



World Community for  
Christian Meditation  
MALAYSIA

16 February 2022

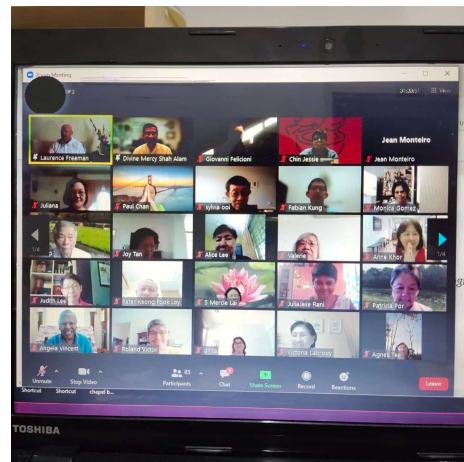
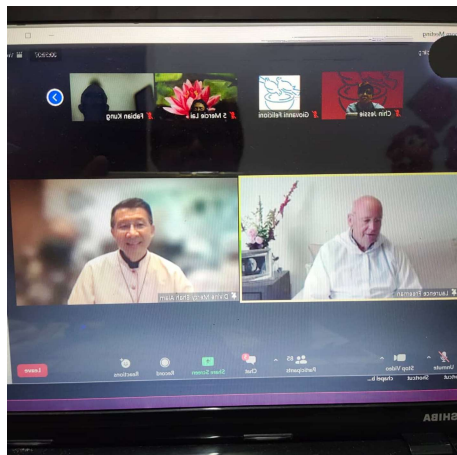
Dear Friends.

Blessings of a New Year and Peace of the Lord be with you.

### **Annual Retreat 9-12 September 2021 led by Fr. Laurence Freeman OSB**

#### **Theme : Levels of Consciousness and the Fruits of the Spirit – Recognising the Gardener**

Our first on line retreat went smoothly and was well coordinated with the Team in Bonnevaux. As in a physical retreat, talks by Fr. Laurence were interjected by periods of meditation. On the last evening, milestones and highlights of the Malaysian Community were presented by the National Coordinator who brought everybody down Memory Lane. We even had a VIP guest at the final Q & A session when His Grace, Archbishop Julian Leow 'dropped in' and gave us his blessing. This was certainly the 'icing on the cake' and a fitting end to the weekend which was brought to a close with a Contemplative eucharist, concelebrated by Fr. Laurence and Fr. Gerard.



His Grace Archbishop Julian Leow addressing retreatants

## Reviews from retreatants

*Thank you to everyone who made this retreat a special, meaningful and thought provoking one. God bless*

*Adeline Louis*

*Echoing Adeline, it was a wonderful four days. Discovered so much. Thank you WCCM Committee for making this happen. God bless.*

*Anita Matthew*

*Heartfelt thanks to the WCCM Committee for this enriching nad meaningful retreat complimented by the presentation and history of WCCM Malaysia. God bless*

*Anne Khor*

*Thank you to all fellow retreatants, you all made it special too.*

*Beth Rozario*

## Advent Reflections 11 December 2021

Fr Gerard led the Community in a morning of advent reflection with breakout sessions and meditation. The session was well attended and a fitting preparation for the coming of the Lord at Christmas.



## Fr. John Main's Anniversary 30 December 2021

To commemorate Fr. John's anniversary, Fr. Gerard led a group of 17 meditators including 4 from Ipoh to The Pure Life Society for a morning of reflection and meditation. After refreshments on arrival, they were taken on a quick tour of the Swami's cottage before proceeding to the Temple of the Universal Spirit for the session following which they paid a courtesy call on Mother Mangalam and to a warm welcome.



Mother Mangalam with Fr. GT, Beth, Judith.

Group on the way up to the Temple



The group in deep reflection at the Temple of the Universal Spirit

*Remembering Fr. John Main, the Founder of WCCM on his memorial anniversary on 30th December was special for me with WCCM Malaysia's visit to the Pure Life Society in Puching, Kuala Lumpur.*

*We were warmly greeted with the welcome hospitality of the Pure life Society Administration upon arrival and after tea we headed to the Temple of the Universal Spirit hall for our prayers and meditation session. With Beth Rozario and Fr. Gerard Theraviam guiding us to reflect upon the life of Fr. John Main and his life in Malaya(then) while he was with the British Administration after World War 2.*

*It struck me that Fr. John Main's religious and cultural background couldn't be more differentiated when compared with Swami Satyananda, founder of PLS, learning meditation from the Swami with weekly visits.*

*Herein lies for me the grounds of the Pure Life Society, the spiritual roots and foundations of WCCM. Fr. John's utmost humility and respect for other religions that similarly shared by the Swami, whose humility extends to the simple hermitage abode on the grounds of the Pure Life Society that he lived as its President which we were privileged to visit and it's simplicity was an eye-opener for me.*

*Traditionally the Hindu and Buddhist religions embrace meditation in their prayers and religious activities, with contemplative spaces and gardens devoted to meditation to help devotees discover and achieve inner peace through meditation.*

*I believe that if we can follow Fr. John Main's exemplary actions, if we are really humble enough to let go of our ego and pride, to learn from other religions and understand their teachings and to learn proven methods to achieve inner peace through meditation while still grounded in Christian values.*

*The world religions and we ourselves in our Christian communities will be more unified together to champion for peace together and reduce religious conflicts in various parts of the world, Amen.*

*Shalom! Peace be with you! Amitofo! Assalamalaikum! For a peaceful year ahead of us and our families.*

*Paul Chan*

*Ipoh group thanks all for the organization, fellowship and increase in chakras especially Beth and Fr. G.T.*

*Theresa Fernandes*

*Memorable visit. Thank you Father , Beth for this celebration, Physically meeting all of our friends was meaningful and joyous. God bless and Happy New Year*

*Mally Arokiasamy*

*Thank you Fr. Gerard for guiding us today and Thank you Beth for the wonderful hospitality. Blessed New Year wishes to everyone.*

*Anita Matthew*

## **Remembering our lost members**

We mourn the loss of three members, two group leaders , Michael FG , Thomas Khaw and a third, who was a pioneer and member of the first meditation group at CHS, Penang. Teresa Lui

### **1. Felix Michael Gomez (7 May 1956 – 11 November 2021)**

Known to us as Michael FG departed on 11 November 2021. Together with Rita Cho, he led the meditation group at Assumption Church , P.J. He was active and relentless in promoting the practice and shared the gift as a facilitator during Introductory workshops.

## **2. Teresa Lui Lai Fan (1934 – 2021)**

It was a sad morning of December 13 2021 when Teresa Lui Lai Fan left this world and returned home to her Lord.

Teresa was one of the pioneer members who joined Serena Woon to form the first meditation group in the Cathedral of the Holy Spirit (CHS) Penang some 20 years ago. She has always been very supportive and faithfully joined the weekly meetings of the group. Prior to its suspension due to the Covid pandemic, both Teresa and her late husband George (deceased August 12 2020) had been symbols of encouragement to all new members to the CHS meditation group.

Teresa made friends easily and many will always remember her sudden wit of humour but otherwise quiet demeanor, which endeared her to everyone she came in contact with. Her presence would light up a room; it was her glow, her smile, her mischievous sense of humour which are characteristics of consistent meditation. Personally I cherished her for her honesty.

I would like to end by thanking God for the small mercies He has shown us through Teresa. We'll miss her at Church, in the community, in our CHS meditation group. Her family is consoled that she has gone to meet George to celebrate their wedding anniversary on December 29.

*Victoria Labrooy, CHS Meditation group*

## **3. Thomas Khaw Cheng Bor ( Departed 11 January 2022)**

Thomas was a pioneer meditator at CHS Penang and took over leadership of the meditation group after Serena Woon retired to Ipoh. He led the group faithfully well into his 90's when he had to step down due to ill health. He participated actively in the WCCM programmes during his tenure.

Mass was offered for the repose of their souls. May they Rest in Peace

## **Forthcoming Events**

### **Essential Teaching Weekend 25-27 February 2022.**

14 meditators have registered for this event (which is in person and on live in basis) at the premises of the Council of Churches Malaysia, Jalan University, Petaling Jaya. It will be facilitated by members of the Teaching Team and Fr. Gerard will be in attendance to celebrate sunset mass. Guest speaker is Kim Nataraja, former International Coordinator of the School of Meditation, who will zoom in from London.

## **Lenten Events**

As restrictions have now been lifted, meditators in each of the Dioceses will assemble for Stations of the Cross at an appropriate time/date as determined by the leaders in the respective Dioceses. They will be informed of the dates/times accordingly. Where possible, it is preferable to pray the Stations outdoors if they are available.

<b>Diocese</b>	<b>Venue</b>	<b>Contact</b>
Penang/Kedah :	At St. Anne's, BM.	Mike Yong
Ipoh	St. Michael's Church	Theresa Fernandes
Selangor	St. Ignatius Church, P.J.	Nicholas Choong
Melaka	Church of St. Francis Xavier	Sr. Clara Antoni
Kuching	Chapel of Mother Mary Stutong/ St. Joseph's Cathedral	Alexandra Wong.

## **Appointment of new Council Member**

We are happy to announce the appointment of Jenny Chan of St Michael's Church group (Ipoh) to the WCCM Malaysia Council, as coordinator for young adults.

The International News with Fr. Laurence's message is enclosed. Do take time to update yourselves with events around the world.

Happy reading!

Peace

Pat Por

National Coordinator, WCCM Malaysia