



# World Community for Christian Meditation (South Africa)



## Newsletter 3

## August 2015

### WELCOME

Welcome to the THIRD newsletter of the World Community for Christian Meditation (South Africa) (WCCM-SA).

In this edition, we remind you of upcoming events in September and October 2015.



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### COMMITTEE



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### THE NEW WEBSITE

[www.wccm.org.za](http://www.wccm.org.za)

- Home
- Meditation Groups
- How to Meditate
- News/Newsletters
- New/Events
- Links



# World Community for Christian Meditation (South Africa)



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#### QUATRAINS BY RUMI

Last night  
I begged the Wise One to tell me  
the secret of the world.  
Gently, gently he whispered,  
“Be quiet,  
the secret cannot be spoken,  
it is wrapped in silence.”

My heart is so small  
it’s almost invisible.  
How can you place  
such big sorrows in it?  
“Look,” he answered,  
“your eyes are even smaller,  
yet they behold the world.”

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## FORTHCOMING EVENTS 2015

**INTERNATIONAL SEMINAR: TEACHING MEDITATION TO CHILDREN**

The Catholic Institute of Education brings to South Africa two leaders in the field of teaching meditation to children.

**Dr Cathy Day and Ernie Christie** have earned international acclaim for their pioneering work of introducing meditation to children and teachers in countries as diverse as Australia, the USA & Canada, Poland and Singapore. They will present seminars based on their experience of implementing Christian meditation in 31 schools in Townsville, Australia.

*The seminar will take place in various centres between 21 September and 1 October 2015. See alongside.*



<b>Durban</b>	Monday 21 September (12:00-15:00)
<b>Pretoria</b>	Wednesday 23 September (13:00-16:00)
<b>Johannesburg</b>	Friday 25 September (18:00-21:00)
	Saturday 26 September (09:00-12:00)
<b>Bloemfontein</b>	Monday 28 September (18:00-21:00)
<b>Johannesburg</b>	Tuesday 29 September (14:30-16:30)
<b>Cape Town</b>	Wednesday 30 September (13:00-15:00)
	Wednesday 30 September (19:00-21:00)
	Thursday 1 October (13:00-15:00)

Further details are available at [http://www.cie.org.za/events/entry/a\\_way\\_to\\_peace\\_teaching\\_meditation\\_to\\_children/](http://www.cie.org.za/events/entry/a_way_to_peace_teaching_meditation_to_children/)

**2015 RETREAT AT GOOD SHEPHERD RETREAT CENTRE**

The annual retreat takes place during the weekend of **23-25 October 2015** at the Good Shepherd Retreat Centre near Hartbeespoort Dam. Should you wish to attend please book at least two months in advance as space is limited.

Contact Alta Theron ([altatheron2@gmail.com](mailto:altatheron2@gmail.com) or 082 262 2153) for more information.

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**MEDITATION CHIMES**

Produce good vibrations with a gentle tap of the wooden mallet on the single 15 cm metallophone. This solo tone rod emits a powerful tone that lasts for 20 seconds or more. It consists of one polished solid aluminium rod on a meranti holder with felt base.

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Contact Paul at [paulf@cie.org.za](mailto:paulf@cie.org.za)

## Resting in God's Presence

There are still people who frown upon the practice of meditation. Thomas Merton said that the only way to get rid of misconceptions about contemplation is to experience it. That is why we say that meditation is experiential. You cannot learn to do it without doing it. Someone cannot teach you and then you get it. No, you must sit down in stillness and in silence and say your prayer word through the duration of your meditation.

Some people object to this form of prayer where you must stay with your word throughout. The purpose of staying with your prayer word, we recommend the word Maranatha – Come Lord, is to encourage the mind to let go of all thoughts. A "thought" is any perception whatsoever including memories, plans, visualizations, external or internal sensations, feelings, and self-reflections. Any kind of reflecting, even to make a choice, is a "thought," even thoughts about God and hence, an invitation to return to the prayer word. Thomas Keating's advice is to resist no thought, retain no thought, react emotionally to no thought, and when you notice you are thinking about some thought, return ever so gently to the sacred word. One does not think about whether to return to the sacred word or not. One simply returns to it when thoughts are attracting one's awareness to a particular object.

It may happen that silence is given to you. The moment you realise you are in silence is also the moment to return to your word. The thought of being in silence is to be "out of silence". People who have been meditating for a number of years will tell you that time become irrelevant. When the gong sounds the end of the 20 or 25 minutes to indicate that they have come to the end of their meditation, it is only then that they realised that they were in silence.

*Be still and  
know that I  
am God.*

Once again, this is not a test of the success of your meditation, whether you experienced silence or not. To rest in God's presence is enough. This is pure prayer, to know I am in the presence of God, I do not need anything. Everything I needed is here in the moment. Jesus promised: "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you" (Matthew 6:33). In a sense meditation is to seek the Kingdom and to find it in the present moment, the moment here and now where God is. According to St. John of the Cross, purity of intention manifests itself during prayer as "a general loving attentiveness toward God." This is attentiveness not of the mind but of the heart. Its source is pure faith in God's presence leading to surrender to the interior action of the Holy Spirit in the here and now.

- Set your alarm for 20 minutes.
- Sit in silence in stillness
- Repeat your word for the duration of your meditation.
- Close with a short prayer.
- Do not evaluate your silence.
- You were resting in the presence of God, that is enough.