



# The World Community for Christian Meditation

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## Meditatio

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Meditation is a universal wisdom of the human family. It is found at the heart of all the great religious families. meditatio is the outreach of a contemplative community that brings the fruits of meditation to the aid of the many problems and crises of our time.

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Meditation is a way of growth because what we are growing into is life itself.

John Main OSB

## BACKGROUND

In 2011 this community celebrates its twentieth birthday. Our roots lie in the life and teaching of the Benedictine monk John Main and in the western monastic wisdom that formed him. The roots in the tradition feed the branches of the community that have spread to bring the benefits of this simple practice to many – of all backgrounds and stages of life.

The community emphasises a regular twice-daily practice of meditation. The simplicity of this discipline is its contribution to the needs of our time.

Founded in 1991 **The World Community for Christian Meditation** is now present in 114 countries. More than 2000 weekly groups meet in churches, schools universities, offices, prisons and hospitals – the tip of an iceberg of a grass-roots community of individual meditators. Sixteen Christian Meditation Centres, from Jakarta to Los Angeles, also share the teaching through retreats and seminars.

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# EVENTS 2010

Greenbelt Festival --27-30 August

The oblates and young meditators group have organised a yurt with regular meditation sessions at the Festival where Fr Laurence Freeman is a keynote speaker.

Addiction: **the 9th demon and how meditation heals it** -- 26-28 November

Christian Meditation as an 11th Step Practice

A weekend retreat facilitated by Linda Kaye and Fr Laurence Freeman to be held in London. Full details will be available soon. Further information from [lindakayec@gmail.com](mailto:lindakayec@gmail.com)

Education – Coming Home: Teaching Meditation to Children

7 December-- Day Seminar at Regents College, Regents Park, London

- Dr. Cathy Day, Director of Catholic Education Diocese of Townsville, Australia and Mr. Ernie Christie, Assistant Director of Religious Education and Curriculum
- Dr Jonathan Campion, Consultant Psychiatrist
- Laurence Freeman OSB, Director of The World Community for Christian Meditation.

Contact Brijji Waterfield

Tel: 07980 581351 E:[meditatio@wccm.org](mailto:meditatio@wccm.org)

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## Meditatio, Kensington, London

The Meditatio centre in London will coordinate the seminars as well as the development of our internet presence and use of contemporary media.

Training programs will be created to share the insights of these seminars with national coordinators and group leaders in the different regions of the community. What is learned at the global level will thus be shared at the local level.

Meditatio will also train young meditators for future leadership in the community. They will come from different parts of the world as interns or as part of the Oblate year formation programme.

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## Invitation to Participate

We invite you to participate and contribute to Meditatio. To receive regular updates and invitation to its events please visit our website at [www.wccm.org](http://www.wccm.org)

If you can contribute financially to the cost of this work, or to a particular aspect of it you can do so in the way most convenient to you. We would be very happy to discuss with you a way

of giving that suits you best.

Please do not hesitate to contact  
Brijji Waterfield, Special Projects Coordinator  
E:[meditatio@wccm.org](mailto:meditatio@wccm.org) T: + 44 (0)20 7602 8098

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## Root and Branch Committee

**Peter Ng Kok Song** is Managing Director of the Government of Singapore Investment Corporation and a Trustee of the WCCM (Co-Chair)

**John Studzinski** CBE is the Global Head of the Corporate and Mergers and Acquisitions Advisory group, The Blackstone Group (Co-Chair)

**Sean Hagan** is General Counsel and Director of the Legal Department at the International Monetary Fund and a member of the WCCM Guiding Board

**Ana Fonseca** is Vice President of Business Affairs at Universal Music Brazil and is Vice Chair of the WCCM Guiding Board

**Mathias Beißenger** is Managing Partner of Nowinta Investment Service and the WCCM German National Coordinator

**Brijji Waterfield** is the Special Projects Coordinator for The WCCM

**Laurence Freeman** OSB is a Benedictine monk and Director of The WCCM

Community

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