



Stillpoint

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

Vol 1, No. 10. June 2018



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Contemplative Walking: a very beneficial practice

by Fr Peter Murphy

I was at a small meeting (not of meditators) recently and opened it by just asking the people how they prayed. A few had tried meditating but had not persevered, primarily owing to its difficulty, but had replaced it with what they called reflective walking, similar to what has become a standard practice on many of our retreats: contemplative walking. On our CM School Retreats, which are six days in length and in total silence, we have four contemplative walk periods a day, mostly in between periods of meditation of which there are seven. The above picture is of a contemplative walk at such a retreat held at the Home of Compassion convent in Jerusalem on the Whanganui River. Interestingly virtually all the haikus from the retreat related to experiences during the contemplative walk.

In the meditation community the contemplative walk is both an individual and a community exercise; individual because you are walking slowly and meditatively, community because you are walking in union with others. In my first experience of this practice there were people who were so caught up with their individual steps and who were moving so slowly that a big queue formed behind them causing a "traffic jam".

The aim of the exercise is to be in harmony with oneself and to be in harmony with those with whom you are walking. It is not a substitute for meditation because you are naturally watching where you are going and thinking, whereas in meditation you are letting go of all thoughts, but as a complement to meditation, it is a very beneficial practice. ✕

Websites to visit:

www.christianmeditationnz.org.nz
www.wccm.org/content
www.wccmmeditation.org
www.christianmeditationaustralia.org
www.christianmeditation.org.uk



2019 National Silent Retreat

13th – 16th January, 2019

University of Waikato, Hamilton, NZ

Light and Shade

Led by Laurence Freeman, Benedictine monk
and Director of the World Community for Christian Meditation,

The Silent Retreat will be held on the campus of Waikato University. Shared sessions in the retreat will be held in the campus chapel. Throughout the day there will be a number of periods of shared meditation and several shared liturgical prayer times, but also plenty of time for personal reflection, to quietly explore the adjacent gardens and an opportunity to visit the retreat bookshop. Our silent shared meals will be in the student accommodation cafeteria. Throughout the retreat Laurence will give a number of presentations about contemplation, around the theme of *Light and Shade*. In his fulltime WCCM ministry, Fr Laurence travels widely as a spiritual guide, international speaker and retreat leader. He is the author of many books and articles (see wccm.org). Fr Laurence has conducted dialogues and peace initiatives, such as the historic “Way of Peace” with the Dalai Lama, and he is active in inter-religious dialogue with leaders of other faiths. He encourages the teaching of Christian meditation to children and students and promotes the recovery of contemplative wisdom in the church and in society.

Retreat Theme: *Light and Shade*

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 the 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.

Registration Details:

Register by sending the information below to:
retreat@christianmeditationnz.org.nz or post to NZCCM Retreat,
12 Everest Street. Wellington, 6035.

1. First name
2. Surname
3. Address
4. Phone number
5. Mobile number
6. Email address
7. Preferred name for badge
8. Special Dietary Requirements (if any)
9. Emergency contact name and telephone number
10. Ground floor accommodation needed: Yes or No. (There are no lifts).
11. Which payment option you have used (see options 1, 2 & 3 below).
12. Donations to assist others to attend are very welcome. Please let us know if you would like a tax receipt for your donation. Cost and Payment Instructions Early Bird: \$440 if paid by 16th November 2018. Otherwise \$500 to be paid by 16th December 2018.

Payment may be made in the following ways:

1. Online: From your account to NZCCM account 38-9003-0812910-01 at Kiwibank
 2. By depositing your cheque or cash into the NZCCM account above at any Kiwibank branch. Please add your name and ‘national retreat’ in the reference section for options 1 & 2.
 3. By posting your cheque (made out to NZCCM) and registration information to NZCCM Retreat, 12 Everest Street, Wellington 6035.
- Numbers are limited so good to book early.

Financial Assistance:

Some financial assistance may be available. If the cost of the retreat is a barrier to your being able to attend, please email retreat@christianmeditationnz.org.nz or write to NZCCM Retreat, 12 Everest Street. Wellington, 6035 and briefly outline your situation and the amount you are seeking.

Retreat Accommodation:

Waikato University student accommodation provides single rooms with shared bathrooms. We will do our best to ensure bathrooms are gender specific, but this cannot be guaranteed. Linen and towels will be supplied and can be changed daily.

Departure:

After lunch Wednesday 16th January. For those travelling to Auckland for the Meditatio Seminar, we may be able to arrange a ride. Please indicate if you will need this.

Cancellations:

Refunds will be made up to 5pm, 7th January less a \$20 administration fee. Refund requests to be made by email or letter only. Send your email to retreat@christianmeditationnz.org.nz or write to 12 Everest St, Wellington 6035.

Meditatio Seminar: Contemplative Care

Following the retreat, Fr Laurence is travelling to Auckland and will lead the seminar on Contemplative Care: Health Care and Meditation at Auckland City Hospital, Thurs and Fri, 17 & 18 January. More information and the separate registration details will soon be posted on www.christianmeditationnz.org.nz





Community Day Bay of Plenty - Waikato Region

a report from Damian Robertson, Co-ordinator

Our region's first Community Day for 2018 was held on Saturday 14th April at St Anthony's Catholic Parish Centre in Huntly. Liz Johnson led the host group with the very able assistance of Pat Wiggins and Rita Baars. There were 18 attendees and we were pleased to have a welcome and blessing from Fr Anselm Aherne, parish priest of Huntly.

Our theme for the day was Dom John Main OSB. We listened to his talk on Spiritual Growth, from the CD *Radical Simplicity*. Merv Daley then shared his meditation journey and advised that he had handed over the leadership of his group to Bernadine Hannon, as his eyesight had deteriorated considerably. Merv will continue to take phone enquiries about the group and will meet interested people to tell them what it's all about.

We listened to updates from around the region and were sad to hear that the Hamilton Cathedral

group was no longer meeting. Efforts will be made to establish another evening group in the area.

Our next challenge was to work in teams of two, to discuss different excerpts from John Main's writings. Afterwards there was a very robust discussion amongst the whole group about the meaning of those excerpts. It was wonderful to have everyone contribute enthusiastically to the review of words which we were reasonably familiar with, but which we had not examined closely before. We ended the morning session with meditation.

After lunch we listened to Raewyn Blair's meditation story, which was markedly different from Merv's but equally fascinating and inspirational. That led easily into sharing some of the gifts we had received as a result of our commitment to the meditation

practice. Again, the gifts were seen to be diverse but unquestionably positive and inspiring. After another meditation, we said farewell to our meditation colleagues and dispersed until our next gathering which will be in Rotorua on Saturday 28th July.

We were fortunate again to have Pleroma Christian Supplies give us stock for a sales table. We chose one title to raffle as a fundraiser for Friends. Pleroma sales amounted to \$204.00. Because of the generosity of Huntly Parish, we were able to add extra money to that raised for Friends, eventually banking \$64.50 into the Friends account and \$62.50 koha into the NZCCM General account to cover the region's expenses.

Altogether, it was a very valuable and rewarding engagement of meditators. We all seem to be uplifted by these gatherings. ✕

All our other relationships relate to our relationship with God. The fruit of prayer is in our relationships with others. That's why it's so important we don't imagine that our relationship with God is a separate relationship. Because, then when our other human relationships go wrong, we say, Oh, never mind, I've got God. So I'll run over to God. That's the reflex of the ego. But our relationship with God is not over there, separate from all these people I live with or work with. Our relationship with God is the ground of every relationship we have.

The Ego on our spiritual journey II Laurence Freeman



The second 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:

Cleansing the Temple

From the Gospel of John chapter 2:

The Passover of the Jews was near and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep and doves, and the money-changers seated at their tables. Making a whip of cords, Jesus drove all of them out of the temple — both the sheep and the cattle. He also poured out the coins of the moneychangers and overturned their tables. He told those who were selling the doves, “Take these things out of here, stop making my Father’s house a marketplace.”

Well, the Passover of the Jews was near, John writes. The writer wants you and me to perk up, pay attention, because the word “passover” means your redemption is near.

And this is not a story about long ago and far away. Right now, the Gospel story says to you and me: Listen up! Your redemption, your salvation, your healing your wholeness, however you want to talk about that, is near. Are you ready?

And the story says Jesus went up to Jerusalem. Remember Jerusalem signifies the place where God dwells, the holy of holies in the temple. And if you want to be with God, you make that journey to Jerusalem, to the temple. And what this says to you and me is that the Gospel is inviting us to go into the temple of our own heart, and there we will find Jesus.

But what’s he doing there? We might not want to know that part, because he says: My word! There is a lot of clutter in your heart! In my heart! There is so much clutter there. What is that clutter all about? Well the reason those animals were sold

in the temple was so that you could make first a sacrifice to God, so that you could make amends, so that you could get to God, because you needed to acknowledge what you had done that has kept you apart, distant, away from God. So you paid your money and your ordinary money isn’t good enough; you had to first change it for temple money.

So Jesus and the Gospel is inviting you and me to move into this space within where he dwells, and to help us let go of all of those ways we think we have to get God, all those ways we think we have to do something in exchange before God will even look at us, let alone love us. And it is cleared out by the presence of Christ. You and I don’t do it. That is the wonderful thing about meditation. We simply come into the silence and be attentive to the Spirit within.

The story continues. People around say to Jesus: what sign can you show us for doing this? And that is so much what we all look for before we are willing to move and to trust God, and to believe we don’t have to be in control, *doing* something to get something, but that this is all grace. We think, better have a sign here. And Jesus says I am not about signs; indeed this temple could be destroyed and in three days I will raise it up. Of course Jesus is talking about the temple of himself where the Spirit of God dwells in union with him. Of course people say: I don’t see how that can happen; this temple has been under construction for 46 years.

There is a lot about how you and I have difficulty moving into this interior space where all of the ways

we analyse and figure things out and find our security don’t work, aren’t needed, aren’t necessary. We don’t need to figure it out; we simply need to move into it and to trust. But Jesus was speaking of the temple of his body: “In three days I will raise it up.” And after he was raised from the dead his disciples remembered that he had said this, and they believed the scripture and the word that Jesus had spoken.

The Gospel writer wants you and me to hear that the way into a deep loving relationship of union with God is through Christ and through our being willing to trust the Spirit of Christ within. Being willing to go into the temple, and allowing that clutter to be cleaned out, is what Jesus is talking about. “In three days I will raise it up.”

The Gospel writer wants you and me to hear about new life, about being transformed by entering into the temple of our own heart. There we find, Christ shows us, we *already* dwell in God. We don’t have to get God. There are no obstacles to God. None, only the ones you and I make. We are already immersed in God. And if we are willing to allow the Spirit of Christ to cleanse the temple of our hearts, we then become present to and participate in that divine love. The only thing you and I need to do is to become attentive; to let go of all the words and move in to the poverty of the one word

What Jesus tells us, if we will trust him and trust the silence of a de-cluttered temple, is that nothing can destroy that love, nothing can separate us from that love. ✕

**CHRISTIAN
MEDITATION
COMMUNITY DAY**

735 Owhiwa Road, Mt Tiger, Whangarei

9.30 am to 3.00 pm

Saturday 2nd June 2018

Bring your own lunch.

A small koha appreciated

Theme:

Spirituality In A Secular Age

Using the reflections of Laurence Freeman OSB, we will address the need to living meaningfully and with personal depth, in a secular age.

Laurence says: "What has happened in modern times is the growth of a secular mentality which presents particular opportunities and problems, challenges for our spiritual journey. How do we live a spiritual life in a secular age?"

There will be time for two meditation periods. Newcomers to Christian Meditation are most welcome. Please let me know if you would like to take part on this day. To secure a place and enquiries:

Michael Phone: 09 436 5663

Email: md1@outlook.co.nz

Oh Lord, Scripture says,
"there is a time for silence
and a time for speech."

Saviour, teach me
the silence of humility,
the silence of wisdom,
the silence of love,
the silence of perfection,
the silence that speaks without words,
the silence of faith.

Lord, teach me to silence my own heart
that I may listen to the gentle movement
of the Holy Spirit within me
and sense the depths which are of God.

Frankfurt prayer, sixteenth century
copied from Hear Our Prayer, an anthology of
Classic Prayers compiled by Olivia Warburton
A Lion Book, Lion Hudson,
Oxford, England, 2005.



**A Contemplative Response
to the Crisis of Change**

Thursday 20 to Sunday 23 September 2018

with

**Charles Taylor, Herman Van Rompuy,
Teresa Forcades, Robert Johnson,
Sean Hagan, Barry White, Marco Schorlemmer
and other Workshop Leaders**

To register online: www.jms2018.org

Presented by WCCM Belgium

The World Community for Christian Meditation

***You sit to meditate and begin saying the
mantra...***

Then immediately you remember you should have taken the car to the garage. And is my next appointment at three or four? Should I do the washing today or tomorrow? Wasn't that dinner guest's dress a beautiful colour last night? Hang on. I should be saying the mantra. Am I saying it properly? Is this really getting me anywhere? I wonder if you know when enlightenment happens. What is enlightenment? Where is God? Is God really in this? Am I wasting time? Is there a better way of doing it? I must decide whether to take the morning or evening flight from Boston. Where's the mantra gone now? Come on, back to it. How much longer is this going to last? Did I set the alarm properly? I'll take a quick look. A cup of coffee would be nice, if I've got time. This will be better when I make a retreat. It will be lovely to be just quiet and away. Then I'll be able to meditate well. Should I go for the full week I have off or keep a few days free for a holiday as well? What would John Main advise? Mortality is a great teacher. Say your mantra. You're wasting precious time. Why does my side hurt after meals? My father died of cancer. I am going to start a low fat diet tomorrow. There are special products now at the supermarket for that. Did I get the new supermarket credit card? There are so many things to remember. Jesus said one thing is necessary. I wonder what it is. The alarm will go off any second now. Let's say the mantra from now till then. Oh I forgot to call ... And so on.

From Daily Wisdom - the Goal of Life, Meditatio Series 2005 B



Bede Griffiths: founding patron of the WCCM

by Nick Polaschek

At the 1991 John Main Seminar, given by Bede Griffiths OSB, the Christian meditators who were present from different countries agreed to form The World Community for Christian Meditation, to share and support the practice of Christian meditation. Bede, whose inspirational contribution helped clarify this direction, became one of the founding patrons of the WCCM. Bede only met John Main once, but after his death carefully studied his various writings, as his presentations made clear. In Bede Griffiths' view John Main was the most important teacher of spirituality in the West of his time – because of his gift of introducing meditation in a form that not only dedicated religious but all people could appreciate and practice.

Who was Bede Griffiths? An Englishman born in 1906 who converted to Catholicism and became a Benedictine monk. After many years in the monastery he went to India and became a Christian Indian holy man. Until his death in 1993 he led a Christian Indian monastic community in the south of India that is still flourishing today. At Shantivanam ashram the Christian faith is expressed in Indian terms, through a ritual practice in the Hindu style and a dialogue with Hindu religious thought. John Main himself first learned meditation from an Indian, Swami Satyananda, long before he became a monk. Many years later, as a monk, he was shown a quote from the early Christian tradition by the monk Cassian that referred to a spiritual practice he recognized was analogous to the experience in his former meditative practice with the Hindu monk, and he began to meditate again as a Christian.

The primary practice of meditation taught by the WCCM today reflects



the form in which John Main was originally taught it by the swami, two periods of 20-30 minutes, morning and evening, continuously internally reciting a mantra, with a shared weekly meditation to support the practice. John Main's subsequent discovery of a similar meditative approach in the early Christian tradition did not modify the form in which he practised or taught meditative practice. This Indian root of the WCCM, along with Bede Griffiths' early involvement, established the basis for an ongoing inter-faith dialogue as a feature of the WCCM, with the Dalai Lama and others from different faith traditions, based in a shared meditation practice.

Bede Griffiths himself came to recognize the profound spiritual experiences and insights in the variety of faith traditions of humankind. He considered that each faith tradition had its particular strengths and weaknesses in their response to the divine Word to humanity. Within each faith tradition is an inner orientation that gradually overcomes its cultural limitations and evil (based on a dualistic separation of us and them)

in the emergence of a mystical prayer stream that is realized through meditative practice (a non dualistic expression of I and Thou in communion). Bede Griffiths and John Main, each in their own way, discovered in their lives that through learning about the insights of other faith traditions we are enabled to discover the profound spiritual experience and insights 'in Christ' at the heart of our own tradition. Through personal dialogue with people of different faiths, based in a shared practice of meditation, we can understand more fully and live more deeply our shared life in the Spirit of Christ.

Bede Griffiths' illuminating talks at the John Main seminar in 1991 are contained in a book called *The New Creation in Christ* 1992. A good general introduction to Bede Griffiths' thought is *Essential Writings* (Modern Spiritual Masters series) 2004. John Main's personal account of his introduction to meditation by the Hindu Swami Satyananda is contained in a book, *The Gethsemani Talks*, 1999 given to Cistercian monks at Gethsemani Abbey. ✠

***Meditatio* Seminar on Contemplative Care**

Planning is progressing for the *Meditatio* Seminar, Contemplative Care: Healthcare and Meditation, to be held at the Auckland City Hospital on 17 and 18 January next year. A small group from the meditation community: John Collins, Linda and Nick Polaschek, led by Vincent Maire, is organizing the seminar. Other volunteers will help with the event itself.

Meditatio is a cluster of programmes, publications and events across different countries through which WCCM shares the fruits and benefits of meditation with the wider world. It is the outreach of WCCM, seeking to bring universal spiritual wisdom and values to bear

upon the pressing issues of a secular world. One important focus of the outreach of *Meditatio* is medicine and healthcare. This will be the first *Meditatio* Seminar to be held New Zealand and follows the successful John Main Seminar held here in 2015. The seminar will be led by Fr Laurence Freeman OBS, Director of WCCM, following our national retreat in Hamilton on 13th to 16th of January.

Contemplative care is a dimension of healthcare practice that comes out of the great tradition of contemplative practice which is both ancient and universal. Contemplative care enables the practitioner to develop better self-care, self-knowledge, inner

reflection and intuition that informs their healthcare practice, and enlivens their personal presence with the patient. During this two day Seminar presenters from across the healthcare spectrum will dialogue with participants on the many ways contemplative care can be used to benefit both provider and patient alike. While the programme is intended to support the practice of health care professionals, the Seminar will be open to all who are interested in attending.

Further information about the seminar, including the programme, will be published in the next issue of *Stillpoint* and available shortly on the NZCCM website. ✕

Waikato and Bay of Plenty Community Day

New Zealand Community for Christian Meditation

Saturday 28 July 2018, 10.00am to 3.00pm

St Mary's Catholic Church Hall

cnr Seddon & Ranolf Streets, Glenholme, Rotorua

(Entry off Ranolf Street carpark)

Theme for the day: The life and spirituality of Evelyn Underhill

Meditators and people new to meditation are very welcome.

Please Bring:

Your own lunch Koha (suggested \$10) 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

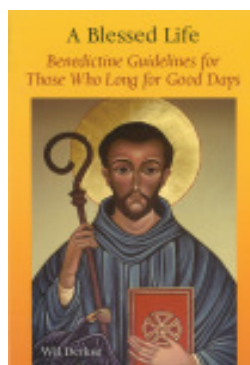
there will be a sales table and ordering facilities

If you have any queries, please contact

Damian Robertson on 07.347.2087 or dae.pete@outlook.com



New on Pleroma Shelves: by Shirley Duthie



A Blessed Life: Benedictine Guidelines for Those Who Long for Good Days by Wil Derkse

This is the sequel to the author's earlier *The Rule of Benedict for Beginners* and shows the author's search for those basic attitudes and virtues that characterise Benedictine Spirituality, making

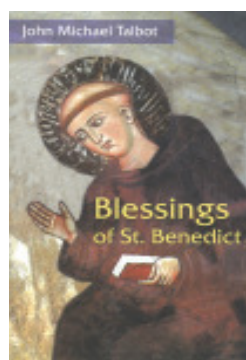
them available for those living and working outside a monastery. Oblates will find this essential reading as will others wanting to apply Benedict's wisdom to their life-style. **Translated from the Dutch. 95pp. \$18.00**
<https://www.christiansupplies.co.nz/product/9780814618639/a-blessed-life-benedictine-guidelines-for/>

The Eight Big Problems Of Life Laurence Freeman OSB

The seven deadly sins in Christian spirituality were first formulated by the Desert Fathers as the eight principal faults. Fr Laurence sees these inner struggles in non-judgemental terms, as addictive patterns that can be overcome through meditation.



The 16 tracks in this CD set are ideal for use in meditation groups, or for personal listening. **3 CD Discs. \$37.50**
<https://www.christiansupplies.co.nz/product/T8BPOLCD/the-eight-big-problems-of-life-3-audio-cds/>



Blessings of St Benedict by John Michael Talbot

This is a devotional that offers brief and accessible reflections on the Rule of St Benedict suitable for all people in every state of life. Oblates looking for time-out with a gentle commentary on the Rule, meditators looking for guidance and general readers seeking to explore the timeless monastic wisdom of

Benedict's Rule will all find it helpful and satisfying.

129pp. \$25.00

<https://www.christiansupplies.co.nz/product/9780814633854/blessings-of-st-benedict/>

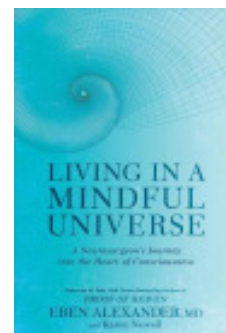
Living in a Mindful Universe:

A Neurosurgeon's Journey into the Heart of Consciousness Eben Alexander, with Karen Newell.

This is something of a wild card for those who couldn't put down the author's first book New York Times No. 1 Bestseller *Proof of Heaven* written after his recovery from a week-long coma in 2008. So much of what this scientist writes will resonate with Christian meditators, especially those who are exploring writings related to the new cosmic realities.

Click the link below for more information. **\$38.99**

<https://www.christiansupplies.co.nz/product/9781635650655/living-in-a-mindful-universe/>



Order at www.christiansupplies.co.nz telephone 0508 988 988 (toll free) or email order@pleroma.org.nz ☒

Hawke's Bay, Manawatu & Taranaki Christian Meditation Community Day 10th March 2018 *a report from Noel Bryant*

We gathered at the beautiful setting of Southern Star Abbey at Kopua. Our wisdom teacher for the day was Father John Pettit founder of some of our meditation groups and resident monk at Kopua.

The programme for the day was interspersed with Father John talking about the life and times of John Main, meditation, joining in with the monks' daily activities and an excellent sharing time of where individuals were at with the practise of meditation in their lives.

Father John gave a very informative talk on John Main's life, giving us very good reasons to meditate, being open to the divine reality that is closer to us than we are to ourselves, and especially movingly showing us his passion for that.

The distinction between rational consciousness being in our mind, and intuitive consciousness being in our heart, was made very clear to us. Love was the message given us, to quote from John Main: "Only when we live in and from love do we know that miraculous harmony and integration of our whole being which makes us fully human."

A wonderful day, thank you to Father John and Shirley Duthie for organising. ☒



Questions & Answers: by Shirley Duthie

Q. A local church is offering a regular Centering Prayer evening. How does Centering Prayer differ from Christian Meditation and is it a good idea to go along to a group like this in conjunction with my meditation practice, or will it be confusing?

A. I am sure there would be no problem attending a Centering Prayer group, particularly if there is no Christian Meditation group in your community. We have a tacit understanding that we don't invade each other's patch, i.e. if there is a Centering Prayer group in a parish community we don't set up a Christian Meditation group as an alternative.

Centering Prayer and Christian Meditation are like two parallel streams. The former was developed by the Cistercian monks in Spencer, Massachusetts, in response to numerous people knocking on their door looking for the Buddhist monastery. Fr Thomas Keating is the primary teacher of this practice, (He and Fr Laurence have been in dialogue with each other over many years and he led the John Main Seminar in San Francisco 20 years ago). They developed their practice out of *The Cloud of Unknowing*, a 14th Century spiritual classic, in contrast to Christian Meditation which takes its inspiration from Chapter 10 of John Cassian's *Conferences*. They don't recommend a specific mantra, and don't have the same emphasis as John Main on saying the mantra from beginning to end, but the teaching on dealing with distractions and letting go of thoughts is very similar, as is the need to practice morning and early evening for 20 - 30 minutes. ¹

Q. Now I am meditating twice most days I'm a bit worried that I'm not praying for others like I used to. How do others fit intercessory prayer into their day?

A. Peter Harris says that "Meditation does not preclude praying in any other way. What usually happens is that the daily spiritual discipline of meditation becomes a priority, although we continue to pray in other ways at various times on our own spiritual path". ²

On a practical level, when you meditate, you come as a whole person and that includes your concerns and willingness to pray for others. I've read of meditators writing names and needs in a notebook and having it with them during meditation. Before commencing meditation, I find it helpful to sense that I am bringing with me into the silence and stillness all those who have blessed me or need help, and yield them to the wholeness of God.

1. Answer provided by Father Peter Murphy

2. Paul Harris in "Frequently asked questions about Christian Meditation"



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

Sender's name not disclosed without permission



Auckland Community Day

Saturday, 14th July 2018

10.00am to 3.00pm

St Mark's Catholic Church, 334 Pakuranga Road, Pakuranga

Meditation, Presence and the Care of the Dying

Vincent Maire is spiritual care coordinator at Hibiscus Hospice, Red Beach. He is a trustee of NZCCM, a former national coordinator and leads a weekly meditation group in Manly.

At this Community Day Vincent will talk about how the gift of meditation in the Christian tradition enables him to companion people on their end-of-life journey.

He will explore a range of themes including mindfulness, presence, holy listening, self-awareness; connecting these themes with a number of writers from the contemplative tradition.

* Please bring your own lunch

* Tea and Coffee provided

* Please bring a koha

* There will be two periods of meditation

* People new to meditation are most welcome

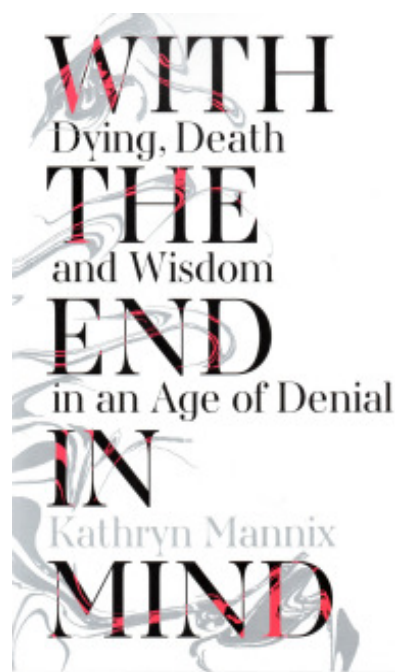
For more information contact Charmainne Tolich on 09 266-7651 or ctolich@me.com

Dr Kathryn Mannix is a palliative care physician and Cognitive Behaviour Therapist who has spent many years working with people who are suffering incurable, advanced illnesses. Faced with her first dead person at age eighteen, during her first term at medical school, she learned early that dealing with the dying and their families was a special calling requiring skills which do not adorn the multitudes. She became fascinated by the process of dying, the varied ways by which the terminally ill strove to cope with the situation, and the immense power of the palliative care approach to soothe and support both the dying persons themselves and their loved ones.

Over her years in palliative care, Dr Mannix has become convinced that, for many people, the inevitable approach of death is frightening, even terrifying, leading to the increasingly strident demand for legalised assisted suicide or euthanasia. Some of this terror arises from the fact that, in this modern world, the natural process of death is fast becoming unfamiliar because so many people die in hospitals or rest homes and fewer and fewer go through their last stages at home in well-known surroundings and with their families and loved ones surrounding and supporting them.

With this in mind, Dr Mannix has written a book which will help both the ill and the healthy. By means of a series of actual stories of people she has encountered during her years in palliative care, she gradually unfolds her own understanding of the dying process and how to deal with the variations in approach exhibited by patients she has attended prior to, and during, the dying process.

The book is organised into sections, each beginning with a



general observation on an aspect of death and dying, and ending with some questions which the reader can ask him/herself around this aspect. In between are the stories of patients, some deeply touching, others even amusing, but all related with a level of humanity, warmth, empathy and care which grips the reader and brings the characters and their situations to life (no pun intended) while at the same time dispelling the fear which often surrounds the contemplation of death.

As an ex-nurse who has attended many deathbeds herself, I have no hesitation in strongly recommending this book to anyone, but particularly those who are engaged in pastoral ministry in homes and hospitals. It takes away the mystery surrounding physical death and gives valuable insights into ways of assisting those who are approaching the end of their lives to face this in peace. A beautiful book, well worth the price.

Kilian de Lacy

With the End in Mind (Dying, death and wisdom in an age of denial)
by Kathryn Mannix

Harper Collins Publishers, London SE1 9GF ISBN 978-0-00-821088-5

Available Whitcoulls \$29.99

Essential Teaching Weekend Auckland 29 June to 1 July

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

Essential Teaching Weekends explore the history of meditation in the Christian tradition and help you arrive at a deeper insight into what the experience of this practice means to you personally and to see ways in which this experience can be shared with others.

Many meditators attend the Essential Teaching Weekend more than once, because it is always slightly different and the experience of learning together and of spiritual friendship is so strengthening.

If you are interested in knowing more about this weekend contact:

Linda Polaschek - phone
04.479.7955 or 020.479.7955
nandlpolaschek@gmail.com

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>



2018

- 2nd June Whangarei:** Northland Community Day
Michael Dougherty 09 436 5663 mdl@outlook.co.nz
- 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
- 29th June-1st July, Auckland:** Essential Teaching Weekend
Mary McKillop Centre, Kohimaramara, Linda Polaschek - phone 04.479.7955
or 020.479.7955 nandlpolaschek@gmail.com
- 30th June Hawkes Bay, Manawatu, Taranaki:** Community Day
Southern Star Abbey, Shirley Duthie - phone 06.856.8110 sjmduthie@gmail.com
- 7th July Auckland:** 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
- 14th July Auckland:** Community Day, St Marks Pakuranga, Charmainne 0274800418
- 28th July Rotorua:** Waikato/Bay of Plenty 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
Charmainne Tolich - phone 027.4800.418 ctolich@me.com
- 7th -8th Sept Adelaide, Australia:** National Conference, www.christianmeditationaustralia.org
- 7th -9th Sept Christchurch:** Essential Teaching Weekend
Jane Hole 03.359.9036 holejane66@hotmail.com
- 6th–11th Oct Ngakura, Waikato:** School Retreat
Linda Polaschek - phone 04.479.7955 or 020.479.7955 nandlpolaschek@gmail.com
- 13th Oct Hawkes Bay, Manawatu, Taranaki:** Community Day
Southern Star Abbey, 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
- 17th Nov Auckland:** Community Day
St Mary's Papakura, Charmainne 0274800418

2019

- 13th-16th Jan Waikato University:** National Silent Retreat with Laurence Freeman
See our NZCCM website for registration details or contact
Linda Polaschek - phone 04.479.7955 or 020.479.7955 nandlpolaschek@gmail.com
- 17th-18th Jan Auckland:** Meditatio Seminar, Contemplative Care
Clinical Education Centre, Auckland City Hospital, see our NZCCM website
for registration details or contact Linda Polaschek - phone 04.479.7955
or 020 479.7955, nandlpolaschek@gmail.com

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A Sampler of Books to Spark the Spirit

Huia Come Home, by Jay Ruka, published by Oati, 2017, invites us to revisit the early missionaries to New Zealand, and reconnect with both the trans-formative power of the gospels and the chance to use the Treaty of Waitangi to forge our society in a powerful act of "thy will be done".

Moments of Grace by Rev Joy MacCormick, published 2013 by The Bible Reading Fellowship. Each poem is accompanied by a page of prompts to aid understanding.

The Book of Thomas there are several, based on the text dated to c AD62.

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New Zealand Community for Christian Meditation

Charities Commission Number CC41943

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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

Stillpoint is the official magazine of the New Zealand Community for Christian Meditation. It is published quarterly to provide a forum for sharing and teaching within the NZ Christian Meditation Community and to keep members informed of events, past and future.

Publishers: New Zealand Community for Christian Meditation, c/o Linda Polaschek, 12 Everest Street, Khandallah, Wellington 6035. Phone: 04.479.7955 Email: nandlpolaschek@gmail.com

Editor: Margaret Paton. Articles for publication may be sent to margaretpaton@xtra.co.nz or the National Co-ordinator Linda Polaschek, Email: nandlpolaschek@gmail.com

New Zealand Community for Christian Meditation National Committee Members

National Co-ordinator - Linda Polaschek
12 Everest Street, Khandallah, Wellington 6035
Phone: 04.479.7955 Email: nandlpolaschek@gmail.com

Northland Co-ordinator - Michael Dougherty (ex officio)
Shantigriha, 735 Owhiwa Road, RD1 Onerahi, Whangarei 0192
Phone: 09.436.5663 Email: mdl@outlook.co.nz

Auckland Area Co-ordinator - Charmaine Tolich
24 Lemonwood Place, Manurewa, Auckland, 2105
Phone: 027.4800.418 Email: ctolich@me.com

Waikato-Bay of Plenty Co-ordinator - Damian Robertson
117 Ranolf Street, Glenholme, Rotorua, 3010
Phone: 07.347.2087 Email: dae.pete@outlook.com

Hawkes Bay/Manawatu/Taranaki Co-ordinator - Shirley Duthie
2A Knorp Street, Otane, Central Hawkes Bay, 4202
Phone: 06.856.8110 Email: sjmduthie@gmail.com

Wellington Co-ordinator - Elspeth Preddey
39 Anne Street, Wadestown, Wellington 6012
Phone: 04.472.3369 Email: elspeth.preddey@xtra.co.nz

**Meditation in Schools National Co-ordinator
& National Oblate Co-ordinator - Hugh McLaughlin**
9 Somerset Crescent Kapiti Village, Paraparaumu, Kapiti Coast 5032
Phone: 04.298.9370 Email: hugh.mclaughlinnz@gmail.com

**South Island Co-ordinator and South Island
Meditation in Schools Regional Co-ordinator - Jane Hole**
341 Wairakei Road, Bryndwr, Christchurch 8053
Phone: 03.359.9036 Email: holejane66@hotmail.com

Nelson Co-ordinator - Marie Shepherd
Email: mlshepherd54@gmail.com

Friends Co-ordinator - Vincent Maire
7 Motuora Road, Manly, Auckland, 0930
Phone: 09.424.2293 Email: vincentmaire12@gmail.com

Treasurer - Ngaire McLaughlin
9 Somerset Crescent Kapiti Village, Paraparaumu, Kapiti Coast 5032
Phone: 04.298.9370 Email: hugh.mclaughlinnz@gmail.com

Trust Board Secretary - Damian Robertson
117 Ranolf Street, Glenholme, Rotorua, 3010
Phone: 07.347.2087 Email: dae.pete@outlook.com

School Co-ordinator - Fr Peter Murphy
52 East Street, Papakura, Auckland 2110
Phone: 09.298.5134 Email: frpetermurphy64@gmail.com

Webmistress - Clare McGivern
Email: cmcgivern@hotmail.co.nz

Newsletter Editor - Margaret Paton (ex officio)
29 Coulthard Terrace, Papakura, Auckland 2113.
Phone: 09.298.4409 Email: margaretpaton@xtra.co.nz