



# World Community for Christian Meditation (South Africa)



Newsletter 6

April 2017

## WELCOME

Welcome to the SIXTH newsletter of the World Community for Christian Meditation (South Africa) (WCCM-SA). In this edition, we report on coming events held in 2017, 2018 and 2019.



## COMMITTEE



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## INTRODUCTION

In this letter we are looking ahead – first to Holy Week and Easter – but then beyond to this year’s retreat, and further to some major events we are planning over the next two years.

My hope is that they will inspire and energise us to bring meditation more widely to the people of South Africa.

Paul Faller



**From John Main OSB, "The Present Christ" (April 1981) in MONASTERY WITHOUT WALLS: The Spiritual Letters of John Main (Norwich: Canterbury, 2006), p. 170.**

The power of the Resurrection of Jesus collects all time and space into a single, universal focus. Within the microcosm of the human heart the cosmos is radically transformed by this power condensed into the single point of pure and limitless love. We are freed from the illusion that we are outside creation or outside God. Through the power that dwells in the open space in the center of our being, we pass beyond ourselves into divine fullness of being, into the *pleroma* of Christ. We need only to be simple, to be rooted in reality, faithful to our pilgrimage of meditation. Then we realize union with our point of origin. Our destination and teacher, our source and companion are one.

## 2017 RETREAT AT GOOD SHEPHERD RETREAT CENTRE (Hartbeespoort, Brits)

Date: 20-22 October 2017



This year the retreat will focus forgiveness and reconciliation. We will watch the movie “The Railway Man” and look at a text from the Bible on reconciliation. Eric Lomax (Colin Firth), a former British army officer and POW, discovers that the Japanese interpreter who tortured him is still alive. He and his new wife (Nicole Kidman) set out to confront the man who caused him so much pain.

Price: R1200 accommodation and meals.

Contact Johan van den Heever

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**Space is limited. Please book well in advance.**



### Grahamstown, 29 June – 9 July 2017

During the course of the festival this year we aim to make contact with the organisers of *Spiritfest* which runs on the fringe of the festival.

Our aim is to negotiate a meditation space at the 2018 and 2019 festivals so that anyone attending the festival can have an opportunity to learn about Christian meditation.

## Visit of Laurence Freeman September 2019



We are planning a visit of Laurence Freeman, leader of WCCM internationally, for September 2019. He has already agreed to come to South Africa and our task now is to form partnerships with other organisations which might show interest in the visit.

To date we already have the Jesuit Institute of South Africa and the Christian Spirituality Centre based in Cape Town interested in working together with us to make the series of events over a 10-day period fruitful.

We will keep you updated in future newsletters. We appeal to members of WCCM locally to contact us so that meditators in your area will have an opportunity to meet Laurence and hear him speak.

## RESOURCES

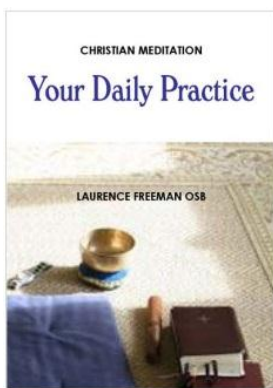
### Meditation Chimes



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. Handcrafted in Johannesburg. Available at R150 + plus postage

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

### Booklets



Christian Meditation - Your Daily Practice

Written in the tradition of John Main, the pioneer who revived the Christian tradition of meditation, this book is an ideal introduction to the discipline of daily meditation. John Main called the practice of meditation a pilgrimage to our own heart. Laurence Freeman adds that "the solitude of meditation cures our most painful loneliness and reveals that we are in a deep and essential relationship."

For anyone who seeks fullness of being and a deepening of his or her spiritual life, *Christian Meditation: Your Daily Practice* is a perfect guide. Here are practical essentials of meditation leading the reader to the still centre of prayer, "the human consciousness of Jesus worshipping God in the Spirit." (Amazon.com)

An Afrikaans translation is also available.

Available at R20 per copy. Contact Paul at [paulf@cie.org.za](mailto:paulf@cie.org.za)

## MEDITATION IN SCHOOLS



### Meditation in the Christian Tradition

A six-week's course for school or parish-based practitioners  
By distance education  
With a face-to-face 2-hour introductory session



- Learn about the origins and history of Christian meditation
- Meet key figures in the Christian spiritual tradition
- Be introduced to key texts in the literature of Christian spirituality
- Learn how to meditate in this tradition
- Learn how to run a meditation group
- Gather ideas for teaching meditation to children

Since 2012 we have been working in collaboration with the Catholic Institute of Education to promote the practice of meditation in schools. The idea for this work arose out of a meeting with Australian educators who had introduced it in their country with very positive results. To date, 33 workshops have been offered mainly to teachers in all nine provinces. In 2015, nine seminars were offered in Durban, Pretoria, Johannesburg, Bloemfontein and Cape Town with Mr Ernie Christie and Dr Cathy Day of Townsville, Australia as facilitators.

This year we plan two further initiatives. Seminars in Durban, Mafikeng, Keimoes, Springbok and Johannesburg will focus on the teachers' voices and experience of meditation in their schools. Secondly a six-weeks' course is offered to teachers with a face-to-face introductory session followed by reading, reflection and meditation at home.

