



Newsletter 24

June 2026

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WELCOME

Welcome to this TWENTY-FOURTH newsletter of the World Community for Christian Meditation (South Africa) (WCCM-SA). In this newsletter we share information about local initiatives and put you in tune with international events and online opportunities for deepening your understanding of Christian meditation.

We want to acknowledge with grateful thanks the generous financial assistance of WCCM which together with the donation acknowledged in our previous newsletter will enable us to spread the gift of meditation more widely throughout Anglophone Africa.



REFLECTION

One of the things that we are all interested in is finding our way not just to harmony in our lives, but something that we can only describe by the word 'peace'. The sense of peace is the sense of being intact, being together, being complete. It is a sense of well-being, when you have discovered your own harmony, the harmony within yourself, and the harmony of which you are capable in relationship with others, the harmony for example that you experience with nature when you see a beautiful clear day or wonderful view, the marvellous sky. In those moments of revelation, it flashes in on one that this is what it's about: a sense of oneness with nature, with oneself, with others. That is why we meditate.

(John Main. *Peace*, Meditation Talks 2009C)

REPORT – LOCAL MEDITATION EVENTS



AI & Contemplation

WCCM (South Africa) together with the Jesuit Institute hosted a morning event on 23rd May where the focus was on the ethical issues associated with artificial intelligence, and the impact that contemplation can have on its development, promotion and use. Bernard Lonergan's transcendental imperatives, reflected in the image alongside, gave structure to the morning. A fifth imperative, 'Be loving,' which is the ultimate goal of Christian meditation, was understood to have a salutary impact on the way in which the other four would be carried out.

FORTHCOMING LOCAL EVENTS

Further planned events are featured on the flyer below.

Christian Meditation 2026

23 May 2026 AI and Meditation
Being attentive, intelligent, responsible and reasonable

29 Aug 2026 Re-creation and Recreation
The world is still in the making

28 Nov 2026 Journey to the East
Accompanying the Magi to Bethlehem

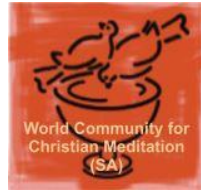
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All welcome. No cost. Give what you can.

Learn to Meditate: A FOUR-WEEK INTRODUCTORY COURSE

Come to me all you who are weary and burdened and I will give you rest.
(Mt 11:28)



In our previous newsletter we introduced you to a new four-week introductory course, *Learn to Meditate*, which is now available.

WCCM (South Africa) is planning an online offering of this course later this year, making it accessible to meditators and would-be meditators across the African continent. Details will be provided in the next newsletter

In this course you will learn about the tradition of Christian meditation, and above all you will learn by experience how to practise it. Each of the four one-hour sessions will consist of a talk, a meditation period together, and a time for questions and discussion.

The materials for this course are videos of talks given by Laurence Freeman. There are also transcripts of the talks.

For more information contact Paul Faller at fallerpaul582@gmail.com or go to the website [Learn to Meditate | WCCM](#)

THE SPIRITUAL INTELLIGENCE PROGRAMME

The Spiritual Intelligence Programme is a 12-stage journey designed to promote self-awareness, inner freedom, ethical values and a deeper sense of meaning and purpose. Combining reflection, dialogue and practical experiences, the programme integrates personal growth with social and ecological responsibility, helping students cultivate resilience, compassion and a holistic vision of the world.

Spiritual Intelligence is a human capacity that everyone can develop, regardless of faith, beliefs or traditions. It refers to our ability to find meaning, live with coherence, cultivate compassion and contribute to the common good.

The programme is aimed at young university students and upper secondary school students (final year) who seek self-knowledge, purpose and inner health to navigate transitions, choices and challenges with awareness, presence and meaning.

The Spiritual Intelligence Programme is 100% online, available on the My WCCM platform, with 12 progressive modules. Students can advance at their own pace, with one module recommended per week.

For more information you can watch the follow video:

<https://vimeo.com/1173008612?fl=pl&fe=sh>

JOHN MAIN SEMINAR

HEALING THE BREACH
Finding Faith, Meaning and Dignity in a
Season of Contempt

The John Main Seminar '26


17 - 20 SEPTEMBER, 2026
WASHINGTON D.C. & ONLINE

LED BY TIM SHRIVER
RESPONDENTS: BISHOP MARIANN
BUDE & FR LAURENCE FREEMAN

17-20 September, American University, Washington D.C.

Tim Shriver leads this year's John Main Seminar to tackle the big questions: How does meditation build community in an age of division and contempt? And how can we create human "schools of dignity" in a digital age? Addressing the problems he will also point to the goal of a spirit-led life : moving from division to joy by anchoring our social action in spiritual practice.

For further information go to [John Main Seminar 2026: Healing the Breach | WCCM](#)

OTHER INTERNATIONAL EVENTS

For information about other events – both on the ground at Bonnevaux or online – go to

[Events Calendar | WCCM](#)

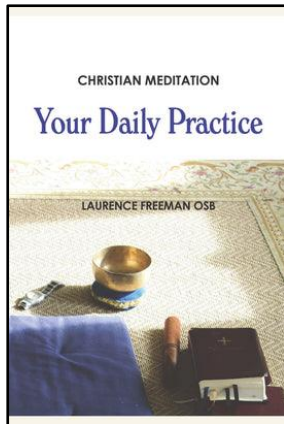
ANNUAL APPEAL

This year the WCCM Annual Appeal has the title the *Centenary of John Main: Writing the Poem Together*. Fr Laurence writes: “Your gifts and steady support have enabled WCCM to flourish in many new countries around the world, building strong and resilient meditation communities energised by volunteers carrying on writing this great poem of John Main. This year I hope you will consider making a special gift in honour of the 100th anniversary of his birth. To find out more and make a donation go to

[WCCM Annual Appeal 2026 | WCCM](#)

RESOURCES

Christian Meditation: Your Daily Practice



This book is helpful for anyone seeking a deeper spiritual life. It is especially useful to those exploring the basic teaching on Christian meditation as a way to depth and meaning in their life. Laurence Freeman deals clearly and usefully with the simple but sometimes puzzling questions that challenge the seeker: What is prayer? How do we pray? How do we look at progress on this journey? The newcomer to meditation will be encouraged to start on the journey. The practising meditator will find in this book refreshment for their practice and a way to share it with others. Contact Paul at fallerpaul582@gmail.com

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 R150 + plus postage

Contact Paul at fallerpaul582@gmail.com

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://meditatio talks.wccm.org/?mc_cid=7ba082098b&mc_eid=7581bdb71e

