



# World Community for Christian Meditation

(South Africa)



Newsletter 17

February 2022

## COMMITTEE



### CHAIRPERSON

Paul Faller  
Tel: +27 11 888 6559  
Cell: +27 83 3254568  
[paulf@cie.org.za](mailto:paulf@cie.org.za)



### VICE-CHAIRPERSON

Dr Johan van den Heever  
Tel: +27 21 6866272  
Cell: +27 83 4482609  
[vdhj100@gmail.com](mailto:vdhj100@gmail.com)



## CONTENTS

- [Welcome](#)
- [Local News](#)
- [World Community News](#)
- [Resources](#)

## WELCOME

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

**YEAR OF THE TIGER** Tigers are a strong and fearless people who are respected for their courage. Tigers make great leaders and will stand up and fight for what they believe in. Charming and magnetic, many find the Tiger difficult to resist. While they can be considered self-serving at times, the Tiger is also a creature of giving and generosity.



## Epiphany, 1990, Robert Natkin

Only the abstract artist can attempt to show us light in itself, free from material context. This is pure contemplation, the experience moved from the concrete and celebrated as a transforming peace. We are not meant to understand Natkin's picture any more than we are meant to intellectualise during our periods of contemplation. We become still and enter into silence to let the holiness of mystery take possession of us.

Wendy Beckett. 2017. *The Art of Lent*. London: SPCK, 28

## LOCAL NEWS

### Weekly Online Meditation Sessions

We extend the following invitation to any subscriber of this newsletter.

Join other meditators for a weekly meditation session (30-40 minutes) at the following days and times: at 20:00 (SAST)

- \* **Tuesdays at 06:00 (6 am SAST)**
- \* **Wednesdays at 20:00 (8 pm SAST)**

To receive a link to these sessions held on Zoom, simply reply by email to Paul Faller ([paulf@cie.org.za](mailto:paulf@cie.org.za))

---

### National Arts Festival



We hope to be back in Grahamstown/Makhanda for this year's National Arts Festival to offer daily meditation sessions and to introduce Christian meditation to newcomers to the practice.

The National Arts Festival will take place between 23 June and 3 July 2022.

---

### Schools Pilot Project

We have entered the second phase of this project, beginning with a follow-up workshop with teams in participating schools to consolidate learning from the first phase and to bring meditation into the classroom on a regular basis. The workshop will be followed by an observation or demonstration session with learners.

The research dimension of the project will take place later in the year once teachers and learners have enough experience to give meaningful feedback. We hope that the results of the survey confirm findings from similar projects across the globe. At the same time the research aims to identify aspects of the practice that have particular relevance to the South African context.

---

## WORLD COMMUNITY NEWS

### Unified Consciousness: One Mind One Heart

Unified Consciousness is the WCCM theme for 2022. The essential reality of the consciousness of mind and heart is a shared insight of all spiritual traditions as well as of the greatest scientists of the modern era. In a series of talks throughout the year, spiritual teachers, social leaders, thinkers and writers with contemplative wisdom will explore its meaning for us today.

#### TALK SERIES SCHEDULE: TUESDAYS 19:30-21:30 (FRENCH TIME)

18th January 2022 Laurence Freeman

***Uses - and Dangers - of Division***

15th February 2022 Rowan Williams

***Making it Simple: contemplation, simple life and focused mind***

22nd March 2022 Prof Darwin Absari

***Sufism: Humanity's primordial tradition***

5th April 2022 Cynthia Bourgeault

***Contemplative Presence in a Traumatized World***

17th May 2022 Rupert Sheldrake

***Minds Beyond Brains***

26th July 2022 Herman Van Rompuy

***How can meditation and meditators contribute to a more humane world?***

27th September 2022 Mary McAleese

***Inalienable Human Rights: God's Gift to his People***

25th October 2022 Alan Wallace

***Where do theism and non-theism converge?***

**FOR BIOS OF THE SPEAKERS AND REGISTRATION**

[Unified Consciousness: One Mind One Heart | WCCM](#)

## 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 Tulbagh In the Western Cape. Available at R165 + plus postage

Contact Paul at [paulf@cie.org.za](mailto:paulf@cie.org.za) or [fallerpaul582@gmail.com](mailto:fallerpaul582@gmail.com)

### The School of Meditation



Please visit [www.theschoolofmeditation.org](http://www.theschoolofmeditation.org) and see our newly updated and expanded website including NEW GROUP RATES and COURSES.

### Meditatio Talk Series

For many years and four times a year a Meditatio CD has been sent to each registered Christian Meditation group around the world. To keep up with the times, these Meditatio CDs are being offered as audio files that can be simply downloaded and used at weekly groups. Go to:

[https://meditatioalks.wccm.org/?mc\\_cid=7ba082098b&mc\\_eid=7581bdb71e](https://meditatioalks.wccm.org/?mc_cid=7ba082098b&mc_eid=7581bdb71e)

### WCCM Newsletter January 2022

Click on the following link:

[WCCM-Newsletter-January 2022 Print color.pdf](#)

