



World Community for
Christian Meditation
MALAYSIA

December 2020

Dear Friends.

Peace be with you.

6 week on line Introductory Workshop 3 November to 10 December 2020.

Our first on line 6 week Introductory workshop went well with over 200 registrants

Participants included His Grace Archbishop Julian Leow who took time off his busy schedule to join us for the first session.

All the sessions were recorded. These were sent to registered participants well ahead of the next session so that those who missed one could follow through to the next to ensure they could keep up with the sequence of the topics.

Those who could not attend the workshop because of other concurrent events, can access the workshop via our Facebook page.





Screenshot of some of the participants at workshop

Nightly on line meditation on weekdays

Our regular nightly on line sessions from Mondays to Fridays continue to attract good numbers ranging from 25 to 40

Participants to the workshop are encourage to join these sessions to keep up with the practice.

Groups who meet off line

We continue sharing experineces of our various group activities during this pandemic.

The following accounts are contributed by meditators from the Tanjung Bungah Group in Penang.

Not many of us in the Tanjong Bunga Meditation Group, Penang will forget March 18th, 2020 easily. We are under Movement Control Order (MCO). Our Group Facilitator, Roslyn Mcguire floated the idea that we could meditate, twice daily, 9 in the morning and 9 at night. And so, inspired by the Holy Spirit, we started.

We communicated through our Group's WhatsApp. Checking in and checking out daily, ties us spiritually together and it is a good way of keeping tab that we are all safe and healthy, at peace to meditate in our own homes, while keeping our spirits up and the spirit of our community intact.

Altogether we have fourteen regular meditators:- Roslyn, Margaret, Katherine, Kathleen, the two Marys, Helena, Lilian, Monina, Jessie, Celina, Teresa, Vicky and Helen, who joins us from Melbourne .

And so here we are, under Recovery MCO until December 31st, 2020 and this is what some of us have to say:-

With God's grace and meditation, I had the serenity and peace to look after my 4 and 6 year old grand nieces, without their parents' presence.

We are truly blessed to have facilitators who kept us together . Although we meditated individually in our own homes, we are united spiritually and this spiritual bond among us gave us a sense of community belonging.

Meditation has brought me closer to God and to each other. Although I can't attend Mass in Church, attending on-line Masses opens me to so many fantastic homilies. Praise the Lord.

I find our Group co-operative and serious about meditation. We try our best to meditate at 9am or 9pm, or at both times. So glad to see our oneness.

On my 'down' days, the silent presence and love of Jesus in the persons of family and friends helps me rise above them. Thank you Jesus.

I am still in Melbourne. Meditating faithfully, twice daily, and it is encouraging to see others in our Group also meditating. Take care, stay safe, God bless.

For some of us who works, MCO was a blessing in disguise. I had time for myself, time to inspect my inner self. To be closer and connected with God. Meditation takes away some of my fears. I discovered on-line Mass and the recent on-line sharing with Fr Laurence opened up new frontiers for me. During MCO, I had no helper for my 98 year old aunt thus giving me full opportunity to care for her. I was able to pray with her, sharing U-tube Psalms and Hymns. And even if she does not understand fully, I am sure our prayers together will reach her sub-conscious mind. I am so grateful to have this time with her.

The talk and meditation with Fr Laurence was very nice for all of us. Gave us a feel of Bonnevaux. We were so excited. Most, not knowing how to ZOOM, we even had a practice run! Connecting with Fr Laurence gave us bigger picture of our worldwide community. And for many of us who had not been able to attend his retreats at Stella Maris, it was an extra treat to see him face to face, albeit on the TV screen. After ZOOM, we chatted long into the night. So charged, we didn't sleep a wink!

Mary Lim



I want to give all praise and glory and thanks to God Our Father and to Our Blessed Mother for my healing and deliverance from my anxiety attacks during the Movement Control Order .

When we were under the Movement Control Order here in Malaysia which began around the Lenten season, I went through weeks of anxiety attacks. I would wake up each night imagining myself having the virus. It could be because of the many messages received from here and there, warning us not to do this and that !! A normal cough, a bit of phlegm, a slightly dry throat would frighten me into imagining the worst! Waking up at 2am, 3am or 4am became the norm. To calm myself down I would clutch at the rosary and the hand held cross each night! The fear literally sent shivers down my spine and I would be having cold sweat and wake up feverish! I had frightening dreams! There were times when I thought I was going crazy and I could see myself being hospitalized! I lost my appetite for food. I ate just to keep myself from being hungry but never enjoyed what I ate. I even presented myself at a clinic nearby thinking I had fever and was sent home and warned not to go there again unless very necessary.

Meanwhile, during the day I prayed unceasingly, following all the devotions on line. I followed mass daily online and I did not fail to meditate faithfully morning and evening. I must say that I had never prayed so hard and never felt so afraid in my life. I implored mercies from God, read the psalms, pleaded for the intercession of Mother Mary, beseeched all the saints to pray for me. I begged to be delivered from the crippling fear that had paralysed me! What kept me sane was the thought of getting back to work, not that I really liked to, but because it would mean that I had survived the pandemic!! I looked forward to the day when the MCO would be lifted which was then supposed to be April 14th 2020. I had cooked a very lovely spaghetti dish for Easter Sunday but it tasted awful to me!!

And finally on Divine Mercy Sunday, while following the Eucharistic Adoration on line at 3pm, I knew that I had already been delivered from my anxieties and fears and that evening my appetite returned. I enjoyed eating my dinner that night though it was not anything great! The fear was all gone and I began to enjoy "working from home"!!

I attribute my healing to the mercies of our Blessed Lord and the intercession of Our Blessed Mother! Prayer and meditation have really aided me in the recovery!

Glory and Praise to You Lord!

Margaret Boey



The Tanjung Bungah group Penang – fellowship after meditation during pre-Covid times!

Forthcoming Events

1. 30th December 2020- Fr. John's Anniversary. Contemplative mass with meditation

This is the last event of the year. Meditators are encouraged to join this annual celebration by attending Contemplative mass and meditation with the International Community. It will be live streamed from Bonnevaux at 7.15pm local time.

Please go to website : www.bonnevauxwccm.org for link to mass

2. Annual Retreat 2021

We hope to hold our annual retreat in March 2021 , the date and venue to be confirmed.

Included in this communique are the International news with Fr. Laurence's message and the Friends newsletter.

Wishing all of you the Peace and Joy of Christmas and every blessing in the New Year.

Pat Por

National Coordinator.

