

April 2019

Dear Friends

Peace of the Risen Lord be with you.

The year kick started with a National Council meeting in January to plan activities for the year. We would like you to meet the Team.



Seated L to R : Bernadette Suppiah (Meditation with children) Mary Ratnam (Secretary) Peter Teh (Penang – Mandarin Group) Mike Yong (Penang Coordinator) Pat Por (National Coordinator)
Standing L to R: Niloufer Harben (School Coordinator), Alexandra Wong (East Malaysia Coordinator), Judith Lee (Treasurer) Nicholas Choong (Website) Fr. Gerard Theraviam (Spiritual Director) Joseph Lip (Facebook postings) Lucille Lopez (KL, assisting School Coordinator) Roland Victor (Penang, Group leader) Theresa Fernandes (Ipoh, Group leader), Matthew Khong (Ipoh Coordinator)

Quiet Day at the Pure Life Society 2 March 2019

We welcomed meditators from the North, coming from the Penang, Alor Setar, Kulim, Ipoh as well as four from Melaka for this event. In all, 100 participants gathered at the Pure Life Society for this day of reflection as we invited feedback from the grassroots on the way forward.

Feedback from participants:

The event on Saturday was my third visit to Pure Life and it is always a delight to go back there. I was not sure what we were going to do and with our late arrival we missed the opening comments. However, I really enjoyed the day as it was different from other meetings, such as retreats and workshops. In our small groups we had interesting discussions about the way WCCM works - in Malaysia and elsewhere.

Small groups are always a good format as people are happy to voice their ideas whereas it takes more courage to address the whole gathering. Hence the reluctance to come forward. I also felt a strong feeling of community and it was good to hear how people arrange things in the other groups in other towns. I was glad that the organisers speeded things up so that we could have the closing meditation (and our tea!) before we left.

I hope for some positive results from this and I think the Malaysian WCCM is going well and pray for more people willing to shoulder the responsibilities.

God bless you all.

Valerie Black, Friary Group, Penang

It was indeed a good experience for me to visit Pure Life Temple and to walk the steps that John Main had taken 25 years ago to learn meditation.

It was also very enlightening to hear the sharings from fellow meditators and I hope some of their good suggestions can be adopted

Agnes Teh, Kulim

A beautiful place, with beautiful people.
It was an enriching experience

Helen Gabriel , OMPH Ipoh

A good and fruitful sharing of the future growth of WCCM. Keep it up.

Christina Wong OMPH Ipoh

At the final step down the "stairway to Heaven" I felt a surge of inner peace. My first response was gratitude the Universal Spirit, here and everywhere!

Peter Chai , OMPH, Ipoh

Thank you Fr John Main for "birthing" WCCM
MARANATHA

Sharon Chai OMPH



Day of Reflection by WCCM

- * Learned about the work done by WCCM & updates in their website
- * Though Christian meditation is for all denominations, it is being practised mostly by Catholics
- * Teaching is available for children meditation which is fast becoming popular in UK, US & Australia. Time for Malaysia to adapt
- * Importance to meditate twice a day to help humble ourselves & be mindful of the present & be calm
- * I had anticipated class on meditation but it was more of us giving feedback to WCCM for their review & action

Looking forward to attending class on meditation.

Would like to introduce Christian meditation to my church Sunday school children

Rajam Ramasamy, CHS, Penang

Good fellowship and sharing. Moving forward in right direction to promote contemplative prayer and form children's groups.

Sheila Pakiam, CHS, Penang



'Opportunity for bonding
Group discussions were lively
Sharing beneficial

Elizabeth Anthony, Klang

Good group sharing from North to South
Opportunity to meet, hear what they do and learn from them
Peace and Quiet

Judy Lau, Sacred Heart, KL

Lenten Events

Way Of The Cross, Northern Region.

The northern region WCCM meditation team gathered together on 30 March 2019, a Saturday morning to journey the Way of the Cross. It was a sunny and bright day at the St. Anne Church in Bukit Mertajam. The heat did not diminish the enthusiasm of the members gathered at the wide open area in

front of the new church building. This was part of the WCCM Malaysia's initiative to gather at various regions during the period of Lent. The group comprising 10 meditators, (half from Penang and half from Kedah), started at 8:45am, praying and reflecting from one life size station to another. The stations was led by each member in rotation.

This experience brought mediators from the mainland and the island together. After completing all the stations, the group had a meditation session in the auditorium of the church. The experience of meditation after the way of the cross was a meaningful one, especially after the reflection at the various stations of the cross.

Agnes from Kulim shared her experience "thought the number was small, the event was very meaningful. The morning sun gave us enough heat to make us realize more how much more Jesus had to endure the intense heat during His way to Calvary."

The group then adjourned and had a simple vegetarian lunch at a restaurant nearby.

By Roland Victor.



Penang group at Stations of the Cross , St. Anne's B.M.

Way of the Cross, Klang Valley on 31 March 2019

About 50 meditators from various groups in the Klang Valley gathered at the newly built Church of St. Francis of Assisi, Cheras which has life sized stations. There was an overcast, with rumbles of distant thunder but no rain. Our journey up to Calvary Hill was made pleasant by a gentle breeze. We were accompanied by Fr. Paul Cheong OFM Cap who gave a short sharing at the Portiuncula chapel on completion of the stations .

We ended with a short period of meditation before mass after which all adjourned to a nearby restaurant for fellowship and vegetarian dinner.



Church of St. Francis of Assisi, Assembling at 1st Station



At Calvary Hill and sharing in the chapel

MEDITATION CREATES COMMUNITY

by Liz King

Albert and I came to Penang to escape the arctic chill in our home state of Michigan this winter. We were looking forward to the warm weather, the wide range of delicious foods, as well as a reprieve from all the regular duties at home. Little did we know that we have found a 'home away from home' here in Penang.

Our hosts, Pat and Joe Lip went out of their way to ensure that we were not 'alone' in this island state. They traveled all the way from Kuala Lumpur to acclimatize us to our surroundings and also introduced us to the leaders of the various meditation groups here.

We participated in four different meditation groups and got to know three of the leaders and many members of their groups quite well. Sylvia Ooi leads a small group at the Senior Center. We were there twice. Since the Center is at the corner of a busy thoroughfare, the traffic din was a bit distracting. We also played mahjong for a couple of hours on another occasion.

Jessie Chin has been leading the group at the Capuchin Friary for many years. Their meditation is conducted in the chapel and ends with a blessing from Fr. Michael Teng. One time we had a sharing in the community dining room after meditation with the meditators which included three seminarians. Treats were brought in by the participants and we were able to share our journeys. Fr. Michael even told us when and how he perceived God was calling him to serve. We, in turn, shared our visits to China, Hong Kong and Taiwan with Fr. Laurence and also how we came to meditate.

Kathleen Wong, Katherine Joo and Roslyn McGuire invited us to their homes where they have their meditation later in the evening. This group, which is 15-20 strong, is led by Roslyn McGuire and rotates its meeting in four different homes. The meditation starts at 9:00 p.m., followed by a 'love feast', where finger foods are served and meditators share their happenings of the week and other tidbits. The love, joy and friendship in this group were palpable and contagious. This is certainly a great opportunity to cement friendship and spiritual bonds.

Aside from days of meditation, the leaders of the meditation groups and several of its members went out of their way to make us feel welcome. We were invited to lunches and dinners in restaurants and in their homes and were chauffeured to meditations and around town.

The Chinese New Year of the Boar fell on February 5. Penang still retains many of the traditional Chinese customs. The New Year is celebrated in a big way where family members, from far and near, all gather for the occasion. We were also included in several of their 'family' get-togethers. Especially notable to us was the "Lo Hay" dish, surrounded by standing diners, chopsticks in hand, tossing a large plate of salmon and slivered vegetables of many colors, while shouting and wishing one another a "Blessed, Prosperous and Happy New Year." What better way to break the ice than food and laughter? As a cookbook author, I've always believed that the way to one's heart is certainly through the stomach.

Meditation creates community – this was what Fr. John believed and envisioned. He was so right. Although we're in Penang for barely eight weeks, we feel completely at home. Why? Because when meditators meet each other, there are no barriers or masks. We are open to the Spirit and speak and act from the heart. In silence and stillness, without sound, images, thoughts or desires, we experience God's presence and love. Since we are in contact with the creative center of our being, we are in a constant and continuous state of expansion and at the same time, confident of our own being, our own capacity for goodness, for loving and being loved. We are our 'true selves', open and free. Love flows freely and openly and strangers become friends.
Alleluia!

*Liz & Albert King
WCCM Michigan, U.S.A.*



Liz & Albert with Fr. Teng and Friary Group



Liz & Albert with Roslyn's Group, Penang

FORTHCOMING EVENTS:

1. Introductory workshops:

18 May 2019 : 8am – 3.30pm. Holy Spirit Cathedral, Penang.

Facilitated by Fr. Paul Cheong OFM Cap & WCCM Team

Contact: Mike Yong : 012-4217924., Peter Teh : 012-4409103

6 July 2019 Church of Our Lady of Fatima , Brickfields, K.L. 8am -5.pm

Facilitated by Fr. Gerard Theraviam & WCCM Team

Contact : Rowena/Ruben at faith.olf@gmail.com

2. ETW (Essential Teaching Weekend) 14-16 June 2019 at CCM, Jalan University K.L.

Contact: Niloufer 014-3349837. Details to follow.

3. 28 August 2019 : Meditatio Seminar on Drug and alcohol addiction, HIV Aids facilitated by

Fr. Joe Pereira (Mumbai) with the relevant NGOs

Venue and registration to be advised

4. 29-31 August 2019 : Yoga Workshop by Fr. Joe Pereira at Faustina Hall, Church of the Divine

Mercy, Shah Alam.

5. 25-28 October 2019 Annual Retreat. Stella Maris Retreat House, Penang.

Led by Fr. Paul Cheong, OFM Cap.

Theme :Meditation and Holistic Health of Body, Mind and Spirit

Please mark the above dates in your calendar . Registration details will follow.

You may also refer to our Website and Facebook for updates at:

www.wccmmalaysia.org ; Facebook.com/wccm.malaysia

Online Meditation

We have online meditation groups in many languages and at many times. There are also special ones for WCCM Oblates and for Meditation as an 11th Step Practice. Choose a group to meditate online [here](#). One of the most helpful things we can do to learn to meditate (and we are always learning) is to meditate with others.

<https://www.onlinemeditationwccm.org/>

Father Laurence's Easter message

You may log onto : <http://www.wccm.org/media-page/#radio> to see and hear Fr. Laurence's Easter Message

The International news with Fr. Laurence's message is enclosed. Do update yourself with news around the world. Happy reading!

It is pertinent to note that the video of our Meditatio Seminar held last year – Compassionate Presence, Interfaith approaches to Palliative Care can now be viewed on line at : http://tiny.cc/CP_Mal18.

Easter blessings.

Pat Por

National Coordinator

