



# Stillpoint

Stillpoint is the official magazine of the New Zealand Community for Christian Meditation

Vol 1, No. 9. March 2018



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## NZ Benedictine Oblate Retreat



*a report from Shirley Duthie*

Tucked under the Rimutuka mountain range, with a view over the northern end of Lake Wairarapa is the Magnificat Community's Cross Creek Farm Retreat Centre. Twenty-three members of the NZ Christian Meditation Benedictine Oblate Community gathered there in January for a time of reflection, celebration, meditation and spiritual growth.

Initially each of those present spoke of their spiritual journey. There was a common theme of seeking, tentative discovery, then growth and acceptance within a monastic spirituality that involved living the Rule of St Benedict whilst remaining in the world.

Ross Miller facilitated four sessions that, together with regular periods of Christian Meditation and

the communal celebration of the Liturgy of the Hours, structured the days of the Retreat.

Times of celebration included welcoming Graeme Howie as a postulant, Janice Waters and Yvonne Smith as novices, and culminated in Hugh McLaughlin, on behalf of Fr Laurence Freeman, accepting the final Oblations of Liz Johnson and Laura Holcroft. Both ladies committed themselves to the guidance of the Rule of St Benedict, and promised to live in the spirit of Obedience, Stability and Conversion, with a willingness to share always in the life and work of the Community.

Those attending the retreat were unanimous in their desire to return to this venue that combined rural peace with deep spirituality. ✠



Hugh McLaughlin, on behalf of Fr Laurence Freeman, accepting the final Oblations of Liz Johnson and Laura Holcroft.

## Websites to visit:

[www.christianmeditationnz.org.nz](http://www.christianmeditationnz.org.nz)  
[www.wccm.org/content](http://www.wccm.org/content)  
[www.wccmmeditation.org](http://www.wccmmeditation.org)  
[www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)  
[www.christianmeditation.org.uk](http://www.christianmeditation.org.uk)

# Christian Meditation as an 11th Step Practice

This is an invitation to explore Christian Meditation as a way of practicing the 11th Step of the 12 Step Recovery Programmes. Our invitation is also open to anyone who is interested in implementing a meditation practice in their lives.

**Saturday 7th April 2018**

**9 30 am to 3 00 pm**

**Anglican Hall Lounge**

Corner Kamo Road & Deveron Street. Whangarei

Bring your own lunch. Tea/Coffee provided

A small koha appreciated

## **Mission Statement:**

We are a group of men and women from 12 Step Programmes, following the teachings of John Main and the World Community for Christian Meditation. We are not a replacement for, nor are we affiliated with, any 12 Step Programme of Recovery. We are here to share this ancient path of contemplative prayer as a way to practise the 11th Step.

## **Step 11:**

*"Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of his will for us and the power to carry that out."*

We enjoyed meeting some of you in October of last year, here in Whangarei and Auckland, and welcome you and others to this day of Meditation and Reflection.

*First of all we shall want sunlight;  
nothing much can grow in the dark.  
Meditation is our step out into the sun.*

Bill W. *As Bill Sees It* page 10

*Meditation is a gentle way of growing into a freedom  
beyond all egocentric limitation.  
Our way is simplicity and fidelity.*

John Main, *Monastery without Walls* pages 215,151.

## **Contact:**

**Michael Dougherty 09.436.5663  
md1@outlook.co.nz**

## **On-line Meditation**

Our NZ Christian Meditation group meets every Sunday 7.30pm on Skype.

This is an opportunity for YOU to:

- \* meditate in the comfort of your home and still be part of a group.
- \* join a group if there is no local group for you
- \* get more group support for your meditation practice

Contact Ken at  
ken.hutchi@gmail.com

If 7.30pm Sundays don't suit you, there are a variety of other times to choose from during which you can meditate with others from around the world. WCCM has a sacred space at meditationchapel.org. There are functioning chapels and a calendar system. For step-by-step instructions, see meditationchapel.org/from-wccm

There is also an on-line meditators' Facebook page, <https://www.facebook.com/groupsonline.meditation.chapel>

## ***Light and Shade***

**A Silent Retreat led by  
Fr Laurence Freeman, OSB  
13-16 January 2019**

*The canvas of life on earth is filled with brilliant light but also at times deep darkness. This is reflected in our personal journey. Meditation teaches us how to keep steady through these changes. We also learn that this light shines in the dark and can never be extinguished. This contemplative knowledge is born from experience and changes not only us but the world.*

# We are our heart

by Fr Laurence Freeman, OSB

A cardiac surgeon in a group I was once introducing to meditation asked me to stop using the word “heart” in my talks. He said it was distracting him with thoughts of his work and also, he added, in all his operations he had never seen anything in the heart that looked remotely spiritual.

At least it made him think. Many people when they hear the word “heart” used non-anatomically, associate it with feelings and emotions. This is closer to the meaning of the word than the doctor’s materialist response. Emotions are indeed “felt” in the chest area: we say we feel heart-broken or that our “heart drops” for reasons that might be connected to a link between the emotion centre of our brain and this region of our body. That may explain something of interest but not much. Love, interestingly, is said to be “felt” throughout our body.

We can’t reduce feelings or emotions to the central nervous system. The heart is a spiritual symbol of the personal centre of conscious awareness and core identity. All the physical, mental and most subtle dimensions of human being converge and resolve in this centre of simple, abiding wholeness. We are our heart.

When we meditate we need to be prepared for different waves and kinds of feelings at different times. At first we may feel basic restlessness and itchy feet. It just seems impossible to sit still and do nothing in this unfamiliar posture for twenty or thirty minutes. Many struggle with even twenty seconds. Later, after our capacity has increased, we may feel a wave of anger directed at others or ourselves, or shame, or lust, or greed, or a profound sadness and sense of loss. Feelings of nothingness and being dragged down into meaninglessness may be the worst we have to endure.

Meditation does not repress, deny or ignore these feelings. It is good they arise and are consciously felt. They come from somewhere and it is better they are outed. If we can sit through them we are calmer, freer and gentler with ourselves. In this sense meditation purifies our emotions by allowing these under-assimilated memories and associations to resolve and release their energy for better use. It is not the heart that produces these feelings, however. Rather, it offers us the still centre, the stable core of conscious awareness and attention that allows us to ride the waves, however stormy, and approach closer to the depth of being where pure consciousness, calm and clarity reveal a feeling beyond feeling, and an emotion beyond emotion, that we call “the love of God”.

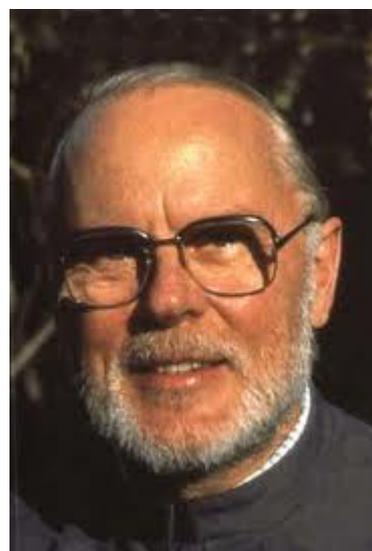
Compassion and love are more than feelings: they may be associated with any feeling depending on circumstances and personal character. They flow effortlessly out of our true nature if they are not blocked by negative forces within ourselves. We cannot control or manufacture them because we are them.

The mantra – and our small daily practices of personal discipline and generosity to others – is our surfboard to this harbour of peace. ❖

## Waikato & Bay of Plenty Community Day

New Zealand Community  
for Christian Meditation

**Saturday 14 April 2018**  
**St Anthony’s Catholic Parish Centre**  
next to the church  
at 340 Great South Road, Huntly  
10.00 am to 2.30 pm



Theme for the day:

**Dom John Main, OSB**

People new to meditation  
are very welcome to join us

**Please Bring:**

Your own lunch

\$10.00 (suggested) koha to cover costs

\$2.00 for a raffle

(all proceeds to be donated to ‘Friends’)

Credit card, cheque book or cash

if you would like to buy from

Pleroma Christian Supplies

there will be a sales table and ordering facilities

If you have any queries, please contact:

**Damian Robertson**

**07 3472087 or [dae.pete@outlook.com](mailto:dae.pete@outlook.com)**

# *10th Anniversary Celebrations and Open Evening for the Nelson Cathedral Meditation Group*

*a report from Mary Kroch*

Each year, the small but faithful Christian Meditation Group at Christ Church Cathedral in Nelson, hold an Open Evening to invite new members to join us for our weekly meetings. Late in 2017, we combined this event with our 10th Anniversary Celebration and we enjoyed a lovely evening where we shared some of our thoughts and experiences with newcomers. And of course, we ate cake!! It is hard to believe that we have kept going for 10 years, but the commitment and loyalty of group members, and the collective ownership of running the meditation times, keeps us going. Clearly, we must be hooked! Here are two reflections from members which illustrate how much we all get out of group meetings.



*Three of the founding members, Beatrice Clover, Mary Kroch and Allen Michell ( Katharine Day not present)*

## ***“The chapel setting - a beautiful, quiet environment”***

*“I started practising meditation about two years ago, but where I lived, there was no Christian meditation group. However, I had the WCCM pamphlet with the word “Ma-rana-tha”, so I practised on my own. Because of my religious background, I wanted to be part of a Christian group. Unexpectedly, we shifted to Nelson and I joined the Cathedral group. It is enjoyable to meditate with people, we share peacefulness. We sit quietly and still as we reflect on a CD teaching from the World Community, which leads us into our meditation. I enjoy the chapel setting which provides a beautiful, quiet environment for us. Meditation has helped me to explore my inner self and to ask God to make me like him, so that I can deal with day to day relationships with family, friends and strangers. It helps me to enjoy the small things of my life, to stay in the moment and not to be too concerned of what will come, and to leave the past memories, both good and bad. Thank you everyone for including me in your group. It is so special.  
Your friend, Diane”.*

## ***I let go of my grief for the world, my daily job lists and thoughts.***

*Why do I go to the meditation group? “In this unsettled world the pressure of time tells us we are too busy to stop and contemplate. Society begs me to be concerned, involved and connected. What a complete and welcome contrast meditation is. I find the silence and stillness a restorative balm. When I meditate with the group, even with just a few of us, there is strength from meditating together. Meeting as a group brings a framework and advantages such as the recorded readings we hear which deepen understanding of what Christian meditation is about. I value insights from others in the group and having access to resources of books and CDs. Then there is the precious meditation time itself. I am to let go of my grief for the world, my daily job lists and thoughts. I listen internally to the one prayer word and do not move for twenty minutes. There is space within for God’s light, and I come away with a sense of peace and better perspective”.*

*Pip*



## What Is Truth?

A tangible meeting  
with that which is,  
is available  
to those unburdened  
by fixed certitudes  
of mind  
of heart;  
where a shy, reaching out  
in faith-filled longing  
non-clinging  
gentle open embrace  
creates expansiveness  
of spirit  
even amidst  
immense difficulties  
a seeming foolishness  
a paradox whereby  
letting go, being empty,  
a transformative fullness  
takes root  
bearing fruit  
in a loving  
beyond imagining.  
For this was I born  
For this I came into the world  
to testify to the truth  
(John 18: 37)

Michael Dougherty  
April 2017



Empty Tomb, Mike Torevell

# An Upright Person

*A meditation for Lent from Fr Laurence Freeman, OSB*

Do you think of yourself as an “upright person?”

Do you mean a respectable member of my community who keeps to the standards and values of my group?

Kind of. What else does “upright” mean? Sitting or standing with your back straight, or being of greater length than width.

So what’s the point of this?

The point is to suggest there is a connection between sitting upright in meditation and living in an upright way - being moral, fair, kind, true. All I have to do is have a good physical posture then and I will be a good human being? If only.

No, but when we meditate we are told to sit in a “good” posture which means with the back straight. This helps breathing and the discipline of stillness during the meditation, and therefore helps us meditate. There is a link between physical posture and mental alertness and clarity – and even the sense of purpose that lies behind meditation. It is usually more difficult to meditate if your posture is slouched, lazy and uncomfortable

But could I meditate and be a cheat, liar and heartless exploiter of the weakness of others? Could meditation help me escape my conscience and make me better focused on my bad actions?

Maybe for a while, of course, but I think it would be unsustainable. In meditation, as we sit in stillness we move. The deeper the stillness the greater the acceleration. This still movement takes us into our essential, interior uprightness. (We are essentially upright). Along the way we encounter interior postures of mind, maybe recent or well-established, maybe on the margins of our personality, but also possibly in what constitutes our personality – and these postures may contradict our essential uprightness. They can be twisted and deformed aspects of ourselves.

Facing these will be very hard, then, and we will fight against being straightened out. It’s probably why we abandon or reduce our full commitment to the times of sitting upright.

I agree. It’s hard to meditate if you have just lied or slandered someone, had an orgy of gossip or over-indulged. But we can always correct our posture, inner as well as outer. If we don’t give up, we can re-align ourselves with our essential value – our essential uprightness. By discovering our inner value, we truly begin to live by the values we believe in and we can say sorry when we fail to do so.

Are you still listening?



# Mother Julian of Norwich: a mystic for meditators

by Nick Polaschek

*Revelations of Divine Love* is a mystical text from the beginning of the 15th century, hardly known in the following centuries, that has become widely read by prayerful Christians in our time. This was the first book written in English by a woman, the unnamed anchoress (female enclosed hermit) who lived in a cell attached to St Julian's Church in Norwich from late in the 14th century. It is a very surprising book, as women at that time were almost all illiterate and were forbidden from religious teaching.

The book is based on a series of visions Julian received one evening when severely ill, images of the passion of Christ. This was not an uncommon theme in Christian life at that time, but it is Julian's distinctive reflections on these that people find so engaging today. There are two versions of the text, the shorter (ST) and the longer (LT) written after many years of meditation on the visions.

Why does Julian speak to us today? Undoubtedly in part because she is a woman. Not only is her text permeated with a woman's perspective, female thinking and domestic imagery drawn from daily life, she strikingly talks of God as female. In a time when God was primarily understood as an authoritative father figure, her Trinitarian reflection calls the second divine person "God all wisdom is our mother by nature" (Ch 58 LT), an idea then developed over a number of chapters. This approach resonates in our era where we recognize the limitations of male imagery for divine Reality, recognizing God as incorporating both human genders and also as beyond gender.

In her writing Julian presents prayer in a profound way that speaks to us of our meditative practice today. She teaches that in all of our prayer, in petition, thanksgiving and contemplative union ('beholding'), it is finally not us who is praying but actually God who is praying within us, in which we are being united ('oned') with God (Ch 19 ST, 41-43 LT). She summarizes the purpose of her visions, of our prayer and all human lives as love. "Do you want to know what your Lord meant? Know well that love was what he meant. Who showed you this? Love. What did he show? Love. Why did he show you this? For love' (Ch 86 LT).

In her view of our lives as created, animated and recreated by divine Love in and through Christ, Julian,



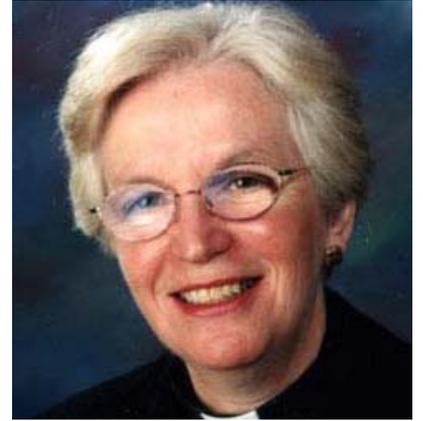
*Julian's Cell, Norwich, England*

while accepting the Church's teaching about the reality Hell, affirms that in her visions she was told that in the end "The Holy Trinity shall make all well that is not well" (Ch 32). Her vision of God's love transforming the sinfulness of all people is striking in a context where there was a vivid awareness of human destiny in Purgatory and Hell. In our meditative practice, sometimes shared in the World Community for Christian Meditation with those from different faith traditions, Julian's message of universal divine love transforming division and sinfulness among human beings, takes on a new depth of meaning.

Reading Julian: **The Penguin translation from Middle to modern English** by Elizabeth Spearing is fine, with a good introduction. A book by academic Deny Turner **Julian of Norwich Theologian** offers a very intellectual analysis. Another book, an imaginative version of her life based on historical information from the time by Amy Fryholm, is illuminating reading.



The first in a series of talks given by Glenda Meakin at a Silent Retreat held in Canada, March 2010.



# ***Listening to the daily news with a contemplative heart:***

## **The Daily News**

The title points to a tension you and I experience in daily life. We all live bombarded with various forms of media and the news, information, images, and advertising it brings. It is so much a part of our daily life. In fact the media is now so omnipresent in your life and mine that it has become the verbal and pictorial equivalent of Muzak.

It is like Muzak in the background all the time. If you stop and think for a moment, how many places do you go now where you have the daily news put before you? How many places do you go where it is right in front of you? You go for an x-ray in the hospital and in the waiting-room there it is, always tuned in to CNN or whatever, telling you the daily news. You go to the airport and it is in every waiting room. And like Muzak in the

background, the daily news can set our mood, determine our outlook, lead us to action, or anaesthetise us.

At the other end of the spectrum, as people seeking to live a contemplative life, you and I are trying to seek to live out of a place of silence and stillness, because you and I know from experience that it is in the silence, in the poverty of the one word that we find our equilibrium, our vision, our calling. We know it is the silence which gives words their meaning and power.

To reflect on the daily news is also to open our hearts and minds to mostly tragic human situations – war, poverty, greed, unemployment; the list goes on and it's everywhere. I know it is not all the news, but it is the majority of the news we hear by the

commercial media. And the daily news seems to convey a story of a world bent on self-destruction. In the silence, in the poverty of the one word, I hope what you will hear and be empowered by is another vision of a world created, redeemed and sustained by divine love.

A short quotation from John Main:

*I think what all of us have to learn is that we do not have to create silence. The silence is there within us. What we have to do is to enter into it, to become silent, to become the silence. The purpose of meditation and the challenge of meditation is to allow ourselves to become silent enough to allow this interior silence to emerge.*

Silence is the language of the spirit.



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## **Introduction to Christian Meditation**

*Be still and know that I am God. – Psalm 46:10*

Meditation is an ancient form of prayer. Its aim is to bring the distracted mind to silence and stillness, and rest in the presence of God. Even in our modern busy lives, this is possible. We invite you to come along and try this form of prayer which is simple and peaceful. The Introductory Course provides an opportunity to experience the practice of Christian meditation in a small group, to learn about its origins, and to discover its relevance as a form of prayer for the contemporary world.

World Community for Christian Meditation New Zealand  
**Mondays 9th April to 30th April 2018, 7.00 pm to 8 30 pm**  
**Mary Mac Killop Centre, Sacred Heart Catholic Church,**  
104 Hokianga Road, Dargaville

Admission free, a small koha appreciated. For more information contact Michael Dougherty

**Email: [md1@outlook.co.nz](mailto:md1@outlook.co.nz) Phone 09.436.5663**

# Questions and Answers:

by Shirley Duthie

**Q:** *In the last Stillpoint I was surprised by an article in which the author seemed to be saying that if we didn't feel like meditating it was OK to substitute other practices such as journaling, breathing exercises, writing poetry and drawing mandalas. Surely this is not Christian Meditation in the John Main tradition?*

**A:** I suspect that the author of that article would agree with you that while her spiritual walk is contemplative, it isn't Christian Meditation as taught by the followers of John Main. However, she also said that she managed around three meditation times a week so it would seem that she simply offered us a glimpse into her spiritual journey rather than an alternative to our recommended twice daily practice of meditation. As John Main said *In meditation we are all beginners and we begin again each day*. There is no substitute for sitting with the mantra, listening to the sound of the mantra, and being drawn into the mysterious stillness, that paradox that Richard Rohr so eloquently calls *the divine dance*.

**Q:** *I am all over the place with the timing of my meditation, especially in the early morning when I can find I have been meditating for three-quarters of an hour without realising it. What ways are there to build the discipline of a set time, which I am told is recommended as half an hour.*

**A:** I'm guessing that you are not a *Smartphone* user, so some sort of a timer will be the way for you to start. If your kitchen timer's ring or buzz is too strident, you can put it outside the door, under a cushion or inside a cupboard, so that you hear the sound but don't jump when it rings. If you have a *Smartphone* try your clock and set the timer to a sound like harp chords. There is also a meditation timer accessible through the World Christian Meditation website. You can purchase a set of CD's offering different lengths of time plus pre and post meditation gongs and music. However, those who've been meditating for many, many years say that the longer you meditate and the more your body, mind and spirit accept the discipline of twice daily meditation, the less dependent you will be on any form of timer.



**Q & A** - A place for your questions relating to Christian Meditation - no matter what! The **Q & A** Convenor, Shirley Duthie, will answer or find an expert to tackle any question relating to your daily practice, your CM Group or Community Days, parish difficulties related to Christian Meditation, Christian Meditation history or writings about Christian Meditation and related subjects.

*Send questions to [sjmduthie@gmail.com](mailto:sjmduthie@gmail.com)*

*Sender's name not disclosed without permission*



## Auckland Meditation Community Day

Auld Farm and Garden Kumeu  
748 Waitakere Road, Kumeu

**Saturday 24th March**

10.00 - 3.30pm

Please bring own lunch  
tea and coffee provided.

**Contact:**

Charmainne Tolich  
[ctolich@me.com](mailto:ctolich@me.com) mobile: 0274800418

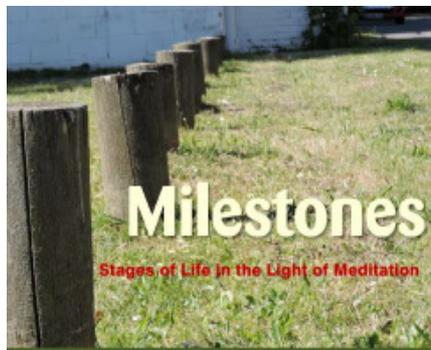
A brother came to Abbot Pastor and said: "Many distracting thoughts come into my mind, and I am in danger because of them". Then the Elder thrust him out into the open air and said: "Open up the garments about your chest and catch the wind in them". But he replied: "This I cannot do". So the Elder said to him: "If you cannot catch the wind, neither can you prevent distracting thoughts from coming into your head. Your job is to say 'No' to them".

*from  
The Wisdom of the Desert  
Sayings from the Desert Fathers  
of the Fourth Century*

# New on Pleroma Shelves:

by Shirley Duthie

## ***Milestones: \$32.50***



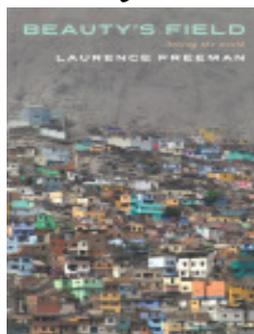
LAURENCE FREEMAN OSB

### **Stages of Life in the Light of Meditation**

#### **2 CD set Laurence Freeman OSB**

Although childhood, adulthood, old age, and eventually death are stages we go through in uniquely personal ways, meditation can help us to experience these milestones as stages of maturing in Christian faith. Meditation allows the ego to develop naturally, moving us in stages beyond the ego into our true self, reducing our dependency on success and achievement. Total of 9 tracks on two discs. Use for personal listening or as meditation group teachings.

## ***Beauty's Field: 146pp \$27.50***

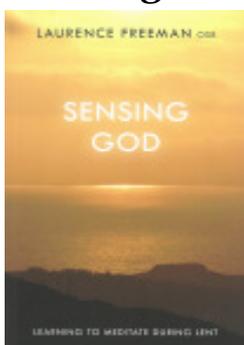


### **Seeing the World**

#### **Laurence Freeman OSB**

These are short, vivid, true stories that can be read and re-read to sharpen our own ways of seeing and to open our “doors of perception”. They include moments of transformation, some sudden, some gradual, that the author has experienced in his travels as leader of the World Community for Christian Meditation. They are personal examples so they not only tell us about Fr Laurence, but they also act as great examples of how we grow to see the world from within, the life growing in the stillness of contemplation.

## ***Sensing God: 125pp \$24.99***



### **Learning to meditate during Lent**

#### **Laurence Freeman OSB**

Ideal for those new to Christian Meditation but a good tonic for more experienced meditators. Fr Laurence offers meditation instructions, guidance and support, as well as 46 enriching daily reflections on the Gospels, which highlight particular Gospel themes and their continued relevance for modern living.

### **Order at:**

**www.christiansupplies.co.nz telephone 0508 988 988 (toll free)**

**or**

**email [order@pleroma.org.nz](mailto:order@pleroma.org.nz)**





# Gentle signs of new life in Bonnevaux

a report by *Rebecca Brewin*

It has been all go at Bonnevaux since the end of last week; Andrew and Delyth preparing for their month working in Wales, architects surveying the Abbey and plumbers and electricians arriving to install facilities into 'la ferme' and stables (buildings that will eventually be renovated into the meditation retreat centre). This has entailed lots of careful professional attention as the building has not been touched for 35 years; they've done an amazing job on top of the dedicated help of community member David Simpson. And such a treat to now have heating and running water.

Meanwhile a small group of us (including John Manson who lives locally and members of the meditation group in Poitiers) has been working to support Jean Christoffe and his team of men to empty the

Abbey of all furniture, kitchenware etc. It's been fun uncovering some curiosities from the old cupboards, such as a box of Parisien 'sugar sticks' for stirring into coffee, beautifully preserved with a receipt dated 1971! And cleaning up the farmhouse, reconstructing beds, putting the *cuisine* together with a new stove and washing machine, all in preparation to welcome more visitors and volunteers...

Most importantly, signs of new life silently push through the damp earth, the resident white egret stalks silently through the grass, and lifts its migrated angelic wings to the high nearly-budding trees. And the ancient bread oven continues to warm the heart of the Abbey kitchen as our daily rhythm of meditation gently pulses through the bustle.

## *Volunteers*

We've had a hugely generous response to our request for volunteers. Thank you to everyone who has expressed their help, sent their details and patiently waited a response. Most applications are for the Spring/Summer, so, to spread the volunteer help through the year, we would be interested in hearing from people able help during the Autumn and Winter months. We will be looking over all the applications and getting in touch by the end of February.

Would you like to be a volunteer or would like more information? Apply [volunteers@wccm.org](mailto:volunteers@wccm.org)



# Events Calendar: (more details available in Events Calendar at NZCCM website)

## 2018

- 10th March** **Kopua, Hawkes Bay:** Community Day - John Main & his Teaching Fr John Pettit Shirley Duthie - phone 06.8568110 sjmduthie@gmail.com
- 24th March** **Christchurch:** Community Day  
Jane Hole, holejane66@hotmail.com
- 24th March** **Wellington:** Community Day, 82 The Parade, Paekakariki, 9.30am-2.30pm  
Elspeth Preddey - phone 04.472.3369 or 0274.723.369 elspeth.preddey@xtra.co.nz
- 24th March** **Auckland:** Community Day led by Neil Keating  
Auld Farm & Garden, 748 Waitakere Road Kumeu, 10.00am-3.30pm  
Charmaine Tolich - phone 027.4800.418 ctolich@me.com
- 7th April** **Whangarei:** Christian Meditation as an 11th Step Practice  
Michael Dougherty - phone 09.436.5663 md1@outlook.co.nz
- 9th-30th April** **Dargaville:** Introduction to Christian Meditation, Mondays 7.00pm  
Michael Dougherty - phone 09.436.5663 md1@outlook.co.nz
- 14th April** **Waikato/Bay of Plenty:** Huntly Community Day  
Damian Robertson - phone 07.347.2087 dae.pete@outlook.com
- 17th April** **Nelson:** Labyrinth Evening  
Contact Marie Shepherd mlshepherd54@gmail.com
- 21st April** **Introduction to Christian Meditation, Day 1:** Mercy Centre Epsom, Auckland, cost \$35.00, booking essential. Cathryn Wiles-Pickard rsm - phone 09 638 6238 info@mercyspiritualitycentre.org.nz
- April** **Auckland:** Essential Teaching Weekend, Auckland  
Linda Polaschek - phone 04.479.7955 or 020.479.7955 nandlpolaschek@gmail.com
- 5th May** **Nelson:** Community Day, 9.30am until 2.30pm  
Contact Marie Shepherd mlshepherd54@gmail.com
- 15th-17th June** **Wellington:** Silent Retreat  
Home of Compassion, Island Bay.  
Elspeth Preddey - phone 04.472.3369 or 0274 723 369 elspeth.preddey@xtra.co.nz
- 30th June** **Kopua, Hawkes Bay:** Community Day  
Shirley Duthie - phone 06.856.8110 sjmduthie@gmail.com
- 7th July** **Introduction to Christian Meditation, Day 2:** Mercy Centre Epsom, Auckland, 9.30am – 3.30pm, cost \$35.00, booking essential  
Cathryn Wiles-Pickard rsm - phone 09 638 6238 info@mercyspiritualitycentre.org.nz
- 28th July** **Waikato/Bay of Plenty: Rotorua** Community Day  
Damian Robertson - phone 07.347.2087 dae.pete@outlook.com
- 28th July** **Christchurch:** Community Day, 10.00am-3.00pm in Chapel Street Centre.  
Jane Hole, holejane66@hotmail.com
- 10th-12th Aug** **Auckland:** Silent Retreat  
Charmaine Tolich - phone 027.4800.418 ctolich@me.com
- September** **Christchurch:** Essential Teaching Weekend  
Linda Polaschek - phone 04.479.7955 or 020.479.7955 nandlpolaschek@gmail.com
- 6th–12th Oct** **Ngakura, Waikato:** School Retreat  
Linda Polaschek - phone 04.479.7955 or 020.479.7955 nandlpolaschek@gmail.com
- 13th Oct** **Kopua, Hawkes Bay:** Community Day  
Shirley Duthie - phone 06.856.8110 sjmduthie@gmail.com
- 27th Oct** **Waikato/Bay of Plenty:** Paeroa Community Day  
Damian Robertson - phone 07.347.2087 dae.pete@outlook.com
- 27th Oct** **Wellington:** Community Day  
Elspeth Preddey - phone 04.472.3369 or 0274 723 369 elspeth.preddey@xtra.co.nz
- 30th Oct** **Nelson:** Open Evening at Cathedral  
Contact Marie Shepherd mlshepherd54@gmail.com

## 2019

- 13th-16th Jan** **Waikato University:** National Silent Retreat with Laurence Freeman  
Linda Polaschek - phone 04.479.7955 or 020.479.7955 nandlpolaschek@gmail.com
- 17th, 18th Jan** **Auckland:** Meditatio Seminar, Contemplative Care  
Linda Polaschek - phone 04.479.7955 or 020.479.7955 nandlpolaschek@gmail.com



# New Zealand Community for Christian Meditation

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I would like to start a meditation group or have someone run an introductory course in my area      yes/no

Please return with payment to:

*Treasurer - Ngaire McLaughlin  
9 Somerset Crescent Kapiti Village,  
Paraparaumu, Kapiti Coast 5032  
hugh.mclaughlinnz@gmail.com*

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