

Meditation is our way of leaving behind all the illusions about ourselves, about others and about God which we have either created for ourselves or received from the past.

— JOHN MAIN OSB



Dear Friends,

The simplicity of the essential teaching remains the Community's living core and that, I believe, has shaped and guided our growth. The roots are deepening as the branches spread wider – like the gospel's mustard seed. It all grows out of our personal daily practice, building our lives on the foundation of silence, stillness, truth and compassion.



As we develop our outreach work it is becoming clear how necessary it is to **develop a new contemplative consciousness for solving our huge global challenges**. Our seminars and discussions have clarified for me the deeper significance of our **outreach to children, people in recovery, prisoners, the mentally ill, the poor and forgotten** — as much as our work with thousands of regular weekly meditation groups around the world. **In every case, we are helping people live in the full wonder of their individual human potential and our common one together.**

There are so many creative new ways in which our Community is responding to the spiritual needs of our time. To serve those needs, **we have developed a set of teaching and outreach priorities for the future**. Many volunteers and a few full-time individuals work very hard to realize this. While our mission is ambitious and substantial, **our financial needs are relatively modest**. But they exist, and we have financial commitments for which a stable annual income is necessary. For all this we rely on your friendship and generosity.

I am inviting you to join more fully in this spiritual family we call The World Community for Christian Meditation by becoming one of its Friends. **By making at least one gift to WCCM each year – no matter the size – you will be joining many others around the world whose help gives us both inspiration and practical support every day. Please, if you can, become or remain a Friend.**

Laurence Freeman OSB

The World Community for Christian Meditation

Andorra, **Antigua**, Argentina, **Australia**, Austria, **Bahamas**, Bangladesh, **Barbados**, Belgium, **Bermuda**, Bolivia, **Borneo**, Brasil, **Bulgaria**, Burma, **Cameroon**, Canada, **Chile**, China, **Colombia**, Cyprus, **Czech Republic**, Denmark, **Dutch Antilles (Curacao)**, East Timor, **Ecuador**, Egypt, **Ethiopia**, Fiji, **Finland**, France, **Gambia**, Germany, **Ghana**, Gibraltar, **Greece**, Guatemala, **Guinea**, Guyana, **Haiti**, Honduras, **Hong Kong**, Hungary, **Iceland**, India, **Indonesia**, Ireland, **Israel**, Italy, **Ivory Coast**, Jamaica, **Japan**, Kenya, **Kiribati (Central Pacific)**, Korea, **Kuwait**, Latvia, **Lesotho**, Liberia, **Lithuania**, Luxembourg, **Madagascar**, Malawi, **Malaysia**, Mali, **Malta**, Mauritius, **Mexico**, Mozambique, **Myanmar**, Netherlands, **New Caledonia**, New Guinea, **New Zealand**, Nigeria, **Northern Ireland**, Norway, **Oman**, Pakistan, **Palestine**, Papua New Guinea, **Paraguay**, Peru, **Philippines**, Poland, **Portugal**, Puerto Rico, **Romania**, Russia, **Rwanda**, **Seychelles**, Sierra Leone, **Singapore**, Solomon Islands, **South Africa**, South Korea, **Spain**, Sri Lanka, **Sudan**, Sweden, **Switzerland**, Tahiti, **Taiwan**, Tanzania, **Thailand**, Tobago, **Trinidad**, Turkey, **UAE**, Uganda, **Ukraine**, United Kingdom, **Uruguay**, USA, **Venezuela**, Vietnam, **West Africa**, Western Samoa, **Zambia**, Zimbabwe.

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Friends

of The World Community for Christian Meditation



What does a Friend do?

A Friend provides vital annual financial support to **The World Community for Christian Meditation** towards sharing the gift of Christian Meditation worldwide.

Friends support is critical to all our activities and especially helps us develop, nurture and assist new and emerging communities with limited resources.



How can I be a Friend?

You can choose to send a personal contribution and become an Individual Friend. Additionally, or alternatively, you can also choose to be a Group Friend by contributing jointly with your meditation group. We invite regular donations which can be contributed as described below.

What does a Friend contribute?

There is no limit. Any donation you can offer will be effectively used and gratefully accepted. We will acknowledge all donations received.

How do I contribute?

Please make donations to **WCCM Friends** by cheque, money order, credit card, or direct deposit. **YOU MAY CHOOSE TO MAKE:** monthly or other regular donations, annual donation, or a one-time donation.



Where does the money go?

Your contribution may support any of the following initiatives:

RETREATS, TALKS AND PRESENTATIONS

by Fr Laurence, especially in emerging countries throughout the world.



THE SCHOOL OF MEDITATION

which trains meditation teachers world-wide and provides resources for them.

MEDITATIO is our outreach which takes the fruits of meditation into the worlds of business, mental health, addiction, education, environment, prisons, and inter-faith dialogue.



DISTRIBUTION OF REGULAR RESOURCE MATERIALS to 2000 meditation groups in more than 100 countries worldwide, including the quarterly WCCM International Newsletter or audio recordings of talks.

TRANSLATION OF RESOURCE MATERIALS into different languages to support our local community and reach out to a wider audience of meditators.

PUBLICATION OF BOOKS & AUDIO/VIDEO RESOURCES

which may not be commercially viable, but are necessary.



INTER-FAITH DIALOGUE TO RAISE AWARENESS, promote understanding and bring about harmony.



TOUCHING LIVES OF THE MARGINALISED, THE SICK, the imprisoned, in the hope of bringing them to wholeness.



I would like to support
THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION
[Please write in block letters]

- I would like to be a Friend.
 I am a Friend and want to renew my support.

MR MRS MS DR GROUP

Name _____

Address _____

Telephone _____

E-mail _____

MY CONTRIBUTION: Amount _____

MY COMMITMENT: ONE-OFF MONTHLY YEARLY

My Contribution Details

(Please see all relevant instructions on left panel under "How do I contribute")

- **Bank Transfer:** Barclays PLC
Account Name: World Community for Christian Meditation
Account Number: 00986100 **Sort Code:** 20-47-34
IBAN: GB52 BARC 2047 3400 9861 00
SWIFTBIC: BARCGB22
- **Cheque** (Payable to 'WCCM Friends')
- **Paypal**
- **Credit Card:** VISA MASTER

Ac No _____

Expiry Date _____ Security Code _____

Signature _____ Date _____