



Dearest

Friends

of the World Community for Christian Meditation

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“Thank you.”

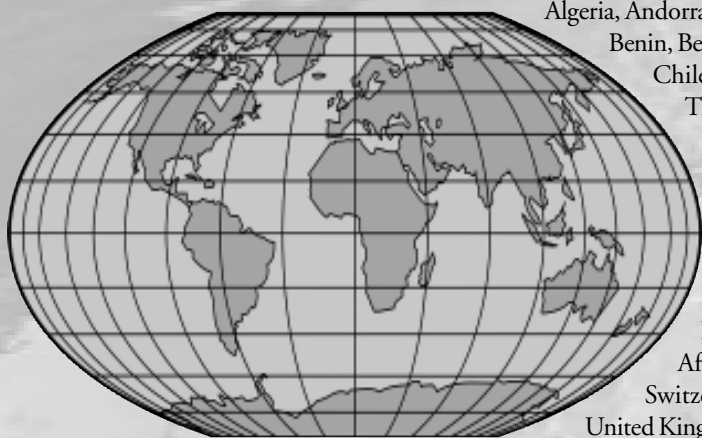
“Here in the heart of Africa, in the ‘Pearl of Africa’, there is a small group... there are hearts that are ‘breathing’ the Spirit that was specially spread by John Main” *Uganda*

“Your generosity (of the free Meditatio CDs) that you sent has supplied our community with ‘manna from heaven’ – a manna that will feed us with inspiration for years to come...” *Australia*

“The hole in my soul has been healed... I have finally come home.” *China*



There are close to 1,500 meditation groups in over 110 countries, sharing the teachings in more than 15 different languages.



Algeria, Andorra, Antigua, Argentina, Australia, Austria, Bahamas, Bangladesh, Barbados, Belgium, Benin, Bermuda, Bhutan, Bolivia, Botswana, Brazil, Burkina Faso, Burma, Cameroon, Canada, Chile, Colombia, Cyprus, Czech Republic, Denmark, Dutch Antilles (Curacao), East Timor, Ecuador, Egypt, Ethiopia, Fiji, Finland, France, Gambia, Germany, Ghana, Gibraltar, Grenada, Guatemala, Honduras, Hong Kong, Hungary, Iceland, India, Indonesia, Ireland, Israel, Italy, Jamaica, Japan, Kenya, Kiribati, Korea, Kuwait, Latvia, Lesotho, Liberia, Lithuania, Luxembourg, Madagascar, Malawi, Malaysia, Mali, Malta, Mauritius, Mexico, Mozambique, Myanmar, Netherlands, New Caledonia, New Guinea, New Zealand, Nicaragua, Nigeria, Northern Ireland, Norway, Oman, Pakistan, Papua New Guinea, Peru, Philippines, Poland, Portugal, Puerto Rico, Romania, Seychelles, Sierra Leone, Singapore, Solomon Islands, South Africa, South Korea, Spain, Sri Lanka, St Lucia, St Vincent, Sudan, Sweden, Switzerland, Taiwan, Tanzania, Thailand, Tobago, Trinidad, Tunisia, UAE, Uganda, United Kingdom, USA, Venezuela, Vietnam, West Africa, Western Samoa, Zambia, Zimbabwe.

Did You Know

A number of the writings and publications of Fr John Main and Fr Laurence Freeman have been and continue to be translated and published in an increasing number of different languages to facilitate the sharing of the core teachings of Christian Meditation among the growing number of seekers and meditators around the world.

Fr Laurence Freeman's book,

“Christian Meditation – Your Daily Practice” has, alone, been translated and published in more than 12 different languages, including French, German, Italian, Dutch, Czech, Polish, Spanish, Portuguese, Chinese, Bahasa Indonesia, Tagalog, and Malayalam.

Much of the translation, editing, and publication work is undertaken and supported by volunteers and *Friends*.

Not all of the published translated works are financially viable if viewed and measured in commercial terms; sales and anticipated sales have not yet reached a point where they can overtake time and production costs. Nonetheless, the works are published in the hope that they will make a difference to seekers and meditators who will be introduced to the core teachings in their native language.



Dear Meditators & Friends

Welcome to the inaugural issue of the re-launched Friends newsletter!

The Friends Programme celebrated its 10th birthday last year. It was launched in 1995 when we realised we could not meet the demands of our growing community without financial support, even though most of our work is undertaken by volunteers.

Our outreach programmes now extend worldwide to places, communities and causes as diverse as:

- PRISONS
- HOSPICES
- REHABILITATION CENTRES
- NURSING HOMES FOR THE AGED
- SCHOOLS FOR THE VERY YOUNG
- YOUTHS GROUPS
- BUSINESS LEADERS
- SEMINARIANS AND NOVICES
- INTERFAITH DIALOGUE
- PEACE & HEALING

The call for financial support for our work has never been greater with the increasing demands for:

- RETREATS and introductory workshops

- TRANSLATIONS
- TRAINING for new teachers and group leaders
- RESOURCES for communities and lone meditators in countries without infrastructural support.

Christian Meditation is making a significant difference in people's lives and the call to reach out further is urgent, as the messages in this newsletter testify. We hope therefore that meditators and meditation groups worldwide will be inspired to support our work, as Friends of the WCCM.

You can choose to support the WCCM as:

- AN INDIVIDUAL FRIEND or
- A GROUP FRIEND (with your meditation group members)

If you would like to find out more about the Friends Programme, please do not hesitate to contact us or visit our website at the contact details provided at the end of this newsletter.

I wish you peace.

Leonard Ong
INTERNATIONAL COORDINATOR,
FRIENDS PROGRAMME
friendswccm@yahoo.com.sg



Did You Know

Since 2005, the Community has been editing and producing transcripts as well as CDs of various audio recordings of talks on Christian Meditation that were given by various teachers, including Fr John Main and Fr Laurence Freeman.

The talks in these "Meditatio" CDs were edited with meditation groups in mind; each track on these CDs was edited to fit nicely into a one-hour meditation group meeting.

A free copy of these "Meditatio" CDs is then sent out to all group leaders around the world for their use and transcripts are provided upon request.

It takes on average at least 80 production hours to edit, transcribe, produce, and distribute each batch of "Meditatio" CDs.

This project has been made possible by the generosity of Friends and volunteers who give generously of themselves, their time, energy, and resources to transcribe, edit, produce, and finance the production and distribution costs.

MEDITATION BRINGS HEALING & WHOLENESS

Where there is Emotional Emptiness

Retreats, talks and presentations by Fr Laurence and other teachers of meditation have transformed lives. People the world over ask for their presence, but many cannot afford to pay for the travel expenses.

"It was not until September 2000 when I met Fr. Laurence that my prayer life took a new turn. I knew that I had found my teacher. Since then, I have, together with a few others, accompanied Fr. Laurence to visit China, Hong Kong and Taiwan in 2004. There Fr. Laurence introduced and spoke to hundreds of seminarians and sisters. Now the seedlings are taking root. As I write this, my heart is full of gratitude and peace. Not only has the hole in my soul been healed, but I have finally come home. I have found my mission, the purpose I was created for."
CHINA, L.K., Jan 2006

"Fr Laurence's South African visit in February 2004 was seminal. About 300 South Africans receive the quarterly newsletter of the WCCM. Group members coming into contact with this practice for the first time are surprised to discover beauty and peace inside of themselves and among friends in small groups."
SOUTH AFRICA, Christa Roodt, Dec 2005



Where there is Spiritual Hunger

Meditators worldwide cry out for resources to sustain them on their journey. Group leaders ask for resources to help them share the teaching. We send out teachings quarterly in a newsletter and a free CD. We also publish books and audio-video resources in as many languages as possible even where they are not commercially viable.

“Thank you for the materials you sent. Here in the heart of Africa, in the ‘Pearl of Africa’, there is a small group of about 15 meditators whose hearts are ‘breathing’ the Spirit that was specially spread by John Main and other great spiritual writers.” *UGANDA, Pierpaolo Monella MCCJ, Jan 2006*

“I received your letter and package. Indeed, I was very happy and my friends and fellow seminarians were happy, too. To tell you the truth, whoever has gone through those works marvelled at them. Some are even writing articles based on the inspiration gotten from them. We are continually reaping the fruits of the materials. They are highly simplifying and they treat very practical issues. Thanks for your magnanimity.”
NIGERIA, Okechukwu Gerald Ndubuisi, Mar 2004

“Now that I am in a very good position of forming a group of meditators, I need very urgently a copy of A Pearl of Great Price and anything else that can be useful to me.”
KENYA, Sr Agnes Njiera, Nazareth Sisters Novitiate, Jun 2003

“I receive your newsletters regularly. I practice meditation twice a day. I need it to find myself and the people that I am assisting in God. They are mothers, widowed and single, plus children in the slum, people that are really starving, living in a single rotten room with no sanitation, sick people, many of them affected by AIDS, children so hungry that they are searching for food in the rubbish of the market. Some of the women are also prostitutes. I try to help these people to know God, our loving Father. We pray together and then meditate for a short time.” *KENYA, Sr Carmela Corona Nicoluzzi, Jul 2003*

“Growing up in a Christian tradition, I could believe in it, but I was not fulfilled by it. In the stillness and the concentration of meditation I experienced the meaning of love and, for the first time, Jesus’ teaching became very vital, very clear and I was able to recognize that life is love, that love is God. I read Word into Silence, and was so enthusiastic about the vision in that book that I started to translate it into Dutch/ Flemish. I also made other translations.” *BELGIUM, Agnes d’Hooghe, Jan 2006*

“There are a lot of very good books published here in the Czech Republic, but only one so far with the Christian Meditation topic, John Main’s Moment of Christ. So it is like the wintry day hovering over the country. We know the light is there, the sun is shining, yet it is still cloudy and cold.”
PRAGUE, Karel Fosta, Dec 2005

Where Children are in Need

Young children and youths experience loneliness and a yearning for God. Bringing meditation to them early can nurture wholesome growth.

Children have a yearning to experience God within them, but often they do not have the words to voice these desires. I realised that they didn’t want merely to learn about Jesus and God in their religion lessons: they wanted to experience God in their heart.

The teachers at Emmaus Catholic School in South Australia found this to be true. The children liked meditating so much that after the first day, they asked if they could meditate every day. Here are some comments from a few students:

“I felt like I was in Jesus’ house”

“I felt God inside my heart”

“I like meditating and anyone can meditate”

“When I meditate I become calm and still”

AUSTRALIA, Barbara O’Halloran, Dec 2005





In the Anguish of Pain

“The most significant change I have observed in myself since I began to meditate, is my attitude to ‘Pain.’ Ten years ago when my doctor remarked that I had been given a ‘raw deal in life,’ I agreed wholeheartedly. To know that there is no cure for this pain, that each and every day for the remainder of my life, the pain will increase in intensity. Yes, it is easy to feel sorry for myself, and believe that I have indeed been given a ‘raw deal in life’.

More than eighteen years have passed since I began to tread the way of the mantra. Wonder of wonders, I now have a way to gain a reprieve from this awful pain. Whenever the pain is at its peak, I go to my Meditation Room. I close my eyes, and in silence begin to repeat my mantra – Maranatha. The greatest distraction for me is the pain. However, I continue to listen to my word, until it sinks deep, ever deeper into my heart. Then it happens; yes, the pain has gone maybe just for a moment or two. As I end my meditation I am relaxed, refreshed; ready to continue the journey of my life.”

PERTH, AUSTRALIA, Marie O’Leary (who has lived with chronic pain for many years), Dec 2005

When facing the Fear of Death

“I have been teaching Christian Meditation for almost 6-7 years to very ill men and women. And I have some wonderful stories like Pablo’s story. He was a 32 year old young man, and a week before getting married the doctors discovered that he had terminal lung cancer, though he had never smoked. He called me immediately. I said OK, I know you are very scared, but I know we are going to survive this moment.

On Saturday when he was getting married, I taught him and his bride, Angelica, how to meditate. I told him to trust in his perfect master, Jesus. He listened, smiled and said, “I know I will be OK”.

They got married that night. The next day he went to the hospital to get his first chemotherapy treatment. After some weeks I went to see him and started meditating together again. After two months, they received the incredible news that Angelica was pregnant. He meditated many times a day with a seriousness that I had never seen before, and after a couple of months, meditation was an important part of his daily life. He was HAPPY and concentrated on his health, and on his baby about to be born.

He received his baby in the delivery room of the same hospital where he would receive his treatments, went home and then he started meditating with his baby, Clemente, in his arms, many times throughout the day. He baptized him and the next day, while sleeping early in the morning, he left his physical form, in absolute peace.

Meditation works so well in a terminal situation. It changes the fear of death into a peaceful development of the correct attention and, because of that, the person allows himself to feel at peace and connected to his inner light.”

CHILE, Maria Rosa Gonzalez, Chile, Jan 2006

When facing Alienation in Prison

“We have been meeting weekly at Mulawa Women’s Correctional Centre since June 2000. Some of the women have shared that they find themselves naturally returning to their mantra at difficult times. Some of them have committed violent crimes and find it difficult to accept and forgive that about themselves. Meditation helps them to face what is and to experience God’s love for them, regardless.

Late last year, the ABC came to the gaol to make a radio program on Christian Meditation in the prison. The women spoke powerfully about what it has meant for them, one saying she forgets she is in prison when she meditates, and another that she has been in worse prisons outside, within her own head, and that knowing Jesus gives her a great sense of freedom.” AUSTRALIA, Judi Taylor, Feb 2005

And we contribute to GLOBAL PEACE-BUILDING



“Launched in 1998, the Way of Peace is a programme of our Community that strives to bring contemplative awareness and inter-religious friendship to bear upon the global work of peace-building. The most recent event took place in Belfast, Northern Ireland, in November 2005. As reported in the Belfast Telegraph:

‘In an age when many Christian churches are half-empty, it was encouraging to see Belfast Cathedral brimmed to overflowing with people of different denominations and faiths. There were contributions from the Christian, Buddhist, Muslim, Baha’i, Hindu, Sikh, Jewish and other faiths, and a musical contribution from the (Olivetian) Benedictine monks from Rostrevor followed by a 10 minute period of silent meditation. Nobody made a protest, and nobody stood up and walked out. It was so refreshing.”

BELFAST, Clem Sauve, Toronto Canada, Jan 2006



Friend

If you would like to support our work as a **Friend**

1. Visit our website: www.friendsinmeditation.com
2. E-mail, fax or write to us for contribution details at:
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