



Dear Meditators

Contemplation in a Time of Crisis

This letter comes to you at a time when our lives are disrupted by the Covid-19 crisis. For us as contemplatives, there has never been a more important time to commit ourselves to the practice of meditation. The Covid-19 crisis is a call to humanity to wake up to our unsustainable manner of living. If we want to see change in the world, we ourselves need to change, to be transformed: 'Let there be peace on earth, and let it begin with me.' As Christians, we believe that we can be transformed by the power of the Holy Spirit dwelling within us, the Spirit of Christ who dwells in our hearts. Meditation is our daily practice that keeps us constantly connected to this power of love, peace, and harmony.

WCCM's Response to the Crisis

The crisis points to the potential contribution which WCCM as a contemplative community can make to change in the world. The completion of our international retreat centre at Bonnevaux is so timely for us to be a centre of peace for peace. So in his latest newsletter (attached separately) Fr Laurence Freeman highlights the role of WCCM and Bonnevaux as offering a contemplative path through the crisis:

Though all this interaction with individuals and national communities, we understood better how Bonnevaux is called to be a physical centre of a community that has no walls or borders, no need for visas, and in which even the barriers of language can melt in the experience of deep silence. So... we found ourselves more clearly becoming a centre of peace that is here to serve as a centre for peace.

To serve this purpose, WCCM has set up a website: A Contemplative Path through the Crisis. The website offers seminars, talks and other online events, as well as contemplative mass on Sundays in which hundreds of people from all over the world participate online. The website is worth a visit, and you might find the contemplative mass a meaningful experience.

Another initiative that today's technology has made possible is for Fr Laurence to 'visit' national communities online to offer support and encouragement. Our Singapore community was privileged to enjoy the first such visit on Friday 8 May. About 300 of our meditators participated and were grateful for the wisdom and insights he shared. Fr Laurence will continue to make these virtual visits on a monthly basis. On 16 June he will meet the Malaysian community online.



Links to the Contemplative Path website and to the contemplative mass at Bonnevaux follow below:

A Contemplative Path through the Crisis - <https://acontemplativepath-wccm.org/>

Contemplative Sunday Masses - <https://acontemplativepath-wccm.org/contemplative-mass/>

Singapore Community's Monthly Online Meditation Session

Because our weekly meditation group meetings are suspended for the time being, we are organising monthly online sessions for our Singapore meditators to listen to a teaching and to meditate together as a community. Our first session was on Monday 1 June and the response was most encouraging. We will continue to meet online on the first Monday of every month. I will be leading the sessions and hope to meet you online.

The next session will be on Monday 6 July at 8.00 pm. If you did not register for Session 1 and would like to join our forthcoming sessions please register at the link below. It is a one-time registration that will be valid for all subsequent sessions. Those who registered for the first session need not register again.

Registration link for NEW participants - <https://bit.ly/online-with-PeterNg>

Meditation Timer with Short Teaching

We have designed a timer to help you in your daily practice of meditation. It includes a selection of short teachings of about four to eight minutes, which you can listen to before or after your meditation period. The first set of teachings is extracted from Fr John Main's talks in *Moment of Christ, Collected Talks Vol VIII*. The time of meditation can be set to suit your preference, from 10 minutes to 30 minutes. There is also an option to start with an Opening Prayer recited by Fr John. I personally find that listening to a short teaching from a teacher like John Main encourages me in my daily practice and that is why I want to share this timer with you. A simple User Guide is attached to explain how you may access and use the timer. The link for the meditation timer follows below.

Meditation Timer - <https://wccm-singapore.webflow.io/meditation-timer-moment-of-christ>

I wish you and your loved ones the peace and joy of the Lord,


PETER NG

Meditation Timer

<https://wccm-singapore.webflow.io/meditation-timer-moment-of-christ>

USER GUIDE

Important notes on using the timer

- You have to access this timer through the internet browser on your phone or computer, and therefore need an internet connection (3G/4G/5G, Wi-Fi, or wired connection) to use it.
- If you are using your phone to access the timer, please do not turn off your phone screen while the timer is running, otherwise it may not function correctly.
- For easy regular access to this web app, you might find it convenient to add a shortcut to your phone home screen. Instructions for creating a shortcut follow below.

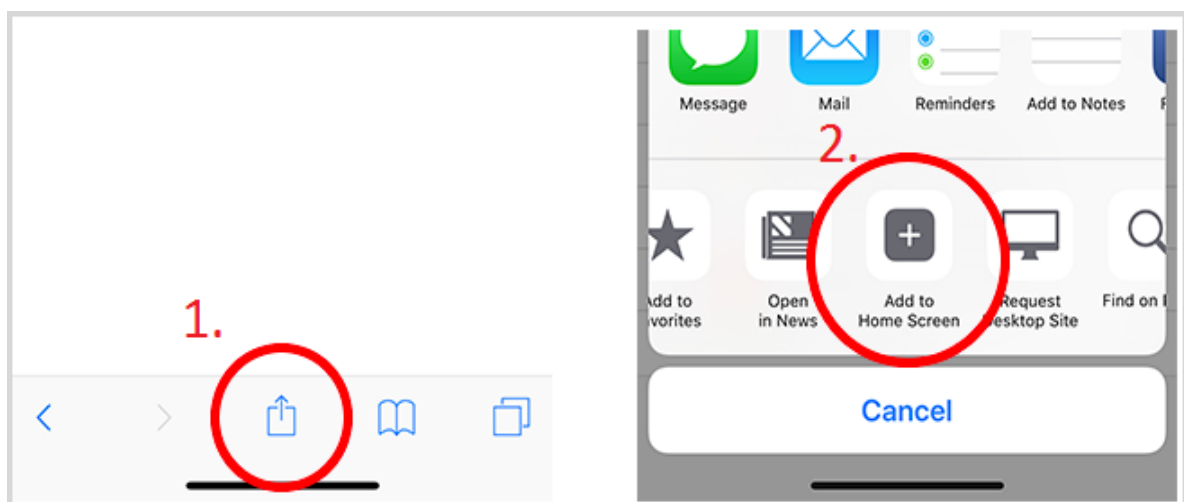
How to Create a Shortcut

iPhone

Open the link below in Safari, then follow steps 1 and 2 below.

<https://wccm-singapore.webflow.io/meditation-timer-moment-of-christ>

1. Click on the icon at the bottom of your screen which looks like an arrow pointing out of a square.
2. In the list of actions that appears, click on 'Add to Home Screen'.

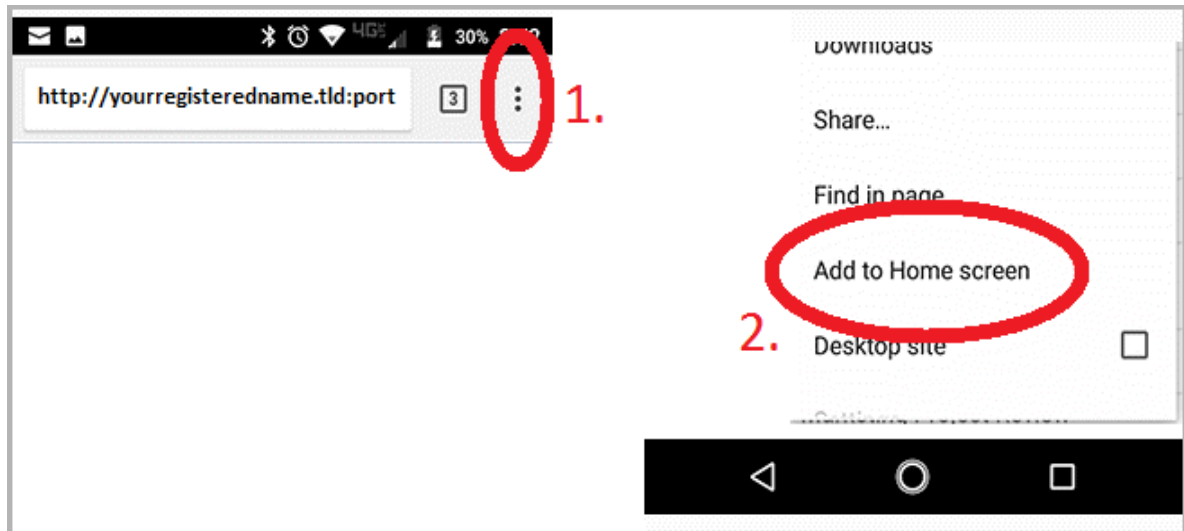


Android Phone

Open the link below, then follow steps 1 and 2 below.

<https://wccm-singapore.webflow.io/meditation-timer-moment-of-christ>

1. Tap on the three dots on the top right of your browser screen.
2. In the list that appears, tap on 'Add to Home Screen'.



If you have any difficulties adding the icon to your home screen, please ask a tech-savvy member in your meditation group, or try a Google search for instructions.
