



# Friends Newsletter

The World Community for Christian Meditation

Advent 2020

## Dear Friends

The WCCM Friends Program is like the white egret patrolling the lake every day, when I look out of my study window here at Bonnevaux. It is faithful, friendly (a bit shy actually) and signifies that faithful friendship which has been the heart of the WCCM, serving John Main's vision of a 'community of love', for decades. In 2021 we celebrate the 30th anniversary of our founding and naming. From where we stand now with a dedicated, diverse membership, the future looks inviting. 'Member' means anyone who meditates in this tradition; many members are also generous in making financial contributions, one-off or regular, small or large, in the WCCM Friends programme, so that we can continue to share the gift of meditation as freely as possible. Bonnevaux witnesses to this sharing in a contemplative vision for a peaceful world. Day to day operations of the WCCM are expanding creatively with a new generation of teachers and also need your support. So thank you for giving what you can so that together we can continue to give the gift of meditation in healing and fresh ways.

May the coming year be blessed and may you be safe and well and as happy as the egret.

With much love

*Laurence*



The White Egret

## The Vision of Bonnevaux for the Next Generation of WCCM Meditators

What is so inspiring and attractive about John Main's teaching is that it is so compassionate in its practicality – this is how you meditate, and this is how you form a group; here is some theology but it's not as important as simply paying attention and saying your mantra.

Laurence's teaching over the years has been to take this legacy from John Main and to ground it in a network of

meditation groups, as well as regional and national support systems around the world. These have nourished thousands and seen many begin to share the gift of meditation from their own experience.

Bonnevaux is not a new addition to the mediation community, it is simply a re-expression of something that Fr. John, Laurence, and that early community were aiming for: creating a place where people can come to, not only to deepen their meditation practice, but begin to find very individual and personal ways of linking their practice to the rhythm and needs of daily life and the greater arc of their life.



Bonnevaux Conference and  
Retreat Centre, November  
2020

With that in mind we hope that Bonnevaux will not only be a place for meditators to deepen their practice and their capacity for solitude but, we also hope that

*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 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.*

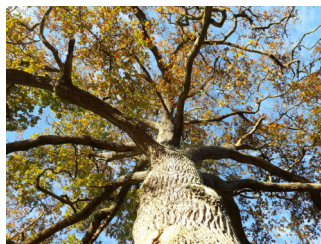
*CONTACT Judi and Paul Taylor, International Friends Coordinators, for more information: [friends@wccm.org](mailto:friends@wccm.org) or PO Box 127 North Sydney NSW Australia, 2059.*

Bonnevaux will be a place where all those who have not yet come to know the love of God, and those at the margins of the churches and society who have not yet stumbled upon the joy and the wonder and the hope of a clear teaching for a contemplative practice, can come and do so – and then go and share it. And especially for the younger generations, that Bonnevaux can be a place where all can come together to meditate, work on the land, rest in the beauty, have workshops on art or social issues, dance, play, find new ways of sharing this gift.

The hope is that Bonnevaux will provide essentially three levels or textures of silence: firstly, the silence of the daily rhythm of the meditation times in the life of the community which will support the more noisy and busy silence of the retreat centre. And then that the community and its lived rhythm of meditation times can be a support for those wanting to go into deeper silence and stillness. Finally, there will be silence and solitude in the hermitages which we hope to have scattered throughout the woods here.

Above all, we intend that Bonnevaux, true to its Benedictine roots, can be a place of creative innovation for sharing the gift of meditation that this distracted world is thirsting for.

Giovanni Felicioni, Directeur Adjoint, Bonnevaux.



The Easter Tree at Bonnevaux (photo: Henriette Hollaar)

## The Importance of Community for Young Meditators

We live in a unique moment with a pandemic. This pandemic has shadow and light. We know that in modern times, young people are affected by a crisis of meaning. We have never had so many material and technological resources at our disposal, but this has not necessarily generated an increase in well-being and happiness. We are definitely not experiencing a crisis of having, but a crisis of being.



Young Adult Retreat, Bonnevaux 2019

In this scenario, young people lose themselves in multiple stimuli. They live in a transition time, and they don't know each other with their parent's language, with a purely dogmatic church, with a religion more focused on fear than on love. The World Community for Christian Meditation welcomes these young people in an open space and offers meditation as a way of reuniting with oneself, with others and with God. We know that meditation takes us directly to the Source where

we nourish our being. And it has never been more important and necessary to feed young people with that ultimate meaning.

Vivemos um momento único com a pandemia. A pandemia tem seu lado sombra e também seu lado luz. Sabemos que na modernidade, os jovens foram acometidos por uma crise de sentido e vazio existencial. Nunca tivemos tantos recursos materiais e tecnológicos a nossa disposição, mas isso não gerou necessariamente um acréscimo de bem estar e felicidade. Definitivamente, não vivemos uma crise do ter, mas sim do ser.

Nesse cenário, os jovens não encontram mais norteadores de sentido claros e ficam perdidos em múltiplos estímulos. Vivem uma fase de transição de tempos, e não se encontram com a linguagem de seus pais e avós, com uma igreja puramente dogmática, com uma religião mais focada no temor do que no amor. A Comunidade Mundial para a Meditação Cristã acolhe esses jovens num espaço de abertura e oferece a meditação como um caminho de reencontro com si mesmo, com o outro e com Deus. Sabemos que a meditação nos leva diretamente a Fonte onde nutrimos nosso ser. E nunca foi tão importante e necessário alimentar esses jovens com esse sentido último.

Tayna Bonifacio (Brasil), WCCM Young Adults Coordinator.



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