



Dear Meditators

Meditation in the Monastic Tradition

In the latest newsletter, Fr Laurence focuses on the WCCM seminar which he led in Rome at the International College of San Anselmo. The seminar was held from 28 June to 5 July 2015 and attracted 50 meditators from 15 countries. The Abbot of the monastery Notker Wolf OSB who opened the seminar said that holding the seminar there reminded monasteries of their root in the desert tradition of pure prayer, which over the centuries had been lost or diluted. You can listen to the talks [here](#).

A similar seminar is being planned for next summer on 'new forms of monasticism'. WCCM as a 'monastery without walls' is an example. Be sure to sign up early if you are interested to attend this; details will be publicised later.

Wisdom 2.0 Asia Conference in Singapore

As mentioned in our last newsletter, Fr Laurence was invited to speak at Wisdom 2.0 Asia – a conference on how to live with wisdom, compassion and awareness in the digital age. The video recording of Fr Laurence's talk and the panel discussion that followed are now available and you can access them at the links below:

Click [Talk](#) for his presentation 'Contemplative Leadership: A Western and Universal Perspective'.

Click [Panel](#) for the closing panel discussion 'Bringing Wisdom Into the World'.

Fr Laurence - Extended Stay in Singapore March-April 2016

We are delighted that in March-April 2016, Fr Laurence will be based in Singapore for an extended period. He will be teaching a course on 'meditation and leadership' to MBA students at Singapore Management University and will give talks at the NUS Business School and the Nanyang Business School. Fr Laurence will also be giving a public lecture on contemplative healthcare.

Our community will be planning a weekend retreat with him, similar to the one we held last year on 'the eight big problems of life'. More details will be given in our next newsletter.

Outreach to the Healthcare Sector

The management team of Mt Alvernia Hospital has invited us to help their executives develop a personal practice of meditation that will build a collaborative team and strengthen Mt Alvernia's ethos of loving service and care. We are responding with a five-week onsite introductory programme starting from 3 November 2015.

WCCM Singapore Committee

Our Annual General Meeting on 4 Sep 2015 attended by 16 members elected the following to serve the community in the coming year:

President: Peter Ng
Vice-president: James Galvin Loh
Secretary: Leonard Ong
Treasurer: Florence Kwee
Auditors: Ronny Tan and Richard Teo

On your behalf, I thank the many members of our Singapore community including our group leaders and outreach leaders, our regular helpers and event helpers, all of whom have served our national and global community with dedication and love. It is such a great joy to experience the community which meditation creates.

The Process of Forgiveness

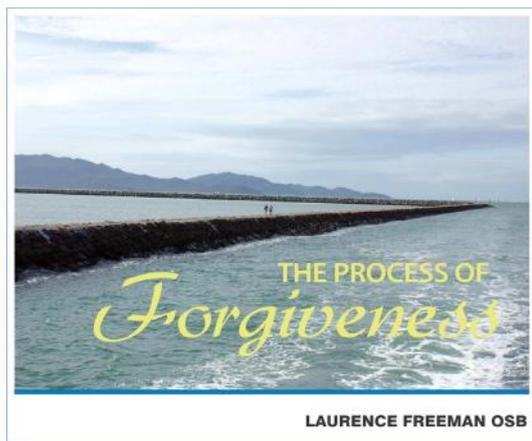
I'd like to recommend to you our latest CD on the theme of forgiveness. Fr Laurence's insights help us to understand why we often find forgiving so difficult, and how our practice of meditation helps to bring us to forgiveness. More details can be found in the attachment below.

With peace and love in the Lord,



PETER NG

JUST PUBLISHED



THE PROCESS OF *Forgiveness*

Why is forgiving so difficult?
What is forgiveness?
How can we forgive?

Our efforts to forgive often fail, Fr Laurence says, because we do not understand the nature and meaning of forgiveness. Forgiveness is not a heroic act of moral superiority directed at the culprit. It is a subtle process of healing for the victim, of letting go of the bitterness that hurt can create. The ego that is hurt cannot let go. Letting go is part of a deeper process of prayer, a response to Jesus' call to leave self behind. And meditation is a work of laying down of oneself. It is a spiritual discipline that takes us beyond the ego to our deepest centre, our heart where God's love can touch us. Vengeance then is no longer an issue. We let go of grudges and forgiveness happens.

Set of 2 Audio CDs \$12.00 Orders & enquiries: enquiries@mediamedia.com