

First Retreat in Atlantic Canada with Father Laurence

Christian Meditation: Healing of Ourselves and Our World



What Are You Looking For? Fr. Laurence Freeman posed that question to a capacity audience of meditators from New Brunswick, Nova Scotia, Prince Edward Island and Alberta at the start of a retreat at Villa Madonna, Rothesay, N.B. last October 20-22.

In the Gospel (John 1:35), Jesus put that same question to two of John the Baptist's disciples, who in turn asked Jesus "Rabbi (Teacher) where do you stay?" Jesus answered, "Come and see." So they went where he was lodged and stayed with him that day.

During the three-day silent retreat, Fr. Laurence's teachings and the scheduled 30-minute meditation sessions led us on a spiritual journey, in reply to Jesus' invitation. We, like those disciples, yearn to be where Jesus is (to be

like Him). Meditation guides us to that place. In Christian meditation we become open to the presence of our Creator dwelling within. We become less distracted. We distinguish between real needs and desires. We become aware of what really matters in life.

Fr. Laurence explained how meditation leads to a change of mind and heart. As the grace of God touches us through the healing words of the Gospel, we journey to wholeness/holiness, to a sense of being totally loved by the One who created us. The ongoing healing and journey to wholeness causes change in the way we think of, and appreciate, self and others, the way we live each day and how we relate to others, the way we celebrate the Sacraments. He showed how meditation can help us keep a balance between the active and contemplative parts of daily living.

We learned to understand the stages of meditation beginning with the mantra Maranatha, being receptive (not



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passive) to the mystery of God's presence in us and others and all of creation. Meditation awakens our capacity to pay attention to our Creator God. Through the presence/grace of God in our lives we can grow to become wise and loving persons. Often it is others who will notice the change in the way we are living.

A silent 'awareness walk' in the refreshing fall air amid lovely autumn colours was our final communal prayer on this grace-filled weekend. We enjoyed a delicious meal and conversation together before departing Villa Madonna's quiet beauty. Blessings on all who made this retreat possible. We will continue in our daily meditation to respond to Jesus' invitation, "Come and see."

– Sister Kathleen, Atlantic area coordinator

Mini Quotes

Retreat was 'heartfelt, wonderful', ... 'Felt the harmony among all of the group members in the unity of the silence'... 'Sharing the gift of silence and stillness can be achieved no matter the numbers (two to 70)' ... 'Great gift being present with the Presence, losing ourselves, our ego, our false self to find our true self, our center, our God – then rejoicing' ... 'Dropping the old interpretation of sin as breaking laws, rules and necessitating punishment; to see sin as our brokenness, our woundedness into which God brings healing' ... 'A time away from the ego, and sensing the mindfulness, peace and humility that meditation can generate.'

More on Father Laurence in Halifax on page 4



HEALING, HAPPINESS AND HOLINESS



From the National Coordinator On The Path

The walk around Burbank Lake that day in early November rapidly became secondary. What dominated was the presence of the geese on the lake, snow geese actually, thousands of them. If you can imagine these big white birds covering half the lake, with hundreds more arriving regularly, you will understand why they were so central, why the one-hour walk fell into the background.

Danville is just a few kilometres from Asbestos, my hometown in the Eastern Townships, where we were visiting my brothers' families. I had never seen snow geese before, let alone that many, let alone that close to where I grew up. So I was in absolute rapture in front of this spectacular natural beauty: the sun accentuating the white, the constant movement of the geese triggered by the arrival of more flocks, the loud and strangely harmonious cacophony they were making. A true moment of grace, a time to be there fully, to be engrossed in the now.

Questions unavoidably came. Since when have they used this as their migration route? Why did this lake become attractive to them recently, when it was not so 40 years

ago? How do they know their route? Do they continue to fly with the same group day after day? In a sense, though, these questions were not the essential point. What really mattered was to be there and to be present to this mysterious vitality. A quote that I heard recently from a quantum physicist captures this invitation: "The real trick to life is not to be in the know, but to be in the mystery."

Taking this one step further, we could easily transfer it to our experience of meditation. During those sacred daily periods, we are not trying to know God; we are not attempting to understand the Spirit. There are other times for that. When we focus on saying our mantra, we are doing something far more important: we are being attentive to the mystery, listening to the deep silence that resonates as loudly in the depth of our heart as the sound of thousands of snow geese on a lake.

Sr. Eileen O'Hea liked to say "Meditation is the simple awareness of being." We could paraphrase this to say, "Meditation is simple awe of the mystery deep in us and all around us."

– Michel Legault

Practicalities of Practice

Q. HOW CAN THE EGO BE OF ASSISTANCE DURING MEDITATION AND NOT BE A DISTRACTING PRESENCE?

A. The ego is a special gift to us by God and plays a major role in our daily activities. Without the ego's influence we would be like a ship without a rudder. Without its help we could not make a decision to gather information, analyze the content and place the choices before us. Yet through free will it can easily become ambitious, cause us to make wrong choices and end up a hindrance to our becoming the person God intended us to be.

To be of assistance in meditation, the ego needs to "learn" to be silent, humble and attentive to the poverty of the mantra. Through the challenge of silence it can become transformed and over time it will surrender to the quiet presence of the "true self". When the ego assumes its proper role and lives

in harmony with the "true self" it loses its control and is no longer a big block to prayer and freedom. In meditation we are called to face not only the discipline of two daily prayer periods but also the challenge to leave words, thoughts, plans and projects behind and move into the repetition of the mantra. Every prayer period is a new beginning of teaching the ego to be silent by not paying attention to the "monkey chatter" it creates. As the ego is constantly faced with surrender, its backbone begins to crumble and gradually the mantra will resound in the valley of our heart. When will this happen? In God's time, not ours. All we do is simply and perseveringly have courage to begin each day, to begin when distracted... to always be a beginner.

– Sister Kathleen Bolger, CSM

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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 or e-mail <lagrottefranciscains@sympatico.ca>.

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FR. LAURENCE TALKS WITH HALIFAX INTERFAITH COUNCIL

Fr. Laurence Freeman was welcomed by about two dozen members of the Halifax Interfaith Council on Monday morning, October 23, 2006. Gathering at the Diocesan Centre at All Saints Cathedral, they represented the Buddhist, Jewish, Christian, and Brahma Kumaris traditions. Greetings were extended by John O'Donnell of the Council as well as by representatives of the Anglican and Roman Catholic bishops and by the Halifax meditation communities.

Fr. Laurence spoke on the theme of meditation as common ground. It is the practice of meditative stillness and attentiveness to the present that builds community and binds people of the world's faiths in a common spirit. He spoke of talking with a student who had listed the top values for her life – the third being *to be a local**. From this Fr. Laurence reflected on the importance of holding spirituality rooted or incarnated in a specific time and place. His visit was inspiring and valuable to the Interfaith Council as it moves forward with work in this place, as witnessed by the themes that arose in the conversation which followed his talk and the time of meditation – themes of community, justice, and contemplation.

*to be a local – “Community is always a bigger undertaking than we imagine it will be. We are attracted to it for good reasons but often with romantic expectations. It promises to ease the ache of human loneliness. It offers us what seems a luxury to modern urban people the opportunity ‘to be a local’.” Fr. Laurence Freeman, Christian Meditation Newsletter, Vol. 30, No.2; July 2006.

FR. LAURENCE GUEST of the MEDICAL HUMANITIES PROGRAM DALHOUSIE UNIVERSITY

In the afternoon Fr. Laurence spoke on meditation for living and dying at the Sir Charles Tupper Medical School of Dalhousie University, where he was a guest of the medical humanities program.

He began by mentioning Balfour Mount, physician to John Main at his end, saying that “a person can die healed.” Fr. Laurence then explored the contrasting stories of Asclepius, the ancient Greek god of health and medicine, a prototype of the wounded healer, and of the physician Hippocrates, the father of modern medicine. Asclepius set up healing

temples. Patients would spend the night in them and then in the morning report on their dreams and get the appropriate medicine.

Fr. Laurence observed that we are seeing the recovery of this other kind of medicine in our time, in our understanding of the psychology, emotions and spirit of the person to be healed. We bring to the patient maximum attention, care and mindful observation, and come to see the patient not as an object outside of ourselves but as someone with whom we establish a relationship of empathy and sympathy.

– Clement Mehlman, chaplain, Dalhousie University

From the Canadian Coordinator of Schools **Sharing the Gift**

Meditators who have attended an Essential Teaching Workshop will often say that the weekend was a turning point in their meditation journey. It helped to solidify John Main's teaching more firmly in their mind and heart. It helped to deepen their commitment to the twice daily discipline. It gave them a greater appreciation of the weekly group as a locus for support, encouragement and Christian community. All of these comments are good to hear because they affirm the purpose and direction of the School. The comments, however, also elicit a question: “What will we do to continue to nourish and sustain our meditation practice and teaching?”

A School event such as the Essential Teaching Workshop is a kind of ‘parochia’ – a stopping place for rest and refreshment for those on a journey. (The word ‘parish’ comes from ‘parochia’.) We leave the place and continue the journey,

hopefully more intentional about our daily practice, regular reading, retreats, and other ways to grow as meditators. As teachers we are aware that one of the great resources for continuing growth is the weekly group. Here we can offer and receive food for the journey.

We are blessed in Canada to have Paul Harris keeping us focused on the importance of the weekly group as a faith community and a locus for spiritual growth. Paul has prepared an excellent seminar on Christian Meditation Groups, which he is happy to bring to your area.

A day event on any topic that meditation enlightens (e.g. palliative care, nature, scripture) is a good way of continuing to nourish one another in our daily practice. If you would like help in organising or planning such an event, please e-mail me at <meakin@cyg.net>. – Rev. Glenda Meakin

प्रणम्य तर्हि न परोक्षि

LORD JESUS
accept
my self-surrender
and adoration.
I am not mine but yours.
I know that I am
the living, loving and
joyous expression of life.
I am ready to love
and render my service
to humanity.
Help me to do your will
and make me
an instrument of your
love and peace.
– Swami Devaprasad



NEWS FROM FAR AND NEAR



FULLY ALIVE III

The picturesque Bridgewater Retreat on the banks of the Skootamatta River near Tweed, Ontario was the setting, September 22-24, for the third Christian meditation and Yoga retreat led, this year, by Casey Rock (Toronto), Lucie Legault (Cantley, Quebec) and Kevin Flynn (Ottawa). The first such weekend was in response to requests from people who had experienced yoga in short sessions at Christian meditation retreats and wished to learn more about integrating it into their meditation. Others had learned about meditation in yoga classes and wondered how it relates to Christianity. This time too there was a similar mix of participants.

The retreat began with dinner on Friday evening (all meals were vegetarian and truly scrumptious!) followed by a reflection on meditation and embodiment, a “stretch and sigh” session and, finally, Christian meditation. Saturday and Sunday began with stretch and sigh, then breakfast, both in silence. There were two talks Saturday on befriending the body and awakening the heart, and two periods of yoga followed by meditation.

In Saturday’s first talk, Casey suggested that we decide whether we were “slackers” or “strivers”, and then challenged us to move towards the other position, so we would all get the most benefit from the weekend. The practice of yoga postures and breathing techniques was both invigorating and relaxing, and a wonderful preparation for meditation. We were actually able to experience the idea that

prayer is facilitated when we are not just in our heads but are comfortable in our bodies also. As a further opportunity to explore how devotion and prayer may be expressed through physical posture and gesture, we gathered for a time of sacred dance after dinner on Saturday. The final talk and yoga practice on Sunday were followed by celebration of the Eucharist. We departed after lunch.



The three facilitators were each formed in a different style of yoga and thus emphasized different aspects, complementing each other well. They helped us gain an increased awareness of our bodies and breath while deepening our meditation practice.

– Jean Murray, Ottawa

Kevin Flynn shared the following poem with the Fully Alive III participants

The Bright Field

I have seen the sun break through
to illuminate a small field
for a while, and gone my way
and forgotten it. But that was the pearl
of great price, the one field that had
the treasure in it. I realize now
that I must give all that I have
to possess it. Life is not hurrying

on to a receding future, nor hankering after
an imagined past. It is the turning
aside like Moses to the miracle
of the lit bush, to a brightness
that seemed as transitory as your youth
once, but is the eternity that awaits you.

R.S. Thomas

Continued on next page



Group photo from Fully Alive III



OTTAWA MEDITATORS GATHER – COMMUNITY TALKS AND MEDITATION

Saturday October 28 was a cold, blustery day in the nation's capital. However, that did not stop 35 Ottawa meditators from meeting at St. Joseph's Church. The peaceful ambience did much to enhance the gathering. We had a little social time, then listened to three speakers, themselves meditators from the community, describing how they started meditating and what challenges and joys they were experiencing on the way. Flora Benoit, though growing up in a Christian environment, did not experience God as a personal God until she discovered meditation. Ted Sugden spoke about letting God be God, and just sitting in silence in His presence. Christine Power spoke of discovering the path of meditation as her way of prayer after becoming

discontented with the way she was praying, using visual images. They were very inspirational. After this, we meditated together for 25 minutes, then met in small groups to discuss ways to commemorate the 25th anniversary of John Main's death. The gathering ended with a delicious finger food pot-luck lunch. It was a wonderful event and, speaking personally, made me feel very grateful to be part of this inspiring community.

– Marilyn Sugden, Ottawa

TWO NEW GROUPS IN ARNPRIOR, ONTARIO

On October 24, Paul Harris gave a talk on the teaching and practice of Christian meditation at St. John Chrysostom Church in Arnprior, Ontario, population 7,000 and a half-hour drive from Ottawa. About 50 participants turned out for the talk, meditation period, and question and answer session. At the end of the meeting, 25 people signed up to join a group. Consequently two groups started the following Tuesday at the church. Meeting times are 2:00 p.m. and 7:00 p.m., led by Jean Anderchek and Mary Sue McCarthy. Jean can be reached at 613-623-2282 or e-mail <jeanan@sympatico.ca>. For Mary Sue call 613-622-7783 or e-mail <msmccarthy@sympatico.ca>. Arnprior joins other groups in the Ottawa valley located in Barry's Bay, Pembroke and Deep River.

Note: If your group is new or has an interesting history to share, contact Nancy, NewsNotes coordinator at <newsnotes@bellnet.ca> for submission details.

Toronto Twilight Retreat with Father Laurence Freeman

The Christian Meditation Community of Toronto welcomed Fr. Laurence on October 19. His talk, *Harmony in the Soul*, focused on two aspects of harmony. He spoke of the internal harmony associated with the meditative journey within, to encounter the prayer of Christ, and the external harmony found in valuing the truths in other religious beliefs. More specifically, he dwelt on the ecumenical path of finding understanding and harmony between the Christian and Muslim faiths, recounting his experiences in meeting and engaging in dialogue with Islamic leaders.

On the journey within, Fr. Laurence spoke of being present with God, by letting go of all thoughts and images. He stressed the central role of meditation. Through silence, stillness and simplicity, meditation assists our becoming attentive to God, to ourselves, and ultimately to others. He described the seeming paradox of searching for Christ through thoughts and images, which frequently become obstacles. In our journey to be with God, fear of losing images holds us back. Shattering images is an indication of God's presence. Contemplation is being fully present, not thinking or imagining God. We let go of words, images by our single word – the mantra. We go beyond the image.

Harmony is within *and* among the various religious traditions. The peace of Christ within and among us is the Kingdom of God. The Kingdom cannot be approached intellectually – it lies beyond our dualistic minds – but experiencing the Kingdom resolves this paradox. The Kingdom is inner peace and peace with another. Our struggle is to find the higher reality.

Fr. Laurence emphasized the need to dispel our illusion of 'separation from...' There is no distance between God and us. We need to experience this sense of closeness. Prayer, in particular meditation as pure prayer, opens us to the transformative manifestation of God. Sin, however, is 'separation from...' Sin is living with the feeling of being separated,



living life in superficiality. With the aspect of punishment associated with sin, we judge ourselves, not seeing that God simply loves. God is unceasingly moving in love towards us.

On the need for harmony among differing religious beliefs, Fr. Laurence pointed out that monotheistic religions present unique challenges. Monotheism contains the shadow aspect in its tendency to exude prejudice and possessiveness towards one's God, to the exclusion and reduction of the other's. He spoke of God, who simply loves. Hence there can be no justification of violence in the name of God. Citing Vatican II, he said that holiness is found in all religions. Where truth, beauty and goodness lie, there too is the word of God.

The Qu'ran promises guidance, God's movement towards humanity, and teaches that narrowing the perceived distance between religions – harmony of the soul – expresses the word of God. Muslims believe in the ritual of prayer, the harmony of the needs and aspirations of all humanity. They revere five major prophets: Noah, Abraham, Moses, Jesus and Muhammad, and teach that the word of God is communicated by all prophets. They believe the messages of all the prophets is a call to compassion, the goal of life.

We are all prophets to others.

– **Brian Deery, Terry Mauro, Belle Hunter, Zeenat Remtulla, (St. Joseph House Meditation Group)**

I have come to see people of differing religious traditions as neighbours on the same block. We may have and need some fences to show where my beliefs and practices end and yours begin. Boundaries are not bad things. In fact they help define us and protect us. But boundaries are not to become walls that separate us or bar us from coming to the fence to talk. We are to gather at the fence and pass food and stories and wisdom back and forth. We are to be neighbourly. And once in a while, we may invite each other to cross through the gate

and enter into our religious homes. That is hospitality and a deeply honoured spiritual practice in all traditions. We need to be intentional about meeting our neighbours and showing them our lives. Sometimes the friendship will be lasting and deep. Some times they will be superficial or fraught with disappointment. No matter. We are interfaith neighbours in this pluralistic world of ours and we are called to be good ones.

– Rebecca Laird

Calendar of Events

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

February 2007

1 Feb., Calgary, AB. *Monthly Booster: Meditation “Drop In”* led by Engeline Piet. Venue: FCJ Christian Life Centre, 219-19 Ave. SW. Time: 12 noon to 12:45 p.m. and 7:00 p.m. to 8:00 p.m. Contact: Registrar, FCJ Christian Life Centre 403-228-4215 or <fcjcentre@fchsisters.ca>.

22 Feb., Toronto, ON. *Roots of Christian Mysticism: Meister Eckhart* led by John Callaghan. Venue: Room #4, Knox College, 59 St. George Street, U of T (St. George Campus). Time: 7 p.m. Contact: Clem Sauv  416-921-0367 or <clems@interlog.com> or Joy Gordon 416-485-9718 or <joyg@sympatico.ca>.

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 Mar., Calgary, AB. *Monthly Booster: Meditation “Drop In”* led by Engeline Piet. Venue, time and contact: see 1 Feb., above.

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>.

20 Mar., Calgary, AB. *Introduction to Christian Meditation, Part 1* led by Engeline Piet. Venue: FCJ Christian Life Centre, 219-19 Ave. SW. Time: 7 p.m. to 8 p.m. Contact: Registrar FCJ Christian Life Centre 403-228-4215 or <fcjcentre@fchsisters.ca>.

24 Mar., Calgary, AB. Christian Meditation Retreat led by Engeline Piet. Time: 9:30 a.m. to 4.00 p.m. Venue and contact: see 20 Mar., above.

27 Mar., Calgary, AB. *Introduction to Christian Meditation, Part 2* led by Engeline Piet. Venue, time and contact: see 20 Mar. above.

29 Mar., Toronto, ON. *The Christian Calling: Dwelling in the Trinity* led by Joseph Clarkson. Time: 7 p.m. Venue, time and contact: see 22 Feb., above.

April 2007

5 Apr., Calgary, ON. *Monthly Booster: Meditation “Drop In”* led by Engeline Piet. Venue, time and contact: see 1 Feb., above.

14 Apr., Ottawa, ON. *Improving our Conscious Contact: Christian Meditation – as the practice for the 11th step.* Venue, time: TBA. Contact: Ron Dicks, 613-739-1046 or <rdicks@rogers.com>

26 Apr., Toronto, ON. *Roots of Christian Mysticism: Women Mystics* led by Rev. Glenda Meakin. Venue, time and contact: see 22 Feb., above.

May 2007

4-6 May, Espanola ON. *Christian Meditation and Oneness with Creation – Retreat* led by Fr. John Duggan SJ. Venue: Anishinabe Spiritual Centre near Espanola. Cost: \$130 plus speaker donation. 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. CMCT 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. Venue, time and contact: see 22 Feb., 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. Venue, time and contact: see 22 Feb., 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 on page C10 of this issue. Contact: Conference Coordinator, Joyce Rogers <joycerogers@telus.net>.

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.

October 2007

16-18 Oct., Mt. Orford, QC. Pre-John Main Seminar Retreat led by Fr. Laurence Freeman. Venue: Hotel Chéri-bourg, 2603 chemin du Parc. Contact: 514-481-8746 or <jms2007@bellnet.ca>.

18-21 Oct., Mt. Orford, QC. John Main Seminar 2007: *Still Present – the Life and Legacy of John Main*. Registration brochure included with this issue. Venue: Hotel Chéri-bourg, 2603 chemin du Parc. Contact: 514-481-8746 or <jms2007@bellnet.ca>.

COMMUNITY NOTES

E-MAIL ADDRESSES:

The National Resource Centre: christianmeditation@bellnet.ca
NewsNotes: newsnotes@bellnet.ca

REMINDER FOR NEWSNOTES READERS AND GROUP LEADERS

A voice recording of the quarterly letter by Fr. Laurence Freeman, Director of the World Community for Christian Meditation, is available for the visually impaired. Requests may be sent to Brendan Cullen, who is recording the letter. His mailing address is: 625 Placid Avenue, Sault Ste. Marie ON P6B 3M4, tel. 705-759-8332 or e-mail: <brencul@sympatico.ca>.

BRITISH COLUMBIA WOULD REALLY LOVE TO HOST YOU!

Joyce Rogers, 2007 National Conference coordinator is excited. She wants the Canadian Christian Meditation Community to know that the plans for June 2007 are shaping up well. BC meditators gathered last fall to pray for the conference, *Food for the Journey – Great Christian Spiritual Teachers of the Contemplative Tradition*. Joyce says, “The experience was truly a deepening one for those present. What an awesome gift meditation is to us personally and to the community at large. I truly believe this conference will be a gift not only to us, but also to the ‘culture of life’ with which God is blessing the world. Please continue to keep the conference in your prayers.”

Note: Registration form appears on page C10.

LIST OF PUBLICATIONS POSTED TO WEBSITE

Many books and CDs relating to Christian meditation can be purchased from the National Office in Montreal. An up-to-date list of available material can be found on our website (<http://www.meditatio.ca>). This list is updated about twice a year. For descriptions on the material available, contact the office at 514 485-7928 or e-mail <christianmeditation@bellnet.ca>. To order, use bookstore order form on page C12.

IN MEMORIAM

LONGTIME MEDITATOR

ANGLICAN BISHOP HENRY HILL, DIES AT 85

Bishop Henry Hill, ordained an Anglican priest in 1950 and a bishop in 1975, died peacefully in Toronto, following a stroke on October 21, 2006.

In earlier years, he served as chaplain at St. John’s College, Cambridge, UK, and was a professor of Church History at Canterbury College, University of Windsor. From 1975 to 1981 he was Bishop of the diocese of Ontario, followed by two years as an Assistant Bishop of Montreal. It was during this period that he became an Oblate and resident of the Benedictine Priory in Montreal and a follower of John Main’s teaching on Christian meditation.

Fr. Laurence Freeman, in a statement on his death, says: “Henry Hill found in John Main the teacher he had long been looking for. His connection with the Community began when he read *The Gethsemani Talks* and recognized the link with the Orthodox tradition of Hesychasm. In his time as a claustral Oblate, Bishop Hill exemplified the ecumenical spirit of contemplation and the depth of meaning in ‘spiritual ecumenism’. For me as well as other members of the Community he was a sweet-natured and kind friend, and although his vocation took him into other fields I will always feel grateful for his presence among us and thank God for the witness of his life. May he rest eternally in the Lord he loved and served.”

In his latter years Bishop Hill was co-chair of the Anglican-Orthodox Joint Doctrinal Discussions, a spiritual mentor and soul friend to many, and formed many ecumenical and inter-faith friendships. His dedication to Christian meditation continued over the years and he often participated in the monthly meetings of the Toronto Christian meditation community.

– Paul Harris



*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 _____

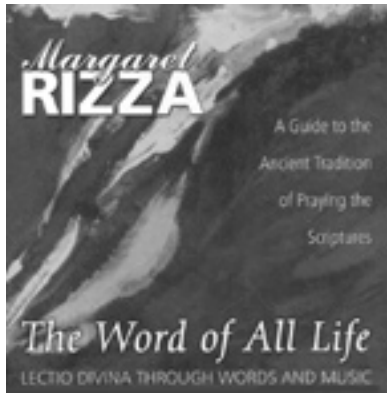
Conference will be held at the University of British Columbia (UBC). Conference fee includes keynote address, workshops, two (2) nights accommodation – premium single room (shared washroom), 6 meals and conference resource kit. Please check one (1) of the following:

- Full conference payment **\$275 enclosed**
- 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 Word of All Life:
Lectio Divina through words and music***

The CD is divided into 15 tracks; an introduction, eight talks and eight music tracks, two of which have words woven in with the music. 'I would listen to the texts of the Old and New Testaments as they were read out each Sunday but somehow could not relate what was being proclaimed to my very ordinary everyday life. It was only when I began to be aware of the contemplative side of prayer that things began to change.'

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