



## A New Generation on the Way

The first Bonnevaux Young Adults Retreat  
on 'how to live differently' (p 8-9)



After the retreat, a group walked five days at the French part of the Camino  
(Photo: Enos Mantoani)

## John Main Seminar 2019



Rev Sarah Bachelard led the Seminar on the theme "A Contemplative Christianity for our Time" at Quest University, Squamish, Canada in August. Fr Laurence led a pre-seminar retreat on "Sources of Wisdom" and considered this JMS as "memorable and a breakthrough in understanding modern Christianity". (Read more at p 6-7)

This issue

2-5 Laurence  
Freeman

Meditation and the  
removal of our attachments  
of the past: the tattoos  
of the heart

10 News

School of Meditation:  
The first essential  
teaching "train the trainer"  
workshop

11 In Focus

Anja T'Kindt, from Belgium:  
meditation can be  
the source of a more  
humane society

## Leaver friends,

A letter from Laurence Freeman, OSB

I met Juan when I visited Homeboy Industries in downtown Los Angeles with members of our community. He is in his mid-twenties and a recent father of twins. When someone asked Juan how he came by an unsightly gash gouged in his cheek he said 'it's a long story'. Given his past, it is hard for him to adjust to fatherhood. With the help of Homeboy he has made enormous progress. In a short time the 'nomatterwhat' practical compassion and open-heartedness of this institution dedicated to gang intervention and rehabilitation gave him hope and dignity for the first time. 'Nothing stops a bullet like a job' is their motto.

Juan grew up with an addicted mother and an absent father. His role model and sole friend was an elder brother. Many days they didn't

know where they would sleep. They hustled for food. They shared their clothes and had three sets of underwear between them. When he met Homeboy he had the experience for the first time, of being genuinely accepted for himself. He had always felt he was in the way, unwanted, a nuisance or threat to others. Slowly his shattered sense of self healed and his humanity emerged, battered but functional. He will never have known the luxury of eighteen years growing up in a safe environment before venturing into the world. But he has a wise smile. He knows he has a new start.

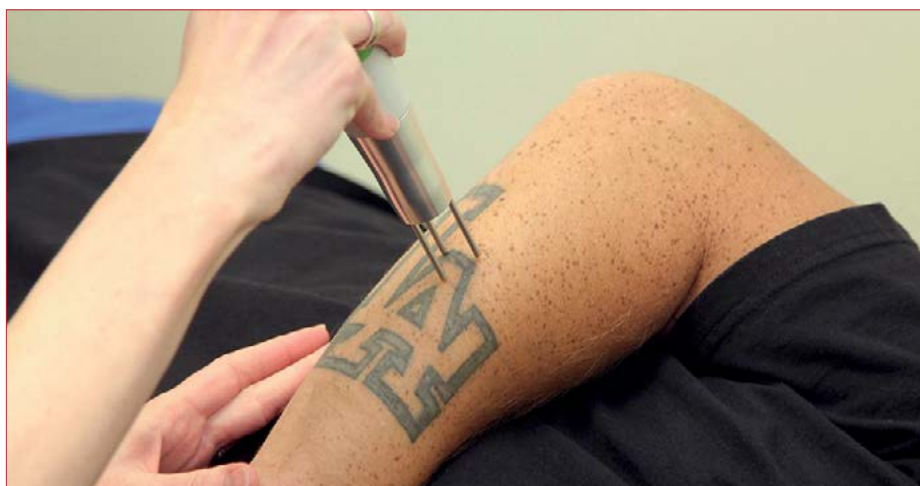
After our visit we returned to the parallel universe that makes up this city. At its worst, it is a world of conspicuous wealth, glamour and celebrity. Behind both universes lurks

the powerhouse of showbiz, entertainment and pornography, which spew out endless addictive material to corrupt the imaginative life of rich and poor Angelinos and about half the world besides. For anyone living in this once Edenic part of the world – still beautiful and attractive for its endless mix of human cultures and creative energy – there is also the absurd monster of traffic. Public transportation is a last resort. The shiny tin boxes carrying solitary travellers block every highway system like a Frankenstein out of control. People talk about as if it were a person. Unreality and inhumanity lead to social absurdities: traffic, global warming, drug empires. Illusion is a lethal absurdity. Only hard reality and the cultivation of true attention will free us from it.

## The Tattoos of the Heart

Homeboy Industries has a special room for removing tattoos, which are the tribal language of the gangs. These are not just cute tattoos on your leg but whole-body jobs covering shaven heads, faces, arms, torsos and below. A new life and job requires a new, less anti-social look and so the young men undergo many painful sessions to remove these attachments to their past.

Perhaps our meditation does the same, but it would be another consumer illusion to think that meditation offers a quick, one-off solution. But the earlier we start the better. Children have less baggage. Addictions are less engrained. In our case, recovery depends on how unreal we have become. For most children, the unreality has made less headway, and so meditation works more immediately - provided they receive



*Photo courtesy of Homeboy Industries*

good instruction and support in the practice from teachers or parents.

In S. Africa I was meditating with a class of nine-year olds. I have learned not to ask after meditation if they have any questions as they are usually about the bell I used. I asked 'so, what did you feel...?' One boy put

up his hand: 'I think that's the longest we have ever been quiet in this class', he said. The teacher caught my eye. Another child spoke up, making strange movements with his hands. He said, 'While we were meditating I wasn't using my hands'. His teacher explained later he was addicted to

video games, so badly that he would often be too tired to come to school in the morning. And even when not in front of the screen, he was always mentally playing the game. During those few minutes of meditation he

felt freed from that compulsion.

It takes time to remove the tattoos of habits and addictions that are impressed on mind and emotions. However long it takes, the simple knowledge that we are se-

riously engaged with the work of dis-illusionment is satisfying and rehumanising. We become aware of how we are shedding the habits of chronic imbalance while discovering a dynamic new equilibrium.

## Balancing Life and Forgiving Debts

Balance - in all wisdom traditions - is the universal key to meaning and integrity both morally and physically. The genius of the Greeks was to see this expressed in the beautiful harmony of the human body. Musically, in genius such as Bach's, we love to feel the work for balance and resolution penetrating deeply into our senses.

Stress, the modern disease, is a symptom of both personal and social imbalance. When it becomes extreme we try to reduce its effects but only rarely do we engage with the causes. It is hard to live a balanced life in our fast and over-active world. So, we need exceptional measures - like our twice-daily times of meditation - to counter the social conditioning. Rhythm resets balance. At Bonnevaux I see that the immediate impact on our guests is the peace and beauty of the environment but the next and stronger force is the rhythm of life. Balancing body mind and spirit in a daily timetable of work, thoughtful exchange and prayer is a healing medicine for our stressful time.

Working and social habits undermining mental and physical health form one kind of engrained tattooing from which it seems hard to be free. Money is another. The dollar sign is deeply tattooed on our psyche.

Simone Weil thought that our

social crisis is due to the lack of a concept of economic equilibrium. Do we have to assume that wealth-creation must create a world of 2000 billionaires holding a wealth greater than the GDPs of 152 countries combined? The more enlightened of these wealthy individuals see that such imbalance is harmful. But however personally generous they may be, the systemic problem persists.

In our fundraising for Bonnevaux over the past three years, I have often been taught by donors about the contemplative use of money. Those of means have given more dollars. But when Jesus saw a poor woman putting a few coins into the Temple treasury he understood that the real value of giving is not quantifiable. When someone comes to me after a talk with an envelope containing a few banknotes for Bonnevaux I feel as moved as by a large donation. All gifts to a good cause express the Christian idea of almsgiving - one of the elements of the triad of spiritual practice with prayer and fasting.

The dollar sign is tattooed and hard to erase from our acquisitive and hoarding instincts. But it can be removed by giving money away. Who hasn't felt better giving rather than hoarding?

The periodic abolition of all debts is first recorded in 2400 BC.



In Mosaic Law every seventh year all debts to fellow Jews were wiped off the slate. Every 49th year all debt and servitude throughout the land was ended. A new start is possible for us all - as it was for Juan - when we believe in our better selves and trust others. Of course, such radical simplicity appears naïve. So does the radical simplicity of the mantra. But in poverty of spirit we clear our debts. We rebalance the books by erasing the tattoos of attachment. This is work, harder than any half-measure. But the dividend of radical poverty is unimaginable, beyond price.

## Violence: A Failure of Imagination



Politics today is fuelled by statistics - and ever more statistics. Lies can easily be made to look rational, convincing the uninformed, twisting minds, planting false news. Many modern tyrants have re-discovered this trick. Creative imagination, however, lifts us to new levels of reality and purifies the heart of fantasy. When imagination degrades into fantasy, fed by desire and illusion, it plunges us into a netherworld where monstrous shapes and inhumane tendencies emerge. This is the tattoo of mendacity, a powerful falsehood, which, as we are learning, is a highly contagious disease.

Politicians have always used the power of the fantasies active in the mass of people. Today the power to inject untruths into the popular mind has been magnified by the internet where most people congregate as they once gathered in town squares, except now by the millions on millions of channels. Today meditation is an indispensable antidote to this diseases of political and commercial fantasy.

## Bad Language

Such warlike insanity, creates a sense of vertigo. We lose any sense of balance and proportion. The behaviour of leaders intoxicated by power, determined to retain it any cost, corrupts language itself. The great evolutionary achievement of Homo Sapiens drops into communication at the level of grunts and sound bytes.

Simone Weil said that 'to become conscious of even the simplest realities we need to pay attention.'

The Church today calls humanity to sanity with regard to our environmental catastrophe. But Pope Francis did not write *Laudato si* only for Catholics. Similarly, all spiritual traditions need to address the crisis of mental imbalance by drawing on their contemplative wisdom, sharing them without regard to their beliefs. To teach meditation is not proselytising beliefs or even religion itself. It is teaching the universal contemplative art, the art of arts: pure attention. It is hard for institutional religions to understand this. The Dalai Lama and the Pope do. The Tibetan leader is an exile, a refugee and politically powerless. Yet he has become one of the most authentic religious figures of our time, not by trying to convert the world to Buddhism but identifying the universals of religion. In great suffering and detachment, he witnesses to the possibility of being both universal and loyal to one's own root identity. He is loved for his devotion to global peace.

Another tattoo to remove, however painfully, is our addiction to violence. This emerges from polarisation and refusing to see reality from our opponent's point of view. But transferring attention from self to another requires a mind freed from unconscious projection, fantasy and all attachment.

Modern political vocabulary is full of abstract words: nation, security, capitalism, order, democracy, freedom. But they are only words not absolutes. When you put a word into capital letters it begins to leak meaning. Empty words then wreak havoc, creating confusion, a smokescreen against truth.

John Main, echoing the teaching of the early Christian masters of prayer, said that 'imagination is the enemy of prayer'. In the work of the mantra we 'renounce all the riches of thought and imagination' by 'laying aside' thoughts. The contemplative mind expands through this practice, helping us to see the reality we are part of. And by controlling fantasy, this releases the higher, creative imagination. Any experienced meditator knows to let go of even good ideas and solutions to problems in the 'time of the work'. To divert our attention from the mantra to ideas during meditation reactivates attachment and interrupts the work of poverty and simplicity to which we are called until the bell sounds.

The meditator also learns that fasting from thoughts and images restores creativity and rationality. Then we better see into the unimaginative absurdity of violence. The first great book of western civilisation, the *Iliad*, describes how Greeks and Trojans massacred each other for ten years over Helen, in whom no one (except one) had the slightest interest. The cause of war was not Helen but competition with other soldiers, fear of shame, macho posturing. For four years, the First World War in a civilised Europe massacred an entire generation of young men, ten million military and seven million civilians. The war aims were never clarified. It was indeed a 'lethal absurdity'.

Speaking the truth saves lives. Jesus said that the words he spoke were 'spirit and they are life'. Listening to them 'you will know the truth and the truth will set you free'. Without truthful language social discourse descends, even in an age of technoscience, into myth and monstrosity. George Orwell in the middle of the

last century imagined the construction of Newspeak, a language of limited vocabulary designed to reduce the expression of any ideas contrary to the official view. One of the characters in 1984 explained it to Winston, the rebel who dared think for himself: 'Don't you see that the whole aim of Newspeak is to narrow the range of thought? In the end we shall make thought-crime literally impossible, because there will be no words in which to express it.'"

War means peace and peace means war. Peace means the safeguarding of an unbalanced system that preserves the privileges of a few. Security means an artificial stability built on fear and prejudice. The ability to discriminate between the real and the unreal, let alone feel the power of truth to set us free, is disabled and it-

self becomes an object of suspicion. Today we see the generation of an interrelated triad of unreality masquerading as fundamentalist truth: in politics, religion and the denial of climate change.

The feeling of unreality eerily generated by political debate today is mirrored by the fantasy-world of mass advertising offering images of continuous self-gratification and a world of self-centred relationships. With the emergence of mass-communications we have invented a whole new scale for the ancient sin of lying. But the struggle between truth and illusion is perennial: 'Speaking the truth in love, we grow up in every way into him who is the head, into Christ... having put away falsehood, let each one of you speak the truth with his neighbour, for we are members one



of another. (Eph 4).

The gospel is political as well as mystical. One thing it is not is compliant with anything corrupt, untruthful and dehumanising.

## Is meditation useful?



Does meditation make a difference? Well, it is not like poetry. 'Poetry makes nothing happen,' said the poet WH Auden, 'it survives in the valley of its making where executives would never want to tamper.' Even poets articulate deep insights that can inspire a whole society. But meditation makes a different kind of difference. It directly changes the meditator and, through him or her, the world they move in. Silence is the great power

of transformation - more universal than the greatest poetry because it works deeper than language or thought itself. Executives, like janitors, leaders like followers, everyone is drawn to meditation. Nothing may happen during meditation but radical change begins - from within outwards. It doesn't solve problems, like impeachment proceedings or Brexit. But it changes the place from which we handle life's problems. Even

more, it changes our minds, cleansing the doors of perception, withdrawing projections and ending the blame game and obsessive fantasies. It releases the creative imagination that is essential for any new order. It is 'good work' - as I argued in my book earlier this year: good work being work that brings out the best in us and produces benefits for others. More than this - at the heart of this - meditation and its fruits make us more loving and teach us how love flows from the pure source of our being and all being. It makes us dare to believe that we are living icons, not a failed evolutionary experiment destined to be superseded by artificial intelligence. Seeing with a new kind of perception that the human is created in the image and likeness of God, we can believe again in the incarnation of beauty - the beauty that has always saved the world and will again.

With much love

*Laurence*  
Laurence Freeman OSB

## News

### John Main Seminar

# A fresh understanding of modern Christianity

Rev Dr Sarah Bachelard led the Seminar in Squamish, Canada, in August



The John Main Seminar 2019 seminar highlighted a not simple but necessary theme: "A Contemplative Christianity for our Time". But the key speaker Rev Dr Sarah Bachelard, from Australia, accomplished the mission in an inspiring and courageous way. The Seminar, held at Quest University, British Columbia, Canada (8-11 August), was "memorable and a breakthrough in understanding modern Christianity", as Fr Laurence ( who led the pre-Seminar retreat on the theme of Sources of Wisdom) described it. All the talks by Sarah are available on audio and video online.

It is not possible to summarize the Seminar (Medio Media will shortly be publishing a book on the Seminar) in a few paragraphs without losing its depth. Her reflections touched on many aspects of the transformation of Christianity in the past years - and tried to stimulate the audience to elaborate on what role Christianity

still can play today and in the future. "Why can't we just meditate?" was the challenging question that Sarah repeated throughout the Seminar.

In the end, Fr Laurence asked the audience to give a single word as feedback of their impressions of the Seminar. These are some of the replies: incisive, profound, honest, hopeful, insightful, graceful, courageous, challenging, humble, prophetic, joyful. It was all of that. And, despite the density of the theme, there was a real connection between Sarah and the audience. Maybe because she is part of WCCM and her proposal was to face together such a hot topic:

"It's been such a joy because of the depth of the listening. It really helped me to communicate. We were kind of engaged in the same enquiry. I was a bit daunted by the speakers of previous John Main Seminars. Then I felt like: well, I am a member of this Community and I want to speak as

a member to our Community, to a question that I feel is important for us. That was a wonderful experience."

### Sarah on the value of Christianity in our secular age:

*"We cannot give a general, argumentative justification for the value of Christianity in our secular age, for its truth and right naming of the deep structures of reality and of the possibilities for being human on this earth. But we can come to recognise some of what it enables in and through us. And as we allow our imaginations to be shaped by its story and our hearts connected to the energies it communicates, we may find ourselves changed, being differently. To begin to be touched, awakened by these energies is to sense that this story tells truth about the kind of being we are and may be; it's to sense that it would be 'a great human loss' if this revelation of God with and for us were to be eroded away, lost as a possibility to the human family.*

*Of course, this is not an argument that will convince a committed secularist. But it is, I hope, an encouragement to our World Community – to keep faith that there are particular gifts that a contemplative Christianity is invited to receive and to offer, and that through us, God willing, they may indeed be released for the life of all."*

**ONLINE** - Watch & listen to the talks: <http://tiny.cc/jms19AV>

## News

# Paul Harris and the importance of Meditation Groups

Paul Harris is a wonderful example of dedication to sharing the gift of meditation. He helped to found many meditation groups not only in Ottawa, where he lives, but all around the world. During the Seminar in Squamish, the Community paid tribute to his dedication. He shared his story in a clear and joyful way. In his speech he especially stressed the importance of the weekly meditation group:

*"I always felt that the primary way of sharing this teaching has to be the weekly meditation group. It is a way that allows newcomers to find out how to meditate. It gives inner strength to ongoing meditators. The group has everything. It has friendship, it is a community of love. The reason I think Christian Meditation has now spread around the world is because of the little groups of people, meeting on a weekly basis, who have taken on the teaching. So I am very committed to the importance of giving some attention to groups. We have now developed online groups, its great... we have groups in hospitals, in every kind of institutions, in addition to homes and churches. We have made some great progress. But*



*Paul Harris receives a gift from JoAnn Kelly-Cullen*

*we cannot lose sight that the groups are a great way of communicating the teaching.*

*I am now almost 93. And I thought at this time I would not get more distractions. But I recognized that I did not have quite the right idea. We all want to control things. With Christian Meditation we will not be in control, we cant be in control. I thought once I get older the distractions would get lower. So I could be in this deep silence that John of the Cross and Theresa of Avila*

*talked about. Forget about that. But do you know what? I now have come to know an important truth: yes, I am still meditating and I still have distractions. But it does not bother me anymore, because I guess I have given up controlling distractions. I have now come to a realization that is not my meditation, it is Jesus who is praying within me. He is taking over my meditation and distractions."*

**ONLINE** - Watch Paul Harris's full speech: <http://tiny.cc/phjms19>

## Mexico will host the John Main Seminar in 2020

The John Main Seminar 2020 will be held in Mexico, from 19 to 26 October. More details on the location, speakers and registration information will be shared soon. The theme will be "One Heart, One Hope - Indigenous Wisdom and the Future of Humanity".

Contact: [wccm-mexico@wccm-mexico.org](mailto:wccm-mexico@wccm-mexico.org)



# Bonnevaux

Visit [www.bonnevauxwccm.org](http://www.bonnevauxwccm.org)

## Meditation Retreat for Young Adults: a taste of a better life



*Retreat nurtured friendship between the participants / Photo: Enos Mantoani*

End of July, summertime in France, "heatwave" days. At 7am the bell on the top of the Abbaye of Bonnevaux rings. Little by little meditators start to arrive for the practice of silence and stillness at the old chapel. They are young people between their twenties and forties, and this is a special week for them to learn to live in a different way.

The Meditation Retreat for Young Adults on the theme Living Differently (24-31 July) was one of the first

retreats at Bonnevaux - the international home of The World Community for Christian Meditation. It brought together meditators from 15 countries. The daily routine included the meditation practice, yoga, teaching, work, creative journaling, one-to-one meetings with team leaders and friendship. All essential elements for a more balanced life - something lacking in the modern world.

Bonnevaux was founded to be a centre of peace and for peace. A place

where new generations can spend time to go deeper into the meditation practice and build strength to take that inner peace to the world. Laurence Freeman explained the background of the retreat: "The structure of the day was based on the wisdom of Saint Benedict, balancing mind, body and spirit, with time for manual labour, for reading, for discussions, for mental stimulation and of course, times of prayer. The times of meditation (morning, midday and evening) were the key for the dynamic rhythm that took shape during the retreat. The purpose was to give young people an opportunity to be with each other, to form personal contacts in the sharing of the journey, sharing of the mystery of life, to take the time to listen to themselves, to listen to each other, to realize that life is not a lonely journey. There is a solitary aspect of life that we have to live and grow through, but we should not be lonely. What came from this retreat for me was the discovery that the cure for loneliness, the great disease of our time, is to be in solitude together".

## Reflections on the retreat

*We all get up around the same time, we meet at the chapel at the same time, we participate in the events of the day at the same time. We all have so many choices in the world, we tend to focus on what our personal story is and we don't think about the meaning of the collective story. When we are on a retreat like this, while we all remain individuals and we each have our own part to play, we realize that we are also part of a collec-*

*tive story. We get funneled into that story, and it flows like a river. This is a lesson we can definitely take away.*

*(Edward O'Connor, New Zealand)*

*We have been talking a lot about contemplation and action. I think the role of meditation is that the contemplative life is part of the active life. Because it teaches you on "how to be"; to be free, to be whatever we are called to be. And this will give*

*us the necessary assistance to do whatever we are called to do outside of here. In the world we live today: with anxiety and with people always in a hurry, meditation teaches you to stop for 20 minutes twice a day and bring your attention to one word. And on a bigger scale teaches us how to live better. How to live a more focused life, a more attentive life, a more loving and compassionate life.*

*(Gabriel Goncalves, Brazil)*



## Bonnevaux

### After the retreat, walking the Camino

On the 31st of August, 11 participants from the Young Adults Retreat started a five-day walk along part of the Camino of Saint Jacques de Compostella, the Paris/Tours portion that runs very close to the grounds of Bonnevaux. The route is one of a network of ancient pathways throughout France that merge at the foot of the Pyrenees to join the famous pilgrim path to Santiago.



Photo: Enos Mantoani

### *We learned so much about each other, but also ourselves*

By Emily Waters-Leiga, USA



What do you get when you take 11 people, with 9 different nationalities, aged 20-64, who have only known each other for a week, and send them off to navigate five days of walking across rural France? It sounds almost like some sort of social experiment or reality show when I put it like that, but that is precisely the basis of our experience walking the Camino.

Each of us had different backgrounds, goals, fitness levels, opinions, and everything else under the sun. Perhaps you can imagine, given this, that not everything went smoothly. We got to know aspects

of each other that usually only come out after knowing someone for years. All of us, in our own ways, were pushed to our limits during the Camino – and I for one, am so thankful for every part of it.

Our days were filled with walking either in silence or while talking to our fellow pilgrims. A few times, we paired up and answered deeper questions, which I loved. The exercise of talking to someone about more serious topics allowed us to get to know sides of one another that we probably wouldn't have gotten to know otherwise. We also took time to meditate each day in gorgeous churches in the small villages we stayed in, and some time most days to journal.

Each day of the Camino was simultaneously so similar yet so different. Every day we saw similar landscapes. There were many vast open fields, and endless sunflowers. We walked long distances every day and were never sure exactly how far we needed to go. But every day felt so

different from the last, because of the incredible extent that we grew together each day. We learned so much about each other, but also ourselves. Personally, I learned a lot about surrendering control when necessary. There were countless unknowns throughout the Camino and I had to accept that I couldn't control every aspect of our situation.

As a group of 11 extremely different individuals, we took on this journey together. Together, we learned what it's like to be walking far away from everything you know, and not being sure when you'll next see a town. We learned what it's like to stay in a refuge. We learned about cooperation and patience in situations way outside of our comfort zones. We were pushed to our limits, but I think that's where the most growth happens.

**ONLINE** - listen to some participants sharing about the experience of the Camino: <http://tiny.cc/BnvxUp0819>

## News

### School of Meditation: "train the trainer" workshop



The first essential teaching "train the trainer" workshop was recently held following the John Main Seminar in Canada. This is a program to enhance capacity within local communities to train meditators to lead essential teaching workshops and to be able to lead and present at retreats and events.

The director of the School, Cathy Day, was very pleased with the first workshop: "It was well received and is already bringing new energy to communities through the shared enthusiasm and confident support provided by those who attended. It was a great privilege and personally enriching time". A second workshop will be conducted in Penang in November.

### Signs of revitalization in WCCM Chile



Magdalena Pueba was invited to lead a silent meditation retreat in Pucón, Chile, on August (2-4). She is former National Coordinator of WCCM Argentina and an experienced teacher in the Community. Fr Simon from South Korea and Sr. Eugenie were also part of the group.

The beauty of the location, the warmth and generosity of the local people who cared for the details, and the simplicity of the chapel and rooms all led to the more conscious and deeper practice of meditation.

During the retreat, Magdalena

spoke on the roots of Christian Meditation, the Desert Fathers, meditation as a discipline, meditation's health benefits. She also outlined the history of WCCM and described recent community updates.

Magdalena also conducted a well-attended workshop on Christian Meditation at Temuco. The goal her efforts, she said, is to help revitalize the Community in Chile. The prospects for a renewed community, she believes, are very favorable, thanks to the strong interest of the many people who attended the different events.

### International Calendar

#### Some important upcoming events

#### 25 November - 1st December

Bonnevaux Advent Retreat  
(fully booked)

#### 14 December

Preparing for Christmas, Meditatio Centre London  
Led by Laurence Freeman  
More info: <http://tiny.cc/PrepXms19>

#### 29 January - 15 February 2020

WCCM Pilgrimage to India "Christian Ashrams and St. Thomas Churches"  
More info: <http://tiny.cc/indiap2020>

#### 7 - 15 February

Pilgrimage to the Holy Land  
led by Laurence Freeman. More info: <http://tiny.cc/HolyLand2020>

#### 5 - 12 April 2020

Bonnevaux Easter Retreat  
Led by Laurence Freeman.  
More info coming soon at: [bonnevauxwccm.org](http://bonnevauxwccm.org)

#### 21 - 24 May 2020

Meditatio Seminar in Bonnevaux: Meditation & Ecology.  
More info coming soon at: [bonnevauxwccm.org](http://bonnevauxwccm.org)

#### 4 - 11 July 2020

Monte Oliveto Retreat: The Wisdom of the Young.  
More info: [monteoliveto@wccm.org](mailto:monteoliveto@wccm.org)

## In Focus

# Anja T'Kindt, Belgium



I started to meditate in a natural way during the time I was community leader of a new L'Arche-community in Belgium. I hadn't heard about Christian meditation yet. In our L'Arche-houses, where people with and without learning disabilities are sharing life, there was a lot of violence and depression among our new people with disabilities. The only way to calm them was to sit beside them without judging and to be present with all the love in your heart. Little by little, they discovered they were loved and precious just the way they are. This

love started to heal them.

It was also a difficult time for me. I discovered I wasn't always so able to love everybody freely. I could feel powerlessness in myself and a capacity for aggression and impatience. I felt, just like our people with disabilities, the brokenness in me and I, too, needed somebody to love me to be healed.

In the same period, my father died. A wise friend suggested that I take 15 minutes every day to be in the presence of God, to lean on him and just let my brokenness be in his hands, just like with our people with disabilities. She suggested 'to be' with my sadness instead of 'to do' something about it. Sometimes the confrontation with my sadness was hard, other moments it was consoling to be in the lovely presence of God, but most of the time I didn't understand what I was doing and found it boring. But little by little, the sadness started to heal. I could feel that deeper than my brokenness was a huge field of life and light inside of me that I could touch and could live from.

I continued to make time every day to be in the presence of this in-

ner life and light. Later on, a friend told me about Christian meditation and it resonated with my experiences. By being in silence, saying and listening faithfully to the mantra and not judging, I can sometimes touch that deeper source of peace, love and presence within me. Every moment I am spending with the silence, the silence is also spending with me and doing his lovely work that has to be done. It helps me to be more gentle with myself, to be more present to others and to love more freely. It makes me more human.

I am happy I could participate this summer in the retreat for young adults of WCCM in Bonnevaux. I met people who are dreaming, longing and living on the same level of the heart as I do. I felt immediately at home. Back home, I joined the WCCM in Flanders, with outreach programs for people who don't have an affinity with Christianity. The world needs the contemplative approach to silence, presence and love if it is to be transformed into a better place for everyone. I believe that meditation can be the source of a more humane society.



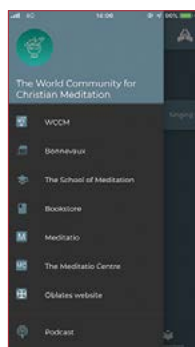
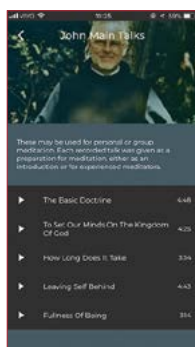
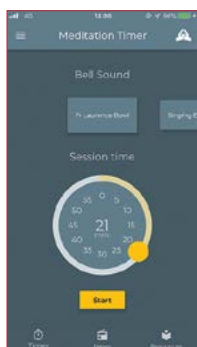
Meditatio Newsletter is published four times a year by the International Office of The World Community for Christian Meditation, St Marks, Myddelton Square London EC1R 1XX, London, UK.  
Tel: +44 (0) 20 7278 2070

Editor: Leonardo Corrêa  
(leonardo@wccm.org)

Graphic Design: Gerson Laureano  
**Would you like to contribute to the Meditatio Newsletter? Our next deadline is 1st December.**

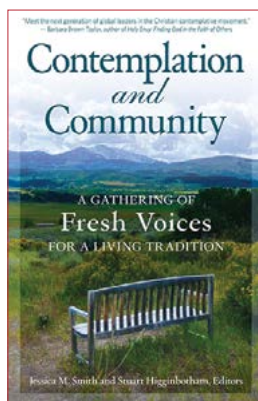
## Resources

### New WCCM App



The new WCCM App is now available for Android and Apple devices. It has a fresh design and many new features. There are three main sections: a new meditation timer, along with 'how to meditate' instructions and the opening and closing prayers; the latest WCCM news; and a Resources tab, including Daily Wisdom, audio talks by John Main, Contemplative Revolution podcasts, links to the School's online courses, online groups, and much more. Check it out at: <http://tiny.cc/nwccmapp>

### Books

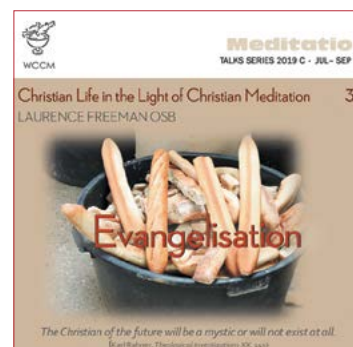


This collection brings together the diverse voices of the new leaders who have emerged in the contemplative movement. Exploring a multitude of themes, such as silence, imagination,

meditation, embodiment, community and social action, this volume features new voices reflecting globally on the gifts, challenges, differences and commonalities of Christian contemplation today for communities and people of faith. WCCM's Sarah Bachelard, Sicco Claus and Leonardo Correa contributed to this book.

**Contemplation and Community: A Gathering of Fresh Voices for a Living Tradition**, edited by T. Higginbotham and Jessica Smith  
The Crossroad Publishing Company  
More info here: <http://tiny.cc/CtCmbook>

### Audio & CDs



The latest Meditatio CD Series.  
Listen to or download the tracks:  
<http://tiny.cc/Med2019C>  
Order a copy of the CD:  
<http://tiny.cc/evangel3>

### Online Courses



#### Building the Meditation Habit

A free course by Padraic Dunne

Learn practical tools to help you move beyond the initial decision to meditate

**Register now:**

<http://tiny.cc/MedHabOC>

**To order:** contact the resource centre nearest to you. Our centres are listed below



UK and EUROPE  
[www.goodnewsbooks.co.uk](http://www.goodnewsbooks.co.uk)  
email:  
[orders@goodnewsbooks.co.uk](mailto:orders@goodnewsbooks.co.uk)  
Tel: +44 (0) 1582 571011

VISIT WCCM's ONLINE BOOKSTORE: <https://mediomedia.com/>  
USA

[www.contemplative-life.org](http://www.contemplative-life.org)  
email: [contemplativewisdom2@gmail.com](mailto:contemplativewisdom2@gmail.com)  
Tel: +1-520-882-0290

CANADA  
[www.wccm-canada.ca](http://www.wccm-canada.ca)  
[christianmeditation@wccm-canada.ca](mailto:christianmeditation@wccm-canada.ca)  
Tel: +1-514-485-7928

ASIA  
email: [mami@wccm.org](mailto:mami@wccm.org)  
Tel: +65 6469 7671

AUSTRALIA  
[jopanetta@gmail.com](mailto:jopanetta@gmail.com)  
Tel: +61 2 9482 3468

NEW ZEALAND  
[www.christiansupplies.co.nz](http://www.christiansupplies.co.nz)  
email: [order@pleroma.org.nz](mailto:order@pleroma.org.nz)  
Tel: 0508 988 988  
(Within NZ Only)

# Christian Meditation

NEWSLETTER OF THE CANADIAN CHRISTIAN MEDITATION COMMUNITY



*Rev. Dr. Sarah Bachelard, John Main Seminar A Contemplative Christianity for Our Time*

## AUTUMN 2019 ISSUE

Introducing Martin Malina and Andy Burns/	Report on the John Main Seminar.....	C5
Essential Teaching Workshop.....	Calendar of Events / Financials / New Books.....	C6
From the National Coordinator.....	Order form .....	C7
Annual Appeal Letter.....	Christian Meditation with Children is Flourishing.....	C8

## THE NEW CANADIAN CHRISTIAN MEDITATION NATIONAL COORDINATOR

# Meet The Rev. Martin Emanuel Malina

I was born in Stratford, Ontario in 1969, son of immigrant parents from Poland. I have an identical twin brother, David, who currently lives in Kitchener-Waterloo, and who also leads a local Christian Meditation group. The four of us comprise the first all-clergy family in the Evangelical Lutheran Church in Canada (ELCIC).

I was ordained a Lutheran pastor in 1997, and have served in three congregations of the ELCIC. In twenty-two years of church leadership, I have also acted as Dean of the London Conference and Ottawa Ministry Area of the Eastern Synod of the ELCIC working closely with my bishop and staff.



Since 2012 I work primarily as pastor of Faith Lutheran Church in Ottawa. I am also a patron of the Multifaith Housing Initiative in Ottawa.

I am married to Jessica and have two delightful teenage children, Seth and Mika. I like to read and write, paddle the waterways of the Ottawa Valley and hike along any forest and beach path.

I have been a Christian meditator since 2005 when I first joined a group in Pembroke. I currently lead a meditation group which meets weekly at Faith Ottawa Lutheran.

## THE NEW NATIONAL COORDINATOR FOR CHRISTIAN MEDITATION WITH CHILDREN

# Introducing Andy Burns



I was born, raised and continue to live and work in Hamilton, Ontario.

I am a teacher with the Hamilton-Wentworth Catholic District School Board where I currently serve as the Religion and Family Life Consultant. Part of my role is

to share the practice of Christian Meditation with staff and students using an invitational approach. We have discovered that children from K to 12 like to pray this way and that it enriches other forms of prayer.

I was introduced to Christian Meditation in 2015 by a wonderful lady named Sr. Ann Marshall of the Congregation of the Sisters of St. Joseph of Canada. Thank you, Sr. Ann.

## Essential Teaching Weekend Presenters Workshop

The Essential Teaching Weekend (ETW) has been a very helpful way for meditators to deepen their practice and understanding of Christian Meditation. It focuses on the history of the tradition, the essential teaching and stages on the spiritual journey. It is a program that has been held in many countries and was developed by the WCCM School of Meditation, which provides resources to support people on this journey (see [www.theschoolofmeditation.org](http://www.theschoolofmeditation.org)).

There have been 25 ETWs in Canada, each led by a resource team of two or three people and organised by the national School Coordinator. It is a very important program because it equips people to share the gift of meditation with others. Most people come to Christian Meditation through personal contact with a meditator. When you receive this gift and it transforms your life, it's natural to want to share it with others. So there has recently been a major effort by

WCCM to provide resources to make it easier for anyone who has been to an ETW to run a weekend themselves. A new step-by-step handbook is now available called, surprisingly enough, "The Essential Teaching Weekend."

Over the next two years four ETW Presenters workshops will be held to train and support a team of meditators from different countries/regions to encourage and support others in sharing the essential teaching in their communities using the new handbook as a guide.

The first of these was held in August, following the John Main Seminar in BC. There were 18 participants – from Australia, Brazil, Colombia, Hong Kong, Mexico, New Zealand, South Korea, Trinidad and Tobago, and the USA. Canadians were Denise Connors (New

*Continued on page C7*

## A NATIONAL COORDINATOR'S FIRST IMPRESSION OF A JOHN MAIN SEMINAR

# “The world needs more Canada”

Bono, U2's lead man, has said in the press, international conferences and at the United Nations in recent years that “the world needs more Canada.” Former US president Barack Obama addressed the Canadian Parliament on his visit to Ottawa in 2016 with the words *The world needs more Canada*. The mantra was reinforced this past spring when Nick Nurse, head coach of the National Basketball Association champion team, Toronto Raptors, yelled out to the two million who lined the streets and filled downtown squares to celebrate a Canadian sports victory: “The world needs more Canada ... and they got it!”

The crowd cheered, and so emphatically punctuated a sentiment that is shared not only by most Canadians but by people around the world.

This past summer that phrase stuck in my mind. I was attending my first John Main seminar, where Christian Meditators from around the world gathered in picturesque Squamish, British Columbia. And my first impression was a beautiful vision of a truly global movement. Christians normally separated by history, geography, national boundaries, religious affiliation, language and culture find profound and lasting union in the simple prayer of the heart.

Sarah Bachelard in her thoughtful, challenging and inspiring keynote said that a contemplative church is fundamentally ecumenical. Neither denominationally defined nor culturally specific, Christian Meditation affirms people from all walks of life.

Of course, diversity has for a long time characterized what is Canada. People from around the world have made Canada home. While immigration has also created significant problems in our relationships with Indigenous communities, Canada has become the world's home. How we have learned to co-exist in peace with those who represent different religions, traditions and culture is truly a gift, albeit imperfect, we give to the world.

I would add, then, that the world needs Christian Meditation even more. Given the rapid pace of life in our run-away/throw-away culture, there is no other time as desperate for peace, stillness and silence than this. The world needs more Christian Meditation.

I appreciate more and more that the gift we have is meant to be shared. Shared with the world. We do not ‘own’, as Canadians and as individuals, the Christian Meditation tradition. We do not hoard it for ourselves as if it is a secret or treasure no one else should know about or partake in. The resources, capacity and gifts we are given in Christian Meditation are meant for the world's benefit. The world has also become Canada's home. It is truly an expansive vision that John Main first articulated so well in describing this gift we share.

The Christian Meditation movement continues to evolve outwards. As younger people explore the gift of Christian Meditation, we will move out of the church basements into the public arenas – the boardrooms, the hospitals, and the schools. We will meet people where they are at, not where we are at. We will meet them where they experience their greatest need, where life explodes in speed and stress.

At the annual meeting of the Canadian Christian Meditation Community held at the John Main Seminar, I asked the assembly to recommit to their twice-daily discipline of meditation. What the world needs is not an elite, few saints in their ivory towers doing meditation perfectly. What the world needs is millions of people meditating imperfectly. In the beautiful diversity of prayerful experience, we encounter the Christ who loves us unconditionally and who is alone perfectly faithful to us on our journey.

**The Rev. Martin Malina  
Arnprior, Ontario**

### Canadian Christian Meditation Community National Resource Centre

P.O. Box 52, Station NDG  
Montreal, Quebec H4A 3P4  
514-485-7928

christianmeditation@wccm-canada.ca  
www.wccm-canada.ca

### Editorial Team

Phil Barnett, Joseph Clarkson, Jack Murta,  
Mark Schofield, Jeff Ewener and Denise Connors

Send submissions to newsletter coordinator Carolyn Boerboom at [newsletter@wccm-canada.ca](mailto:newsletter@wccm-canada.ca).

*échos du silence* and the French version of *Meditatio* are available from Méditation chrétienne du Québec, 105 ch du Richelieu, bureau B, McMasterville, QC J3G 1T5, 450-446-4649. [info@meditationchretienne.ca](mailto:info@meditationchretienne.ca).

Page design and layout: [www.katemcdo.com](http://www.katemcdo.com)

# ANNUAL APPEAL LETTER

*The mantra will lead you into a greater silence. The silence leads you to greater depth. In the depth you find not ideals or ideologies but God, who is Love. The way is to accept to be more and more simple every day of our lives. Meditation is the way to purity of heart, leaving behind all fear and all limitation and entering, simply, into God's presence. – John Main OSB*

When travelling this summer I spent quite a bit of time in nine different airports in four different countries on two different continents. Before one flight from Ottawa to Frankfurt, I was early to the gate. I had about an hour and a half to spare. When I arrived at the gate I found the lounge completely empty. No flight attendant stood behind the counter and the flight number and destination were not yet posted on the board in front of the gate. Even my aircraft had not arrived at the port.

So, I found a quiet seat near an open space by the windows. As I relaxed my body into the chair, I thought, "Here, now, I will meditate," thinking to take advantage of a momentary lull in the otherwise hectic pace of transit.

I sat still, feet on the floor, back upright and I paid attention to my breathing. And, then, I was saying my mantra. It felt good.

No sooner had I descended into prayer that I heard a loud, raucous laughter nearby. I opened my eyes. It couldn't have been more than a couple of minutes that it took for the lounge to fill up with travellers. Across the aisle from me sat a young family, their kids running about and playing with their toys and wide-eyed on their devices. I quickly surveyed the rows of chairs by the windows now filled – a popular spot, probably to view the planes outside coming and going.

I smiled and closed my eyes again. Distraction is part of the journey, I reminded myself, and returned to saying the mantra. Then I felt a small body lean heavily against the back of my chair. I sat up and turned to look behind me. The empty, carpeted space behind me was a small playground for toddlers. And now several of them were rolling around and squealing with delight.

At that moment, I noticed the large Boeing 767 aircraft had arrived at the gate letting out its passengers. A flood of weary souls started exiting the craft and spilling into the already congested and loud area in front of me. I watched them disembark before I caught myself. So much for my good intentions!

Then, my eyes rested on someone sitting by themselves across from me. I assumed they were a univer-

sity student because of their backpack and hoodie sweater which bore the emblem of the University of Ottawa. The person's eyes were closed, and they were sitting upright. Were they meditating? And, like me, trying to practice a moment of inner silence amidst the hectic environment?

In the last century, Jesuit theologian Karl Rahner said: "The Christian of the future will be a mystic or will not be a Christian at all."

At the John Main Seminar in Squamish this past summer, Sarah Bachelard challenged listeners to a new vision of contemplation for the WCCM. For we practice Christian meditation today in the liminal space between a world of Christian belief and tradition, and the emerging spirituality represented by a youth culture that seeks, explores and experiments on the journey to find deeper connection and meaning.

Indeed, we are increasingly a community defined by the needs of a common humanity searching for meaning, union and relationship – all this in a world that is increasingly anxious, combative, fearful, defensive and distracted.

At the same time, we are moving away from being a community defined primarily by long-held doctrines, creeds and rituals. I believe Karl Rahner was right when he says that if Christianity will be around in the next century it will be populated mostly by contemplatives. Meditation in the tradition of John Main is an essential foundation for this contemplative, mystic path.

The landscape of the WCCM and in Canada as well is changing. We are moving out of the church basements and long-cherished spaces, and into schools and board rooms. We are exploring ways of the Essential Teaching that embrace technology and video-conferencing across our vast land.

Our sights continue to aim outward. We are engaging healthcare, professional and business contexts in which to practice the prayer of the heart. We are developing our website and newsletter as effective and current tools for building bridges, sharing resources and deepening this contemplative path, together. We want to engage a youth culture that is



searching for meaning and a practice of spirituality that is inclusive, and embodies peace.

Your national council meets every other month via video-conferencing to coordinate and focus our efforts in this endeavour: “to sustain and promote the development of Christian Meditation in Canada” (Covenant of the CCMC).

Doing this work costs money. Its quality and capacity depends in large part on the financial resources at our disposal. We depend on the financial support of Chris-

tian Meditators across Canada to build this wonderful, contemplative community.

I invite you to share the gift you have found in Christian Meditation with others and for the sake of our children and youth. Please consider making a donation to the CCMC in this coming season of gift-giving.

At this time, thank you for sharing your gift.

**Martin Malina**  
National Coordinator, CCMC  
[canadacoordinator@wccm.org](mailto:canadacoordinator@wccm.org)



## JOHN MAIN SEMINAR 2019

# A Contemplative Christianity for our Time

*We acknowledge that the John Main Seminar held at Quest University Canada sits on the traditional, ancestral and unceded territory of the Squamish nation. We were grateful to have the opportunity to learn, live and pray in this blessed territory.*

Meditators from around the world convened at Quest University to meet old friends and to make new ones, to attend a silent retreat led by Rev. Laurence Freeman and not least to consider the meaning of *A Contemplative Christianity for our Time*. Quest University is “located at the northern tip of a glacially etched fjord on the Pacific Ocean and surrounded by temperate rainforest...” about an hour’s drive north of Vancouver, British Columbia (Quest University Canada). There are a number of beautiful rock faces close by that challenge international climbers. However, the challenge for Seminar participants wasn’t physical, but one for hearts and minds.

Rev. Dr. Sarah Bachelard, a theologian, retreat leader and priest in Anglican orders from Canberra, Australia presented and developed the deeply relevant theme. Her talks spoke to the regret and longing felt by many for the lack of young people in churches, indeed a dearth of young people even interested in a Christian tradition or relationship with Jesus.

The theme *A Contemplative Christianity for our Time* was divided into five parts: *Contemplation and Christianity in our Time*, *Religion-less Christianity in a Secular Age*, *Jesus, the Christ*, *The Vocation of a Contemplative Christianity*, and *A Church Come of Age*. Rev. Bachelard’s work was challenging, thought provoking, authentic, elegant and humorous. The talk *Jesus, the Christ* shared Rev. Bachelard’s personal journey to encountering the reality and love of Jesus.

Rev. Bachelard’s thought builds on a solid bedrock of theology, tradition, Scripture, ethics, philosophy and a connected/lived spirituality. She analyzes how the traditional Christian Church has imploded and where the future lies. She thoroughly examines the meditators default impulse of “Why can’t we just meditate?” For those readers interested, the talks are available for watching (free) at [www.wccm.org/media-page](http://www.wccm.org/media-page).

The superb organization of the Seminar was a gift to the seminar participants and the World Community from WCCM-Canada. Thank you to Mark Schofield, Resource Center, Clem Sauvé, Jack Murta, Barb Chouinard, Elaine Mills, Polly Schofield, Liturgy Coordinators, Rev. Glenda Meakin, Paul and Teresa Tratnyek (Paul and Teresa provided all of the musical accompaniment as well as a concert). From British Columbia, Regional Coordinator JoAnn Kelly-Cullen and her team of Leo Cullen, Maeve Slein, Mary Moravec, Noreen Ward, Kathleen Denkwalter, Ted and Cora Alcuitas contributed needed skills and numerous hours.

All had begun their particular journey by seeking John Main’s stillness, silence, and simplicity. It’s probable as they transformed into conference organizers that they asked, “What’s happened? This isn’t what I signed on for. Why can’t we just meditate?” Hopefully through this process they became aware of the gift of Community they co-created and shared so generously. A faithful practice of silence, stillness and simplicity leads to Community. Thank you to the organizers for providing the necessary infrastructure for such a great experience. Thank you also to all the volunteers who helped during the Pre-Seminar Silent Retreat and the John Main Seminar.

**Colleen Donald**

# Calendar of Events

Winnipeg, MN

*Be still and know that I am God* meditation retreat day

Saturday, November 23, 2019

St Paul's Anglican Church, 830 North Dr. at Point Rd.

Gather at 9:45 a.m. Begin at 10:00 a.m. until 3:30 p.m.

For more information please contact phil43barnett@gmail.com

## Powell River, BC

Introduction to Christian Meditation

Saturday, November 16, 11:00 a.m. -2:00 p.m.

Lunch included. No cost.

Anglican Church of St. David and St. Paul, 6310 Sycamore Street

Contact: Ron Berezan, theurbanfarmer@shaw.ca, 604-223-4800

## Toronto, ON

Advent Day Retreat 2019

Saturday, December 7, 2019 ,10 a.m. to 3:30 p.m., registration 9 a.m.

St. Basil's Church Parish Hall, 50 St. Joseph Street (Bay & Bloor)

Michael W Hryniuk will lead this retreat

Contact: Elaine Mills 416-962-7111 wccmtoronto2@gmail.com

January 30, 2020, 7 p.m. to 9 p.m.

Room # 4, Knox College

59 St. George Street, University of Toronto (St. George Campus)

John Callaghan: *The Desert and Being Aware*

Contact: Elaine Mills 416-962-7111 wccmtoronto2@gmail.com

## Kingston, ON

Saturday, November 2, 2019. 10:00 a.m. until noon

*An Introduction to Contemplative Prayer*

*In the Tradition of John Main*; presenter: Rev. Kevin Flynn

St. George's Cathedral, 270 King St. E., Kingston

No cost. Donations welcome.

For information: robin.lane@hotmail.ca

## Montreal, QC

Sunday, December 29, 2019 at 7:30 p.m.

John Main Anniversary Celebration

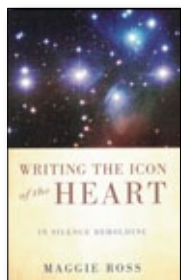
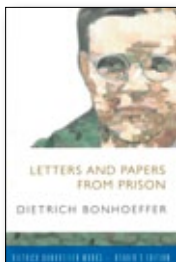
The Padua Centre, 1959 Saint Antoine West (Georges-Vanier Metro).

Information: polly.schofield@gmail.com 514-481-8746

## New Books

See order form opposite

Dietrich Bonhoeffer's correspondence and notes from prison electrified the postwar world. The materials gathered by his friend Eberhard Bethge in *Letters and Papers from Prison* not only brought Bonhoeffer to a wide and appreciative readership, especially in North America, but they also introduced to a broad readership his novel and exciting ideas of religionless Christianity, his open and honest theological appraisal of Christian doctrines, and his sturdy, if sorely tried, faith in the face of uncertainty and doubt.



The subtitle of Maggie Ross's new book captures its essence, for it is about silence and our need to behold God. *Beholding* is a notion that we are in danger of losing. It is often lost in translation, even by NRSV and the Jerusalem Bible. *Beholding* needs to be recovered both in theology and practice.

## Canadian Christian Meditation Community

### Statement of Receipts and Disbursements for the Year Ended December 31, 2018

	2018	2017
<b>Receipts</b>		
Publications	\$ 17,275	\$ 16,060
Donations – Newsletter	2,062	3,410
Donations and Grants	18,668	31,679
Bonnevaux Scholarship Fund	105,211	17,224
Program revenues	15,145	3,713
Miscellaneous revenues	589	326
GST & PST refund	2,048	2,374
Revenue from Endowment	2,425	2,453
Proceeds from redemptin of Endowment	25,000	
<b>Total receipts</b>	<b>\$199,923</b>	<b>\$ 77,797</b>
<b>Disbursements</b>		
Publications	\$ 15,852	\$ 11,015
Newsletter & WCCM Friends	28,176	21,497
WCCM Friends		6,405
Rent	3,000	3,425
Office	2,306	2,241
Travel	3,834	2,531
Shipping and warehousing	1,254	1,404
Telephone and communications	1,005	1,564
IT	300	1,590
Programmes General	8,099	6,935
Donations to Canadian regional communities	1,396	1,300
Canadian groups	1,423	1851
2019 JMS deposit	21,487	
Bonnevaux project	6,762	
Insurance	1084	1,046
Interest and bank charges	1,612	734
Miscellaneous disbursements	916	34
<b>Total disbursements</b>	<b>\$ 98,506</b>	<b>\$ 63,572</b>
Excess of receipts (disbursements)	\$101,417	\$ 14,225
<b>ASSETS</b>		
Cash	\$135,968	\$ 40,804
Accounts and miscellaneous receivables	2,849	1,436
Investments – Term GICs	5,441	5,352
Pledges receivable	11,143	1,755
Prepaid expenses	203	174
Inventory	26,203	22,610
<b>Total Current Assets</b>	<b>\$181,804</b>	<b>\$ 72,131</b>
<b>Long-Term Investments</b>		
Income Endowment Fund	\$ 20,186	\$ 47,526
<b>Total assets</b>	<b>\$201,993</b>	<b>\$119,657</b>
<b>LIABILITIES – Current</b>		
Accounts payable and accrued liabilities	\$5,312	\$ 7,632
<b>NOTES</b>		
Pre-paid expenses - the insurance policy runs from March 12.		
The Bonnevaux Scholarship Fund donations were held in an escrow account pending the establishment of a French non-profit organization. However, it was possible to transfer the \$6,000 collected from groups.		
\$25,000 of the Endowment fund was redeemed for the deposit to Quest for the 2019 John Main Seminar.		
The net loss for 2018 was \$ 7,032 (excluding the Bonnevaux Fund)		
Full financial records for the past ten years may be found on the Revenue Canada website under the Charities Division.		

## *Essential Teaching Weekend* continued from page C2

Brunswick), Martin Malina (Ontario), Andy Burns (Ontario), Sebastien Brisette (Quebec) and Phil Barnett (Manitoba).

The handbook is very complete, with to-do lists, sample letters, weekend timetable, liturgy booklet, sample talks and instructions for small group discussions. A DVD of the three main talks is also available.

We talked a lot about finding ways to make the ETW content and experience more accessible to a wider audience of people. Some find it difficult to commit to a weekend due to time, cost or distance constraints. So we explored different ways that could provide the information and the experience of community. The great advantage of the weekend residential model is the living and experiencing community. One creative idea was to use an on-line process where people could gather in local small groups and link to the workshop leader for a live presentation.

As always, at these international events it is wonderful to meet people from different countries and to be reminded that we are part of a worldwide community. It is also very refreshing to witness the energy and enthusiasm of the countries with a small meditation community. It was delightful to hear the youngest member of the group say that one of the great assets of the meditation community was "all the old people". He was referring to the wisdom and depth of experience that older



Meeting people from around the world is a reminder we are part of a worldwide community.

people have, and it was a helpful reminder that the wonderful gift of meditation is something that we are to share with others. The ETW is a way to encourage us and give us the confidence to do this important work.

If you are interested in participating in an ETW please contact your Regional Coordinator. (see [https://www.wccm-canada.ca/community\\_groups](https://www.wccm-canada.ca/community_groups))

**Phil Barnett**

**Canadian Coordinator for the School of Meditation  
phil43barnett@gmail.com**

### DONATE ONLINE

You can now make your donation online by going to [www.wccm-canada.ca](http://www.wccm-canada.ca) and clicking on the 'Donate' button.

### Canadian Christian Meditation Community

P.O. Box 52, Station NDG. Montreal, QC. H4A 3P4

514-485-7928 • [christianmeditation@wccm-canada.ca](mailto:christianmeditation@wccm-canada.ca) • [www.wccm-canada.ca](http://www.wccm-canada.ca)

I wish to:  receive/renew the printed Newsletter – suggested annual contribution \$15

receive the electronic version – suggested annual contribution \$10

(A tax receipt will be issued for donations /contributions over \$25)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

PLEASE MAKE CHEQUES PAYABLE TO CCMC

Or by credit card:

Card #: \_\_\_\_\_ Expiry: \_\_\_\_\_ / \_\_\_\_\_

#### PUBLICATIONS ORDER AND DONATIONS

Quantity	Title	Price	Total
_____	<i>Contemplation and Community</i>	\$27.00	_____
_____	<i>Letters and Papers from Prison</i>	23.00	_____
_____	<i>Writing the Icon of the Heart</i>	23.00	_____

POSTAGE (Price + 20%) \_\_\_\_\_

TOTAL \_\_\_\_\_

DONATIONS / NEWSLETTER \_\_\_\_\_

TOTAL AMOUNT \_\_\_\_\_

# Christian Meditation with Children is Flourishing Nationally

Bringing Christian meditation to children continues to grow across Canada. Last spring Mary Theresa Coene, a teacher with the Brant Haldimand Norfolk Catholic District School Board (BHNCDNB) in Ontario, and I did a presentation in Ottawa at the National Conference for Evangelization and Catechesis put on by the Canadian Conference of Catholic Bishops. There were roughly fifty who attended the session on CMC. During the conference we spoke with many from across Canada wanting to bring the practice of Christian meditation back to their parishes in Newfoundland, Manitoba, Saskatchewan, the Yukon, Alberta and Quebec. Andy Burns, our new National Coordinator for Christian Meditation with Children and I are following up with some of the contacts.

I will be doing a workshop on CMC in Montreal on October 19 at the Faith enrichment Conference being organized by the Office of Faith Education in the Archdiocese of Montreal. This opportunity is a portion of the fruit from the session we did in Ottawa last April. The primary attendees will be parents with their children. We will create an opportunity to meet with some local members of the Méditation chrétienne du Québec et des régions francophones du Canada to talk about how we can work at bringing CMC more intentionally into their region.

On November 15, Keri Calvesbert, Religion and Family Life Consultant with the BHNCDNB, and I will be doing an afternoon presentation to 1400 teachers

in the Dufferin Peel Catholic School Board. This will provide a unique opportunity to expand the practice of Christian Meditation with children and youth in the second largest school board in Ontario. Last year Dr. Noel Keating from Ireland did a presentation to a group of principals and senior administrators with the same board. Our hope is to cultivate the desire for principals and teachers to bring Christian meditation to students in their schools and to have them expand and embed the practice over time with support.

Following the John Main Seminar in Squamish, Andy Burns, Joann Kelly-Cullen and Fr. Laurence met with Archbishop Miller of the Archdiocese of Vancouver. Andy had the opportunity to talk about Christian meditation with children. Archbishop Miller was supportive of our efforts to continue sharing the gift of Christian meditation with children in the diocese. His appreciation for bringing silence into the lives of children was appreciated. Andy will follow up in offering direct support to the local Catholic school board in Vancouver and the region through the contacts that emerged from last February's presentation at their provincial conference.

Our main area of focus in the coming year will be the continued expansion of bringing CM to teachers, catechists and children along with embedding the practice of CMC in schools that have begun the practice.

**Paul Tratnyek**

---

Return undeliverable Canadian addresses to:  
Canadian Christian Meditation Community  
P.O. Box 52, Station NDG  
Montreal, Quebec H4A 3P4  
Email: christianmeditation@wccm-canada.ca  
Tel: 514-485-7928  
www.wccm-canada.ca  
Past issues of the Newsletter can be found at:  
The Medio Media Canada Bookstore:  
www.mediomedia.ca

Publications Mail Agreement No. 40007931