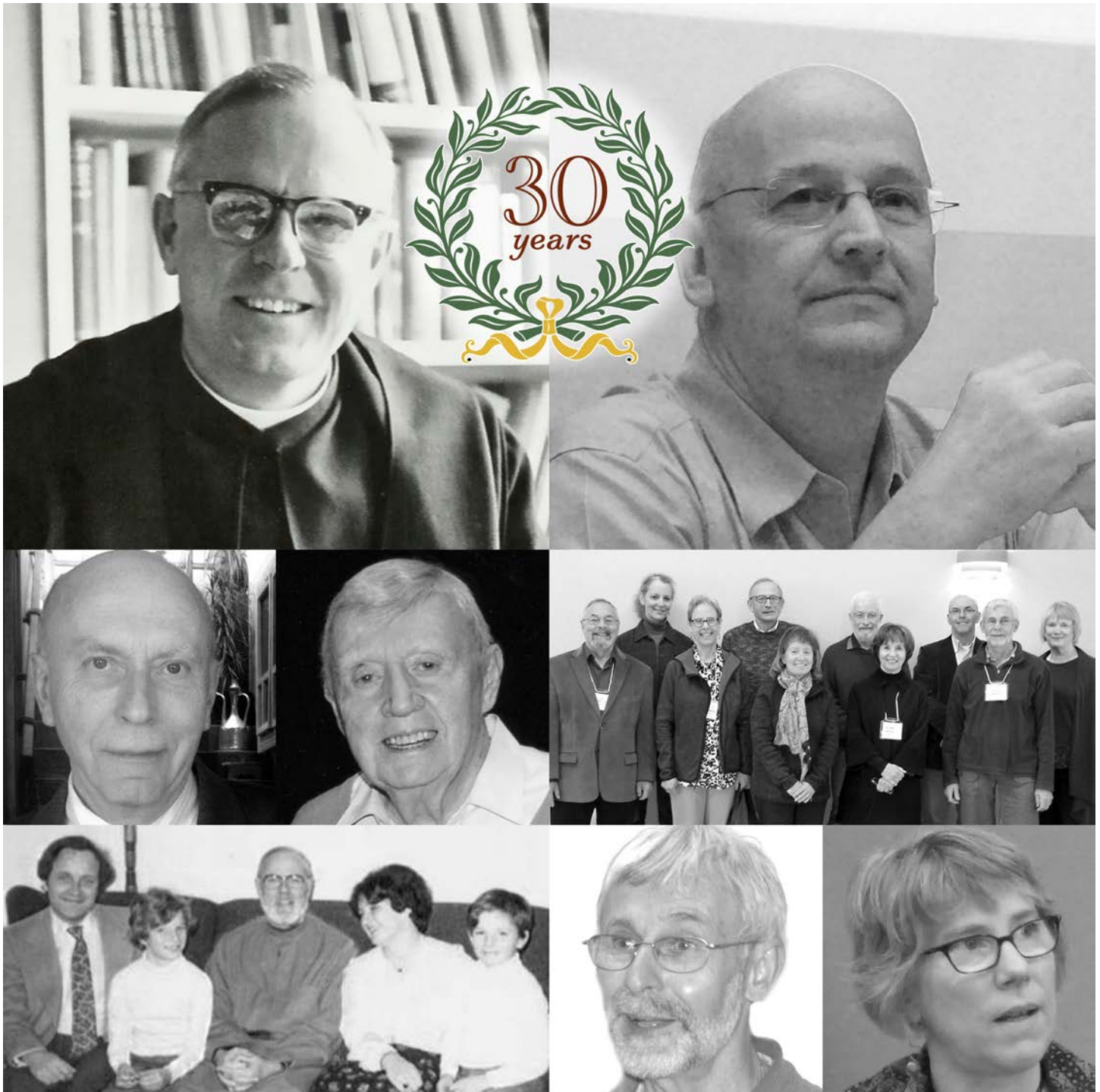


# Christian Meditation

NEWSLETTER OF THE CANADIAN CHRISTIAN MEDITATION COMMUNITY



## SPRING 2022 – 30th ANNIVERSARY NEWSLETTER

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# A Pearl of Great Price



The 2019 John Main Seminar at Quest University, Squamish, BC. Canadian/US Filipino attendees with Fr. Laurence Freeman. Cora is in the front beside Fr. Laurence.

## Our group journey

I still remember the day some twenty years ago when Sr. Charlotte Girard, SEJ spoke at mass at our parish of St. Mary's in Vancouver. She announced that she was starting a "contemplative" prayer group in the parish and was inviting everyone to come and join her. After Mass, she sought my husband Ted and I since we knew each other from being lay associates of her congregation, The Sisters of The Child Jesus. She said she was hoping we would help her in setting up the group.

With this new call I was hesitant at first as I was thinking "Oh no, please I am doing a lot in the parish already. Besides I have a full-time job which required staff to do a lot of overtime work in order to meet deadlines!"

Ted and I were there when our group started at the basement of the rectory. We started with a few participants but soon the group grew.

Sister was not yet aware then of Christian Meditation. She did it her way – what she learned from joining other meditation groups in Europe. She had lived for ten years in Paris as the Superior General of the congregation.

She would download and distribute to us copies of meditation talks which she would read at the begin-

ning of the session. To start the session she used a clapper to make us stand up and bow to each other acknowledging the Divine Presence within all of us in the room. Then we either knelt down or sit. She would use a gong to indicate the start and end of the meditation. Later, Sister prepared a collection of prayers which we helped print into booklets. We used these prayer booklets for our opening and closing prayers.

Besides the lit candles, I loved the sound of the gong and up to this day we use it. On kneeling, she had some wooden kneelers made for those who liked kneeling, until most of us couldn't bear the pain in our knees, that we opted for not using them! We also sometimes did walking meditation. We would walk in one line along the perimeter of the L-shaped room until the time of meditation was finished.

Our affiliation with WCCM and CCMC came about when we were invited to attend a presentation by Paul Harris from Ottawa at St. Augustine's Parish. Paul talked of how he was introduced to meditation by Fr. John Main, OSB and how truly he was inspired by him. The one thing that I heard from Paul's sharing is the fact of the Indwelling Presence of the Holy Spirit in everyone of us! This was the beginning of

*Continued on page C12*

# From the National Coordinator

Last year, 2021, the WCCM celebrated its 30th anniversary. Coming out of that pivot year during a worldwide pandemic, the National Council of the Canadian Christian Meditation Community (CCMC) decided to run a special 'anniversary' edition of our Canadian newsletter. And we are publishing it just in advance of our national conference in Ottawa, in June 2022, where we will gather in person for the first time since the John Main Seminar in Squamish, BC in August 2019. A significant portion of this edition is dedicated to informing you of the various ways you can attend this upcoming, pivotal national conference in our history.

At this point we continue our slow emergence, hoping yet not quite sure about when it will 'end'. The pandemic feels like a bad dream in which we continue to move forward without really feeling like we are gaining any traction at all.

It may seem strange that in a newsletter dedicated to celebrating an anniversary in the life of the CCMC we also acknowledge this ambiguous time of loss. Looking back over the years, the contributors to this edition point to the never-ending surge of hope that has existed in small groups and events in changing times since the beginning. At the same time, looking back brings feelings of grief as we realize things will never be as it once was. We must admit that anniversaries are also occasions to honour and acknowledge loss.

Pauline Boss published in 2021 a book entitled *The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change*. As I examine my own responses to the stresses surrounding these rapidly changing times, I must agree with Pauline that healthy moments marking a movement forward in our lives will do well to give ample space and time to acknowledge the

losses implied by these special moments – primarily the loss of the ways in which we have grown accustomed to gathering, organizing and being a community.



Presenting this special edition during turbulent times is an act of faith, an act of faith in light of the ambiguous nature of our losses. These losses must nonetheless be acknowledged as part of the journey forward in discovering newfound joy in our lives together.

Many thanks to the individuals who contributed to this special edition: Noreen Ward, Michel Legault, Cora C. Alcuitas, Madelaine Mageau, Sister Kathleen Bolger, Phil Barnett and Paul Harris. Each author has made important contributions to the development and growth of our CCMC for over 30 years. Each represents various aspects and stages of our storied history. This list of contributors is not complete, of course. There are others who have significantly influenced the course of our collective journey in Canada who are not featured here.

Yet this group represents some of the diverse voices in our national community, expressing different experiences with Christian Meditation. And every one, bar none, points to and names significant people they met on that journey who both introduced them to Christian Meditation and nurtured their own journey forward in community. None of them would have started their journeys without the influence and care of others. We need community. My hope is that you will find in their words encouragement for you, dear reader, on your journey in prayer with others.

**Martin Malina**  
National Coordinator, CCMC  
Ottawa, April 2022

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## Canadian Christian Meditation Community National Resource Centre

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*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).

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# My Christian Meditation Outreach Journey

My prayer journey had several surprises yet each of them called me to follow and move into the unknown with grace and ease.

My faith was nourished at home and when I entered the Sisters of St. Martha of PEI in 1950 the Ignatian Spiritual Exercises became my main form of prayer. In the late sixties, as a schoolteacher in Kingston, Ontario, I discovered the book *The Cloud of Unknowing* which made me aware of a simpler form of prayer which included the mantra 'Lord Jesus Christ be merciful to me, a sinner.'

This prayer seemed to fit my spirit and melt nicely into the *Contemplatio* spiritual exercise. When I returned to PEI in 1975 the seeds of Christian Meditation (CM) became a little budding flower in Prince Edward Island. It was introduced by David Roffey from Ontario with a later followup by The Rev. Glenda Meakin. Their presentations resounded in my heart and *Ma-ra-na-tha* soon became my new mantra prayer. God had a future plan unknown to me!

In the early 1990s my friend Norma Hannouch invited me to accompany her to a National CM Conference in Ontario. I was introduced to the National Coordinator, George Zanette, who suggested I become the regional coordinator of the Atlantic provinces. Together Norma and I agreed to accept this position.

On PEI we held weekly meditation groups and when the School of Meditation's Essential Teaching Workshop became an evolutionary gift we knew it must wind its way eastward, so within three years two Schools were held with enthusiastic success. As Norma's health declined, and to keep CM as an outreach focus, I formed an ecumenical committee. The Spirit kept nudging us to move outside PEI to the other Atlantic provinces, so Christian Meditation workshops/retreats were held in NS, NB with an invitation to Newfoundland. These were years of many

spiritual blessings. We compiled a book of morning and evening prayer which was circulated throughout Canada; organized an 11th Step Retreat with Charles McMulkin, an Anglican priest from Ontario, and introduced other religion groups to John Main's materials and prayer.

In the late 1990s, in addition to the usual weekly meditation groups, yoga and CM became widely accepted so as a team we invited animators from Ontario and Newfoundland who encouraged and supported us to introduce this new program on PEI. For the past 18 years a yearly CM and yoga weekend retreat was held with two PEI qualified yoga instructors, and I facilitated the prayer, meditations and rituals.

For many years I had a dream that meditators from the Atlantic provinces would have an opportunity to gather as a group. This idea was realized well beyond my expectations when Fr. Laurence began his 2012 Canada tour on PEI. About 150 people attended. This weekend not only renewed our daily prayer commitment but also enhanced our outreach possibilities for the future.

Having reached the age of ninety and after many years of love and service, I knew the time had come to pass on the leadership of this ministry. As a result, arrangements were made for a new vibrant team to receive training in the School's Essential Teaching Workshop in Debert, NS. Being well prepared to carry the Christian Meditation light into the future, the team, because of Covid restrictions, now spread the Word in a virtual way through weekly zoom sessions of Christian Meditation and Christian Meditation and yoga.

I am so grateful for my Christian Meditation journey. The road had many new and exciting turns and so I pray, "Gracious God, you have done great things for me and I am filled with joy."

**Sister Kathleen Bolger, CSM**



# Seasons of Silence

Some 35 years ago, at the annual Cantley picnic, while having beans and beer with my neighbour Brian, he talked to me about a spiritual teacher who taught a form of silent prayer he called Christian Meditation. The minute I read a few chapters of John Main's *Word into Silence*, I recognized this was for me, the path that, for years, I had been seeking for: a prayer of silence, without words that distract and confuse, with just a mantra, a word to take us beyond words. I immediately integrated that discipline into my life.

For the next ten years, my meditation pilgrimage was very discreet. I would listen to talks by John Main and would attend Paul Harris' meditation group whenever I could. Every time my work brought me to Montreal, I would find a way to go to the Priory for evening meditation. You might say that my practice was private. Every now and then, someone would suggest that I start a meditation group or give a talk on this form of spirituality. While hearing the invitation without dismissing it, I paid attention to my inner voice and my response was repeatedly the same: "That is not for me now."

During that time, the discipline became more and more part of my life, joining others when I could. I was full of gratitude for the gift of this form of silent prayer. Then, I heard about a School for Teachers led by Fr Laurence and other teachers and was invited to participate in the event. As I realized during the weekend, it was intended to prepare long time meditators to share the gift of that form of silent prayer. It rapidly became clear that the time had come for me to pass on the tradition I had embraced for the previous ten years.

And so, in the following months I prepared and gave talks on Christian Meditation in various parishes and retreat centers in the Ottawa-Gatineau area. As I presented this contemplative tradition, its roots and its relevance today, I became aware of walking

on sacred ground. Talking about this form of spirituality was not like talking about stress management or communication skills. It was something much deeper. In the same way that discovering meditation is a gift, similarly passing on the tradition is also a gift, something to handle with reverence.

In the following months, Glenda Meakin, George Zanette, Millie McDougall and I were invited to offer a School for Teachers weekend to prepare committed meditators to present the gift of meditation to others. Gradually, other members joined the resource team and the workshop has been offered some 28 times across Canada, from Vancouver to PEI. Supporting meditators who were ready to pass on the gift of meditation was an opportunity I felt grateful for. More precisely: I was very aware again of walking on sacred ground.

As National Coordinator, I saw the most important part of my role as one of supporter, validating kernels of new and old life flourishing in different parts of the Canadian community, noticing where the Spirit was at work. I was attentive particularly to those who were attracted by the pilgrimage without feeling strong connection to the official church, being reached more by stories about hiking trails, trees and birds than by Bible quotes.

And now, I am back to the basic role of meditator, going full circle to how things started for me. Life takes us through different seasons, sometimes with a visible role in our community, sometimes in a more discreet place. We walk on a path with many different spiritual micro climates. It is essential to recognize the calls deep within ourselves and to have the wisdom, the audacity and the simplicity to respond to the profound personal invitations: that is a path to meaningful rootedness in our Centre.

**Michel Legault**

## The Gift of Christian Meditation

My journey in Christian Meditation began by taking a six-week course back in 1992. I was looking for a way to deepen my relationship with God and the course was just what I needed. Meditation has been part of my life ever since. Like many people, I suspect, it's been a somewhat bumpy journey, sometimes regular, sometimes not, most times distracted! I started a couple of groups in my parish and then was invited to become regional coordinator. Later I became National Coordinator followed by School Coordinator. I've been incredibly fortunate to meet so many amazing

people, all drawn together by our common practice of meditation.

As National Coordinator I had some wonderful opportunities to be involved in international events, such as John Main Seminars in Germany and the UK and National Coordinators meetings in Germany and Florida. I felt very privileged to meet so many talented, dedicated people who worked so passionately to share the gift of meditation in their local communities and beyond.

*Continued on page C7*

# “As Seeds were Sown...”

August 1983 was when my entry into the pilgrimage of meditation began. Our family of four moved to Montreal for a sabbatical year. We discovered the Priory and first went there for Sunday Mass. After Communion, everyone sat down for the customary time of thanksgiving. But it went on and on and on.

Now this mystery was solved for us when I saw a little poster on a billboard at the Université de Montréal inviting people to an initiation into Christian Meditation. I went one evening and there it all began for me as Jean, the young man, invited us, after the tape and meditation, to go to the Priory where we could learn to practice meditation! And what a privilege for me to start on the path in the very monastery where the gift was being shared with great dedication!

Sadly, Father John had died on December 30 the year before but it was clear that his spirit was alive in the small community. The monks were in mourning but continuing the work faithfully. I took to the silence and deep prayer so much that eventually, I asked to come and do my own silent retreat for a week.

When telling Father Laurence about the immense love I felt, he quoted William Blake, “Kiss the joy as it flies”. Great food for thought! Thus it was that filled with fire and zeal, it wasn’t long after our return to St. John’s, NL, that I asked to become an Oblate and also that I set out to start a meditation group.

It all fell into place smoothly. The Catholic chaplain on campus offered me the chapel for one evening a week. After advertising with posters and in church bulletins, I followed Fr. John’s advice. I sat there and waited on the allotted evening with my tapes of John Main. No “School” for potential teachers then, just commitment to the practice and confidence that “the group leader was whoever could push the button on the tape recorder!”

In time, we had a stable group though we had to change venues several times. We started planning retreats fairly soon; our first retreat was given to us by Paul Harris and was much appreciated by all. Dear Paul, true to his name was more instrumental in first bringing the good news of meditation than any other lay person I can think of! Over the years, he came to us more than once and we were blessed with several more good speakers who stoked the fire. After the monastery ceased to be one, a priest and ecumenist called Tom Ryan who was on a prolonged retreat in India was inspired with the idea of the former monastery becoming a “smorgasbord” where the Christian

churches of Montreal could offer their best “dishes” of seminars, talks, seminars, and retreats. Christian meditation would be foundational with a live-in community following some of the monastic schedule of three times daily prayers and meditation. Meditation evenings would, of course, be open to the public.

After my husband and I divorced, I began planning a year off from my teaching when Tom Ryan who was in St. John’s invited me to join the one year “Serve from the Heart” program at the now designated “Unitas”. How could I possibly refuse this offer? Our meditation group was in the good hands of meditators Barbara Dick and Gordon Lake. After this initial year and encouraged by Tom, I took a momentous decision to stay on, thus leaving my home, my job, and my friends in Newfoundland.

My time living in the Montreal community is filled with rich memories of doing our best in the contemplative vision of the monks before us. My life took yet another turn in 2002 at a day for Oblates in the home of Polly and Mark Schofield. There I met another Oblate called Christopher Tanner and the die was soon cast: leave Montreal and Unitas which was now in much smaller mode and venue? After much soul searching, I left Montreal for the small town of Deep River, ON. where Chris and I now live and love together with our commitment to meditation keeping us facing in the same direction. We have led a group here for many years and now two small online groups since the pandemic began.

It has also been a joy and a challenge to jointly coordinate the North eastern groups over the years. Working with the much devoted Carole Peterson to organize retreats as far away as the Anishinabe Spiritual Centre near Sudbury is one example. A “School” was also given to us in North Bay by Michel Legault. Another highlight for the North Bay community was to host the 2013 Canadian Seminar. I fondly remember Chris convincing the skeptical North Bay meditators that, yes, they could handle the financial part, and we would all work together. And it all flew wonderfully!

Now I find myself a regional coordinator for the less meditation active areas of Ontario. Serving on the National Council is an eye and ear opener as things have become mostly virtual. My prayer and is that post pandemic, we will see the meditation groups on hold also thriving. Long may the flame be kept alive!

**Madelaine Mageau  
Deep River, ON**



Having been a cradle Catholic I practiced my faith into adult life, it became a bit mundane. I was aware of such a void within which is hard to explain. In general conversation with friends and co-workers, the subject arose regarding our beliefs and church affiliation. Not having shared my deepest desire with anybody, and emphatically stood strong in my own belief at this time. Looking back it was approximately two years of inner searching, questioning and listening, especially the Sunday sermons. Why was I missing the point in having a closer relationship with my creator?

Being a nurse, one comes across many sad stories. I had returned to work from maternity leave. This particular day at work we had to deal with a very real crisis. So stressful it was hard to accept the outcome. Thereafter this case took on a negative, dark effect on me, leaving me questioning God through tears, anger, and guilt. I could not shrug it off. After days of grief, I opened the Bible at Matthew and read from midnight till 2 am. The genealogy of Jesus took a bit of a struggle to get through tears.

Suddenly the tears turned to joy. It was like a 3D reading of those miracles as I focused, the words lifted out of the page – totally understanding the scripture in a new light. That was the start of many miraculous encounters for the next four months or so. Reading took on a new meaning. I sought out many inspirational books e.g., Thomas Merton, Thomas Keating, and Wayne Dyer. This is when my meditation prac-

tice began at age 37 years. It has continued on and off since.

Shortly after, a friend and I attended a weekly meditation group close by, at St. Benedict's Monastery run by Sr. Hilda Frost. A wonderful nun and teacher, we shared many stories, and met people of a similar mindset. Life took on a new, exciting meaning.

Since retirement and children having left home, my husband and I moved to Calgary. I am now in Vancouver, and after some searching found a group at St. Mary's on Joyce St. It has a weekly meditation group and wonderful people open to the Holy Spirit.

“Seek and you shall find”

“Ask and it will be given”

“Knock and the door will open.”

These quotations found in Matthew fed me when the need arose. The void was filled and with it came a “freedom” like nothing I have even experienced before. “God is good, thank you my Lord.”

Thinking back, during my years spent in Calgary, availability to continuous spiritual growth was offered each step of the way. My hunger was satisfied through the growing parish we attended. I am sincerely grateful to all my Catholic Women's League, laity, pastoral care and wonderful priests for sharing all their knowledge and friendship.

I do hope one will get some inspiration and purpose reading this, as I have had writing it.

**N. Ward**

## *The Gift of Christian Meditation* continued from C5

The Canadian Community had the opportunity to share our experience when we were invited to consider supporting countries in the Caribbean as they began to develop meditation in their communities. In 2008 Michel Legault went on a tour to Trinidad and Tobago, Barbados and Curaçao. I followed up with a similar tour in 2010. It was a wonderful experience for me. Challenging and exhausting, but incredibly satisfying, and a real privilege to work with the extremely talented people who hosted me and planned the events.

In Canada I was invited to give introductory talks, retreat days and workshops in different communities

from coast to coast and to witness the commitment and vitality of the Canadian meditation community.

As School Coordinator I was involved in several Essential Teaching Weekends, again all across the country. These were always a highlight for me. It's an excellent program, designed originally to prepare participants to teach meditation by giving talks, but which evolved into a process to equip people to deepen their knowledge and to have confidence to simply share the gift of meditation with friends or in more formal settings. The weekends themselves are

*Continued overleaf*

# The Floating 34 Years of Age Christian Meditation Group in Ottawa

The 30th anniversary request for an article about Christian Meditation in Canada gives me the opportunity to tell a humorous story about the life of a noontime Christian Meditation group in Ottawa, that has in fact been kicked from pillar to post for over 34 years, and is still alive and well today.

It began 34 years ago in 1987 and has become known in downtown Ottawa as: “The group that refuses to die.” It has a fascinating history and was originally launched on a noontime weekly basis at the Canadian government’s International Development Research Corporation by a young woman, Anne Nisbet-Smith. After a few years Anne left the IDRC to take up married life and farming, but others took turn in leading the group over the years, including Brenda Lee Wilson, Garrett Patterson, Pat Drohan-Stotts and finally myself.

One of the great laughable and historic stories relating to this lunch hour group happened one day when I and the group leader Brenda Lee Wilson were meditating with a pre-recorded cassette timing tape. Unbeknownst to either of us the cassette tape recorder was defective, and in the silence of the darkened room the tape recorder began to spew out tape silently on to the boardroom floor. After 45 minutes we both looked at each other and said; “Haven’t we been meditating for a long time?” Then turning on the lights we found to our dismay the entire floor was strewn with cassette tape. Much laughter followed.

This weekly IDRC group continued in this location for seven years. The group was finally forced to look for another location after their boardroom was changed

into a lunch hour room for employees. The group then moved to another government boardroom at industry Canada under the leadership of Pat Drohan Stotts for another six years, until fate intervened again when this boardroom was also taken away.

At this point in the year 2000 the group transferred into my highrise apartment at 470 Laurier Avenue West, in the same area of Ottawa as the former two government office buildings. Members in this group have included government office workers, apartment dwellers, and retirees living in the downtown area of the city. Now after 34 years of existence, the group, like many other groups across the country has been forced to close because of Covid-19. However, plans are now underway to restart the group, with members requiring double vaccinations and distancing at the weekly meetings.

One surprising aspect of this floating group in a downtown area is that newcomers have come by word of mouth, with no posters or advertising distributed over the past 34 years. Another unique tradition in this current downtown group is potluck luncheons at Christmas and at the end of June before the summer break. In addition, this downtown group has made a number of visits in August to a cottage a few hours away from Ottawa, with swimming, hiking, barbecuing, and needless to say a time for meditation. This social as well as spiritual aspect of the group has developed over the years and has brought members together in the common bond of John Main’s “community of love.”

**Paul Harris**

## *The Gift of Christian Meditation* continued from C7

a delight. People excited to learn and to share their journey and to discover that they are not the only ones who find the discipline and practice of meditation to be an ongoing challenge. The pandemic acted as a catalyst, motivating the resource team to adapt the Essential Teaching workshop so it could be offered virtually. This spring, it was offered in the new format with fourteen meditators. The positive feedback was

so encouraging, we plan to offer both in-person and online workshops in future.

Christian Meditation has certainly been a gift to me in my spiritual journey, and being involved in the Canadian and International Community has also been a wonderful privilege and gift.

**Phil Barnett**



# A time to renew... to unify mind and heart

We last gathered as a national community in Squamish, British Columbia, for the August 2019 John Main Seminar. We meet every two years but our next national conference was delayed one year by the Covid-19 pandemic. The pandemic was an opportunity to stop, get our bearings, reset our inner compass, and take stock of our lives. As we watch the pandemic recede in our rear-view mirror, we can begin to renew... to unify mind and heart. And it is this renewal that is the inspiration for this year's conference.



**Canadian Christian  
Meditation Community**  
**2022 National Conference**  
with **Dom Laurence Freeman, OSB**  
at Saint Paul University,  
110 Hazel Street, Ottawa, Ontario  
Friday and Saturday, 10-11 June 2022

## CONFERENCE LEADERS

Over the last two years, the pandemic, climate crisis, and political unrest worldwide have divided and separated us. These crises have disconnected us from ourselves, our families and communities, the natural world, and the planet that we call home.

In the disruption of the present circumstances lies also opportunity and challenge for health and renewal. The debilitating effects of all these divisions now call us to return, to renew and restore ourselves in healthy relationships and in the unifying gift of God's presence in all.

**Father Laurence Freeman**, Director of the World Community for Christian Meditation and recipient of the Order of Canada for inter-faith dialogue, currently lives in Bonnevaux, France, at the Center for Peace. A Canadian citizen, Laurence Freeman makes his first visit to Canada since the pandemic to speak about the crucial importance of this time to restore our divided world. His keynote Friday address

and Saturday sessions will focus on the WCCM theme for 2022: **Unified Consciousness: One Mind, One Heart** and how the practice of meditation lays the foundation, by the unifying of mind and heart.

Presenters at the conference also include **Albert Dumont** and **Reverend Peter Woods**.

**Albert Dumont**, Ottawa's English Poet Laureate, is an Anishinaabe elder from Kitigan Zibi Anishenabeg First Nation in Quebec, 150 km north of Ottawa. Albert will open the conference with a territory acknowledgement and welcome.

**Reverend Peter Woods** says that, for him, music and spirituality are deeply intertwined. Throughout his life as a minister, "music has been the governing image of the divine... has truly been a sort of spiritual practice." Peter along with his Kindness of Jazz Trio will offer inspirational music during Saturday's Evensong Eucharist and entertaining jazz throughout the Saturday evening reception.

## **REGISTRATION FEES**

- **\$220 IN PERSON**

Includes all sessions on Friday and Saturday, continental breakfast and lunch on Saturday. Note: This fee does not cover cost of accommodation and parking.

- **\$50 LIVE STREAM**

Includes access to all live streamed and recorded sessions on Friday and Saturday.

## **ACCOMMODATION**

- **UNIVERSITY RESIDENCE**

A number of suites are guaranteed available in the modern residence tower on campus. Each suite contains a kitchenette, bathroom with shower, and two bedrooms – each with a double bed. In Person registrants requiring accommodation will be offered accommodation on a first-come-first-serve basis. You will have the opportunity to extend your stay in the residence a day or two before or after the conference. The cost per suite is \$125.00 per night payable upon arrival and check-in. Efforts will be made to match fellow registrants for double occupancy and sharing of the nightly cost for the suite.

- **NEARBY HOTELS**

You may personally arrange for a suite or room at one of the hotels near campus. For example, the Business Inn at 180 MacLaren Street, Cartier Place Suite Hotel at 180 Cooper Street, Embassy Hotel and Suites at 25 Cartier Street. Use your favourite hotel search app to locate and book a room at one of the fine hotels in the neighbourhood.

## **PARKING**

Paid parking is available in a visitor parking lot on Hazel Street on the St Paul University campus east of Main Street and on nearby streets.

## **COVID-19 NOTES**

Saint Paul University requires that you be fully vaccinated and provide proof of vaccination before being allowed on campus and stay in the residence. The conference will comply with current public health restrictions.

## **ONLINE REGISTRATION**

To register online, visit the Events page on our website, [wccm-canada.ca](http://wccm-canada.ca). At the 2022 National Conference announcement, click on your choice of In Person or Live Stream. This will take you to CanadaHelps event registration.

Fill in the registration and payment information requested, and submit.

## **MAIL-IN REGISTRATION**

Complete the mail-in registration form included with this newsletter and mail your completed registration form with full payment to:

**Canadian Christian Meditation Community**

c/o William Meek

734 Hamlet Road, Ottawa ON K1G 1P8

# CONFERENCE SCHEDULE

## Friday 10 June

3.00pm-6.00pm, Atrium

Registration

3:00pm-6:45pm, Atrium

Book Sales

7.00pm-10:00pm  
Amphitheatre (180)  
Open to public.

Territory Acknowledgement and welcome by Albert Dumont  
Introduction of Father Laurence Freeman by Pr Martin Malina  
Keynote Address by Father Laurence  
Night Prayer and Meditation

## Saturday 11 June

7:00am-7:30am (optional)  
Chapel / Outdoors

Morning Meditation / Contemplative Walk  
Chapel is available to participants for quiet prayer to 3:30pm.

7.30am-9:00am  
Multi-Purpose Room

Continental Breakfast

9:00am-10:00am, Amphitheatre

Session 1 with Father Laurence

10:00am-10:30am, Atrium

Health Break

10:30am-11:00am, Amphitheatre

Midday Prayer and Meditation

11:00am-Noon, Amphitheatre

Session 2 with Father Laurence

Noon-1:00pm, Multi-Purpose Room

Lunch

1:00pm-2:00pm, Amphitheatre

Annual General Meeting

2:00pm-2:30pm

Afternoon Break

2:30pm-4:00pm, Chapel

Evensong Eucharist and Meditation  
with Father Lawrence Freeman and Pastor Martin Malina  
Music by Kindness of Jazz Trio with Reverend Peter Woods

4:00pm-6:00pm  
Multi-Purpose Room

Wine and cheese reception  
Music by Peter Woods and Kindness of Jazz Trio

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## Canadian Christian Meditation Community

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514-485-7928 • christianmeditation@wccm-canada.ca • 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. Please make cheques payable to CCMC or by credit card.

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# *A Pearl of Great Price* continued from C2

the journey! Today, I still use Paul's compilation of Fr. John's talks and writings "Silence and Stillness in Every Season" before I begin my meditation.

Fr. Laurence Freeman came to St. Augustine's later and it was a full house! Some attendees had to stay by the corridors to listen. Later we learned that there was so much traffic in the neighbourhood that the police were called in!

Fr. Laurence came back several times to BC: he was the main speaker at a conference organized by the UBC School of Theology; then as the BCCMC guest speaker at Good Shepherd Church, Star of the Sea Parish, White Rock, and as BCCMC guest speaker at Christ Church Cathedral Anglican Church, an iconic landmark in downtown Vancouver.

The highlight of his visits was the 2019 WCCM John Main seminar held at Quest University at Squamish, BC. Four of us in the St. Mary's Group were part of the planning and organizing the conference, ably headed by the former BC Regional Coordinator, JoAnn Cullen.

So many changes have happened to our group at St. Mary's. Some of our members have moved away because of job changes, illnesses and sadly a number have died including Sister Charlotte in 2011. We surely miss her even to this day.

We are so blessed to have received this priceless gift of meditation, "A Pearl of Great Price" and to Sister Charlotte we are thankful!

Our group has grown to become a special community, united in our journey for deeper relationship with God, through the inspiration of the Holy Spirit!

Today, our group continues to journey together. We faced the challenges of the pandemic squarely by adapting through the use of technology: Zoom! Thanks to our group member and the current BC Regional Coordinator Maeve Slein for setting it up! Our online meditation has grown with participants from out of town like Victoria, existing members of other meditation groups in the Lower Mainland and proud to say new meditators!

## **My own spiritual journey**

Through all my upbringing of Catholic rote prayers, novenas and other devotions, in my heart and spirit, there was a yearning for a deep personal relationship with God. And I found this through Christian Meditation.

My journey hasn't been easy. I still have distractions but saying the mantra makes it easier to ignore them. Every time I sit down to meditate, I begin anew. In stillness, silence, poverty of spirit and humility, meditation gives me peace in my life. I am grateful to God for His enduring redemptive love!

Belonging to a group, I am encouraged to persevere and be faithful. Fr. John Main's/Fr. Laurence's teachings have guided me all throughout, plus the sharing from other members have made my journey a lot easier.

I remain faithful in my journey and let the Triune God be my guide. He leads me to the ultimate path of union with Him.

**Cora C. Alcuitas**  
**St. Mary's Parish Vancouver**  
**Christian Meditation Group**

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# Canadian Christian Meditation Community 2022 National Conference

with Dom Laurence Freeman, OSB

Friday and Saturday, 10-11 June 2022

## MAIL-IN REGISTRATION FORM

Spaces are limited. Register early to avoid disappointment.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

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### I WISH TO REGISTER (CHECK ONE)

**\$220 IN PERSON**

Includes all sessions on Friday and Saturday, continental breakfast and lunch on Saturday.

**Note:** Does not cover cost of accommodation or parking.

**\$50 LIVESTREAM**

Includes access to all live streamed and recorded sessions on Friday and Saturday.

### PAYMENT

Payment can be by cheque or money order to "Canadian Christian Meditation Community".

Or payment can be by credit card:  Visa  MasterCard  Discover

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A refund will be provided if the conference is cancelled in order to comply with current public health restrictions.

As a non-profit community, we must make financial commitments and will not be able to provide a refund in response to a personal cancellation received after 30 April 2022.

### FOR IN-PERSON REGISTRATION ONLY:

Check if you require overnight accommodation

I wish to share a suite at the university residence with: \_\_\_\_\_

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