



Christian Meditation Community Malaysia Newsletter

October 2022

Dear Friends

Peace be with you.

Introductory Workshop in Taiping.

Our second post pandemic in person Introductory workshop was held in Taiping on 20th August 2022. The WCCM School Team led by Fr. Gerard Theraviam shared the gift with just over 50 participants. The sessions were received with enthusiasm and positive feedback:

It was well explained , easy to follow and a good way to pray , it can be combined perfectly with the mass during Holy Communion time ,quiet time before receiving Holy Communion Mass and meditation combines perfectly. Quiet , silence ,and stillness with Jesus after Holy Communion too.

Mary Ang

For me, the experience I had was very personal .For once, in the silence, and stillness of my mind, I felt God's presence while my heart was chanting the maranatha MA..RA..NA..THA..continuously..I sat crossed legged ..The legs were numb after maybe 10minutes..The first session was a little easier..the subsequent ones, the legs became numb faster..I became conscious of my numbness and stiffness of neck. On the whole, my mind did not wander much. When monkey thoughts came in, I still continued with the heart chanting . It was a very special experience. Never ever have I had to sit for 20 minutes in silence .Good night.This morning before going for mass I sat for about 5mins..Tonight before sleep I shall try.

Velothin

Reciting the rosary, attending sunday mass, reading the bible daily are the mode of prayers that I was taught from a young age. This allowed me to grow in faith and love for the Lord. I was always searching to feel Jesus presence, to love him in a deep way. Attending the session on Christian Meditation opened my mind that through meditation I can move deeper to God through Christ within me. The verse from the bible, Psalm 46:10 " Be still and know that I am God" comes to live to me. During the meditation session which is my first I felt the presence of God through Jesus, I was tearing, I felt God's great love for me. I am committed to meditate twice daily and also start to teach meditation to my family, friends and my catechism students. Thank You WCCM

Jacklin Victor

I wanted so much to learn to be silent before the Lord to hear Him. I wanted to know the difference between Christian meditation and the other forms. Praise God, I've learnt so much about meditation and how it can help my daily life. Most importantly, how I can build a closer relationship with my Lord and God. Its going to take a lot of practice and discipline but I'm going for it. I want to thank Fr. Gerard and his Team for all their sharing. God bless.

Susan Lesser

I learnt that meditation is an invitation from God to go on a deeper journey to discover Him and to discover myself. It is like a "narrow gate" of prayer life. There will be a lot of struggles to begin with, but I felt that God is calling me to put everything down, place everything in His hands and let Him be in control. I must learn to surrender in stillness in order to reap the fruits of meditation and to persevere in building this relationship with God and with myself. Meditation will help me to be in touch with all around me and to see everything and everyone in a more beautiful way.

Pauline



Following the workshop, a meditation group was formed in the parish of Church of St. Louis .
Led by Sr. Cyrilla, FMDM, they held their first session on 15 September 2022.

Rejuvenating retreat

WCCM Malaysia Retreat, 7th – 10th Nov @ Cameron Highlands

50 members gathered for the annual WCCM retreat held in Cameron Highlands from 7 to 10 October. The theme “Journey Within, Journey Beyond” invited participants to look inside and outside to identify their needs and the actions to grow in faith. The sessions, facilitated by Fr Gerard Theraviam, stirred deeply in the minds and hearts of the participants as they reflected on their individual faith journeys. It was a well spent time (kudos to the organizers for the excellent program, hospitality, and location). Everyone came away rejuvenated and inspired to journey on. And in that spirit: “Lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth” from Psalm 121.



We joined the local community for Sunday mass which was celebrated by Fr. Gerard at the Church of our Lady of Mount Carmel in Cameron Highlands.

Hear from our participants...

Kudos to the organizing team, and Fr Gerard who arranged the venue. Content was challenging, but timely. Lots to mull over. I will be incorporating time with scripture into my life.

Christina Kow, Assumption KL

I choose this postcard- heritage house in Penang... Like our Meditation which is a form of prayer which dates back to the desert Fathers & Mothers of the 4th Century, was lost as society became more cerebral. Father John Main rediscovered this early Monastic Tradition of prayer and taught it to people in all walks of life seeking deeper prayer. My reflection on the retreat.

Monica Gomez, St Francis Xavier PJ

Very fruitful weekend, thanks to the organizers.

Theresa Fernandes, OMPH Ipoh

Thank you to the WCCM Retreat organizing committee team, Fr. Gerard, Dr. Pat for the wonderful and graced filled retreat. I am truly blessed and meeting the great groups of meditators from Malaysia. All went well the food was good, and the accommodation comfortable and most of all spiritually nourished, renewed and ready to give one's best to the mission He has given to build the KOG here and now wherever we are living and praying to reach out to more parishioners and pilgrims coming to MBSA to experience and encounter God through the WCCM meditation group. With deep appreciation and gratitude to each one for this sacred time.

Sr. Mercie, Minor Basilica of St Anne

This retreat was the best. I loved the Father's anecdotes as always with a message.

Valerie Black, Immaculate Conception Penang

Peace.

Susan Tai, St Louis Taiping

Simply loved the meditation done together the 3 days. Was a beautiful experience of coming away and resting in the Lord except for the phone disturbances.

Ruth James, St Louis Taiping

Good retreat felt God's invitation

Patricia Ravi, Divine Mercy Penang

What I prayed in my prayer has come to my help.

Maria Thean, Minor Basilica of St Anne

I would like to thank the organizing team, there were some complains on the accommodation, but overall a great retreat. Also, many thanks to Fr Gerard to spend the time with us despite other issues needing his attention.

Fabian Kung, St Ignatius PJ

Thank you so much for organizing this Retreat! It was a wonderful one! Thanks for sharing your knowledge, wisdom & teaching us in the way to peace and harmony and for the inspiring sharing of Fr Gerard of the Word of God! His singing of the psalms was beautiful and sensitive, and I'm sure, touched the depth of our soul! Thanks for reminding us all of our Mission for the Kingdom of God through our Meditation and I pray that hardened hearts will be transformed through it! Let's spread the good news!

From Lilian Wong, St John's Cathedral, KL

I have been to many retreats. Each retreat is very enriching and I encounter different perspectives each time.

Anne Khor, SFX PJ

I'm very grateful and blessed to have encountered WCCM when I was looking for peace and holiness retreat not too long ago. It's like God answered my prayers to be able to connect not only in myself but to this community of WCCM. It's such a welcome to be among sincere and kind people here and I had such valuable experience and memories. Thank you, Fr Gerard, for your touching Sessions and words of inspirations. Kudos to all the committees too that worked hard for this retreat and made it happen. My hope is that WCCM will continue to grow in future to come

Betty Thong, St Joseph Cathedral, Miri

Each retreat teaches us different things. For example, different kinds of prayers as shared at this WCCM retreat. Enrich our prayer life and make more it meaningful.

Peter Tan, SFX PJ

Father Gerard's sharing of contemporary topics that dealt with human prejudices is really good.

Anonymous

I hereby send my regards to WCCM's organizers and everyone who participated this event. Thank you for the efforts that the organizers had put into this event, it was a wonderful experience getting to know experiences from people in different ages.

Alfred Phee, Puchong

Thanks to all of you for a wonderful and meaningful inner journey and good fellowship.

Jayamalar Samuel, SFX

Thank you, Fr. Gerard & all the organizers. This is my first retreat with WCCM which was very inspiring. It taught me that in my ups & downs the Lord carried me many times. Thank you, all your prayers friendship & help along the way. Hope to join the next one in Penang.

Rita Morais, SFX PJ

Thanks to all for the wonderful and meaningful journey of love and fellowship. Fr. Gerard's sharing was indeed very inspiring and to the organizers and team a Big Thank you.

Pearl Francis, SFX PJ

I am in praise and thanks to God for drawing me to this in person retreat with this amazing group of meditators whom I journeyed with during the pandemic as we gathered On line daily for a time of meditation, listening and sharing. During this time, the Lord helped me to begin the journey to move from within myself to the journey beyond my comfort zone. I am more aware that I am an 'unfinished product' and God continues to recreate me, making me more aware of my talents and abilities, moving me to new areas of service. This retreat has been an opportunity for me to renew my commitment to embrace my cross and faithfully follow Jesus.

Cynthia Fernandez, Fatima Church, KL.

Fr Gerard concluded the retreat with **Psalm 121 - Assurance of God's Protection**, as he sends the participants off on the mission of Christ, reminding us to be inclusive and reach out to the Lost, Last, Least, Little and Lonely.



A Song of Ascents.

- 1 I lift up my eyes to the hills—
from where will my help come?
- 2 My help comes from the Lord,
who made heaven and earth.
- 3 He will not let your foot be moved;
he who keeps you will not slumber.
- 4 He who keeps Israel
will neither slumber nor sleep.
- 5 The Lord is your keeper;
the Lord is your shade at your right hand.
- 6 The sun shall not strike you by day,
nor the moon by night.
- 7 The Lord will keep you from all evil;
he will keep your life.
- 8 The Lord will keep
your going out and your coming in
from this time on and forevermore.

This is followed by the celebration of the Eucharist and luncheon before the participants departed in various direction from Cameron Highlands.

Submitted by participants at WCCM Annual Retreat 2022



Sessions for the retreat were held in the cosy setting of the chapel in Father's House.

Forthcoming Events

Advent Event

An in person morning of Recollection/Reflection is being planned in the various states. Details to follow.

30 December 2022

Commemorating Fr. John Main's Anniversary: Details to be announced.

Attached the International News with Fr. Laurence's message. Happy reading!

Peace

Pat Por

National Coordinator