

Newsletter



World Community for
Christian Meditation
(Singapore)

2023 February

Message from James Loh

Dear Fellow Meditators,

Carrying the Torch of WCCM Singapore

WCCM's global theme for 2023 is **Metanoia**, a Greek word whose meaning reflects the words of St Paul in Romans 12:2 – 'Let your mind be remade and your nature thus transformed.' If our prayer life does not lead to radical interior transformation whereby others can see Christ in us, then our prayer life needs to be reviewed and revitalised. I encourage you to read Fr Laurence's sharing on the gift of Metanoia as an important part of our contemplative journey. Highlights from his letter are attached below.

I am convinced that the practice of meditation when taken seriously will bring about the metanoia the world today so badly needs. This conviction gave me the courage to say 'Yes' to Peter Ng when he approached me last September to take over the role of National Coordinator for WCCM Singapore. Our strong Core Team, Fr Eugene Vaz's spiritual direction, and the legacy Peter left us, all give me the inspiration and strength to carry WCCM Singapore into its next phase of growth. May I invite all members of our community to join me in committing ourselves to the metanoia that will make us true bearers of Christ in our troubled world.

I would like to take this opportunity to thank Peter on behalf of WCCM Singapore for his selfless and generous contribution in growing the contemplative dimension of our society and church for 35 years, from 1988 when he and his late wife Patricia started the community.

Thank you.

James.

God bless us all,

Message from Fr Laurence

Metanoia: 'Let your minds be remade'

What does 'metanoia' mean for us? In his latest newsletter, Fr Laurence explains that metanoia is about letting our minds be remade, and seeing the world bathed in the sunlight of God. Our mind finds peace only when we fully accept what we experience, uncomplainingly or unpossessively. Metanoia is the surrender of the mind, letting go of the ego-mind's double-act by removing attention from thoughts. Meditation is a commitment to metanoia. Each daily meditation is part of one's experience and the meditator acquires a taste for this wisdom by his or her daily practice. For those on our path, the mantra reveals the powerfully unobtrusive presence of Christ, guiding us like a personal trainer, into ever deeper metanoia.

Embracing this theme, WCCM Singapore will be conducting a two-day silent meditation retreat happening in the season of Lent 2023.

The newsletter is available for reading online or for downloading from:

<https://wccm.org/mailings/quarterly-newsletter/>.

WCCM Singapore Updates

WCCM Singapore's Outreach Work

Since September 2022, we have formed our Leadership Team of seven core members. Together with Fr Vaz, the team will serve the WCCM Singapore community driving its various inreach and outreach efforts.

Over the past few months, the team has visited meditation groups in the various parishes, including:

- Catholic Spirituality Centre
- Church of Our Lady of Perpetual Succour
- Church of the Risen Christ
- Church of the Holy Cross
- Church of the Holy Family
- Church of the Nativity of the BVM

The team has seen some success in bringing back in-person WCCM weekly meditation and fellowship sessions and will continue the outreach to the rest of the meditation groups.

We were also delighted to be able to join some of the groups in their Chinese New Year celebrations, during which we were treated to Josephine Lee's reading of the Catholic version of the *lohei* blessings, complemented by Sister Cecily's aptly-improvised slogan '*May we meditate faithfully!*' (instead of '*Huat Ah!*').



CNY fellowship at Church of the Nativity of the BVM

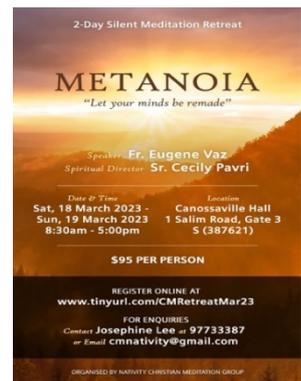


CNY fellowship at Church of the Holy Cross

Silent Retreat led by Fr Eugene Vaz and Sr Cecily Pavri

In the coming months, our members can look forward to a two-day silent meditation retreat (18-19 March) which will be held at the Canossaville Hall, 1 Salim Road, Gate 3. The theme of the retreat is 'Metanoia: Let your minds be remade', and it will be led by Fr Eugene Vaz and Sr Cecily Pavri.

For those keen to participate, please register online at <https://tinyurl.com/CMretreatMar23>.



Q&A Page on the WCCM Singapore Website

We are happy to announce a new Q&A page on the WCCM Singapore website. The new Q&A page is easy to navigate and will be a helpful resource for seekers who have questions on their practice or the teaching of meditation.

You can find the page at the following link: <https://www.wccmsingapore.org/qna>.

WCCM 2023 – Special Online Courses

11 February - 21 October, 2023

The young people from WCCM is launching the 'Fully Alive: Making contact with our own centre' project. Specifically created for the age group 16 – 45, this is a series of eight online workshops introducing meditation as a way to find our own centre. Each session will focus on a different aspect of meditation, with a general introduction to what meditation is, its benefits, meditation and mindfulness, and the balance between action and contemplation, among other themes.

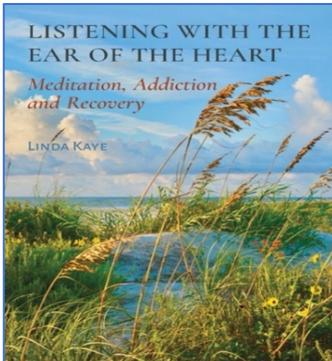
- 11 February – Introductory Talk. Lee Kin Kit: What is Meditation?
- 11 March – Meditation Benefits. Tavnã Malaspina: Meditation and the development of spiritual intelligence
- 15 April – Meditation & Psychology. Patricio Lynch Pueyrredon: Meditation and Vulnerability
- 13 May – Life Purpose. Enos Mantoani: Meditation and Life Purpose
- 17 June – Environment. Jane Mellett: Meditation and Environment
- 19 August – Chaos & Dark Times. Maria and Albert Zacharovy: Meditation in times of chaos/war
- 16 September – Action vs Contemplation. Nick Scrimenti: The balance between action and contemplation
- 21 October – Lifestyle. Heidi Ector: Meditation as a Lifestyle

To register, please click the following link:

<https://wccm.org/events/fully-alive-make-contact-with-our-own-centre/>.

New Publications

Listening with the Ear of the Heart by Linda Kaye



'Meditation begins with a call that awakens us out of the coma of self-preoccupation.'

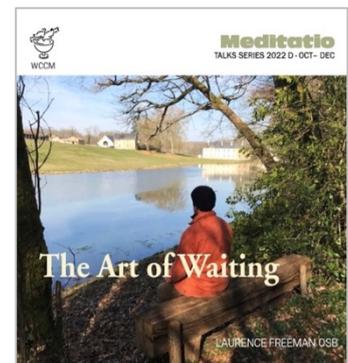
These are words of John Main, the great twentieth-century teacher of contemplative prayer. In part, John Main's words are a response to the recognition that we are all addicted to something, and we are all in need of recovery. *Listening with the Ear of the Heart* offers fundamental insights into the nature of addiction as well as a rich selection of readings, chosen to nourish and support your journey of healing towards life in all its fullness.

Linda Kaye is International Meditatio Coordinator for Addiction and Recovery and Director of Neptune Beach Center, Florida.

More information can be found at the following link: <https://mediomedia.com/collections/recent-titles>.

The Art of Waiting by Laurence Freeman OSB

How can we understand patience as an essential condition for spiritual growth? These talks inform us that the ability to be fully present to the moment that we are in, without the need for answers or control, is the poverty of spirit that allows God's power to manifest in our lives. Laurence Freeman's insight is a challenge in our culture accustomed to speed and instant outcomes. But he says we can relearn the art of waiting through the practice of meditation. The twice-daily discipline of reciting the mantra without expectations teaches us gradually to just be in the present moment, giving God the space to do his transforming work in us.



The talks and the transcript are available for listening/reading online or for downloading from: <https://meditationtalks.wccm.org/cd/jFDG9PMZNHmbmHOyja73>.

Book Reviews

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

Ending and Unending: The Art of Meditation in the Christian Tradition – by Margrit Dahm
Review by Andrew McAlister

Short Stories by Jesus: The Enigmatic Parables of a Controversial Rabbi – by Amy-Jill Levine
Review by Stefan Reynold

Read more at the following link: <https://wccm.org/category/book-reviews/>.