



Meditation News

Newsletter of The World Community for Christian Meditation in the UK

SUMMER 2016

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020 8280 2283

Thirty Year Anniversary and a New Start

It was a glorious sunny day; God sent. We were meeting together at our local meditation group in Devizes, Wiltshire. It was one of our Sharing Days, a chance to share our journeys and a fine lunch! We have just 2 Sharing Days a year, but they are special, because when we meet for our weekly meditation, we arrive and leave in stillness and silence. This stillness offers a precious time where we can be utterly authentic, just arriving, utterly at one with one another and with God. And during its 30 years, this group has been embracing people in this wonderful inclusive way. It has become my spiritual community, yet I don't know the surnames of everyone and I don't know what they do or where they live etc. I don't need to, it's not important. Meditating together is more important, intimate and spiritually enriching.



Left to right, original members: Brian, Mary and Geoffrey

The group began in the "upper room", a room set aside in the vicarage of St Peters, by Rev Brian Tigwell and his wife Mary. She had become aware of the work of John Main, when she came across a book by him. At the same time, Canon Geoffrey Barton had made contact with Sister Madeleine and so began this wonderful offering of a place and space for Christian meditation.

As the group grew, the "upper room" was not big enough and we were offered the Quaker Meeting House, a wonderful hexagonal room overlooking the canal and room for 25 people, which is just as well, because that is the number of people who come to the group, not every week, but certainly it is usual to have 15 - 18 people turning up.

So, after 30 years, we felt that we should mark the occasion with a cake and a time for remembering and a time to just be together; led by one of the original members, Geoffrey, with Brian and Mary reminding us of the journey the group had taken.

During its 30 years, it has "spawned" 2 WCCM UK Coordinators (Liz Watson and Janet Robbins). Jeanne Blowers is the Wiltshire Regional Coordinator and is a member of the Devizes group, but she also started her own group in Trowbridge. There are 2 WCCM Oblates,

the only 2 in Wiltshire! So it is a rich and faithful WCCM group. We have ordained ministers from different Christian denominations; spiritual directors and people who live wonderfully faithful lives of enquiry.

So, on the day that I joined in the 30 year's anniversary celebration with the group, I began to prepare for a local group that I will lead in June. It will offer the same sense

of place and space in stillness and silence, at our local village church. It will begin with a 6 week introductory programme and will meet weekly.

I hope to be able to come back in 30 years' time and write a similar article, one that celebrates 60 years of the Devizes group and 30 years of the Derry Hill group!! Watch this space. I will be 94!

Janet Robbins

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Contributions to the Newsletter are warmly welcomed. Please send all items to:
uknewsletter@wccm.org

Editor: Margaret Comerford

Events: Pia Huber

Production: Andy Goddard

**Deadline for the Autumn (October 2016) issue:
1 September 2016**



"One is nearer God's Heart in a garden than anywhere else on earth"

While it's been over 100 years since Dorothy Frances Gurney first penned those lines, had she joined a group of Dorset meditators for our day of reflection and meditation at Sedgemoor's Quiet Garden on 23rd April she would have realised just how true her words remain today.

Sedgemoor, situated just north of Shaftesbury is part of the Quiet

Reflection and Meditation at Sedgemoor

Gardens Movement where outdoor spaces are nurtured for prayer and contemplation. Sedgemoor's garden is attached to a private house and on arrival we were warmly welcomed by a smiling Pepi, our host for the day, who showed us into her kitchen, very much the heart of this happy family home. There we shared coffee and lively conversation before moving into one of the other rooms for the first of two meditations of the day.

After this, the opportunity we had all been waiting for - our chance to explore the garden! We were free to roam as we wished and, with Pepi encouraging us to keep silence while outside, our minds were also free to wander. I began my own personal tour of Sedgemoor by exploring the Bluebell wood, really at its best when we visited. Seemingly endless swathes of blue flowers stretched out like a colourful carpet between the trees. Next, it was up into the amazing tree house, the envy of any

school child: a large wooden structure built into the branches, much like the crow's nest of a ship, offering shelter and solace and a bird's eye view of the garden.

Climbing down, I sat for a while at the back of the house, sheep gently grazing to my right and birds singing in one of the nearby trees; the sun appearing from time to time and adding to the beauty of the scene.

Being April, sunshine was limited and following the afternoon meditation I stayed inside and read, enjoying the warmth of the large open fire. Then, just before we left, there was still time for one more foray into the Garden. Standing and admiring the view of the fields stretching out in front of the house I did feel that there is a different type of silence in nature than is found indoors. Perhaps too it is that very silence that brings us closer to the heart of God.

Lauretta Kerridge

UK Office News

As the Newsletter goes to press Roisin from the UK Office has just started maternity leave and by the time you read this the Williamson family should have a new member.

Roisin will return in November. Until then please send any communications, event details, etc to Christine in the UK office, email uk@wccm.org, who will route them to the right recipient. Please be patient if answers take a little longer than normal!



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The World Community for Christian Meditation in the UK,
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Transforming the Moment - poems by Margrit Dahm

Margrit Dahm started her Oblate postulancy at the Meditatio House in London in April. This is her second book of poetry published and has a theme of meditation and contemplative experience. Her poems in this book are short prayers and meditations, some of them no longer than haiku length and have the simplicity and freshness of haikus. Drawing from her own experience and the teaching of Jesus she gives a very direct access to universal experiences of love, loss, positivity and mindfulness. She gives a wonderful, contemporary take on faith in today's world.

Many of her poems reflect her long running experience as a meditator. As in meditation we cut away extraneous thought and words, Margrit's poems have an unpretentious directness about them which make them accessible to everyone, and yet they are right from the heart so she bypasses any clichés or false piety. I remember her sincerity at her postulancy in April, which one of her poems seems to express exactly:

My Offering

*Oh source of my life,
may my aim always be
to serve and rest in thee;
guard my mind from too much noise
that wants to undermine your voice;
in your presence let me speak
that which with my soul I always seek,
and when one day from here I part,
let your love enfold my heart.*

Fr Laurence Freeman writes appositely in an introductory paragraph to 'Transforming the Moment': *'Poetry slices into life, clearing away the layers of what has become second-hand, derivative and an escape from meaning rather than an encounter with meaning as an alive presence. Margrit Dahm also tunes her simple and transparent poems to what she discovers over and over in*

her daily practice of meditation. This is why she communicated something timeless, but in a voice that is fresh and surprising.'

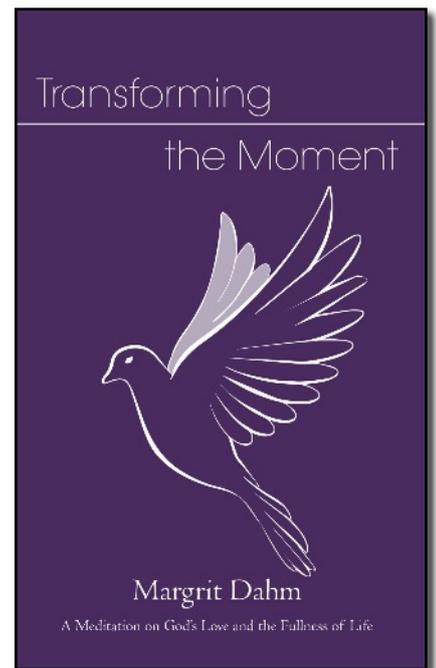
'Transforming the Moment' is a small pocket size book. The poems are beautifully printed with space on each page. The publisher has realized that the white spaces are really as important as the poems for the words lead us into contemplation. They point to the stillness, silence and simplicity of prayer. Some of the poems deal with difficult experiences, and the challenges of life, but they are always suffused with a quiet confidence. She touches on the apophatic tradition of Christian mysticism in some lines which belie a depth of insight: There is a quality in the difficult experiences of our life which we could never have received if all went as we would wish it to:

A Light

*In the obscurity of the night
a light awaits you
which shines
brighter than the day.*

Review by Stefan Reynolds

'Transforming the Moment' a book of poems by Margrit Dahm, (2016, Mathew James Publishing), £6.99.



The World Community for Christian Meditation in the UK

GOING TO THE HEART OF THE MATTER



Must all religious people now be mystics?

Led by: **David Tacey**

9-11 SEPTEMBER 2016

Kings Park Conference Centre, Northampton NN3 6LL

Cost £175 shared room, £225 single. Day visitor £75 (Saturday only)

For more information visit christianmeditation.org.uk or contact:

Jacqueline Russell jacqrussell3@gmail.com 01296 488450 (office hours)

Meditation Practice

Non-Attachment



Scripture has a surprising way of yielding up yet another level of meaning when you least expect it! From time to time, I find myself re-reading or listening to a passage from Scripture and something that had not noticed before suddenly leaps out!

This happened recently when I listened to a short extract from St Paul's letter to the Philippians:

I know how to be poor and I know how to be rich, too. I have been through my initiation and I am ready for anything anywhere: full stomach or empty stomach, poverty or plenty. There is nothing I cannot master with the help of the One who gives me strength.

With great force it struck me that here was a man whose inner journey of transformation through non-attachment and surrender had brought him to a depth of spiritual maturity which totally embodied the mind of Christ.

I know how to be poor and I know how to be rich, too. I am ready for anything, anywhere, with the help of the One who gives me strength.

What a liberation of the heart!

And what about us? Can we be that free?

How can we accomplish such non-attachment, such non-clinging, such letting-go in our own lives?

We need to ask ourselves – what are the things in my own life that I cling to?

- is it my own opinions
- my particular ways of doing things
- my judgements
- my anxieties
- non-acceptance of a situation
- another person's individuality
- my own needs

What are the things that bind us and rob us of our inner freedom?

Only each one of us can recognise the things we hold on to – the things that make us less free.

To recognise the things we cling to we need to **PAY ATTENTION**.

When we pay attention to our experience of life we realise the impermanence of everything around us – birth and death is happening on every level, personal and cosmic. All things, including ourselves, are in a constant state of change – whatever arises has the nature to pass away, so why hold on to the things that bring anxiety and negativity into our lives? The liberating power of this insight is what Paul, the Apostle, had grown to understand.

And it is this wisdom of **not clinging to anything** that the simplicity of our Practice of Meditation helps us to learn – the gentle letting-go of our thoughts and images by returning to our centre again and again, with the help of our prayer word. Rooting ourselves in the present, and in silence drawing on our inner source of strength. From this comes the wisdom of a heart that is surrendered, a heart that is free.

**Maranatha, Maranatha,
Come, Lord Jesus, set us
free!**

Beth Parfitt

Distractions, Focus and the Mantra

If I had a £ for every time I had got distracted during my meditation practice over the last 12 years I would be worth a fortune! But then maybe through each distraction I have been acquiring wealth in a different sort of way.

It is true that distractions have literally given me plenty to think about during meditation, but they

have also given me the opportunity to notice them. In noticing, I have seen them for what they are, a veritable debris of thoughts on how things might have been, how my body feels, the surrounding environment, and unlimited scenarios on how the future might unfold.

While the WCCM teaching offers no specific technique to keep focus during meditation, except 'say the mantra' and 'return to the mantra', I have come across a few tips over the years that have helped me. Some you may know and some might be helpful to try out, although probably not all at once!

continued on page 5

Distractions, Focus and the Mantra continued from page 4

- Practice meditation before you start the day.
- Accept distractions, don't fight with them.
- Let your breath help, breathe with the entire body.
- Behold God with a sense of longing.
- Say the mantra with feeling, rather than parrot like.
- Notice the resonating quality of the 'ah' sound.
- Check where your attention is, position the mantra in your heart.
- Allow the mantra to lead you, to repeat itself.
- Don't judge or worry about the experience - let it go.

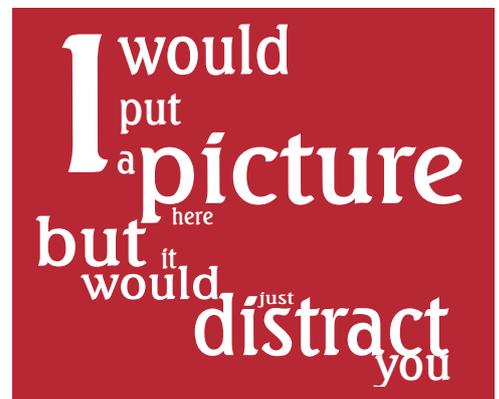
And an idea which I found really useful, was to think of distractions as

clouds floating across a blue sky, to see them as natural and something that comes into and out of awareness. So thank goodness for the mantra, at least when the skies are filling with clouds there is something to return to and hold on to.

Do I fight distractions anymore? No, I don't because I would definitely lose. Instead I have made peace and accepted that they are a part of my meditation practice, sometimes as much as the silence.

Do I still get engaged with my thoughts? Yes, sometimes but I don't worry about it anymore and that in itself is liberating, because it frees me from the need for analysing my practice and from the judgements of myself and my possible progress.

Noticing, accepting, letting go, and returning to the mantra is all I can



do, trusting that over time my meditation will be more peaceful. Of course there is no measurable progress and there are days when peace is terribly elusive. However, I have noticed that the more I have accepted distractions the less power they seem to have.

So, while a £ for every distraction sounds like a good exchange, I have learned that distractions are not only inevitable, but an invaluable part of the journey of meditation and self discovery.

Julie Roberts

Switching Off

My wife's i-pad decided to go on strike. In spite of confirming that it was connected to the network, everything remained unavailable. After trying every conceivable manoeuvre it refused to function. I then remembered that, as a last resort, with electrical equipment such as TVs, recorders and computers, it often worked if you totally switched them off, removed all power sources and then switched them back on again. My theory was that they became confused and clogged up with a network of irrelevant and confused internal connections, false memories and short circuits. By completely switching them off all these false connections and memories faded away and they were able to get back to their original intended working order.

It was quite a struggle to get the i-pad really switched off but we eventually managed it. Once

switched back on again it worked perfectly!

It was later that I made the connection between this experience and the practice of meditation. The achievement of total silence is in effect 'switching off'. Our conscious lives create a whole memory of confused ideas, beliefs, reactions and connections - the reality of our ego that stops us working as originally intended. In the 'switch off' of meditation we regain our original created design and find out how to function. We regain our proper connection and our intended working order. The real person our creator designed.

Like the i-pad, switching off can be quite a struggle. We have to learn how to do it. Finding the true silence of meditation, the 'switching off' of our mind's activity can be very tricky.



Finding the right combination of buttons and keeping them pressed for sufficient time needs to be learned. The mantra comes to our rescue. In my experience it is in no way a once and for all repair job but needs to be repeated. The true original is buried under a heap of debris.

Then there is the experience of being 'switched on!' The mysterious reality takes over. You are open. You pay attention.....

Chris Bamber

Book Review

In the Beginning was Love - Contemplative words of Robert Lax

Edited by S.T. Georgiou Published by Templegate 2015 ISBN: 978-0-87243-276-5



Robert Lax (1915-2000) was a poet, sage and peacemaker, described by Thomas Merton as having 'a natural, instinctive spirituality, an inborn direction to the living God.' He was born in New York, graduated from Columbia University in 1938 with a degree in English Literature and then after much wandering he travelled to

Greece and settled on Patmos where he resided for three decades.

This book is an introduction to Lax as a contemplative. The selections mostly taken from his poems and journals portray him as a mystic filled with a deep love for both Creator and creation.

Here are two reviews of the book:

'Of the remarkable people I have been lucky enough to know, Bob Lax had a special magnetism. He was one of the great poets of his generation yet no poet was less a self promoter. Much like a desert monk, he fled from the spotlight. His last hiding place was the island of Patmos. That so much of his work was published in his lifetime is due not to Lax seeking public notice as to admirers of his work putting it into print via small presses. Steve Georgiou's book, In the Beginning was Love is a case in point. Georgiou has created a beautifully assembled patchwork quilt of Lax's writing plus an outstanding introduction to Lax's life and work. For those new to Lax, this is an excellent starting point. Those who already treasure Lax will appreciate the selections and their ordering.'

Jim Forest, writer, educator, peace activist

'Too few of us take the time to really sit quietly and absorb what is present in a piece of poetry. Steve Georgiou has gathered gems of meditation and poetry from the works of Lax, a friend of Thomas Merton and given them a setting that makes it easy to do simply that: sit quietly and absorb. After the first page we are aware that we have in our hands a unique and precious treasure.'

In his poetry, prayers and short meditations, Robert Lax provides us with breathing spaces and

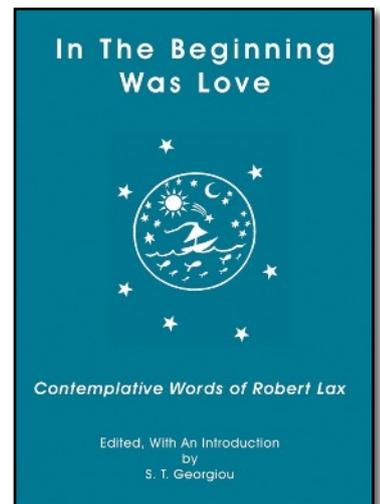
'interruptions' that provide precisely those moments needed to enter into the meaning of the word and the meaning of life. Reading Lax's poetry we are suddenly aware of our waste of words, how we seek to express less with more instead of more with less. He is a poet of the unspeakable and a mystic of the inexpressible experience of God with which God favours those who love Him. We can be grateful to the editor who gives us an introduction to this kind of mysticism in small enough portions to delight but not overwhelm us. Instead we feel the need to read them over and over again to relive the impact of a few words.'

Sr Bede Leutkemeyer.

(Editor's note: *In the Beginning was Love* is available in the UK from Gracewing Publishing (01568 616835

www.gracewing.co.uk) price £10.99 + £1.80 p&p. It is also available direct from the publisher's website www.templegate.com

There is a lot on the web about Robert Lax, his poetry and his correspondence with Thomas Merton. Some of his poems are on the 'louie, louie' blog at <https://tinyurl.com/cmuk-lax1> You can listen to Robert Lax reading from his 'Legend' poems on Soundcloud at <https://tinyurl.com/cmuk-lax2> and other readings and performances are available on Soundcloud, just search for "robert lax".)



Poetry and Meditation

Special guest speaker: Malcolm Guite

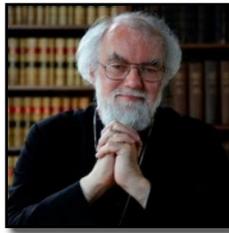
A day of sharing the meditation journey with new and old friends. Dr Caroline Shepherd leads the morning session entitled *Bigger on the Inside than the Outside*. Our afternoon speaker is the Rev Dr Malcolm Guite, poet, priest and academic who will share with us his poetic spiritual journey and help us awaken our inner poet.

Little St Mary's Church, Trumpington St, Cambridge CB2 1QG

Saturday 8 October 10:30 - 16:00. Lunch will be provided.

Cost: £10. Booking: Linda Richardson 01223 892074 or linda@lindarichardson.net

Rowan Williams on Theology and Meditation



Bristol University Theology Department has been celebrating its fiftieth birthday with a series of lectures. One of these lectures was given on March 14th by Dr. Rowan Williams, who chose as his topic Theology and Meditation. Dr. Williams is a patron of WCCM, and an active one at that.

The University filled its Great Hall (900 seats) for the lecture - with a little help from the local meditation community, which was well represented. We enjoyed the lecture - it was both interesting and affirmative of our practice. Dr. Williams drew on the writings of the Greek fathers of the Church in the fifth to seventh centuries as the basis for his remarks.

A recording of the event was made by the University and is available on its Soundcloud feed here: <https://tinyurl.com/cmuk-rw1>

The recording includes introductions, Dr. Williams' lecture of about 45 minutes, a spontaneous response from a Buddhist perspective by Prof. Rupert Gethin, and some answers by Dr Williams and Prof. Gethin to a few questions from the audience.

Roger Layet

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Meditation Companions

**Do you have questions about your meditation practice?
Or about your spiritual life generally?**

Meditation Companions are experienced WCCM meditators who are there for you to talk to immediately.

**Contact Sarah Kirkup
017683 41258
sarahkirkup140@btinternet.com**

The World Community for Christian Meditation in the UK

Essential Teaching Weekend

With Eileen McDade, Geoff Waterhouse & Graeme Watson

The Emmaus Centre

Friday 19 - Sunday 21 August 2016

Have you been meditating for more than a year? Do you feel you would like to grow in your understanding of your meditation practice?

Essential Teaching Weekends explore the history of meditation and help you arrive at a deeper insight into what the experience of the practice means to you personally and to see ways in which this experience can be shared with others. Presentations by teachers in the community illustrate the place of meditation in the contemplative tradition, the essential aspects of our practice and the psychological aspects of the journey.

The style of the weekend is relaxed and informative and takes place at The Emmaus Centre in West Wickham, Kent. The accommodation is in single rooms with shared bathroom facilities. Situated in lovely Kent countryside close to Bromley.

Cost: £175.00
inclusive from Friday 3pm (registration) to Sunday after lunch.

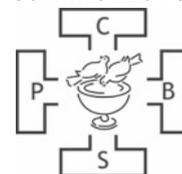
To apply email: jacqrussell3@gmail.com
or phone 01296 488450 (office hours only please)

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The School of Meditation

Journey Towards Oblation

Becoming a Benedictine Oblate of WCCM and reflecting on its impact



OCTOBER 2013. Was the first weekend that I and my wife Christine met with Fr. Laurence and the Oblates of WCCM, at Turvey Abbey. The immense feeling of having 'come home', and of having found our missing spiritual family that we experienced, clarified for us the future direction of our spiritual journey we 'felt' we were being guided toward.

Previously members of a Methodist Church in Bury, we have had to deal with opposition from that community concerning our practice of Christian meditation and so decided we had to 'let go' lovingly and humbly and withdraw from that congregation in 2011.

DECEMBER 2014. Nevertheless we attended the Methodist Church's Carol Service, this time as Novice Oblates of the WCCM. On this occasion the Minister, Kathy Selby, seized the opportunity to express her interest in the Christian Meditation community we were involved with, observing throughout the year, how peacefully, lovingly we had let go and forgiven the objections of others... We shared that this was due to our also beginning to embrace the teachings of the Rule of St Benedict, particularly his teaching concerning the degrees of humility.

FEBRUARY 2015. We held a meeting with Kathy Selby at our home discussing many aspects of the WCCM: outlining a typical WCCM Christian Meditation meeting; witnessing the fruits of meditation in ourselves and others; support to meditators by the WCCM; meditation with children in schools; the Oblate Community; weekend retreats; and 'Quiet Days'. Amazed, she enthusiastically offered up the church facilities for the use of the WCCM. We then set a date for the commencement of a 6 Week Introduction To Christian Meditation Series, within the church. Kathy then disclosed her discovery of John Main, some years past, and her re-reading of the book she had purchased then, since talking with us about John Main, Laurence Freeman and the WCCM. This was to become a milestone in our journey into Oblation, whereby we would begin to learn something of the teachings within *Chapter 2, Qualities Of The Abbot*, and how they would be relevant to our call to be of service, through Jesus, the Christ, our teacher within.

SEPTEMBER 2015. 14 people (not including Christine and myself), attended the 6 Week Introduction to Meditation Series. Kathy Selby was one of the 14, considering it to be a prudent, visual sign of her approval.

DECEMBER 2015. At the end of the course 10 people wished to register as a regular WCCM Christian Meditation Group, within the church. Christine and I continue to lead it, now as Benedictine Oblates of the WCCM, having been received by Fr. Laurence and the Oblate Community in October 2015.

Concurrently, during December details of our meditation group were distributed throughout the local Church circuit and the church website manager requested I drafted a webpage, to be included within the church's website. In this I was assisted by WCCM communications expert, Leonardo. The church Youth Leader enquired of Christine how we may approach meditation with the children of the church, to which I drew on Charles Posnett's experience and advice, enabling me to draft and pass on a short portfolio. Richard Selby, our minister's husband asked Christine to write an article for the church magazine expressing her 'stepping out of her comfort zone' to search for something Christian and relaxing to help with her depression, in effect, her journey into WCCM Christian Meditation.

Christine and I separately witnessed occasions where individuals in the congregation more freely expressed their interest in meditation, some from our meditation group within the church, some who attend other groups outside the church.

JANUARY 2016. A member of our meditation group declared, to the regular group of 10 and two visitors, long term friends of Christine and I, about the transformation in her life since starting to practice Christian Meditation. She has a recurrent brain tumour, her marriage broke up, she lost her job in nursing, moved house many times, battled for countless years with inner conflicts. It was not until beginning to embrace meditation that she was able to 'let go' of her insurmountable 'hang ups'.

Despite witnessing this declaration, one of our long term friends phoned me two evenings later, asking to visit me the next morning.

He came armed with a folder filled with literature from various websites, discrediting the WCCM and its 'supposedly Christian foundation' then began to make it personal, insulting members of my new WCCM Oblate spiritual family, (via their writings upon our Community's websites) and my own contemplative gift from early childhood. Deliberately creating a moments silence, I was 'drawn' within, Jesus' compassionate indwelling reminding me of his teaching and those of St Benedict, particularly humility, gentleness and compassion.

This led to me recognising this man's conflict with Christian meditative spirituality and I was able to console him, instead of agitating him further. We parted, still friends.

FEBRUARY 2016. It was an encouraging surprise to experience an increase in response to our second 'Quiet

Journey Towards Oblation *continued from page 8*

Day With The Oblates', as sixteen meditators besides three Oblates, Angela Gregson, Christine and myself, from different denominations and from the towns of Bury, Bolton, Manchester and Lancaster, gathered together.

Angela moved us into our first meditation period with a talk by John Main and some music.

From the ease and readiness by which the gathering shared their insights from reflection upon *Chapter 49, The Observance Of Lent*, from *The Rule Of St Benedict*, it was evident that all were moving steadily into that 'togetherness', that stillness and silence opens our consciousness into.

It was a delight to observe how contemplatively and reverently each person in turn read out, to the rest of the group, a segment of the Divine Office, even those I know who have a slight aversion to doing so.

There was much peaceful, joyful togetherness throughout the two hours of lunch and free time of either reading, reflection, colouring or the contemplative walking I led around Elton Reservoir.

Angela gathered us again for a reading of Scripture and sharing of the group's awareness of their desire for commitment to God. Jesus' silent, compassionate presence was amongst us, as we moved into our closing music and meditation period.

As people got ready to leave, Christine was approached by many in the group concerning a way of keeping in touch, of being informed about any future 'Quiet Days' and events held by us.

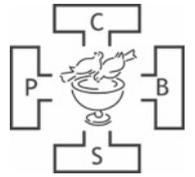
Little did we know, as we drove to begin this 'Quiet Day', its impact on Christine and myself, for it took us two to three days to "come down from the heavens" from where His blessings had been showering upon us. Within the teachings of *Chapter 2, Qualities Of The Abbot*, it talks of responsibility, the blessings upon us taught us that responsibility is not necessarily always a negative experience.

What a mystery, what a marvel how, as John Main revealed and Laurence Freeman maintains, 'Meditation creates community.'

David McKenna

Monastics in the World

WCCM Oblate Community



The basic element of the Oblate Community, is the "cell". This word has a long monastic tradition referring originally to the monks cave or room. With us it is used to describe presence not only physical space. The cell meets with regularity, to meditate, to share the Word, to consider their ways of sharing in the work of the wider community and where time allows share a meal together. All on the oblate path and enquirers are very welcome.

Details of WCCM Oblate cell meetings.

Annual UK Oblate Gathering 2016. Saturday 26 to

Sunday 27 November. Leader: Father Laurence

Venue: Monastery of Christ our Saviour, Turvey, Bedfordshire MK43 8DH **Contact:** Angela Gregson - rydal2814@yahoo.co.uk or 01706 563024 – more details will follow in due course

Quarterly Oblate Community Day. Saturday 23 July

10:30 - 16:30. Venue: 10 Cloudesley Square, London N1 0HT **Contact:** Gilly Withers gilly@withers.org or on 07896 742047

North London: Meets monthly at Christ the King Church, Cockfosters 19:00-21:15 For dates please contact Rita McKenna on 0208 449 5013.

Oxfordshire: Meeting on Mondays 8 August & 10

October 14:00-16:00. Contact: Julia Bee at julia@life-encounter.com 07929618004 for details.

Cambridge: Contact: Jane Serrurier

jemserrurier@googlemail.com or on 07557 476227 for details.

Berkshire: Meeting on Wednesdays 31 August,

28 September & 26 October. Venue: Holy Ghost Church Parish Rooms, 51 New Wokingham Road, Crowthorne RG45 6JG. **Contact:** Angela Greenwood for details of time at angelagreenwood@hotmail.com 01344 774254.

Northern Cell (Leeds): Meetings on Saturdays 10:30 for

11:00-15:15. Contact: Angela Gregson for details of venue and dates at rydal2814@yahoo.co.uk or on 01706 563024.

School of Meditation Retreat



Thursday 3 November to Thursday 10 November

Leaders: Stefan Reynolds with Terry Doyle

Brownhill Monastery, Stroud, Gloucestershire GL6 8AL

Cost per person £475.00 inclusive. Limited bursaries are available, please enquire.

Contact: Jacqueline Russell jacrussell3@gmail.com 01296 488450 (office hours only please)

Keeping In Touch

If would like to ...

- Receive Meditation News by email or post
- Receive the monthly events bulletin by email
- Find out about meditation groups in your local area
- Find out about the Lone Meditator Network

Visit: www.christianmeditation.org.uk

Email: uk@wccm.org

Or contact:

WCCM UK Office

Lido Centre, 63 Mattock Lane, London, W13 9LA

Tel: 020 8280 2283

Events

Please check the Christian Meditation UK website for changes or additional events:
//tinyurl.com/cmuk-event

National

Wednesday 13 July 10:00-16:00. A contemplative Response to Austerity - a meditatio seminar. **Chair:** The Rt Revd Paul Ferguson **Speakers:** Fr Laurence Freeman, Bethany Eckley, Very Rev Canon Derek Turnham **Venue:** The Curve, Teesside University, Southfield Road, Middlesbrough TS1 3JN **Contact:** meditatio@wccm.org **Tel:** 020 7278 2070 **Online registration:** <http://bit.ly/meditatioausterity>

Friday 9 to Sunday 11 September UK Annual Conference: Going to the Heart of the Matter - Must all religious people now be mystics? **Leader:** David Tacey **Venue:** Kings Park Conference Centre, Northampton NN3 6LL **Contact:** Jacqueline Russell jacqrussell3@gmail.com 01296 488450 office hours **Cost:** Shared room - £175 per person; Single occupancy - £225; Saturday day rate - £75

School of Meditation Events:

Contact: Jacqueline Russell jacqrussell3@gmail.com 01296 488450 (office hours only please)

Friday 19 August to Sunday 21 August. School of Meditation Essential Teaching Weekend. **Leaders:** Eileen McDade, Geoff Waterhouse & Graeme Watson **Venue:** Emmaus Centre, West Wickham, Kent. **Cost:** £175.00 inclusive. Accommodation in single rooms with shared bathroom facilities. See page 7.

Thursday 3 November to Thursday 10 November. School of Meditation Retreat. **Leaders:** Stefan Reynolds with Terry Doyle **Venue:** Brownhill Monastery, Stroud, Gloucestershire GL6 8AL **Cost** per person £475.00 inclusive. Limited bursaries available, please enquire.

Scotland

Friday 16 September to Sunday 18 September. Christian Meditation Weekend Retreat: "Where are you?" **Leaders:** Graham Watts, Alex Holmes and Lynda Stark **Venue:** St Mary's Monastery, Kinnoull, Perth PH2 7BP **Contact:** Graham Watts 01236 873084 gcwatts23@gmail.com or Lynda Stark 01573 225567 lynda.stark@btinternet.com **Cost:** £140. A deposit of £60 is requested by the middle of July, with the balance being due by the end of August. A small number of bursaries are available; please contact Lynda or Graham.

Southeast England

Saturday 9 July 10:30-15:30. Living with the Mystics: Teresa of Avila. **Speaker:** Jan McGrory **Venue:** St Nicolas' Church, Guildford GU2 4AW **Contact:** Ray or Vicky Lamb 01252 705064 or St Nicolas' Parish Office parishoffice@saintnics.com 01483 564526 **Cost:** £10 suggested donation. Bring your own lunch - tea and coffee provided

Saturday 17 September 10:30-15:30. Living with the Mystics: St Paul. **Speaker:** Dr Tarcisius Mukuka **Venue:** St Nicolas' Church, Guildford GU2 4AW **Contact:** Ray or Vicky Lamb 01252 705064 or St Nicolas' Parish Office parishoffice@saintnics.com 01483 564526 **Cost:** £10 suggested donation. Bring your own lunch - tea and coffee provided

Saturday 1 October 2016 10:30 - 16:00. Fully Alive. **Leader:** Kim Nataraja **Venue:** House of Prayer, 35 Seymour Road, East Molesey, Surrey KT8 0PB **Contact:** E: brijji.waterfield@gmail.com or call 07980 581351 **Cost:** £20 Please bring a packed lunch

Saturday 7 January 2017 10:30-15:30. Living with the Mystics: Dom John Chapman OSB. **Speaker:** Robin Burgess **Venue:** St Nicolas' Church, Guildford GU2 4AW **Contact:** Ray or Vicky Lamb 01252 705064 or St Nicolas' Parish Office: parishoffice@saintnics.com 01483 564526 **Cost:** £10 suggested donation Bring your own lunch - tea and coffee provided

East England

Saturday 8 October 10:30 - 16:00. Poetry & Meditation with Caroline Shepherd and Malcolm Guite. **Venue:** Little St Mary's Church, Trumpington St, Cambridge CB2 1QG **Booking:** Linda Richardson or linda@lindarichardson.net or 01223 892074 **Cost:** £10. Lunch will be provided. See page 6 for details.

Northeast England

Saturdays 9 July and 10 September. Embodied Contemplatives - Christian Meditation and Tai Chi Days. **Venue:** St Antony's Priory <http://www.stantonymspriory.co.uk> **Contact:** info@stantonymspriory.co.uk or 01913 843747

Saturday 24 September. Embodied Contemplatives - Christian Meditation and Tai Chi Day. **Venue:** Ampleforth Abbey, near York YO62 <http://www.ampleforth.org.uk> **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486

Wednesday 26 October. Embodied Contemplatives - Christian Meditation and Tai Chi Day. **Venue:** Minsteracres Retreat Centre, Ministeracres, Consett DH8 9RT <http://www.minsteracres.org> **Contact:** 01434 673248

Friday 28 October to Sunday 30 October Embodied Contemplatives - Christian Meditation Silent Retreat. **Venue:** Ampleforth Abbey, near York YO62 4EN <http://www.ampleforth.org.uk> **Contact:** pastoral@ampleforth.org.uk or Hospitality & Pastoral 01439 766486

Northwest England

Saturday 9 July 10:00 for 10:30-15:30. Day of Gathering / Meditation Community Day : Silence in Creation **Venue:** Borrowdale Vicarage, Borrowdale, CA12 5XQ **Contact:** Richard Broughton cmcwccm@fastmail.fm **Cost:** Suggested voluntary contribution of £10. Bring own lunch: tea, coffee and cake provided.

Tuesday 2nd August 2016 10:00 for 10:30 - 3:30. Living with the Mystics: St. Francis of Assisi. **Leader:** Angie Greenwood **Venue:** Quaker Meeting House, Meeting House Lane, Penrith CA11 7TR **Contact:** Bob Morley 016974 72644 rgm1@live.co.uk **Cost:** £5.00 Drinks provided, please bring your own lunch

Friday 30 September 18:30 - 20:00. Silence in the Priory. **Leader:** Fr Laurence Freeman. **Venue:** Cartmel Priory LA11 6PU **Booking:** Richard 01946 862990 cmcwccm@fastmail.fm **Cost:** £10 donation suggested.

Saturday 1 October 10:30 for 11:00 - 15:30. A one-day retreat with Fr Laurence Freeman. **Venue:** Stoneybeck Inn Conference Centre, nr Penrith CA11 8RP **Booking:** Richard 01946 862990 cmcwccm@fastmail.fm **Cost:** £20 (Concession rate £10) Drinks provided, please bring your own lunch

Saturday 8 October 10:00 for 10:30 - 15:30. Quiet Day at Dalton: St Columba and Iona. **Leaders:** Alison MacMahon & Deirdre Hannah. **Venue:** St Mary's Church Dalton LA15 8AZ **Contact:** Alison MacMahon 01229 343621 ally-mac@hotmail.co.uk **Cost:** Suggested voluntary contribution of £10. Drinks provided, please bring your own lunch

Friday 14 October to Sunday 16 October. Obedient to Love - looking at the links between the prayer of St Anthony of Egypt, the Desert Mothers and Fathers and our meditation practice today. **Leaders:** Cameron Butland with Terry Doyle **Venue:** At the Briery Retreat Centre, Ilkley **Contact:** 01204 811050 lesley.easterman@btinternet.com

Tuesday 1 November 10:00 for 10:30 - 15:30. Living with the Mystics: Ephrem the Syrian. **Leader:** Sue Havens **Venue:** Keswick Friends' Meeting House (tbc) **Contact:** Bob Morley 016974 72644 rgm1@live.co.uk **Cost:** £5.00 Drinks provided, please bring your own lunch

Friday 4 to Sunday 6 November. Boarbank Retreat. **Leader:** Revd Dr Nicholas Buxton. **Venue:** Boarbank Hall, Allithwaite, Grange over Sands, Cumbria LA11 7NH **Booking:** Richard 01946 862990 cmcwccm@fastmail.fm **Cost:** £130 (Concession rate £100) (residential)

Events

Southwest England

Friday 30 September evening - Sunday 2 October lunch. South West

Contemplation and Community Retreat : A Shining Dark. Speaker: Alex Holmes (WCCM Scotland) **Venue:** Sheldon, near Exeter. **Details:** John Roberts john.wilcott@gmail.com 01458 832704 or see website entry in <http://www.christianmeditation.org.uk/whats-on/>

Saturday 1 October 10:00 – 16:00. Dorset Meditators Day - "Listen to the Depths within your own heart" Thomas Merton - his contemplative message and relevance today. **Leader:** Bridget Hewitt. **Venue:** Dorford Centre, Dorchester Baptist Church, Bridport Road DT1 1RR **Contact:** Anita Finnigan 01305 259032 anitafinnigan@hotmail.co.uk **Cost:** Donation £12 Please bring your own lunch. Tea and coffee provided.

Tuesday 8 November. Rev Dr Cynthia Bourgeault will be in Bristol. Contact bristol@christianmeditation.org.uk for details when available

London

The Meditatio Centre St Marks, Myddelton Square, London EC1R 1XX
Tel: 020 7278 2070 meditatio@wccm.org www.meditatiocentrelondon.org

Regular events:

Weekday 13.00–13.30: Meditation – All welcome
Mondays 19:00–19:30: Meditation
Mondays 19:30–21:00: Yoga. Cost: £14 drop in; £72 for block of 6 classes; £8 concessions Contact: Lucy 07904 166123 lucybarnes@btinternet.com
Wednesdays 10:00–12:00: Yoga and Rolf Movement Class
Fridays 10:00 – 11:30 Yoga and Meditation

Spiritual Growth Course: Wednesdays 12 & 19 October; 2, 9, 16 & 23

November 18:30–21:00. Finding the Way: A course on spiritual growth. Leader: Liz Watson. **Contact:** lizmeditates@gmail.com. **Cost:** £15 per evening or £75 for whole course paid in advance (concessions available). Light refreshments provided.

Special events:

Saturday 9 July 10:30–16:30. Teilhard de Chardin: Living in the Divine Milieu. Leader: Prof Ursula King. **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

Thursday 8 September 18:30-21:00. Ecology and Spirituality. Leader: Prof David Tacey. **Cost:** £15 Concessions £10 Light refreshments provided.

Saturday 17 September 10:30–16:30. Asymmetry of the Brain and Human Meaning. Leader: Dr Iain McGilchrist. **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

Saturday 24 September 11:30–17:00. Celebration and Contemplation: A Singing Workshop. Leader: Margaret Rizza. **Cost:** £20 Concessions £15 Please bring a packed lunch. Coffee and tea provided.

Saturday 1 October 13:00–17:30. Movement and Meditation Yoga Workshop. Facilitators: Giovanni Felicioni & Rebecca Brewin. **Cost:** £20 Concessions £15

Wednesday 5 October 18:30–21:00. Silence Welcomes the Other: Julian of Norwich, Meditation and Relationships. **Leader:** Robert Fruehwirth. **Cost:** £15 Concessions £10 Light refreshments provided.

Saturday 8 October 11:00-16:00. London group leaders' meeting: A Growing Community - Bring your joint leaders and potential group leaders to this day. **Leader:** Liz Watson. **Cost:** Suggested donation no more than £5 as a contribution to lunch.

Saturday 15 October 10:30–16:30. The Stillness of Well Water: A Poetry Workshop. Leader: Helen Overell. **Cost:** £25 Concessions £15 Please bring a packed lunch. Coffee and tea provided.

Saturday 22 October 10:30–16:30. "Glory be to God for dappled things". Leader: Graeme Watson. **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

Saturday 29 October 10:30– 16:30. Happy Those Who Mourn: Loss, Lamentations and Laughter. Leader: Julie Leger Dunstan. **Cost:** £30 Concessions: £20 Please bring a packed lunch. Coffee and tea provided.

Special events (continued):

Saturday 12 November 1:00–17:30. Yoga Workshop. Facilitators Lucy Barnes & Wojtek Karczmarzy. **Cost:** £20 Concessions £15

Saturday 19 November 10:30– 16:30. The Spirit of the Margins. Leaders: Chris Bemrose and Mike Mullins. **Cost:** £30 Concessions £20 Please bring a packed lunch. Coffee and tea provided.

Westminster Cathedral

Daily Meditation: 12.30–13:00 Monday to Friday. In the chapel in St Paul's Bookshop. All welcome.

First Wednesday Quiet Days: 12:00–16:30: The first Wednesday of each month is a retreat day held in the Hinsley Room in Morpeth Terrace, next to Westminster Cathedral.

6 July: Happy are those who are merciful to others

3 August: Happy those who are pure in heart

7 September: Happy are those who work for peace

5 October: Happy are those who are persecuted because they do what God requires

2 November: Love your enemies

Silence in the City See www.silenceinthecity.org.uk for the programme, or contact info@silenceinthecity.org.uk. 020 7231 6278 or 020 7252 2453. Unless stated otherwise all talks are at: Westminster Cathedral Hall, London SW1P 1QH. Pre-booking is necessary. **Contact:** info@silenceinthecity.org.uk; www.silenceinthecity.org.uk

Tuesday 6 September 19:00-21:00 (Refreshments from 18:30). **Dadirri: The Aboriginal Gift of Contemplation Speaker:** David Tacey **Cost:** suggested donation £10.

Thursday 6 October 19:00-21:00 (Refreshments from 18:30). **Living Compassion:** Julian of Norwich's Revelations and Our Share in God **Speaker:** Robert Fruehwirth **Cost:** suggested donation £10.

Thursday 3 November 19:00-21:00 (Refreshments from 18:30). **Centering Prayer and the Road to Non-Dual Awakening. Speaker:** Rev Dr Cynthia Bourgeault **Cost:** suggested donation £10.

Saturday 5 November 10:30-16:30. Christian Non-Duality - Seriously? Speaker: Rev Dr Cynthia Bourgeault **Venue:** Greencoat Place SW1P 1RD **Cost for the day:** £25 (Refreshments will be provided but please bring a packed lunch)

CONTEMPLATION AND COMMUNITY RETREAT



"A SHINING DARK"

Speaker: Alex Holmes (WCCM Scotland)

September 30th – October 2nd

Sheldon, near Exeter

Beautiful and peaceful venue

Details: John Roberts

Email: john.wilcott@gmail.com 01458 832704

Contacts

Action Group

Administration: Roisin Williamson—020 8280 2283 ukadmin@wccm.org.uk
Communications: Contact Roz Stockley (see below)
Events: Jacqueline Russell—07812 152684 jacqrussell3@gmail.com
Meditating With Children: Sue Purkis—01535 632171 / 07702 692117
 ukmeditationwithchildren@wccm.org
Outreach: Eileen McDade—emcdade@talktalk.net
RC and SIC Liason: Roger Layet—01275 463727 roger.layet@btinternet.com
Other: Roz Stockley—01258 841390 rozstockley@copsewood.org.uk
 Julie Roberts—01458 832704 julie.ann.roberts@icloud.com

National

Chair of The Christian Meditation Trust (UK): Andrew Cresswell—
 01597 823868 andrewcresswell62@yahoo.co.uk
UK Friends Coordinator: Linda Richardson—ukfriends@wccm.org
Newsletter Editor: Margaret Comerford—uknewsletter@wccm.org
Website: Andy Goddard—cmukwebsite@gmail.com
Goodnews Books: John Roberts—01458 832704 john@tscltd.biz

Special Interest Coordinators

Addiction: Mike Sarson—0118 962 3332 mikesarson8@gmail.com
 May Nicol—07768 310666 maymbnicol@aol.com
Children: Sue Purkis—01535 632171 / 07702 692117
 ukmeditationwithchildren@wccm.org
Clergy: Fr Robin Burgess—020 8998 4710 rmeburgess@aol.com
Learning Disabilities: Carolina Ghiuzan—07749 975368
 carolina.ghiuzan@gmail.com
Lone Meditators: Pam Winters—020 7278 2070 pam@wccm.org
Meditation Companions: Sarah Kirkup—017683 41258
 sarahkirkup140@btinternet.com
Mental Health: New contact pending
Oblates: Eileen Dutt—01462 621418 eduttobl@btinternet.com
Palliative and Long-term Care: Linda Bentick—01743 243132
 bentickbelinda@hotmail.com
Prisons: Geoff Waterhouse—ukprisons@wccm.org
School of Meditation: Jacqueline Russell—07812 152684 jacqrussell3@gmail.com
Young Meditators: Maciej Zurawski—07717 772614 youngadults@wccm.org

Regional Coordinators

Scotland

Lynda Stark—01573 225567 lynda.stark@btinternet.com
 Louise Younger—theyoungers@hotmail.com

Wales

North and East: Delyth Cresswell—01597 823868 delythcresswell@yahoo.co.uk
West: Jayne MacGregor—01348 837750 jaynemacgregor@yahoo.co.uk

Southeast England

Berkshire, Buckinghamshire and Oxfordshire: Jacqueline Russell—07812 152684
 jacqrussell3@gmail.com
Hampshire: Coordinator Vacancy – contact Roger Layet (see Bristol)
Hertfordshire & Bedfordshire: Malcolm Nobbs – 01442 823971
 hertsandbedswccm@gmail.com
Kent: Lena Fagan—01689 602320 lenafagan@hotmail.co.uk
Surrey: Mike Beckerman—020 8979 0107 mike@mikebeckerman.com
Sussex: Tim Cullen—01273 857998 tim_cull-54@tiscali.co.uk

East England

Cambridgeshire: Linda Richardson—01223 892074 linda@lindarichardson.net
Essex: Chris Hurley—01702 207722 chri8hurley@googlemail.com
Norfolk and Suffolk: Margaret Comerford—01799 501581
 margaret.comerford@btinternet.com

Northeast England

Newcastle and the North East: Charles and Jill Foister—01912 855054
 cmnortheast.wccm@gmail.com
Yorkshire: Sue Purkis—01535 632171 / 07702 692117 suepurkis@hotmail.co.uk
 Sue Giuntoni—0113 258 3780 giuntoni@btinternet.com

Northwest England

Cumbria: Richard Broughton—01946 862990 cmcwwcm@fastmail.fm
Isle of Man: Bernie Roberts—01624 676274 bernieroberts3@hotmail.co.uk
Lancashire: Lesley Easterman—01204 811050 lesley.easterman@btinternet.com
Manchester: Angela Gregson—01706 563024 rydal2814@yahoo.co.uk

East Midlands

Northamptonshire and Leicestershire: Maggi Gordon—01604 899342
 maggi.gordon38@gmail.com
Nottinghamshire, Derbyshire and Lincolnshire: Peter Short—07748 911175
 petershort03@gmail.com

West Midlands

Birmingham, Warwickshire, Rugby, Coventry, Wolverhampton, Walsall, Sandwell and Dudley: Rose Lynch and Michael Hackett—01902 790653
 m.hackett124@btinternet.com
Staffordshire, Shropshire and Herefordshire: Les Glaze 01952 582656 &
 Margaret Jarvis 01743 240401—westmids@christianmeditation.org.uk

Southwest England

Bristol and Bath: Roger Layet—01275 463727 roger.layet@btinternet.com
 Rev Hester Jones—01275 219838 hester.jones2@gmail.com.
Channel Islands: Angela le Page—01481 723915 ianange.kingston@virgin.net
Cornwall: Diana Ohlson—01288 354441 / 07837 311638
 peter@pohlson.wanadoo.co.uk
Devon: Coordinator Vacancy- contact Julie Roberts (see Somerset)
Dorset: Anita Finnigan—01305 259032 anitafinnigan@hotmail.co.uk
Gloucestershire and Worcestershire: Barbara Jones—01452 855814 /
 07957 945421 bar_demi@hotmail.co.uk
Somerset: Julie Roberts – 01458 832704 julie.ann.roberts@icloud.com
Wiltshire: Jeanne Blowers—01225 753187 jeanneblowers@virginmedia.com

London

London (Northeast): Rev. Graeme Watson—020 7249 8701
 gchwatson@blueyonder.co.uk
London (Northwest): Eileen McDade—emcdade@talktalk.net
London (South—none of Kent or Surrey): Geoff Waterhouse—020 8392 9917
 geoffwaterhouse@f2s.com

