



Christian Meditation Community Malaysia Newsletter

February 2023

Dear Friends

New Year Blessings and Peace be with you.

We concluded 2022 by sharing the gift at an Introductory workshop and children's camp.

5 November 2022

Introductory workshop at Church of St. Francis of Assisi, Cheras, KL.

The WCCM Teaching Team led by Fr. Gerard Theraviam and Fr. Paul Cheong shared the gift with about 40 participants at an Introductory workshop . The session was well received as evidenced by feedback from the registrants. It is hoped that the weekly in person group numbers in the parish will be augmented with more members.

The daily meditation practice helps us to see it as a prayer of raising the mind and heart to God in all situations and activities.

Monica Gomez

I have already started the Maranatha 10 mins as I have learnt, meditation on fire as what Fr Paul mentioned. Really purifies your mind, combined using the breath matters learnt from Chi Gong of SFA meditation holistic health group when mentioned the mantra

Simon Poi

We are grateful to be given the opportunity to attend the WCCM workshop. It has taught us the importance and need for Christian meditation in our life. We were seeking ways on how to meditate in our busy daily life and the workshop provided us the techniques and method on how to meditate and include it in our life.

Dev and Novita Emmanuel

It was very refreshing; it reminds me of the John Main Seminar I attended in Penang.. Thank You.

Nancy Lee

Christian meditation has been something I've been curious about and was lucky to be able to attend the workshop last minute. It was eye opening to learn origins and the simple concept of the practice, we had a couple of guided meditation sessions which was a wonderful experience. I appreciate the pace of the workshop and left feeling motivated to try on meditation myself.

Angela Lim

I liked all the talks. We follow Jesus, discipline ourselves & anchor our meditation on the word Maranatha. We have to be still in prayer. Fr Gerard spoke on the wheel of prayer. Wheel is to move a cart. To turn the wheel, we have to make contact with the ground. The spokes of the wheel are different forms of prayer. The Hub – Prayer of Christ. Dr Pat spoke on the Fruits of the spirit: Peace etc.

Lucille: On her journey& we to be rooted & identify my roles to be that all this brings joy to my being.

Rita Morais

To organise meditation is good and this encourages people to know more about meditation. With meditation we are more calm which is not easy, calmness brings softness, gentleness and help overcome temptations. I have changed to be wiser with wisdom and a change from negative to positive. Joy and happiness have replaced all my fears with the practice of meditation.

Jennifer Cheah

I felt grateful to be here and that God introduce me to this. I am glad that I did not miss this event.

Alfred Chee



Participants and Facilitators at the SFA workshop with Fr. Gerard Theraviam and Fr. Paul Cheong OFMCap

Other comments:

It was an opening experience, although brief and simple. It was interesting and motivated me to start learning and practising this meditation. I also hope to share it with others and looking forward to start meditating regularly.

Never heard of WCCM until now. Origins of Christian meditation, substantiated and supported in the scriptures and Bible

Learning to find our inner self and be closer to God, Jesus Christ

I felt good and I got better understanding about meditation.

10 December 2022

**CEC Primary School Camp, Cathedral of Holy Spirit, Penang
Teaching Meditation to children**

FROM LIVELY ACTIVITY TO STILLNESS

It was the usual CEC Primary School Camp at the Cathedral of the Holy Spirit, Penang on 10th December 2022 for the preschool to standard six children with Praise and Worship, spiritual input, breakout sessions and games. The catechism teachers approached the CHS Meditation ministry to conduct a Christian meditation session at the end of the camp to wind down the spiritually fun-based sessions.

It was indeed inspiring to observe the children at the meditation session. Before coming to the session, they were excited & running about but remarkably they quietened & sat attentively as they recognized the sacred time upon seeing the candles being lighted.

The session began with a short brief on the basics of being quiet and still in prayer and the reciting, without moving their lips, the prayer word "Maranatha;" before leading the children to 10-minutes silent meditation, accompanied by 6 meditators from the CHS Meditation Group. As soon as the hall lights dimmed & at the first sounding of the gong, the 78 children remained quiet & still, till the next sounding of the gong.

From the feedbacks received, as like everywhere else around the world, the children *can be still & silent, and enjoy it.*

A little girl from the start closed her eyes and folded her arms and was so naturally calm. A little boy kept making faces and changing positions, but as the session progressed he calmed down and remained still for the remaining 5 minutes. And a "well-known" restless nine-year-old boy was surprisingly able to keep still to the surprise of the teachers and his parents.

Some feedback was received from the adults that it was a very good start for the children to have such exposure to silent meditation and to experience another form of prayer expression to God.

This is the second time that the Christian meditation session was slotted into the annual primary school camp program. It is hoped that the seeds of silence and stillness will be planted in the hearts of these young children and will bear fruit in their lives in later years.

Another senior adult expressed honor & joy sitting, in silence & stillness, with hall-full of little hyper parishioners aged 6-12.

Praise be to God!

Bernard Capel
CHS Meditation Group



Children taking to meditation like 'ducks to water'.

30th December 2022

COMMEMORATING FR. JOHN MAIN'S 40TH ANNIVERSARY

at the Pure Life Society, Selangor. Malaysia

'COMING HOME ' to where it all began.....

Members of the Community from the Klang Valley led by Fr. Gerard Theraviam spent a morning of Reflection and meditation in the Temple of the Universal Spirit at the Pure Life Society where Fr. John learnt meditation from Swami Satyananda in commemoration of Fr. John's 40th anniversary and remembering departed members of the local Community. They also laid flowers and paid their respects to the Swami, who is interred in the grounds of the Temple. After a simple vegetarian lunch prepared by the staff of the Pure Life, they visited 96 year old Mother Mangalam, the Swami's successor who welcomed and gave blessings to the group members.



The group with Mother Mangalam

Remembering fellow meditators

One of the founding members of our Community and a former Group leader in Penang , Magdalene Quah Poh See left us on 28 December 2022.

We also remember Agnes Fernandez nee Soh Lok Teh, a member of the SIC, P.J. group who departed on 9 January 2023.
May they Rest in Peace.

Advent Donation to FRIENDS.

We acknowledge with thanks your kind donations during Advent towards the WCCM FRIENDS programme which amounted to RM4140.00.

Celebrating WCCM Malaysia's 30th Anniversary (1993-2023)

1. In conjunction with our 30th anniversary, our pilgrimage to France from 7th to 19th May 2023 incorporating a 4 day 3 night retreat at Bonnevaux is fully subscribed. Members who are interested may contact Katie Chan at 012-3226922 to be placed on wait list should there be any cancellations.
2. Our annual retreat will be from 2nd to 5th November 2023 .It will be held at Stella Maris in Penang and will be led by Fr. Laurence Freeman OSB. Do mark the dates in your calendar.

Other forthcoming events:

4 May 2023 : Introductory workshop, Cathedral of the Holy Spirit
Penang. Contact person : Victoria Labrooy 011-11487528

Further details of other events during the year will be advised in due course.

The latest issue of the Internatinal News with Fr. Laurence's message and news around the world is enclosed. Happy reading!

Peace

Pat Por
National Coordinator.

