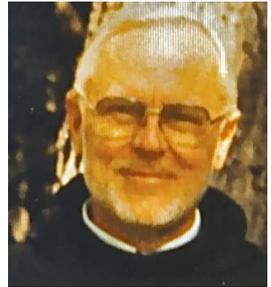




Christian Meditation

The Teachers

JOHN MAIN OSB (1926-1982), a Benedictine monk, rediscovered in the teaching of the 4th and 5th century Desert Fathers this way of prayer with a single word or phrase, and was convinced that its simplicity and depth could meet the hunger of modern-day people searching for deeper spiritual experience. In 1975, he opened the first Christian Meditation Centre in London, and later established a Benedictine Priory in Montreal. Hundreds of people came to learn meditation from him and discovered its transforming effect in their lives. Fr John's teaching is available today in his published books and in the recordings of his talks to the early meditation groups.



LAURENCE FREEMAN OSB was the immediate disciple of John Main and succeeded Fr John in 1982. He went on to establish The World Community for Christian meditation (WCCM) in 1991. Fr Laurence is a Benedictine monk of the Olivetan Congregation.



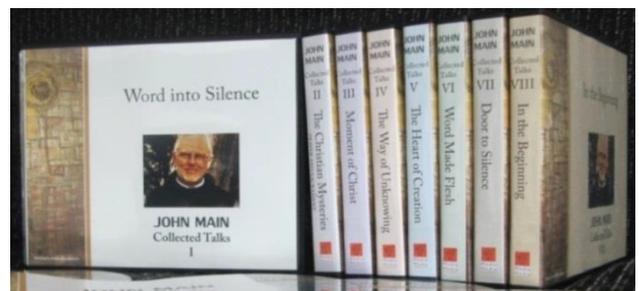
The Teaching

THE ESSENCE

The essence of meditation is learning to stand back and to allow God to come into the forefront of your life. Meditation is taking that step away from self-centredness to God-centredness. The call of the Gospel message, and the essence of meditation, is self-transcendence. As Jesus puts it, 'If anyone would be a follower of mine, he must leave self behind.' (Mt 16:24)

In transcending ourselves we find our own place in the world. We find where we should be. We find our relationships in the right order – our relationships with one another, our relationship with creation, and our relationship with God. We discover that we *do* have an essential place in God's plan, each of us responding uniquely to the unique gift of our own creation.

The way to self-transcendence is the way of humility and simplicity – the way of the mantra. The mantra helps us to transcend our ego and our self-preoccupation so that our whole being is available to God. (JOHN MAIN, *The Hunger for Depth and Meaning*)



THE THEOLOGY

The essential theology of prayer is the doctrine of the indwelling of the Holy Spirit. The full life of the Trinity is lived in our hearts and the fullness of God is to be found in our own hearts. Our call and our potential is to enter into the life of God through Jesus, through his Spirit present in our hearts. In meditation, we open our hearts to his love by being silent and still. (JOHN MAIN, *The Way of Unknowing*)



Africa
 Asia
 Caribbean
 Europe & UK
 India
 Latin America
 North America
 Pacific

Inreach

The World Community for Christian Meditation (WCCM) is now a global community present in countries across all the continents. WCCM continues John Main's legacy in teaching Christian meditation as a way of restoring the contemplative dimension of Christian faith in the life of the Church. WCCM works closely with Christian churches of various denominations.

The foundation of the community is the local meditation group which meets weekly in homes, parishes, offices, hospitals, prisons, schools and universities. WCCM is thus a 'monastery without walls' supporting both religious and lay people in the monastic search for God.

Outreach

WCCM believes that the shared practice of meditation can bring a contemplative approach to key social issues of our time such as education, political and business leadership, mental health, medicine, interfaith, the environment and the marginalised.

MEDITATIO is the outreach arm of WCCM. Meditatio organises seminars and retreats to encourage the practice of meditation for personal transformation and organisational development at universities, hospitals, business and social organisations. In particular, WCCM has pioneered the teaching of meditation to children in schools.



Bonnevaux

WCCM is now developing our new International Retreat Centre at a beautiful countryside property near Poitiers, France. The property was an old monastery, which we are now restoring to be a place of hospitality for retreats and seminars, and for the training and formation of community leaders and meditation teachers. Bonnevaux will be a contemplative place of Peace for Peace.



Resources

MEDIO MEDIA is the publishing arm of WCCM. Medio Media produces books, audio, and videos to support the practice of meditation. An online bookstore makes these resources readily available to anyone interested.

ONLINE BOOKSTORE: www.mediomedia.com

Many other useful resources are available from the WCCM website www.wccm.org e.g.

WCCM APP: This app can be downloaded from the Apple App Store (for Apple devices) and from Google Play (for Android devices). The app features key WCCM feeds such as:

- Daily Wisdom
- Weekly Teachings / Readings
- Meditatio (a quarterly newsletter with a spiritual message from Fr Laurence Freeman)
- A Meditation Timer



The Singapore Community

The first Christian meditation group in Singapore was formed in 1988 following a visit by Fr Laurence Freeman. Peter Ng and his late wife Patricia led the first group. Fr Alfred Chan who was then parish priest at Church of the Holy Family was our first spiritual director.

In 2017, Archbishop William Goh appointed Fr Eugene Vaz as spiritual director for Christian meditation groups in Singapore. Peter continues to lead the community as WCCM's National Coordinator for Singapore

Over the last 30 years the community has grown to 30 groups meeting weekly in 20 parishes. Also included in our community are individual meditators who do not attend group meetings regularly but who stay connected through our newsletters and events. Our newsletter goes out to over 1500 meditators in Singapore.

Over the years, we have brought meditation to children in some catechism classes and Catholic schools in Singapore. Fr Laurence visits Singapore regularly to support us with talks and retreats. To foster our outreach in Singapore, he invited leaders from various religions to participate in a contemplative interfaith friendship seminar in 2011. In 2016, he led a contemplative healthcare event for Sengkang Health and taught a 'Meditation and Leadership' course to MBA students at Singapore Management University.



CITY

- CANA Centre
- Church of St Bernadette
- Church of St Michael
- Church of St Teresa

EAST

- Church of Divine Mercy
- Church of Our Lady of Perpetual Succour
- Church of Our Lady Queen of Peace
- Church of The Holy Family
- Church of The Holy Trinity

NORTH

- Church of Christ the King
- Church of Our Lady Star of the Sea
- Church of the Holy Spirit
- Church of the Risen Christ
- Good Shepherd Place
- St Joseph's Church (Bukit Timah)

SERANGOON

- Church of The Immaculate Heart of Mary
- Church of The Nativity of the Blessed Virgin Mary
- St Anne's Church

WEST

- Blessed Sacrament Church
- Church of St Ignatius
- Church of The Holy Cross
- Jurong West-St Francis of Assisi

Enquiries: contactenquiries@wccmsingapore.org



1988: First Visit by Fr Laurence



1989: First Anniversary



2013: Twenty-fifth Anniversary



Fr Alfred Chan with early meditation community



Fr Eugene Vaz with Group Leaders, November 2017

Serving the World Community

The Singapore community has helped to start local communities in Malaysia, Indonesia, Mauritius and Myanmar.

We also manage Medio Media, WCCM's publishing arm which produces teaching resources for worldwide distribution. This work helps to preserve the authenticity and purity of the original teaching on Christian meditation.

As a gift to the global community, we produce a quarterly CD of talks by John Main, Laurence Freeman and other teachers. The CD is distributed free to group leaders worldwide to help them in their work of sharing the teaching. The CDs and their transcripts are available for listening and reading online or for downloading from <http://wccm.org/content/meditatio-cds>.



The Holy Family Parish Community

Holy Family parish has been the centre for the Christian meditation community in Singapore since Fr Laurence Freeman gave his first talk at the church in 1988. The first meditation group in Singapore was formed here, led by Peter Ng and his late wife Patricia. Today, three meditation groups meet weekly in the parish to share a time of silence and support each other in their journey.

When the church was rebuilt, Fr Anthony Ho, who was parish priest at the time, set aside a space at Emmaus House for our meditation centre. Fr Alfred Chan blessed the centre in 2001.

In January 2017 Fr Laurence revisited Church of the Holy Family to concelebrate all the masses over one weekend and introduce a brief period of meditation after communion. At all our Sunday masses now, a team of meditators lead the congregation to prepare for the Eucharist with two minutes of meditation before mass begins.

WCCM hopes to contribute to the life and mission of Holy Family parish by sharing the practice of meditation beyond the meditation groups with other ministries and neighbourhood groups. In this way the life and work of the parish can be rooted in the mind and heart of Christ.

1988: First talk in Singapore by Fr Laurence Freeman



2017: Fr Laurence introducing meditation before mass



First meditation group at Holy Family Church



2001: Fr Alfred Chan opening the Christian Meditation Centre at Emmaus House

