



## Christian Meditation Community Malaysia Newsletter

31st August 2020

Dear Friends

Peace be with you.

The Pandemic has upset all our normal activities, including our regular weekly meetings at homes, churches and halls. The strictly enforced Movement Control Order at the very start of the Pandemic, and then the Recovery Movement Control Order, which is still effective, have not allowed any meditation groups to meet in person.

### Meditation Via Whats App

It has been encouraging to note that despite the challenges during the MCO, many groups have determinedly carried on with their weekly meetings using their mobile phones to whats app each other at the pre appointed time to begin their meditation together. Thus they have kept their sense of community alive and not let go of their spiritual practice. We applaud them and hope they will keep meditating together this way and stay connected to their members.

### Meditation online

For those of our groups and meditators who have access to the internet, online meditation has been the new norm since May 2020. Over the past few months, we meet a steady stream of meditators from Penang, Ipoh, Selangor, Kuala Lumpur and occasionally East Malaysia from Monday to Friday nights at 8.30pm. People new to meditation have also joined us, which is very encouraging. We have also had friends joining us from the UK, Spain and Oman! A regular online meditation meeting will usually have from 20 to 30 meditators attending. Some meditators attend several nights a week and have been heard marveling at how convenient it has turned out to be.

I would like to thank the online team that has worked tirelessly to enable the online meditation for us, for teaching others how to 'zoom' and training others to be co-hosts.

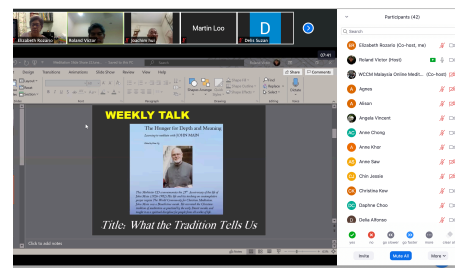
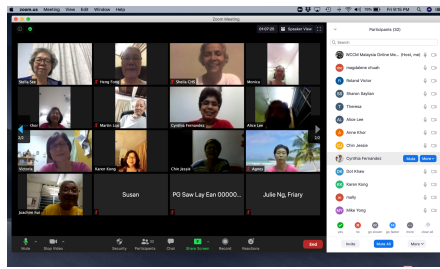
### WCCM Schedule for Online Meditation 18<sup>th</sup> May 2020

Day	Group Name	Host
Monday	Church of Divine Mercy Penang	Roland Victor
Tuesday	St Michael Alor Setar	Agnes Ooi
Wednesday	Friary Penang	Jessie Chin
Thursday	Assumption PJ	Fabian Kung
Friday	St Francis Xavier PJ	Beth Rozario

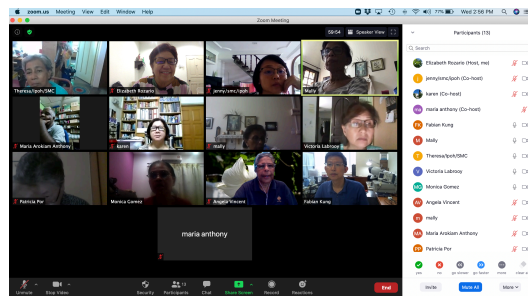
*If you do not belong to any meditation group and would like to receive the zoom link for attending the online meditation please send an email to*

**wccmmalonline@gmail.com**

*Every meeting begins at 8.30pm with a welcome from the host, followed by the weekly talk from one of the WCCM Meditatio CDs, then the usual meditation and sharing, and closing with a prayer.*



*Online Meditation Meetings held in June 2020 - community in a different way*



*Zoom Class for co hosts - learning how to host online meetings - challenging, exciting & good fellowship !*

On Sunday evenings, we encourage members to join the Contemplative mass celebrated by Fr. Laurence, live streamed from Bonnevaux using this link

<https://acontemplativepath-wccm.org/06M5s> <https://acontemplativepath-wccm.org/06M5s>

## **Short Notes & Reflection amidst Pandemic**

Chinese group has been meditating for last 3 months since June on once a month basis. We are blessed with 5 faithful online meditators for each session. We are very much connected during the session and felt we are quite blessed in lots of ways still especially during this time.. There is always a way through the tunnel. Somehow we learn deeper sense of presence of the Lord in the situation. We are not alone. God bless.

Peter Teh, Chinese language group, Penang

*I started hosting online meditation in April/May 2020 for our own small parish group (St Michael, Alor Setar) via google meet. It was fun and good to see each other after so long 'terkurung' in our houses. We greet each other, asking how the person is doing, and laugh at each other. From there I learned and improved as a host in a fun way. We also celebrated our 3rd anniversary on 12th May and for the first time opened up to others. Mike Yong (Penang group) was there to support and meditate with us. In June, I began hosting for a bigger group when WCCM Malaysia invited us to join in for daily online meditation. In the*

*beginning, I did not know many of you at all when I looked at my computer screen, and was a bit 'kelam kabut' here and there. "Why no sound? Why being kicked out from meeting room? Noise?" But now as time goes by, I have learned to let go, it's OK if I make a mistake. I learned in a humble way, no need to hurry, be gentle with myself. Now, I am using zoom to host now and it's good to have co-hosts and team members to stand by and help out.*

*Agnes Ooi, leader of St Michael Church group, Alor Setar, and host of Tuesday Online meditation*

To be honest I find the zoom very distracting. After two attempts to join the online meditation, I stopped. I have 'attended' a few Bonnevaux sessions inclusive of the meditation. Otherwise I do my own meditation.

Elizabeth Anthony, Klang group.

*Members of our group have been kept informed of Zoom Meetings of WCCM and those from other countries via our Whatsapp group chat. Honestly, most of the few who meet on Monday nights for meditation are comfortable with our Whatsapp coordinated Monday night sessions. We understand there are those who follow WCCM Zoom meetings, and others who meditate at their own time and convenience. Our small numbers of regular meditators are comfortable with their limited tech knowledge, notwithstanding that we appreciate the effort of WCCM organised Zoom sessions. We continue to keep in touch with one another, and look forward to meeting on Monday nights again – a few are getting into their 60's and 70's and MCO SOPs pose challenges meeting face to face for the immediate future.*

*Philip Tan, St Thomas More Church, Subang Jaya*

Though not being able to meet up for group meditation in church during the MCO/RMCO period, I still meditate according to my own scheduled time as it has become a significant part of my daily life. This continual practice of prayer of the heart where mind, body and spirit come together in true self, our authentic self with the energy and healing force of wholeness. It has fruitfully helped me to stay calm, patient and courageously face the changing new norms in our daily lives now. So stay safe and healthy. God bless us all and may His peace be with all of us always.

Christina Wong, Our Mother of Perpetual Help group, Ipoh.

*Our group is basically not active, meeting wise, during Recovery Movement Control Order (RMCO) ... but two of our members join in zoom meditation meetings, notices of which are uploaded in our chat group. We keep in touch of course, and our group is still active in the sense that, we are keeping in touch with prayers, scriptures and communicating about life*  
*from Julia Rani, leader of Our Lady of Lourdes group, Klang*

I appreciate the effort of all who have made the Monday to Friday online meditation sessions a reality. Its routine and availability has kept me more faithful to my daily practice. The talks are interesting and informative: I really like the exposure to the different speakers and topics. Good job, and thanks!

Christina Kow, St Francis Xavier, Petaling Jaya

*Our group initiated the regular weekly Tuesday group meditation session starting in 5th May after the break of almost two months as our church would not allow any group meeting. For*

*our meditation session, it was agreed that using the whatsapp way would be most flexible as most of our group members are not familiar with other online mediums. For those who are more technology savvy, we encourage them to join the WCCM zoom on other week days. The session content follows the same sequence with opening prayer, resource, short instruction by Father Laurence on way to meditate before the meditation and ended with the closing prayer. All questions if any would be responded immediately. The comment we received though we are not able to see face to face, it does allow us to meditate away at any convenient place either in our house or any other location and also to meditate other than the regular session. The other comment was that we can forward the whatsapp format to our friends who like to know more about the practice and try out themselves by following the instruction. Our core group members are looking into having a simple survey to those attended the introduction session of last three years on how they are doing in the meditation practice and the issues they may face. We hope to complete by December 2020*

*Reported by Nicholas Choong, St Ignatius Church Meditation Group Petaling Jaya*

During the MCO & RMCO our group of meditators kept in touch by posting of meditation related articles and videos to our chat group. I would also post the WCCM Daily Wisdom. In September we will all meditate on our own on Thursday at 9.30pm using Fr John Main's videos. We will take turns to send a reminder to the group to do this. Since some of our meditators have school going children which keep them busy during the day, our group was agreeable with this timing (of 9.30pm) to spend some quiet time with the Lord after a busy day.

Judy Lau, leader Sacred Heart Church group, Peel Road

## Webinar with Fr. Laurence 16 June 2020

The highlight of this year, during the pandemic, was the webinar with Fr. Laurence, themed : ***A silver lining : Finding Grace in this type of crisis.*** We were joined by members of the Communities in Indonesia, Singapore, Hong Kong, Philippines, UK, Australia and as far as the U.S.A. The following article was reported in the weekly Catholic paper, The Herald :

## Christian Meditation Goes Online Amidst Pandemic ...



On 16th June 2020, the World Community for Christian Meditation organised a webinar for WCCM Malaysia featuring a talk by Fr Laurence Freeman OSB titled 'Silver Lining: Grace in the Time of Crisis'.



Up to 250 meditators, including invited guests from Indonesia, Hong Kong, Philippines, Australia, logged in online for the 2 hour session via Zoom.

The programme opened with a welcome address by Dr Patricia Por, National Coordinator, of WCCM Malaysia, introducing Fr Laurence Freeman (who was speaking from Bonnevaux, France), and other panellists, Fr Gerard Theraviam (spiritual advisor to WCCM Malaysia), Kathy Houston (WCCM School of Meditation, based in Australia), Roland Victor & Beth Rozario.

Fr. Laurence began his Talk “Silver Linings: Grace in the Time of Crisis”. reflecting on the impact of the pandemic on the daily lives of everyone. His own experience with his community in Bonnevaux, was that of using this time for deepening their relationship with God through the basic natural rhythm of prayer, eating, meditating, and ‘spring-cleaning’. We realise God is using this time to teach and shape all of us as we face the challenges of the pandemic. This solitude gives us the opportunity of seeing and accepting ‘the wonder of our being’ and appreciating the uniqueness of our being. Silent meditation helps in our search for peace and strength from Jesus, the gift of hope and love in the midst of adversity.

Technology has become the silver lining during this time of crisis. While we were very critical of technology and social media before, now everyone, especially the ‘young at heart’ have learned to be thankful and embrace it using the internet, computers, mobile phones, tablets to connect with each other. With the use of apps like WhatsApp, Zoom and Google Meet, technology has enabled us to stay in touch with groups of people and the Church.

The spiritual gift from technology has been the birth of daily online meditation sessions which helps members to meditate in community, to keep in touch and support each other spiritually. On 18th May 2020, WCCM Malaysia began daily online meditation meetings, Monday to Friday at 8.30pm. Those interested in meditating online every weeknight at 8.30pm (Malaysian time), please send an email to [wccmmalonline@gmail.com](mailto:wccmmalonline@gmail.com).

The greatest silver lining amidst this time of disruption and suffering, is the “letting go” which we have all experienced i.e. being forced to slow down, limit our desires and be content with what we have. Thus, we understand what Jesus meant when he told us “let go of your worrying”. Instead trust in the silence and use this time of grace to face the challenge of how to move forward from here. In conclusion, Father Laurence’s questions for us were “Do we go forward in building a better world and changing our lifestyle to be better? Will we be truly contemplatives in the world that is picking up speed again?”

Following the talk, the meeting proceeded with our Opening prayer and a 20 minute meditation when all 250 participants sat individually keeping silence wherever they were in the world, separate but united. A sharing from a participant reflects the experience of many present

*... “For me, it was a lesson that covered so many areas in our lives that needed looking into regularly to not only reflect but to change, to alter, to practise and be transformed. The 20 mins meditation part was awesome. I allowed myself to switch off the noise outside and entered into this realm of peace and quietness.”* Theresa Chong, Parishioner, Church of the Divine Mercy, Shah Alam

*(Melisa Tan, Cynthia Fernandez & Beth Rozario contributed to this article)*

**A video recording and transcript of the proceedings are also available on request.**

**Forthcoming events**

**26 – 29 November 2020 : Annual Retreat.**

Please keep these dates free. Venue will be announced later should we proceed with a physical event.

**Database update**

Many thanks to the leaders who have submitted details of their group members to Beth. For those who yet to do so, kindly send them to Beth Rozario at [wccmnewsmal@gmail.com](mailto:wccmnewsmal@gmail.com)

**Introductory workshops on line**

We are contemplating sharing our gift in this 'new' way as we are unsure as to when the parishes will reopen for activities. You will be updated on this soon.

The international news with Fr. Laurence's message is attached. Happy reading!

For those of you who have yet to join us at our online meetings, please do give it a try. It has been edifying to meet so many in our community this way.

Blessings, take care and keep safe.

Pat Por

National Coordinator