



World Community for
Christian Meditation
MALAYSIA

5 June 2022

Dear Friends,

Pentecostal blessings and peace be with you.

After months of preparation, even though Covid numbers were rising, we took a leap of faith and went on with the ETW , commencing on a day when numbers were at their highest at around 29,000! It was facilitated by our school Team, led by Roland Victor, Beth Rozario and Nicholas Choong.

Essential Teaching Weekend (ETW) 25-27 February 2022

After a drought of in-person, face to face activities for WCCM Malaysia, lasting two long years (due to the pandemic), it was a blessing to gather in Petaling Jaya for this refreshing and uplifting weekend. With 14 participants , 3 facilitators, Kim Nataraja from the United Kingdom who presented her talk via Zoom, Fr Gerard Theraviam and Dr Pat Por, it was a diverse group that meditated, listened, shared and bonded in extraordinary conditions which included daily Covid testing and social distancing. The following are some reflections and thoughts from our attendees:

Attending my first ETW weekend, I am very happy generally cos good company, good meditation practice & good teaching , good food and ...all good things come from God. I will apply meditation during Lent ... meditating twice a day, including weekends.

Meditation is a universal spiritual discipline, another form of prayer. I like its simplicity as we are simply being gentle, quiet and alert in saying the mantra from beginning to end with our eyes closed gently, with our backs straight. ...

....if what we do with silence is run from it, avoid it at all costs, stuff it full of noise & busyness, preoccupied with our worries and fantasies, with ourselves. WE CANNOT GROW IN SPIRIT. And we don't. We can't fully live in the present moment, the only moment we ever truly gave. (From Friedrich Von Hugel). This line caught my attention. Thank you leaders of WCCM for this opportunity to be here.

Monica Gomez, SFX, PJ



Grateful thanks to WCCM Malaysia for taking the leap of faith to organise the stay-in ETW. It was a good session - enlightening, knowledge-filled and challenging yet encouraging. Thanks also to Kim Nataraja for sharing and speaking from her heart and to Fr Gerard for the contemplative Mass. It's much appreciated. Thanks to all my fellow participants for your openness and heartfelt sharing...🙏🙏🙏

Angela Vincent, SFX, PJ

The ETW was very well organised and executed. The programme was quite tightly packed with interesting lectures, workshops, small group discussions, meditation sessions and a Mass held on Saturday evening. The video lecture and online talk were very insightful and educational. The discussions were lively and it was interesting to listen to the practical experiences and views of other meditators. Anticipating the questions that might arise was a useful exercise. It gave voice to the meditators' own questions about the practice and helped to address the various concerns. It was a very fruitful weekend not only in learning to teach but being taught more about meditation.

Tin Lee



Victoria giving Qigong lesson

The ETW weekend at CCM from Feb 25 to 27, 2022 was a welcome respite and a refresher into the practice of meditation. I learnt more about the history than before and am humbled to be part of this community, to join with everyone. I desire more and know that my purpose will be unveiled in His time. Thank you to the organisers, facilitators, speakers and volunteers for the wonderful hospitality and to making this happen. God Bless.

Anita Matthews, SFX



It was an intensive session on meditation & listening to the historical, cultural & spiritual aspects & perspectives from the various leader practitioners. It has given us more knowledge & understanding & confidence to speak about it to others. It was refreshing to hear that meditation is a form of prayer. It enhances our existing forms of prayer, such as the Rosary cos the discipline of silence & stillness complements them. Hence it aids in evangelising & proclaiming the Good News that Jesus Christ is the Way, the Truth & the Life. Thank you for sharing your gifts of the Spirit with us! And may WCCM grow & flourish that all may know God is love! Lilian


Lilian Wong, St John Cathedral, KL



Figure 1 Kim Nataraja zooming in from London to present Stages in Journey at ETW

The ETW was a very good experience for me. As I didn't know what to expect, I had no preconceived expectations. The content was informative, liked the active and 'live' timeline, group discussions and, of course, meditating together. So good to hear and see people in person. Well done to the organising team!

Christina Kow,
Assumption Petaling Jaya

 I was very much drawn to charismatic renewal prayer groups in my younger days as I found music speaks directly to my heart. As I skirt around the peripheral of my faith life, I found my yearning for a deeper relationship for God led me to discover WCCM meditation back then in 2018. I didn't start immediately as I found the mantra "Maranatha" too long... I even tried to shorten it to "Come Lord".

I only manage to restart meditation when the pandemic hit in Jan/Feb 2021 when I found WCCM online group. Since I had not meditated in a physical group before this, attending ETW was a God sent blessing. I have so much to learn on the discipline of meditation from fellow meditators. I was initially hesitating to attend ETW as 27Feb is also my wedding anniversary. Trusting that God will show the way, I turned up and let him do the rest of the work.

The program was well designed, with a good blend of talks and small group discussion to help all participants to engage effectively. I am now looking forward to the next retreat be it 5 days, 8 days to transform my own meditation journey and deepen further my relationship with God.

I am grateful for the opportunity to attend ETW, and am humbled that my journey though early is hopefully on the right track thanks to support of the community.
Irene Low, St Ignatius, PJ

The Essential Teaching Weekend had been a great experience, and provided me the opportunity for a useful rethinking and for me to gain a deeper insight into the understanding of my meditation journey. My appreciation to the WCCM (M) Committee for this enriching weekend.

Thank you to all my Friends for a wonderful weekend of bonding as well as fruitful learning experience.

To our devoted Facilitators - Nicholas, Roland & Beth, thanks!

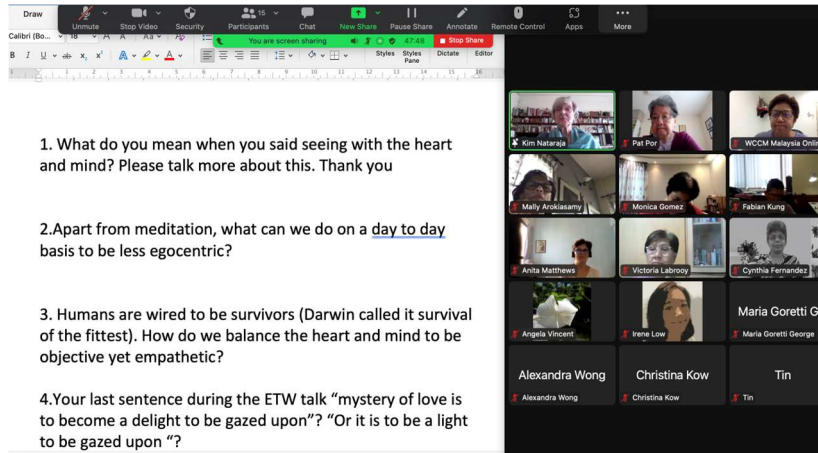
Much appreciation for the resource materials, especially "Sharing the Gift."

I am glad I made the decision to attend ETW 2022.

Victoria Labrooy, CHS-Penang.

Post ETW Zoom Session with Kim Nataraja on 6th April 2022

Kim Nataraja, author of "Dancing with Your Shadow: Integrating the Ego and the Self", kindly held a short Zoom Session with ETW participants to answer their questions related to her talk on "Stages of the Journey". As a long time meditator and former head of the Teaching School, Kim's sharing of her experience and knowledge was very helpful and meaningful to all who attended the session.



Beth Rozario School Team

Lenten Programme.

Throughout the lenten period, we listened to Fr. Laurence's lenten reflections in lieu of the Meditatio CD Talks at our nightly on line meditation sessions

With the gradual lifting of Covid restrictions, we were able to assemble in person (albeit subject to SOPs) for in person outdoor Stations of the Cross in the various states.

15 March 2022



Ipoh meditators led by Matthew Khong and Theresa Fernandes praying the Stations of the Cross at St. Michael's Church compound.

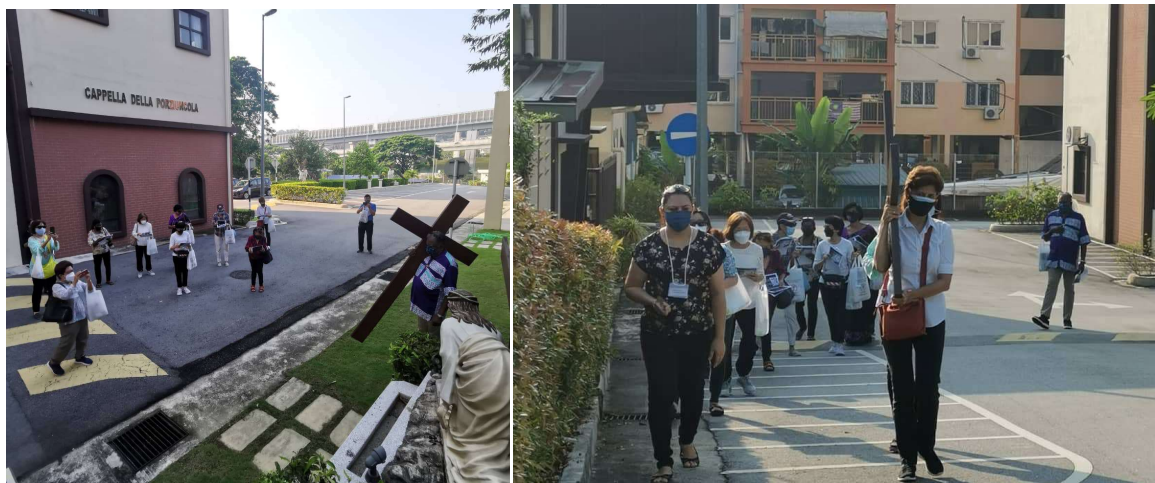
19 March 2022

Penang meditators led by Mike Yong at the life sized Stations at the Minor Basilica of St. Annes . After the session, they adjointed for a vegetarian lunch.



26 March 2022

Selangor meditators led by Fr. Gerard prayed at the life sized Stations at Church of St. Francis of Assisi in Cheras. Some of the group adjointed for a vegetarian lunch after the session.

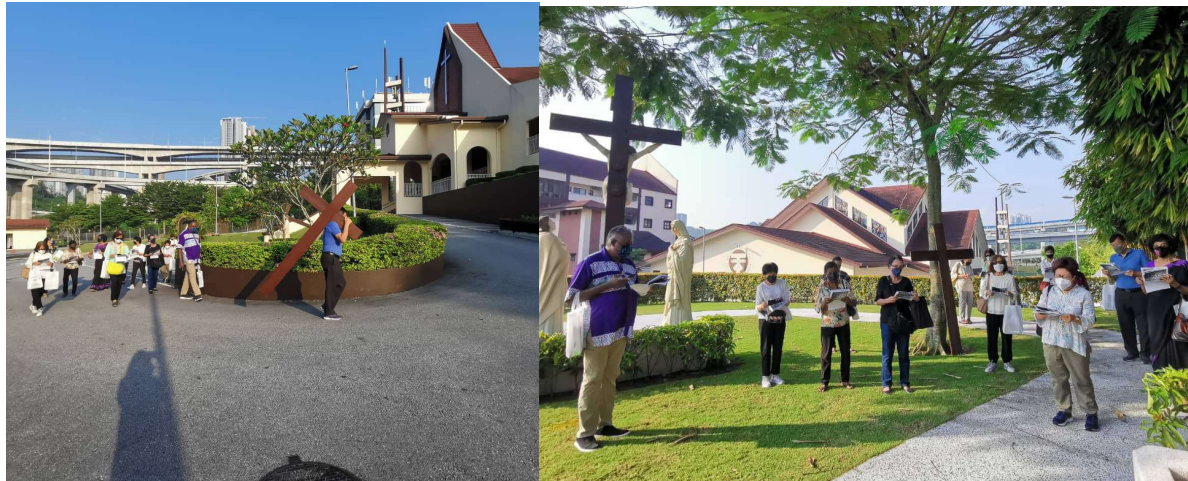


The carrying of the life size cross gave a deeper meaning to Christ's sufferings on his way to Calvary

Anne Khor, SFX Petaling Jaya Group

Thanks for organising a very meaningful event and the Way of the Cross in SFA. God bless to all who participated and all who helped make this event a blessed and successful one.

Adeline Louis, SFX Petaling Jaya Group



Meditation with the Ukrainian Community

A meditation session was organised by WCCM on 12 March 2022 for meditators around the world to meditate in solidarity with the Ukrainian Community. This was followed by a Webinar on 26 March led by Fr. Laurence in support of the Ukrainians.

INTRODUCTORY WORKSHOP ON MEDITATION IN THE CHRISTIAN TRADITION (John Main Tradition) held on 21.5.2022 at Minor Basilica St. Anne's, Bukit Mertajam- Auditorium.

At the initiation of Sr. Mercie Lai FMDM, the first post Covid in person Introductory workshop was conducted by the School Team led by Fr Eugene Fernandez CSSR at the Minor Basilica of St. Anne, Bukit Mertajam .



The WCCM was introduced to Minor Basilica St. Anne's Parish (MBSA) by Sr. Mercie Lai, FMDM. Sister was officially welcomed to MBSA Parish on December 12th 2021 by Bishop Sebastian, the parish priest and his team. She started working on 1st January 2022 as a Pastoral Worker for the parish under the Penang Diocese. Sr. Mercie has been a Christian meditator for four years, and was in Archdiocese of KL since 2019 and joined the St Ignatius Church, Petaling Jaya, WCCM group.

The first introduction of WCCM to the parish - 'Prayer of the Heart' was held on 15th February this year, with fifteen (15) participants. Mike Yong, the co-ordinator for WCCM Penang Diocese was introduced to Sr. Mercie by Nicholas Choong, the WCCM leader for SIC in PJ. Mike and team came to St. Anne's for the WCCM Lenten activity i.e. Stations of the Cross followed by meditation at the auditorium on 19th March 2022, some from St. Anne's meditators came and had the opportunity to meet Mike and fellow meditator, and joined in the activities. During that trip both had discussion about the possibility of holding an introductory WCCM workshop in St. Anne's and as a result the date 21st May 2022 was arranged and the turn up was a great experience for the participants and the facilitators of WCCM Penang Diocese team and the privilege to have the presence and presentation including updates from Dr. Patricia Por, National Coordinator of WCCM Malaysia.

Currently many people have misconceptions about Christian meditation and this event helped to clear doubts, provide correct information and sought to convince people of the importance and relevance of meditation in this modern age. Not many people are aware that meditation is not exclusive to Asian religions but in fact deeply rooted in Christian tradition since ancient times. In addition there are many references to meditation in the Bible which prove how important meditation is in practicing our faith.

This event attracted about 50 participants, mostly from St. Anne's parish, and it began from 9 am. and ended by 4 pm. For those new to meditation the event was indeed an eye-opener and full of pleasant surprises as the program unfolded. Talks and presentations were lively and full of interesting facts and information. The Holy Spirit is definitely moving as meditation aims to bring believers into a loving faith-filled union with the person of Jesus.

Many thanks to the WCCM Group leaders especially from Penang Diocese in giving their full support and time to assist the MBSA WCCM working team. Greatly appreciated your kindness and caring support in making the WCCM Meditation workshop a fruitful and successful event as can be seen from the encouraging comments and feedback from participants after the event.

Submitted by Vincent and Sr. Mercie.

Forthcomg Events

20th August 2022 : Introductory workshop at Church of St. Louis, Taiping.
Registration details to follow.

7th – 10th October : Annual Retreat led by Fr. Gerard Theraviam.
Please keep the date free. Proposed Venue: Taiping.
Details to follow

The international news is attached. Do take time to read about Fr Laurence's visit to the Ukraine and other news around the world.

Peace
Pat Por