



Newsletter 25

July 2026

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WELCOME

Welcome to this TWENTY-FIFTH 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.

On Page 3 is detailed information about the online course to be offered in October this year. Register early as space is limited.

REFLECTION

Much of the world would say that we look at the world from an insane perspective. How can you and I insist on the essential goodness of life in the face of so much suffering, devastation and injustice in the world? It is because we know from our own experience the power of God's love to transform, heal and redeem that we can see beneath the daily news, and know in our hearts that this is God's world, created, redeemed and sustained by God's love. Life is good because God created it and sustains it. And even in the darkness of the daily news you and I can keep a radical optimism. Radical because it is rooted in God. We are rooted in the love of God and we have optimism because Jesus our teacher has overcome the world.

(Glenda Meakin. *A Radical Optimism*, Meditation Talks 2010C)



FORTHCOMING LOCAL EVENTS

Johannesburg



 **Christian Meditation** 

Contemplation and Creation
The world is still in the making

29 AUG 2026
09.00 - 12.30

All welcome.
No cost. Give what you can

Jesuit Institute
15 Molesey Ave,
Auckland Park

BOOKING ESSENTIAL
fallerpaul582@gmail.com
u.vannierop@jesuitinstitute.org.za

Cape Town



DISCOVER CHRISTIAN MEDITATION

Ven. Catholice de meditatio!

Christian Meditation is derived from and rooted in the Gospel teachings of Jesus and the apostolic tradition of the early Christian monks of the 4th Century.

"... when you pray, go into your room, close the door and pray to your Father". Matthew 6:6

A SIX WEEK COURSE is being offered at St Michaels. It includes video presentations by Fr Laurence Freeman and a simple meal with refreshments and time to learn and practice meditation in small groups, ask questions and personally experience the Prayer of the Heart.

DATE: THURSDAYS starting 13th AUGUST to 17th SEPTEMBER
Time 7pm - 8.30pm

Venue: The Harrie Hovers Hall
Cost: R480 (you can apply for assistance)

Meditation creates community

TO KNOW MORE AND TO REGISTER PLEASE SCAN THE QR CODE



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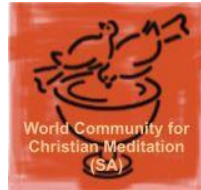
Time 7pm -8.30pm Venue. The Harrie Hover's Hall

Cost. R480 (you can apply for assistance)

TO KNOW MORE AND TO REGISTER PLEASE CONTACT JOY joycarkeek@gmail.com

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)



Here are the details of the new four-week introductory course, *Learn to Meditate which* WCCM (South Africa) is offering online later this year. 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.

WHEN Saturday 10, 17, 24, 31 October 2026
10:00 -11:40 CAT (Central African Time)

WHERE On-line (Zoom)

REGISTER By email – fallerpaul582@gmail.com . Booking is essential as numbers are limited to 100 on Zoom basic account.

COST Free

NOTES

- ❖ Transcripts of all video sessions will be sent to participants via email after each of the four weeks.
- ❖ Sessions will take place on Zoom starting at 10:00 (CAT) and will last approximately 100 minutes, split into two 40-minute parts with a 20-minute break to avoid the expense incurred for longer Zoom meetings.
- ❖ Comments and questions not accommodated in the time available can be sent after each session to fallerpaul582@gmail.com.
- ❖ Further procedural details will be sent via email to participants two days before the start of the course.

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



JOHN MAIN SEMINAR



HEALING THE BREACH

Finding Faith, Meaning and Dignity in a Season of Contempt

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

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

The John Main Seminar '26
WCCM

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

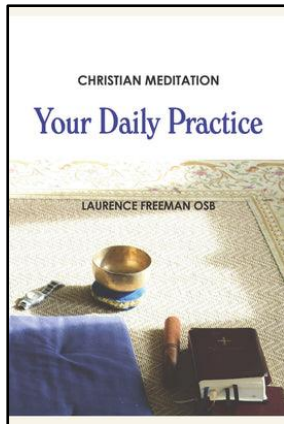
For information about other events – both on the ground at Bonnevaux or online – go to

[Events Calendar | WCCM](#)



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

