



## *Dear Meditators*

### **Inreach and Outreach**

2019 has seen a burst of activity in the Singapore meditation community in both our inreach and our outreach.

As you may recall, the year began with Fr Laurence's talks in January on Discipleship, Holiness, and Evangelisation, given respectively at Church of the Holy Family, Church of the Holy Cross, and Church of the Risen Christ. This programme gave new impetus to our inreach. It prompted the revival of the long-dormant meditation group at Church of the Holy Cross; provided stimulus to the long-time group at St Joseph Church (Bukit Timah); and inspired the group at Church of the Nativity of the Blessed Virgin Mary to conduct an introductory programme to welcome new members. The programme also inspired the establishment of a new group at Church of St Vincent de Paul, on the initiative of Audrey O'Hara who now leads the weekly group.

In the second half of the year there has been an awakening of interest in contemplative leadership. In our outreach to the corporate world, we responded to several invitations to share the value of meditation with business leaders and executives. In June, I introduced meditation to Dymon Asia Capital, Singapore's leading hedge fund. In August, Fr Laurence delivered the Far East Organisation Leadership Lecture following which Angelene Chan of DP Architects and I joined him at the panel discussion. Over the year, Mark Hansen and I gave three talks to senior management and executives of Frasers Property Singapore. In September, Mark and I presented meditation to corporate leaders and senior managers of Singapore Telecommunications Limited (Singtel).



Most of these corporate presentations are available on our website at the links provided below. While our simple teaching on meditation in the context of Christian faith is familiar to all of us, presenting it in a secular context can present a challenge. These outreach talks could offer pointers for articulating the value and the method of meditation to a secular

audience. By 'secular' we do not mean 'unreligious'. Our emphasis is on the spiritual aspect, and we present meditation as a spiritual practice for people of different faiths or no faith.

You can listen to three of the talks at the links that follow below:

Dymon Asia Talk: <http://tiny.cc/DymonTalk>

Far East Organisation Talk: <http://tiny.cc/FarEastTalk>

Singtel Talk: <http://tiny.cc/SingtelTalk>

We thank the Lord for all the opportunities to share with more people the practice of Christian meditation as a way to the peace of Christ.

## Bonnevaux

A long-time leader of our Singapore community, Patrick Prakash, recently made a three-week personal retreat at Bonnevaux. Patrick's account of his experience is attached. I hope it will inspire more members of our community to take advantage of the spiritual nourishment that can be found at Bonnevaux.



On another note, we are delighted and proud to share with you the news that the design for Bonnevaux won Gold at the 2019 London Design Awards. We are happy that DP Architects led by CEO Angelene Chan have been recognised for their creative work, and we are grateful to them for their devoted contribution to WCCM.



You can read more about the design concept at: <http://tiny.cc/LondonDesign>

## Formation of Leaders and Teachers

The development of future leaders and the formation of meditation teachers are critical to sustaining WCCM's mission of sharing the gift of contemplation in the world. That formation is the work of the WCCM School of Meditation led by Cathy Day from the Australian community.

The School organises regular Retreats and Essential Teaching Weekends (ETW) to train group leaders. Seven meditators from Singapore have just attended a seven-day silent School Retreat followed by an ETW in Penang, Malaysia. We hope their experience will inspire them to be more actively involved in the work of the Singapore meditation community.

Wishing you a blessed Advent and a joyful Christmas

A handwritten signature in black ink that reads "Peter Ng".

PETER NG

# My Stay at Bonnevaux as a Volunteer

*Being Martha but with the One Thing Necessary*

PATRICK PRAKASH

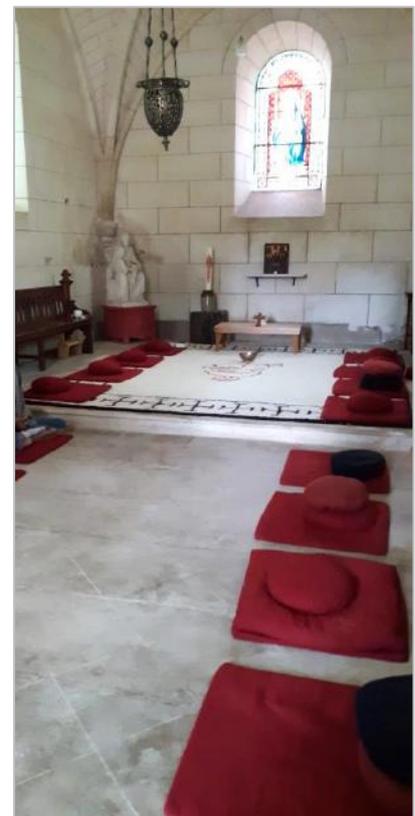
It was a blessing to have the three-week stay with the contemplative community at Bonnevaux. Simply put, it was disciplined living in silence: sharing work, prayer, faith, and meals so that one fitted into the rhythm of the community's life.

## PRAYER

The five prayer times together daily in the chapel included five times of Christian meditation, each for 30 minutes. Above the altar of the chapel, the delicate stained-glass of Mother Mary holding the child Jesus drew gentle light into the room and reminded me that Mary is also the mother of our Community.

## SOLITUDE

The vast natural terrain that embraces this Benedictine monastery at Marcay in France is unique, and the absolute silence of nature is captivating. During my many long, solitary walks I experienced moments of oneness, of total absorption in God's presence. Just being part of such an environment tamed my distracted mind and I was able to say the mantra continuously during the times of meditation.



## WORK

The five or six of us volunteers lived with the five residents of the Abbaye as a small spiritual family. The rooms were simply but comfortably furnished. The weekly roster for house-keeping, gardening and preparation of meals included everyone; each one of us had a place.

Bonnevaux indeed is God's gift to WCCM, a place where every member of our Community can call home and experience the love of Christian living.



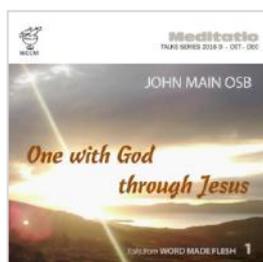
## MARTHA AND MARY IN HARMONY

As I experienced the peaceful community life at Bonnevaux I found that the Martha and the Mary in me could live in harmony. I discovered that I could be as busy as Martha in Luke's Gospel, but who had discovered the one thing necessary.

## Recommended Resources



These talks touch on meditation as the work of silence, and the levels of silence involved in the journey. The deepening silence leads to the experience of being – our own being and our connection to the source of our being. It is the poverty of spirit that opens the door to the kingdom of God. As the Psalmist said: 'Be still and know that I am God.' (Ps 46:10).



These talks, given to the early meditation groups in Montreal, present meditation in the context of Christian faith and emphasise the simplicity and discipline of the practice. John Main's teaching is not limited by race, language, age, gender or even creed. 'It harmonises with the mystery of Christ in whom there is 'neither Jew nor Greek, slave or free, male or female.' (Laurence Freeman OSB)



These talks present meditation as a way to awaken to the reality and nearness of God. God is real, John Main says, and the reality of God is to be found in our hearts, in the Spirit of Jesus. In meditation, as we open our hearts to his presence, we experience God as the source of our being and of all being. We begin to know God as the only reality there is, as love. This experience liberates us from fear and illusion.

For more information visit [www.mediomedia.com](http://www.mediomedia.com)