

Newsletter



World Community for
Christian Meditation
(Singapore)

2022 October

Dear Meditators

Leadership Changes in WCCM Singapore

In this Newsletter I would like, first of all, to update you on leadership changes in the WCCM Singapore community.

After almost 35 years of leading the community which Patricia and I started in 1988, I feel that the time has come for me to retire as National Coordinator and President of WCCM Singapore. At our recent AGM held on 20 September 2022, which our Spiritual Director Fr Eugene Vaz also attended, the committee unanimously elected James Loh as National Coordinator and President, and Lee Kin Kit as Assistant National Coordinator and Vice President. James has been on our leadership committee almost from the time the Singapore community started and has been my key lieutenant in serving our community. Kit is leader of the meditation group at Church of St Bernadette, an active member of our core team, our webmaster, and a member of the global Young People's Council. At the AGM, we were also happy and grateful that Josephine Lee agreed to continue as Secretary and Florence Kwee as Treasurer. Our thanks also go to Daulet Manecksha and Cecilie Dee for continuing to serve the Singapore as well as the international community with publications, transcriptions, and other resources including our website resources. I shall continue to serve the community as Adviser and teacher.

Urgent Message from Fr Laurence

In his latest Newsletter, Fr Laurence writes about the urgency to share the teaching of meditation as a way to deal with the turmoil and crises the world is facing today. As we 'hurtle, badly led, through climate change and political storms', Fr Laurence writes, we might be tempted to console ourselves that we can bring about change just by praying with good intentions. Prayer can bring about change only when, as St Paul said, we allow our minds to be 'remade' and we begin to see with the 'mind of Christ'. The change in our ways of perception will make us 'agents of transformation in our world', Fr Laurence says and sees meditation as a way to this change.

Meditation teaches us to learn, to listen, to hold different ideas in balance and to recognise the difference between illusion and reality, deception and truth ... Unity happens in an expanded space of perception. It restores the lost harmony of wholeness within and among ourselves.

Responding to this pressing need, WCCM Singapore recently accepted two significant invitations to share our teaching of meditation, an inreach programme within the church, and an outreach event at an interfaith seminar.

I encourage you to read Fr Laurence's complete reflection. It is deeply insightful and inspiring.

Inreach: Contribution to Course on Prayer

On 26 September, WCCM Singapore was privileged to contribute to the Course on Prayer organised by the Road to Emmaus (RTE) group from the Bible Apostolate of the Church of St Ignatius, which is led by Sundaresh Menon. The course was run online and comprised seven sessions on the foundational aspects of prayer followed by



six presentations on various forms of prayer including the Mass. I presented the essential teaching of Christian meditation and invited participants to follow up by joining our weekly meditation groups. The audio recording and transcript of the session are available at the following link: http://bit.ly/Essential_Teaching

Outreach: Participation at Interfaith Seminar on Meditation

On 6 October, the parish of Divine Mercy invited me and representatives of the Buddhist, Hindu, and Muslim faiths to an Interfaith Seminar on the contemplative dimension of our respective faiths. The meditation group leader at Church of Divine Mercy, Patrick Prakash, coordinated the event and I presented on meditation in the Christian tradition. It was a beautiful evening of sharing in an atmosphere of friendship. The audio recording and transcript of the session are available at the following link: https://bit.ly/Interfaith_Seminar



Thank you

As this is my last newsletter as National Coordinator and President of the Singapore community, I take this opportunity to thank all of you for your friendship through the years. By your interest in meditation, your dedication to the practice, and your support for the community, you inspired me in my own meditation journey and enabled our Singapore community to serve the church in Singapore as well as WCCM globally. I am sure you will give the same support to James Loh, the new National Coordinator and President of WCCM Singapore, who will be signing off the next newsletter.

Let us thank God for his blessings on our community,



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New Publications

Love is Everything -A Year with Hadewijch of Antwerp by Andrew Harvey (Translator)

Love is Everything invites the reader to accompany Hadewijch on the greatest journey of all—the mysterious path of the love that leads to God. This compilation of her mystical writings is an honest picture of love from every angle, stripped of sentimentality, not disguising the high price it demands, if love is to be taken or given seriously. In a world torn by division, indifference, and chaos, to read *Love is Everything* is to be awakened to the full potential and dignity of being human, and to be changed.

Hadewijch of Antwerp was one of Christianity's greatest Christian mystics, a Beguine who lived in the 13th century.

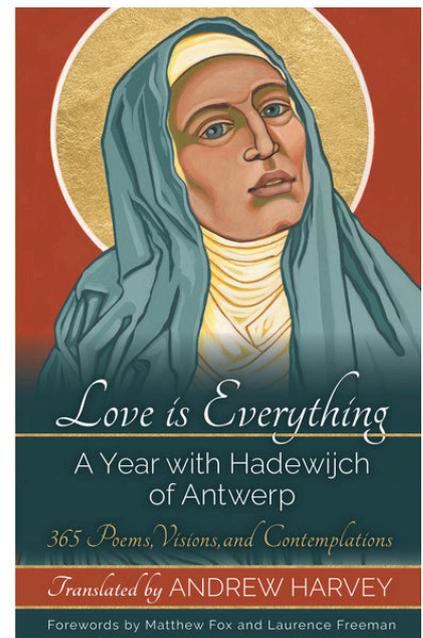
Andrew Harvey is a renowned poet, novelist, translator, mystical scholar, spiritual teacher. He saw in Hadewijch's writings a promise and hope for a broken world and felt called to make her teaching accessible to more people as a source of spiritual nourishment, by presenting it in daily-reading format. In the Preface to his book, Andrew writes:

I offer this book to all seekers on all paths as a source of indomitable joy, noble hope, and inspiration for selfless service at a time when the future of humanity demands that we listen to and follow the sacred leadership of the great heroes of Divine Love, like Hadewijch of Antwerp, and together, in Love, as Love, for Love, birth a new humanity and a new world.

210 x 135 mm 454 pages

MORE INFORMATION can be found at the link below:

https://mediomedia.com/products/mmvves2?_pos=1&_sid=088dfad58&_ss=r

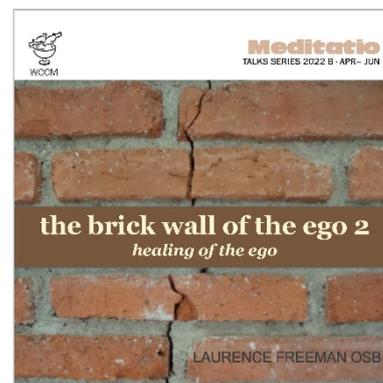


The Brick Wall of the Ego 2 - healing of the ego

by Laurence Freeman OSB

These talks help us understand the ego as a reality in our psyche and our development, not as a flaw in the human design. A wounded ego, however, can become dysfunctional when driven by fear and illusion, Laurence Freeman says, and he advocates the practice of meditation as a way of healing an unhealthy ego. Through the simple discipline of turning away from thought, imagination, and desire during the time of meditation, we lose our old false self and discover our true self in the love of God. Fear and illusion gradually diminish leaving the healed ego free to share its gifts in the service of others. The talks and the transcript are available for listening/reading online or for downloading from:

<https://meditationtalks.wccm.org/cd/y3niOSmzZn9xooeqyW0l>



Breakthrough

by Laurence Freeman OSB

These talks present the spiritual journey as a process of development which involves breaking out from the confines of our self-centred ego. But unlike a prison break, the spiritual breakthrough happens in a succession of linked experiences that gradually release us into the liberty of the Spirit. It is a journey of faith, expressed in perseverance and commitment. As a way to prepare for and allow this development, Laurence Freeman advocates the practice of meditation, which itself is an act of faith. The childlike simplicity of repeating the mantra faithfully day after day prepares the ground and yields a harvest of the fruits of the Spirit. These fruits are a manifestation of the life of God growing in us. The talks and the transcript are available for listening/reading online or for downloading from:

<https://meditationtalks.wccm.org/cd/TJQjS0vYwKGR6hQDd598>



Book Reviews

WCCM's book reviews page publishes in-depth and long-form reviews, in reflection with WCCM's themes for the journey. The review team is open to suggestions about books or themes you would like them to explore. Two interesting titles recently reviewed are:

Practicing Peace: Theology, Contemplation and Action – by Michael Wood

Review by Sarah Bachelard

Ways Of Attending: How Our Divided Brain Constructs the World – by Iain McGilchrist

Review by Andrew McAlister

Read more at the following link:

<https://wccm.org/category/book-reviews/>