



# Friends Newsletter

The World Community for Christian Meditation

Ordinary Time 2019

## Dear Friends

Part of the money raised by WCCM FRIENDS goes towards the wages of the staff who run The Community from the International Office. It is through the work of people such as Kate, Tina, Bridget, Anuja, and Andrew that we enjoy so many of the resources that contribute to the flourishing of our Community. It seems a good time to introduce them and hear from them about their roles.

We found great inspiration in their sharing, how it embodies the teaching, being dedicated both to their various tasks and also to the practice of meditation.

A big thank you to all who support Friends. Today we especially mention groups who put out a bowl to collect loose change, which trickles in from many directions creating a wonderful Friends "income stream". Can you encourage your group to put out a bowl?



With much love and every blessing of peace and joy,

Judi and Paul

## Meet the London Office

The WCCM office in London is really two offices in one, serving the Meditatio Centre (where the office is actually located), as well as being the



From the London Office, left to right: Bridget, Tina, Kate, and Anuja

administrative and financial centre for the International Office of The WCCM.

The Meditatio Centre (see [bit.ly/2YvDd6j](http://bit.ly/2YvDd6j)), offers meditation, seminars, and events, all near the heart of London. After opening in 2013, it has become the hub for The Community's Meditatio outreach.

Kate Coombs is the Meditatio Centre Manager. As well as this Kate is also the administrator

*....there is a wonderful mix of busyness and contemplation!*

for the Meditatio Outreach generally, as well as being technical support for The

School of Meditation website, while also looking after its online courses. Kate is in her eighth year at the Centre. From Kate:

*I LOVE the London office. We have such a great community of people who work here, meditate here, come to the Centre events and generally hang out and help out. Every day is different and something interesting happens. There is always loads to do so there is a wonderful mix of busyness and contemplation! We all can be absolutely who we are here and we learn more every day about who that is through the work we do and our practice. The Meditatio Centre is a very important part of many lives -*

**WHAT IS A FRIEND?** A Friend provides vital personal and financial support to the Community towards sharing the gift of meditation worldwide. Friends support is critical to all our activities and especially helps us develop, nurture, and assist new and emerging communities with limited resources.

**WHAT DOES A FRIEND SUPPORT?** Some work that your contributions help support include: retreats, talks, visits and presentations by teachers in our community, including Fr. Laurence and many others across the world, The School of Meditation, Meditatio (which brings the fruits of meditation to developing new kinds of leadership, better business, education, health, science, the environment and interfaith friendship), translations of key texts, and the distribution of resource materials.

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*offering superb teaching and encouragement on the Way. We could not open the doors without the help of our donors. We are profoundly grateful.*

Tina Gotla-Aluri fills the role of administrator for the School of Meditation; she has been in this role for four months. Tina likes the small, friendly and supportive nature of the office. She also values the fact of everyone being meditators, that there is a contemplative practice at the heart of their collaboration. Tina experiences her work very much as a calling. From Tina:

*What means the most to me is that my 'being' and my 'doing' is blended and harmonized thanks to the work culture. Also, we accept and appreciate each other's quirks. We laugh a lot and look out for each other. A huge thank you to the donors who make possible the work and staffing of The WCCM. Your kindness and generosity is invaluable.*



Upstairs at the Meditatio Centre

Bridget Chetwynd has been the International Office Manager for almost four years. Bridget enjoys the variety of her role, involving welcoming to the Centre WCCM members from the UK and around the world, plus local visitors. Her task is to ensure the smooth running of the office, both in its administrative and personal aspects. The lunchtime meditation, with its regulars

and new people, is an important part of the day for her. Bridget also looks after the national communities and sends out resources to our small emerging communities.

*Thank you for your fantastic support, it helps the WCCM to continue teaching Christian Meditation in the tradition of John Main and take it to prisons, schools and our outreach work (Bridget).*

Anuja Janarthanan is The WCCM Finance Manager. She started in the role about ten weeks ago. This role is dynamic and complex, spanning many countries, many activities, and many currencies. All Friends donations, once deposited, are processed by Anuja. A word of thanks from Anuja:

*Thank you so much for making a donation to support The WCCM's work. No matter how much it is, your willingness to contribute shows your kindness and open heart.*

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Finally, the office is also something of a workplace for me, Andrew McAlister. I started in the office during September of 2015 as administrator for the Friends Programme. I worked in London for nearly a year while living at Meditatio House (a WCCM community house that closed in March of this year).

After returning home to Australia in June 2016, I continued the same work remotely, five hours a week. In July this year I moved to Bonnevaux (The WCCM International Retreat Centre in France), where I continue to administer Friends - still remotely via the London office. A big thank you to all of you for your support and generosity.

The management and coordination that the London office provides ensures that The WCCM works meaningfully and effectively.

## WCCM Newsletter Publications

The Friends Newsletter is not the only newsletter that The WCCM produces. As well as our main quarterly Meditatio Newsletter, the community produces newsletters that, in a more specialised way, inform the reader about the many activities The WCCM organises throughout the world.

All our newsletters can be found on the Meditatio website at [bit.ly/31eQbSI](http://bit.ly/31eQbSI). Newsletters available include 'Meditation and the Environment', 'Meditation and Leadership', 'Meditation and the Environment', 'Meditation and Leadership', 'Meditation With Children and Young People', 'Meditation as an 11th Step Practice', and 'Libero: Meditation in Prison.'



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