presentation was given to a gathering of over 80 people with various addictions or who use meditation as one way to a life of healing, growth, joy, and freedom.

The event, at Mt. St. Mary's on Saturday May 27, was led by George Zanette, a Christian meditation retreat leader from Toronto. George told his story of recovery from addiction and his journey to emotional sobriety - a goal of many who are seeking something to "fill the hole in the soul". His humble approach and his life wisdom were shared in three presentations: The Way, The Truth, and The Light.

George emphasized the similarities in all addictions, and between the 12-Step program and meditation as a healing source. Both give one time to get to really know oneself, to learn to be comfortable with oneself, to be able to live in the present and not be tied to past hurts, to be able to improve conscious contact with our Higher Power, and so to have an unshakeable foundation for life.

It was a hopeful message of simple practical ways and principles to overcome compulsions - to learn how to love. In a world where it seems that everyone is talking and no one is listening, the quietness and stillness of prayer and meditation can help us to start over new and renewed each day, and to live joyfully and peacefully.

– Sister Kathleen Bolger



SEDBERGH LAKE, MONTEBELLO, QUEBEC MEDITATION COMMUNITY PICNIC

The Montreal/Ottawa community came together on a beautiful July day to celebrate at Sedbergh Lake with stuffed picnic baskets, bottles of wine and our swimsuits. We listened to a teaching by Father John and meditated under the ancient trees – giving thanks for the beauty all around us. What a joy-filled wonderful time we had. This is what community is about!

Our deep gratitude to the headmaster of Sedbergh School for his generosity and a heartfelt 'thank you' to Vincent Lavoie for his thoughtful friendship.

– Polly Schofield

P.S. from Don Myrick Canadian Oblate Coordinator

The picnic was organized by Vincent but unfortunately he was not able to attend himself due to illness. Hope you are back on your feet, Vincent! In attendance were members of the Oblate community and their families from Montreal, Grenville, Ottawa and the Eastern Townships. Polly Schofield, in her wonderful maternal manner, organized us for meditation.

MEDITATION IN THE CHRISTIAN TRADITION: FROM JOHN CASSIAN TO JOHN MAIN

On Friday June 12, the annual Toronto Christian meditation weekend retreat began at St. John's Convent, under the leadership of Deacon Derek Smith. In sum, we "dined on the food of angels". Derek spoke of John Main in a deeply personal manner as he reviewed the basic teachings of John Cassian, Evagrius and of other formative influences on Fr. John. He focused on what these teachings have to say about prayer and our calling to participation within the Divine Trinity.

Derek presented the Trinity as a practical, experiential concept. He explained that our yearning and searching for God is a response to God's love for us and relationship with us. God loved us first. The Trinity, as well as being a profound mystery that is beyond our comprehension, is also a divine community into which Jesus Christ invites us and unites us. In meditation, we unite with Christ in his prayer to the Father. In the Gospel of John, Christ prayed, "As you, Father, are in me and I am in you, may they also be in us" (John 17:21). John Main often said that there is only one prayer, "the prayer of Christ".

Derek provided guidelines for a healthy discernment for our prayer lives. He advised that internally we are a jumble of intentions and that we must strive to be attentive to God. He used several metaphors to assist us in seeing spiritual life as a fidelity to prayer that leads to an inner settling, like a glass of muddy water that almost imperceptibly clears as the debris settles. We were encouraged to avoid "the chronic self-care of rearranging our inner furniture" as this leads us inward to a spiral of self-contraction. Prayer is not a "babble of words". The Christian contemplative tradition portrays prayer as an unburdening of self, leaving the self behind, in a turning towards God. Our prayer life is a call to expansion, through the community, the Christian tradition, and the sacraments. Ultimately, the fruits of meditation are to be

Continued on next page

News from Far and Near *continued*

observed in our outer life, in our relationships. The most important question to ask ourselves is, “Am I becoming more loving?”

Derek clearly taught from his experiences, and encouraged us to verify this spiritual tradition through an experiential knowledge of the Trinity. He ‘assigned’ homework, stressing the need for us to become more familiar with scripture, especially with the Gospel of St. John and the letters of St. Paul, where the Christian calling to fullness of life is outlined so clearly. He frequently repeated the advice of John Main that we must “squirm on the hook of the Gospel”.

Derek functioned as visionary leader, teacher, and spiritual director on a wonderful retreat. Our meditation prayer tradition, faithful to the monastic contemplative tradition, is engaging and transformative. It leads us to an experiential unity with Christ, with the Father, and with each other, through the Holy Spirit.

– Joseph Clarkson

FROM PILLAR TO POST – LUNCH-HOUR GROUP MEETING SINCE 1988

A lunch-hour Christian meditation group in downtown Ottawa has been meeting for 18 years. It started off in a boardroom of a Canadian government office building for the first seven years, and moved to another department for another six years.

Since 2001 the group has moved its meeting to a condo in the same area. The 10-12 members include government office workers and retirees living in the downtown inner city. This is a group that simply refuses to give up.



One surprising aspect over the years is that newcomers come by word of mouth, with minimal advertising. Another rather unique tradition is the potluck luncheons held at Christmas and the end of June before the summer break. In addition, members spend one or two days each August at a cottage a few hours away from Ottawa, swimming, hiking, barbecuing and, needless to say, setting aside times for meditation. As well, every summer the group visits the Madonna House apostolate in Combermere, Ontario, founded by the Russian Baroness, Catherine de Hueck, author of the classic spiritual book “Poustinia”. This social aspect of the group has developed over the years and has brought members together in a common bond of caring and love.

Notice the happy faces in the photograph!

–Paul Harris

Note: NewsNotes welcomes the opportunity to highlight weekly meditation group stories. Please contact the coordinator at <newsnotes@bellnet.ca> for submission requirements.

CHRISTIAN MEDITATION – MY STORY (Part 1) *The Inner Vision*

Bill Watson, a long-time meditator, is known to many members of the Canadian community, particularly in Winnipeg and in the greater Toronto area. He recently put on paper an account of his life as a meditator. With his permission, NewsNotes is happy to share Bill’s reflections with readers. The article will appear in three parts.

I was introduced to Christian meditation at the Benedictine Abbey in Middle Church, 15 km north of Winnipeg, Manitoba in August 1986. My late wife, Sheila, was on a retreat entitled “In Search of Thomas Merton”. Fr. Laurence Freeman happened to have been invited to discuss Christian meditation as the retreat wound down, and I went to hear him over a couple of evenings. At the time, I was on the point of retiring from a career in electrical engineering with a company in Winnipeg. Sheila and I intended to move

to Ajax, Ontario, east of Toronto. I was to enroll at Regis College (University of Toronto) in a Master of Theological Studies degree program.

When we got settled, Fr. Laurence invited us to the Christian meditation meetings held monthly on the campus at Croft Chapter House, University College. This we did for over a year until we formed our own group in our apartment in Ajax. We put an ad in the parish bulletin and received

ten replies. We welcomed anyone who was interested in meditation. Our group was ecumenical. It included Anglicans, Lutherans, a Quaker, Catholics, and a couple of Pentecostals. We attracted sisters who had left their orders. A female Lutheran minister also joined us. The Deacon of our parish and his wife became members of our group.

Meetings began with a prayer, followed by a 20-minute tape by John Main or Fr. Laurence, and 25 minutes of silence. Then we allowed prayers for the sick and suffering, especially those outside our group. (We had one sister whose life experiences were causing her depression. We did nothing about alleviating the depression, but suggested she needed professional help. After about six months she recovered, not completely, but was well on the way.) We ended each session with a Taisé chant. Afterwards we usually had coffee.

We had one rule: there was to be no theological discussion during the evening. Our group maintained itself for about 17 years and might have gone on longer, but for Sheila's illness and death.

During the first 15 years, I was meditating once a day. Keeping a group going, attending university, the other incidentals of living, all required an enormous effort. I knew the importance of saying the mantra twice a day, but just couldn't find room in my schedule. Meditation requires silence, which helps disciplined attention. In other words, it is a form of contemplation. (The word "attention" has meaning for me as the first of Bernard Lonergan's transcendental precepts.)

After Sheila's death, I moved to St. Bernard's Retirement Residence in Toronto (North York). I formed a group there, which has met once a week for about a year now. I also began to meditate twice daily, and I noticed the positive effect it had on my whole body, spirit, and psyche.

I had no problems saying the mantra, but no one told me what was going on while I was saying it. Eventually, with its constant discipline, I began to acquire wafer-thin inklings of an inner vision. The mantra was doing its job, preventing me from looking at things in my exterior life - economic, technical, even hedonistic - which were natural for me in my professional career. But they were obstacles to my



meditation, preventing me from this inner vision, this inner reality.

I must say that any inner vision I have achieved so far is very thin. For Thomas Merton and Hannah Arendt, no one can arrive at genuine inner self-realization unless he or she becomes an "I" confronted by a "Thou" who completes their being. (This is different from the "I" of a totalitarian collective.) The inner self sees the other not as a limitation, but as a complement. Its "other" self is identified with that other, so the "two" are one. This unity in love is characteristic of the inner

self, so that the inner "I" is isolated and, at the same time, united with others on a higher plane. It is spiritual solitude, and there is no special technique for awakening it. It is spontaneous and free, but requires a cultural and spiritual development that no longer seems to exist in the West.

Thomas Merton contrasts the inner awakening between the satori (spiritual enlightenment) of Zen, and the Christian mystical tradition. One cannot find one's inner center and know God while involved with distractions of the exterior self. Nor is it possible to seek inner awakening and self-realization simply by withdrawal, although a certain amount of withdrawal must occur if solitude is to open us up. But this separation is in the interests of a higher union in which our solitude is not lost; rather, it is perfected because at this level love cannot be manipulated. Solitude is essential for spiritual freedom.

Hannah Arendt believes the solitary person is naturally alone but can be together with herself, since she has the capacity of talking with herself. In solitude, I am by myself, together with myself, and therefore possess this two-in-one characteristic (as described by Merton above). In loneliness, I am only one, deserted by my friends.

Strictly speaking, saying the mantra is done in solitude. It is a dialogue between me and myself, where I do not lose contact with my fellow-men and women, because they are represented in the self. As both Arendt and Merton note, the two-in-one needs another to become one again - one unchangeable individual whose identity can never be mistaken for that of any other. I see this "other" as God. My identity depends entirely on others. This inner vision affects my religious life; my religious life affects my inner vision.

- William S. (Bill) Watson, July 2006

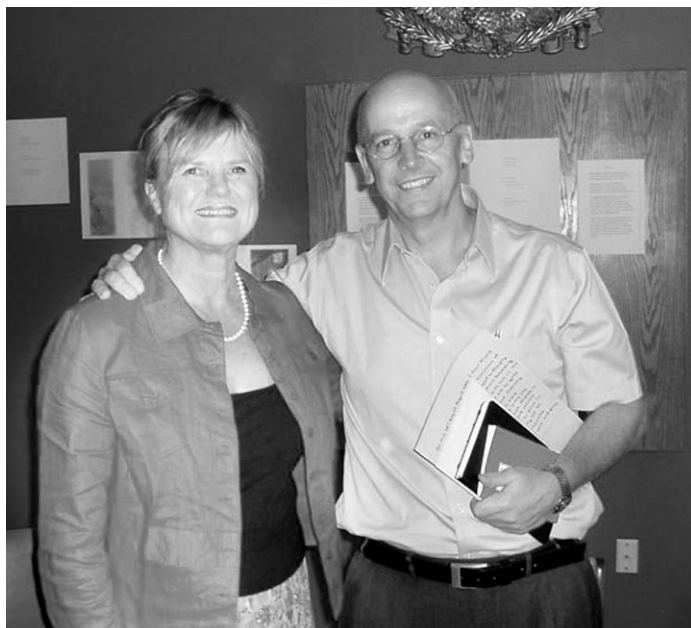
COMMUNITY NOTES

E-MAIL ADDRESS UPDATES

The National Resource Centre: christianmeditation@bellnet.ca

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FR LAURENCE PRESIDES OVER JOAN MCGUINNESS' FINAL OBLATION



Congratulations to Joan McGuinness who made her final oblation at the School retreat in Toronto in August with Father Laurence officiating. Joan has been an active member of the Ottawa meditation community for many years and a few years ago walked the entire 800k Camino de Santiago, the ancient pilgrimage route from southern France to the shrine of Santiago de Compostela in Spain (see Vol.13 No.3 NewsNotes, Autumn 2004). Best wishes from the entire community Joan!

– Don Myrick

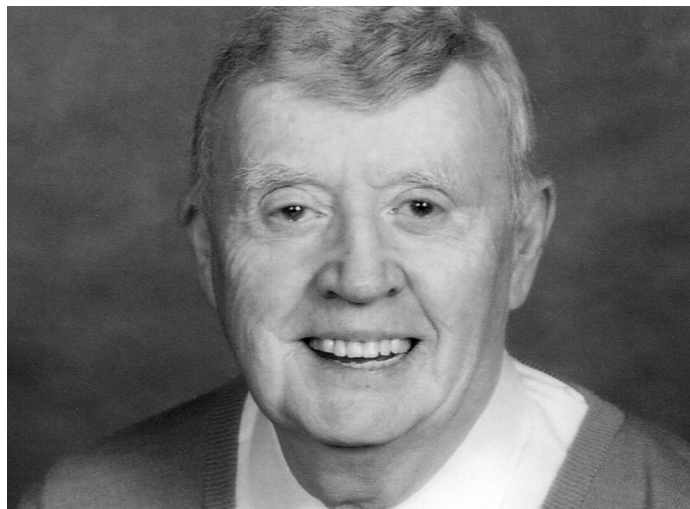
HAPPY BIRTHDAY PAUL!

Paul Harris, friend, author, and Christian meditation teacher celebrated his 80th birthday on August 31, 2006 at a party in Ottawa with over 100 friends and meditators.

Garrett Patterson of Ottawa wrote, "Today at 80, in family and in community, Paul 'keeps on keeping on'. His three children (Noelle, Catherine, Martin) and grandchildren all live in Ottawa. He leads two weekly group meetings, one at St. Patrick's Basilica and one at his downtown apartment. Even during summer vacation at his cottage he faithfully drives 30 km each Wednesday evening to a Christian meditation meeting in the village of Barry's Bay."

The International Website has a special page in the news section delivering birthday greetings from meditators around the world whose lives have been touched through their association with Paul.

Michel Legault describes Paul as a "pioneer, trail blazer, faithful pilgrim, and indefatigable champion of the spiritual quest!" in his web greetings on behalf of the Canadian Christian Meditation Community. A tribute article by Garrett Patterson of Ottawa, Paul's long-time friend, appears in the Focus column of the International Newsletter, page 7.



YOUR DONATIONS DOLLARS AT WORK!

There are three ways in which you can support financially the Canadian Community for Christian Meditation and the WCCM. Here is a brief description of each one:

- **CCMC** – has an annual appeal known as the "Doreen Romandini Fund" to cover the costs of our National Resource Centre in Montreal and other national activities e.g. the School, support to Group Leaders, and the Canadian Council. This appeal goes out in the fall issue of NewsNotes. The Doreen Romandini Fund brochure is included in this mailing of the NewsNotes.
- **NewsNotes** – readers are invited to contribute \$15 or more per year towards the cost of printing and distributing the national and international newsletter. This fundraising drive is called "Let's Keep Connected." The main appeal is in the spring, with short reminders in the other issues.
- **Friends of the WCCM** – for the support of the International Office in London, England, and to share the teaching around the world. Rosanne L'Ecuyer, 4988 Victoria Ave., Montreal QC. H3W 2N3, e-mail: friendswccm@bellnet.ca is the Canadian Coordinator. The Friends Program appeal is featured on the website www.friendsinmeditation.com. For Canadian residents who wish to benefit from the Canadian charitable tax rebate, send donations through Rosanne.

Calendar of Events

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

November 2006

6 Nov., Charlottetown, PE. *Non-violent Communication Part 2.* Venue: Mount St. Mary's. Time: 7:15 p.m. to 8:30 p.m. Theme: Four-week process to help enhance communication skills, connect compassionately with ourselves and others in a way that allows everyone's needs to be equally valued. Evening will include silence, sharing and prayer. Marshall Rosenberg's CDs will be used. Centre for Nonviolent Communication website <www.cnvc.org>. Contact: Sister Kathleen Bolger 902-892-6585.

9 Nov., Charlottetown, PE. *Meditation and the Mystics.* Venue: Mount St. Mary's. Theme: Writings of Hildegard of Bingen, self-described "feather on the breath of God" will be used as we reflect on our own gifts, and share in meditation as a way of nourishing our spiritual journey. Contact: Sister Kathleen Bolger 902-892-6585 or <kbolger@peimarthas.ca>.

13 Nov., Charlottetown, PE. *Non-violent Communication Part 3.* Details and contact: See Nov. 6, above.

20 Nov., Charlottetown, PE. *Non-violent Communication Part 4.* Details and contact: see Nov. 6, above.

24-26 Nov., Winnipeg, MB. *The School – Sharing the Gift* led by the School resource team. Venue: St Benedict's Retreat and Conference Centre. Contact: Phil Barnett 204-488-8093 or <pbarnett.stpetes@mts.net>.

27 Nov., Winnipeg, MB. *Twilight Retreat* led by Rev. Glenda Meakin. Venue: St. Peter's Anglican Church, 755 Elm Street. Contact: Phil Barnett 204-488-8093 or <pbarnett.stpetes@mts.net>.

30 Nov., Toronto, ON. *Roots of Christian Mysticism: The English Mystics* led by Stefan Reynolds, Director Georgetown Meditation Centre, Washington D.C. Time: 7 p.m. Venue: Room #4, Knox College, 59 St. George Street, U of T (St. George Campus). Contact: Clem Sauvé 416-921-0367 or <clems@interlog.com> or Joy Gordon 416-485-9718 or <joyg@sympatico.ca>.

December 2006

12 Dec., Pickering Village/Ajax, ON. *Watching & Waiting.* 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., followed by potluck social. Contact: Marilyn Metcalfe 905-831-2945.

13 Dec., Charlottetown, PE. *Service of Light* led by Sister Kathleen Bolger. Venue: Mount St. Mary's. Time: 7 p.m. to

8 p.m. Theme: As 2006 comes to an end, meditators will celebrate through prayer, story telling, ritual and reflection our gifts and blessings of the year.

14 Dec., Toronto, ON. *Roots of Christian Mysticism: St. John of the Cross* led by Joseph Bergeron. Time, contact and venue: see Nov. 30, above.

30 Dec., Montreal, QC. Everyone is welcome to a *Celebration of Father John's Anniversary.* Time: 7:30 p.m. Venue: Loyola Chapel, Concordia University, 7141 Sherbrooke Street West Contact: Polly Schofield, 514-481-8746 or <mark.schofield@sympatico.ca>.

31 Dec., Charlottetown, PE. *John Main: Time to Remember.* Venue: Mount St. Mary's. Time: 3 p.m. to 4 p.m. Theme: A memorial reflective service. If unable to be present, please pray in your own homes at the suggested time so that all meditators will be joined in prayer "together though apart". Contact: Sister Kathleen Bolger 902-892-6585.

January 2007

25 Jan., Toronto, ON. Introduction to Christian Meditation led by Tom LaFrance. Time, contact and venue: see Nov. 30, above.

February 2007

22 Feb., Toronto, ON. *Roots of Christian Mysticism: Meister Eckhart* led by John Callaghan. Time, contact and venue: see Nov. 30, above.

24 Feb., Waterloo ON. *Dark Nights of the Soul* led by Rev. Julia Gill. Venue: Renison College, University of Waterloo. Theme: Lenten Quiet Day of Reflection on scripture, silence, and prayer. Time: 10 a.m. to 3 p.m. Cost: \$25.00. Registration: Marilyn Malton 519-884-4404 X628 or <ren-rim@renison.uwaterloo.ca>.

March 2007

1-17 Mar., India. *Pilgrimage to India.* See <www.meditatio.ca> "Upcoming Events" link to download a brochure.

9-11 Mar., Orleans, ON. *Meditation and Healing.* Venue: Maison Notre-Dame de la Providence, 1754 St. Joseph Blvd. Time: Friday evening to Sunday noon. Registrar: Laurie Grice 613-836-6553 or <laurie@grice.org>. Contact: Ron Dicks 613-739-1046 or <rdicks@rogers.com>.

29 Mar., Toronto, ON. *The Christian Calling: Dwelling in the Trinity* led by Joseph Clarkson. Time, contact and venue: see Nov. 30, above.

Continued on next page

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

April 2007

26 Apr., Toronto, ON. *Roots of Christian Mysticism: Women Mystics* led by Rev. Glenda Meakin. Time, contact and venue: see Nov. 30, above.

May 2007

4-6 May, Espanola ON. *Retreat* led by Fr. John Duggan SJ. Venue: Anishinabe Spiritual Centre near Espanola. Contact: Christopher Tanner or Madelaine Mageau 613 584-9192 or <christopher.tanner@sympatico.ca>.

5 May, Charlottetown, PE. *Atlantic Group Leaders Workshop.* Venue: Mount St. Mary's. Contact: Sister Kathleen Bolger 902-892-6585 or <kbolger@peimarthas.ca>.

11-13 May, Toronto ON. Annual Weekend Retreat, led by Fr. Paul Geraghty, Archdiocese of Montreal. Venue: St. John's Convent. Details TBA.

31 May, Toronto, ON. *Roots of Christian Mysticism: John Cassian* led by Lucy Magnus-Burke. Time, contact and venue: see Nov. 30, above.

June 2007

1-3 June, Rustico, PE. *The School – Sharing the Gift* led by Rev. Glenda Meakin and Michel Legault. Venue: Belcourt

Centre. Contact: Sister Kathleen Bolger 902-892-6585 or <kbolger@peimarthas.ca>.

21 June, Toronto, ON. *Roots of Christian Mysticism: Catherine of Siena* led by Marilyn Metcalfe. Time, contact and venue: see Nov. 30, above.

29 June-1 July, Vancouver, BC. Canadian Christian Meditation Community National Conference. Keynote speaker: Fr. Laurence Freeman. Venue: University of British Columbia. Theme: *Food for the Journey – Great Christian Spiritual Teachers of the Contemplative Tradition.* Registration: Please complete the form below. Contact: Conference Coordinator, Joyce Rogers <joycerogers@telus.net>.

October 2007

16-18 Oct., Mt. Orford, QC. Pre-John Main Seminar Retreat. led by Fr. Laurence Freeman. Venue: Hotel Chéribourg, 2603 chemin du Parc. Contact: 514-481-8746 <JMS2007@bellnet.ca>. Details in next issue of NewsNotes.

18-21 Oct., Mt. Orford, QC. John Main Seminar *Still Present the Life and Legacy of John Main.* Venue: Hotel Chéribourg, 2603 chemin du Parc. Contact: 514-481-8746 or <JMS2007@bellnet.ca>. Plan to attend. Registration available in next issue of NewsNotes.



Why not plan your 2007 vacation in “supernatural” British Columbia? We would really love to host you!

2007 National Conference Canadian Christian Meditation Community

June 29 and 30 and July 1, 2007 – Vancouver, B.C.

Food for the Journey – Great Christian Spiritual Teachers of the Contemplative Tradition

Father Laurence Freeman, OSB will give the keynote address. Workshops will explore our desire to “go into the deep” responding to our heart’s yearning to know God more profoundly. The workshops will discuss the lives and teachings of great spiritual teachers

Name (last) _____ (first) _____

Phone () _____ Fax () _____ Email _____

Address _____ City _____

Province _____ Postal Code _____

Conference will be held at the University of British Columbia (UBC). Conference fee includes keynote address, workshops, two (2) nights accommodation – premium single room (shared washroom), 6 meals and conference resource kit. Please check one (1) of the following;

Full conference payment \$275 enclosed
(10% discount for early registration prior to Feb 1/07.)

Non-refundable deposit enclosed: \$75.00 (final payment)
must be remitted in full by 01 March 2007 (UBC requirement)

Please enclose cheque, payable to ‘Jim Dudar in trust – CCMC’, with registration form and mail to:
Mr. Jim Dudar, 5703 Emily Way, Sechelt, B.C. V0N 3A7

For further information please contact Joyce Rogers, 2007 National Conference Coordinator at joycerogers@telus.net

If anyone is in a position to offer a donation towards a scholarship to support others, please know that this kind act would be greatly appreciated. God is never outdone in generosity.

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

	2005	2004
Revenues:		
Donations		
Newsletter	\$10,900	\$14,199
National Resource Centre	36,777	25,141
School	5,321	1,365
Friends	4,165	4,595
Canadian Council	1,331	325
Publications	26,214	25,180
National Conference	5,787	0
Royalties ¹	805	0
Sales Tax Recovery	2,619	6,311
Total Revenues	\$93,919	\$77,116
Expenditures:		
National Resource Centre		
Rent ²	\$8,095	\$7,493
Office Supplies & Postage ³	4,557	2,775
Utilities ²	0	700
Communications	1,637	3,661
Equipment	0	1,710
Insurance ⁴	1,291	693
Bank Charges	513	274
Transportation ⁵	0	1,733
Newsletter (printing and postage)	17,430	17,462
Publications	14,209	20,530
Sales Tax Paid	4,363	5,243
Grants & Donations		
Donations	5,250	3,575
Travel ⁶	5,827	3,087
School ⁶	5,157	1,504
Retreats ⁶	3,798	0
Canadian Council	1,650	2,065
National Conference	961	0
Friends WCCM	4,390	6,118
Total Expenditures	\$79,128	\$78,623
Excess of Revenues over Expenses	\$14,791⁷	(\$1,507)

– **Mark Schofield, secretary/treasurer**

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>.

NOTES:

1. Royalties from Canadian publishers payable to WCCM
2. Utilities are included in the rent for the new National Resource Centre
3. Increase in postage for distribution of CDs to groups
4. Two year term. Insurance costs are lower in a commercial building
5. Proximity of bank and post office to the new NRC has cut transportation costs
6. Receipt of grants has allowed for increased support for events.
7. \$15,000 is currently being held in GICs.



**THE
DOREEN
ROMANDINI
MEMORIAL FUND**

SHARING THE GIFT

Dear Friends,

A couple of hours ago, our long time friend Cathy from l'Arche Agape in Gatineau called Lucie and me to let us know of the pressing needs of the community: if we could possibly either spend a couple of hours in one of the homes, or prepare a meal, or replace an assistant for an evening, it would make a difference. "We're spread very thin these days, and we count on people giving us a hand." Cathy was at the same time inviting and respectful, stating the situation! Clearly, Lucie and I will find ways to respond to her direct appeal.

In our Canadian community, there never is such immediacy; the needs are rarely as personal and pressing. Still... I would like to have the same warm approach as Cathy to tell you that the community needs the on-going support of Canadian meditators to provide a wide variety of services.

This is the time of year when we ask you to contribute financially to support the School, the National Resource Centre, and the work of the National Council. Your donation will allow us to support Groups across Canada, to organize retreats in different parts of the country, to reach out to new meditators and encourage those who teach meditation to children.

Please take the time to read the flyer about the Doreen Romandini Memorial Fund. Thank you in advance for the contribution you will be able to make.

– **Michel Legault, National Coordinator**
 <legault.smeltzer@videotron.ca>

On behalf of the National Council:

- Louise Menard, British Columbia/Yukon
 <loumenard@shaw.ca>
- Rosemary Bishop, Alberta/Saskatchewan
 <romyb@telusplanet.net>
- Phil Barnett, Manitoba/NW Ontario
 <pbarnett.stpetes@mts.net>
- Ron Dicks, Ontario <rdicks@magma.ca>
- Joan McKinnon, Quebec
 <joan_mckinnon@hotmail.com>
- Michel Boyer, Méditation chrétienne du Québec
 <lagrottefranciscains@sympatico.ca>
- Kathleen Bolger, Atlantic <kbolger@peimarthas.ca>

BOOKSTORE ORDER FORM

Please refer to Christian Meditation Bookstore column (p. 8) in the International Newsletter for descriptions of resources.

Name _____

Mailing Address _____

City _____ Province _____ Postal Code _____

Telephone _____ E-mail _____

QUANTITY	TITLE	UNIT PRICE	TOTAL PRICE
	<i>Monastery Without Walls: The Spiritual Letters of John Main.</i> This newly revised edition of John Main's spiritual letters brings together in one volume a freshly edited version of <i>Letters from the Heart</i> and <i>The Present Christ</i>	\$36	
	WCCM 2007 Calendar. This calendar features stunning photography from Fr. Laurence Freeman's global travels on behalf of the World Community in 2006.	\$13	
	<i>Fire of Silence through Music and Mystics</i> – 5-CD set. John Main Seminar 2006, Talks with music by Margaret Rizza.	\$48	
	<i>Harmony in the Soul</i> – 6-CD set. Talks from the pre-seminar retreat led by Laurence Freeman.OSB.	\$48	

TOTAL _____

+ 10% POSTAGE _____

TOTAL AMOUNT _____

I wish to receive renew NewsNotes \$15.00 enclosed

Please mail to: National Resource Centre, P.O.Box 552 Station NDG, Montreal QC, H4A 3P9
 Tel 514-485-7928 – email: christianmeditation@bellnet.ca
 Cheques payable to: Meditatio, CCMC.

Return undeliverable Canadian addresses to:
 Canadian Christian Meditation Community
 P.O. Box 552, Station NDG
 Montreal, Quebec H4A 3P9

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