



## **WCCM Christian Meditation Community Malaysia Newsletter**

July 2019.

Dear Friends,

Peace be with you.

### **Sharing the Gift**

An introductory workshop on Christian Meditation in the Tradition of John Main was held at the Cathedral of the Holy Spirit, Penang on Saturday, 18 May. Reverend Fr Paul Cheong, OFM Cap and team members from the WCCM (World Community for Christian Meditation) Malaysia facilitated the workshop. 67 participants from the various parishes on the island and mainland attended the one day session.

The workshop started with a short video clip on “Changing Your Life” which indicated how the mind is driven by her set of beliefs, perceptions and hard-wired attitudes from a scientific viewpoint. It also told of how these thoughts can make humans sick and well due to their analytical minds. We do not have to wait for crisis or trauma, or wait to feel empowered, wealthy or loved to make changes. We can do it now and change our reality through meditation.

Fr Paul then explained about meditation. We live in a noisy world. We have a strong tendency to live in the past and the future, which creates lots of stress in our mind. We need silence to integrate our body, mind and spirit. Silence purifies and transforms us. We need meditation to experience the depth of our being. He then shared on how to meditate and the need to stay faithful to the mantra (prayer word) from the beginning to the end. Through meditation the healing spirit of God will be experienced.

Fr Paul gave the analogy of driving a car and we keep going back and forth between gears 1, 2, and 3 which stagnate us. There is this need to move to the 4<sup>th</sup> gear, which is moving to contemplation, the prayer of the heart. We need to search for the Mary and not just be satisfied with the Martha in us. There is a need for this balance.

The participants were also shown a video by Fr Laurence Freeman, the Spiritual Director for WCCM on the Introduction to Christian Meditation. The participants then experienced their first meditation practice.

The second talk proceeded as ‘Leaving Self Behind’. Referencing to Matthew 16:24-26 and Romans 7:15-19, the mantra helps us to forget ourselves and enter into the divinity of Jesus. We become one with God and become a new creation with Him.

Fr Paul gave a good and simple illustration of how and when the mind is blocked by thoughts and emotions (anger, resentment, fears etc.), we are not able to be wholesome, mind, body and spirit. We need to detox and de-stress ourselves through the recitation of the mantra in the practice of meditation.

The Roots of Christian Meditation depicted various passages of the Bible that God is always present in the silence and how Jesus went away from the crowds to remote areas to pray in silence. The session also brought to light the lives of the Desert Fathers and Mothers, St John Cassian 4<sup>th</sup> Century monk, who all lived in solitude, silence and simplicity and also Fr John Main, a Benedictine monk who rediscovered Christian Meditation .

A video on the Wheel of Prayer by Fr Laurence was shared with the group. Fr Paul further explained how the wheel of prayer relates to the various roles and activities that we are involved in and the importance for us to be centred. Meditation helps us to journey to the centre of our being and it is through this self knowledge that the practice of meditation helps meditators to live in the present moment and embrace the love of God.

Meditation brings about a personal and inner change as in Galatians 5:5 – Fruits of Meditation – Love, Joy, Peace, Patience, Kindness, Goodness, Fidelity and Self-control. We are healed and made whole again as we learn to say the mantra because our attention is on God.

The programme concluded with a 20 minute meditation session and a closing community prayer. WCCM Malaysia will like to accord grateful thanks to Rev Fr Paul Cheong for his enthusiastic and energetic presentations and also to the Cathedral of the Holy Spirit for the use of the auditorium and other facilities.



*Participants at CHS workshop with Fr. Paul*

***Roland Victor, WCCM Team member***

Another Introductory workshop was held on 6 July 2019 at the Church of Our Lady of Fatima, Brickfields, led by Rev. Fr. Gerard Theraviam, facilitated by the WCCM Team. There were 25 participants inclusive of catechists who were keen to teach meditation to the children at Sunday school. Comments from a participant:

*'Thank you for informing us about Christian meditation. It was so clear and insightful session. I was already doing meditation my way. Am so grateful to be taught the Christian way'*

Participants were encouraged to form a weekly group in the parish.

## **Essential Teaching Weekend 14- 16 June**

An Essential teaching Weekend was held at CCM, Jalan Universiti, KL over a weekend, facilitated by Niloufer Harben, Coordinator for the WCCM School of Meditation and Lucille Lopez, assistant Coordinator,

The group was small but the teaching was well received .

*'The sessions were great. I have been meditating since October 2018, every morning and evening for 10 – 20 minutes. When I attended the training, I learnt a lot, how to share the gift to other parishioners. Niloufer and Lucille gave me the training on how to handle some questions asked about meditation...The sessions were very fruitful and knowledgeable... Looking forward to more leadership courses.*

**Julia Rani, OLL Klang**



*A small yet intimate workshop*

*My exposure to meditation began 5 years back . I was introduced to meditation through a different faith and form. After which, I did my own reading and meditation based on teachings and information from the internet until 2 years ago, when I came across Christian meditation at CDM every Sunday morning. First time I attended, it felt right to me. I was given CDs on Christian meditation especially Fr. John Main's explanation on meditation. It was tough initially to meditate twice a day but I made sure I meditated in the mornings. Attending the ETW has given me new insight on meditation, the roots, its fruits. During the days at the ETW, I felt deeply rooted in my meditation. It was a turning point for me to understand deeper the fruits and journey of meditation . I thank both the facilitators for the ETW who made the effort for each of us to know the true meaning of meditation and why we do it. I hope to reach out to those who would like to explore this amazing journey.*

**Regini Rajaretnam, CDM Shah Alam**

## **Group Activities**

### **Fund Raising Initiatives by STM Meditation group**

“Love one another as I have loved you.” John 15:12



STM Coffee Morning 27/1/19



Visit to Samaritan Hope Home 20/5/19

Funds were raised by the STM Meditation Group from the bonding programme “STM Coffee morning “at St Thomas More Parish, Subang Jaya on 27<sup>th</sup> January, 2019. It was fun for each member as all food was sold out that beautiful morning.

Subsequently, on 20<sup>th</sup> May, 2019, as part of our “ Feeding the Poor “ initiative the STM meditation group sponsored lunch for 120 less fortunate people at the Samaritan Hope Home, Jalan Pudu, K.L. Indeed, it brought real joy and satisfaction to members who distributed food to the poor and hungry for the day. Some were even given a second helping and seemed so grateful. It was a good and humbling experience for the group to share the day with them.

Samaritan Hope Home at 78-G, Jalan Pudu , Kuala Lumpur was opened on 21<sup>st</sup> November, 2018. It is the initiative of Sister Fatima from the “Little Sisters of the Poor”. Sister Fatima had worked in Africa for 20 years and fully understands those who are without in society. It was the sight of the poor, hungry and homeless who were sleeping in the streets on cardboard boxes that moved her to begin the task of feeding them with just 7 buns initially. Presently, donors and volunteers assist her daily in preparing food and feeding the less fortunate in the home. The home provides breakfast and lunch for the poor from Monday to Saturday from 9 am to 3pm.

***Maria David, STM meditation group 27/05/19***

### **SIC Group visits Church of St. Theresa, Nilai**

The SIC Group led by Nicholas Choong, made a pilgrimage to Church of St. Theresa in Nilai on 13 July. They were guided by Rev. Fr Eugene Benedict through the pilgrimage walk which they found an enriching experience. They were heartened to note that Fr. Eugene teaches his parishioners and children at Sunday School on silent meditation. This is an incentive for us to follow up by sharing the gift with a formal Introductory workshop.





*SIC meditation group with Fr. Eugene Benedict at St. Theresa's church, Nilai.*

## **Keeping in touch.**

Fr. Gerard visited the group in Kuching, gave support and meditated with them. They were also visited by Pat and Joe Lip who meditated with them after dinner and fellowship.



*Fr. Gerard with (L to R) Angeline Lim  
Christina Law and Joanne Ling*

*Pat with Angeline Lim, Alexandra Wong(seated)  
(L to R) Samantha Chee, Christina Law(standing)*

## **Meditation with children and youth.**

On 30<sup>th</sup> May, Matthew Khong, our Ipoh Coordinator and leader of the St Michael's church group gave a meditation seminar to children and youth from Std 2 to Form 2. Most of these were 'welfare' children, some orphaned, from single parent or disadvantaged families. The aim is to provide some support and spiritual guidance for them.



*Matthew with the youth*

## **Forthcoming Events.**

### **Introductory Workshops:**

#### **1. 'Prayer of the Heart.'**

24 August 2019 at Church of St. Francis Xavier (SFX) Jalan Gasing, Petaling Jaya

Led by Rev Fr. Gerard Theraviam and the WCCM Team

8am – 5pm. Venue : Loyola Hall.

Registration Fee : RM25 (inclusive of breakfast, lunch and afternoon tea)

Contact Person : Peter Tan, Tel No: 012-3372079

## **2. 6 week Introductory Course ‘ The Essence of Christian life in Meditation**

Led by Rev Fr. Gerard Theraviam and Fr. Paul Cheong, OFM Cap facilitated by the SIC WCCM Team

Every Tuesday night commencing on 20<sup>th</sup> August 8.15 – 9.45pm at Constantini Community Hall. Church of St. Ignatius, P.J.

Donation : RM15.00 for course material

Contact persons : Jane Chong, 012-3086673, Matthew Teoh, 012-3091609  
Stephen Ng 012-2386673, Nicholas Choong 019-2227232

## **By popular demand, Fr. Joe Pereira from Mumbai is back to conduct 2 workshops :**

### **1.Light on Addiction , exploring the healing wisdom of body, mind and spirit.**

Date: 28 August 2019

Venue : CCM , Jalan Universiti , KL.

Time : 8.00am to 5.00pm

Registration fees : RM50.00 inclusive of teas and lunch

Contact persons : Niloufer Harben : 014-3349837

Anita Matthews : 012-2770568

### **2.Yoga workshop : Encountering the Inner Physician through the wisdom of the body**

Dates: 29 – 31 August 2019

Venue : Church of Divine Mercy, Shah Alam

Time : 29 Aug : 8.30am – 6pm

30 Aug : 9am – 6pm

31 Aug : 9am – 5.30pm

Registration fees: RM195.00

Contact persons : Bernadette Suppiah: 012-3335146

Regini Rajaretnam : 017=8707009

For further information regarding the above workshops, kindly refer to the attached flyers..



**Annual Retreat: Meditation and Holistic Health of Body, Mind and Spirit led by**

**Rev Fr. Paul Cheong, OFM Cap**

**Please mark the date in your diaries.**

Date : 25-28 October 2019

Venue : Stella Maris Retreat House, Tanjung Tokong, Penang

Registration fees and further information to follow.

The International News with Fr. Laurence'[s message is attached. Do read about the blessing of our International retreat Centre in Bonnevaux .

Peace and God bless

Pat Por

National Coordinator.

WCCM Malaysia

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