



Newsletter 26

September 2026

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WELCOME

Welcome to this TWENTY-SIXTH newsletter of the World Community for Christian Meditation (South Africa) (WCCM-SA). In this newsletter we report on a recent local event, remind you of upcoming international events and online opportunities for deepening your understanding of Christian meditation.

REFLECTION

Fortunately for meditators, the practice of meditation. And the practise of living in a way that is more ecologically sustainable can impact and reinforce each other. Daily prayer practice builds a foundation of discipline and commitment which makes it easier to change other habits. The turning away from the overwhelming pressure to consume, as well as from the hectic and overly busy lives that many people lead today, has strong resonances with the simplicity that lies at the heart of Christian meditation. To live a life that is simple is to return to the heart of religious and spiritual practice; at the same time, a simple way of living in practical terms lightens the human impact on the planet. As Laurence Freeman has said, meditation is an important way in which we can begin to confront the major ecological crisis that we are now facing.

(Deborah Guess. 2020. Meditation & Earth. Meditatio, p. 18)

Living Water
Season of Creation 2026



LOCAL EVENTS

Johannesburg



The gathering on Saturday 29 August at the Jesuit Institute in Johannesburg explored the connection between the elements and fruits of contemplative prayer with current ecological concerns. The gradual transformation wrought in the meditator disposes her or him to become more conscious of the issues affecting the health of the planet and more ready to play an active role in countering the devastation caused by our inordinate thirst for ever more material goods.



As a symbolic enactment of the difference committed action can make to the planet, participants were invited to apply their imagination to creating usable or symbolic objects out of recyclable materials.

As an alternative, participants were invited to trace the journey of the shoes on their feet backwards from feet to shoe cupboard, to the store, the supplier, the warehouse, the factory, in order to become aware of the interconnectedness of all things, and the ecological and economic impacts the process entails



These exercises were preceded and followed up by periods of individual contemplation in nature and group meditation.

In the final planned event for 2026, *Journey from the East*, we shall approach Bethlehem following the star that shines through the poetry of some well-known Sufi mystics.

Cape Town

DISCOVER CHRISTIAN MEDITATION

A SIX-WEEK COURSE is being offered at St Michaels.

DATE: THURSDAYS starting 13th August to 17th September

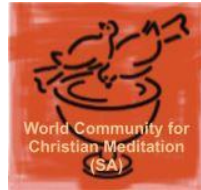
Time 7pm -8.30pm Venue. The Harrie Hover's Hall

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 **Introduction** Saturday 10 October 10:00 -10:40 CAT (Central African Time)

Sessions Saturday 17, 24, 31 October, 7 November 10:00-11:40

NOTE THE ADDITION OF 7 NOVEMBER. This is to allow for a short introductory session when participants will get to know each other and procedures for the sessions will be clarified.

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 communicated at the introductory meeting on 10 October.

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](#)

SPIRITUAL INTELLIGENCE SYMPOSIUM

SPIRITUAL INTELLIGENCE IN EDUCATION

TEACHING FROM WITHIN: AN INTEGRAL APPROACH TO EDUCATION

led by thought-leaders in the fields of education & spirituality

3 October, 1 PM CET | ONLINE
REGISTER AT WCCM.ORG

WCCM

What does it mean to educate from the inside out? How can schools, universities and educators cultivate not only intellectual knowledge, but also the inner life of their students — their sense of meaning, purpose and wholeness?

These are the questions at the heart of the Second Online Symposium on Spiritual Intelligence in Education, brought to you by the World Community for Christian Meditation (WCCM).

On 3 October 2026, leading thinkers, researchers and educators from around the world will come together for a rich day of talks exploring the role of spiritual intelligence in contemporary education —

from scientific evidence to classroom practice, from quantum physics to contemplative wisdom.

Whether you are an educator, school leader, researcher, or simply passionate about the future of education, this symposium offers a unique opportunity to gain valuable perspectives and practical tools.

Languages available: The talks will be in English and we will have simultaneous translation into Portuguese and Spanish.

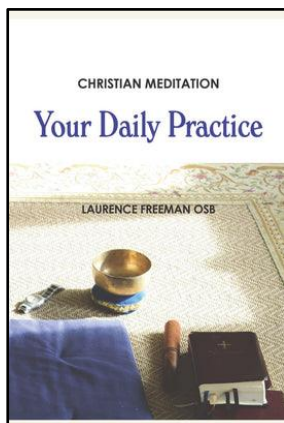
OTHER INTERNATIONAL EVENTS

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

ONLINE MEDITATION GROUPS

We extend the following invitation to any interested person.

Join other meditators for a weekly meditation session (30-40 minutes)

- * **Tuesdays at 06:00 (6 a.m. SAST)**
- * **Thursdays at 20:00 (8 p.m. SAST)**

To receive a link to these sessions held on Zoom, simply reply by email to Paul Faller (fallerpaul582@gmail.com)

