

Christian Meditation

NEWSLETTER OF THE CANADIAN CHRISTIAN MEDITATION COMMUNITY



CCMC 2026 National Conference: Victoria College Chapel at the University of Toronto

SUMMER 2026

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A Day Is a Lifetime

The values and priorities you hold dear for the remainder of your life should also be your values and priorities you pay attention to daily.

Last month, I delivered a talk to the Bonnevaux Meditation Group, a weekly online gathering of contemplatives from around the world. Here is a summary.

The Spark: Groundhog Day

You may remember the 1993 movie *Groundhog Day*. Bill Murray plays Phil Connors, a sarcastic Pittsburgh weatherman sent to Punxsutawney to cover the annual Groundhog Day festivities. He hates the assignment, mocks the town, and just wants to leave.

A blizzard traps him there overnight. The next morning, he wakes up to “I Got You Babe”—and discovers that **February 2 is repeating**. Every detail is the same. Every conversation. Every encounter.

At first, he panics. Then he indulges. Then he despairs.

Eventually, Phil begins using each repeated day to help others and to improve himself through quiet acts of kindness.

The movie ends well. Phil is redeemed, and Rita, his producer, sees it.

Oddly, that movie inspired the thesis I want to share with you.

The Restlessness of Our Time

Let’s face it, a cloud of despair hangs over the world. A numbness. Where every day feels like the last. Same job, same shows on Netflix, same news cycle, same extreme behavior by certain world leaders, and same anxieties. Even extreme weather events barely shock us any more.

People everywhere feel trapped and imagine life is better somewhere else. North Americans envy Europeans. Moroccans cross the water to Spain. Southeast Indians immigrate to Canada. Elon Musk dreams of Mars.

The movie whispers something simple: the way out of the trap is through kindness. Where we see the person in front of us not as an object of desire or control, but as a temple of the Holy Spirit.

Two Approaches to Transformation

I want to propose two ways of approaching the rest of your life (one I prefer over the other).

1. The Projection Method

Imagine your funeral. What obituary would you want read?

- He grew the company to an astronomical level
- She was a model parent
- He invented a carbon capture machine to solve climate change
- She built wells in Africa

You write the obituary now, then work backward to bring it to reality. This method involves a lot of doing, a lot of bucket list items to check off... before you check out.

2. The “Day Is a Lifetime,” Method

This approach begins with identifying what is sacred to you right now:

- Beauty
- Connection with nature
- Relationship with people or with God
- Letting your true self speak
- Physical health
- Innocence of a child
- Expressing compassion
- A family grounded in faith
- Passing on knowledge
- Being of service
- Loving thy neighbor

In my case, my relationship with God is sacred. Each day I reserve time for at least some of:

- Meditation
- Silence
- Connecting with trees
- Prayer
- Scripture reading
- Speaking with the Holy Trinity

The values and priorities you hold dear for the remainder of your life should also be your values and priorities you pay attention to **on a daily basis**. Hence, **a day is a lifetime**. If you don’t allocate time consciously for your priorities, other people’s priorities will steal your attention.



André Choquet
WCCM-Canada National
Coordinator

Sacred Goalposts vs. Must Do Goalposts

Check out the two soccer nets below.

See, most people go through life identifying what they must do as their goalposts. They never find time between the goalposts for what they hold sacred. The “must do” goals close in. Little time is left for the sacred.



“Must do” goalposts



Sacred goalposts

What I propose is the reverse: **set your sacred goalposts first. Then fill the space between them with what you must do.**

Forecasting Without Losing the Present

I hear you; we still need to plan. I’m an actuary—I forecast streams of payments decades into the future. Forecasting is useful when it **enlightens decisions to be made today.**

But forecasting becomes harmful when it feeds worry by fretting about a multitude of future scenarios. Worry keeps us at a certain distance from our own hearts.

Jesus reminds us: sparrows don’t worry about food; lilies don’t fret about appearance. They simply *are*, displaying their God-given glory.

We can do the same.

Some things will remain unfinished. Some tasks will be left for tomorrow. Some projects will be completed by someone else. That’s okay.

A Story from My Priest

I am fortunate to have a priest who tells good jokes and stories in his homilies.

Imagine a dark hall deep in hell. A long table. Demons whispering.

Satan enters.

“We need a new plan,” he says. “Too many people are returning to God.”

One demon suggests, “We’ll make them suffer, and they will turn their back on God.” Satan rejected it. “It’s been done with Job.”

Another suggests, “Let’s give people everything they want.” Satan rejected it. “Satisfaction is temporary. Emptiness always brings them back to the question.”

Finally, a small demon steps forward:

“We’ll make them believe they have all the time in the world.”

“Yes. Not by force. Not by fear. But by delay. If they believe tomorrow is guaranteed, they will waste today—and lose eternity.”

A day is a lifetime. Choose your sacred goalposts. Live inside them. Let tomorrow take care of itself.

Seek First the Kingdom

“But seek first the kingdom of God and His righteousness, and all these things shall be given to you.

— Matthew 6:33

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THE CCMC 2026 NATIONAL CONFERENCE

✧ Surprising Transformation ✧

Having reached a certain age, I've become leery of motivational messaging. I don't want to be a person who endlessly attends seminars, workshops, conferences, and retreats, seeking to be jazzed up about the latest self-help, self-improvement, and self-betterment trends. A slippery slope to self-absorption. Afterwards, daily life cools the warm glow of inspiration. Goals and timelines for change and growth get bypassed with the click of a registration button for that next motivational conference.

But it didn't happen that way. It wasn't what I expected. The CCMC 2026 National Conference, held in Toronto from July 24 to 26 at Victoria College, University of Toronto, took me by surprise.

Matthew 13:45-46: *"Again, the kingdom of heaven is like a merchant seeking beautiful pearls, who, when he had found one pearl of great price, went and sold all that he had and bought it."*

I came away with pearls: beautiful, valuable, precious. Not motivational gobbledygook, but words to ponder, distil, and sink into the DNA of my soul.

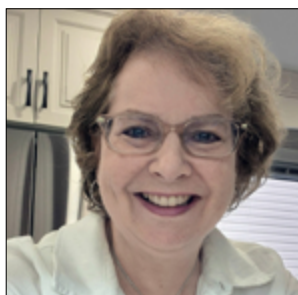


The first precious pearls came from **André Choquet**, CCMC National Coordinator, when introducing the conference's theme: Transforming Together in Peace - Reconnecting humanity and the living earth.

I liked how André tapped into my thoughts when he said, "Listening to creation taps into divine knowledge."

A few days later I was swimming with a friend in a Muskoka lake with the sun's rays dancing a riotous path across a blue expanse, an immense clear sky overhead, and surrounding trees clinging to rocky perches stretching green boughs heavenward. In mid-stroke, my friend turned to me. Awed by nature's beauty,

she said, "How can anyone not believe in God?" With nature's magnificence singing God's glory, my friend could not fathom unbelief.



Carolin Hwozdyk
CCMC Newsletter Coordinator
and attendee of the 2026
CCMC National Conference

I agreed. This was Earth. What must heaven be like? Listening to creation taps into divine knowledge.

André noted that many Indigenous cultures already listen to divine knowledge. They think about today's footprint on nature and the effect on future generations. We are here for a reason.

André delivered a challenge with two questions on reconnection:

- What needs to transform in me, my family, my community?
- How does meditation help me reconnect with neighbour and nature?

I struggle with people whom I don't like, don't respect, and don't trust. Yet, I am called to love them. Reconnecting with nature seems easier. Meditation is a path I choose in my journey of healing; sitting in silence next to God's heartbeat is my way to reconnect and restore. By osmosis, to love more fully.

What is your challenge?



Louise Hébert-Saïndon, Président of Meditation Chrétienne du Québec et des Régions Francophones du Canada (MCQRF), polished a pearl of resilience. Sharing the wisdom of eminent psychiatrists, spiritual writers, and advocates (Boris Cyrulnik, Viktor Frankel, Henri Nouwen, Bashar Alshawwa).

Louise reminded us of those who have endured great suffering and transcended their losses into spiritual gains. The notion that every wound is a wound of love; that only love heals, struck me. Those whose resilience strengthened learned that seeds of growth get planted in suffering. Cyrulnik's studies suggest direct trauma

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leaves traces on the brain, but the trauma is reversible. No failure is final; it is simply a lesson in love.

In September, I became a grandmother. Louise's words were encouraging. That the bruises sustained throughout my life's journey had purpose. That those of a certain age are called to be catalysts, mentors, and elders, bringing comfort and perspective. I realized my role in life is not ending but expanding.

Fr Laurence Freeman's address via Zoom Saturday morning introduced the idea of a new order in the future of religion, one that is multicultural, multireligious, and diverse. He noted that society has lost the art of living respectfully together in peace. He cited the need to recover the art of conviviality and that different religions help. God is purposeful in creating many religions. It is so we can learn from each other; it makes dialogue necessary. There is no healthy religion without dialogue, and no dialogue without meditation. Contemplative understanding gives us another way to see things. Jesus points to a way of being; a new order.

Tom Mustill, a conservation biologist, filmmaker, and author (*How to Speak Whale—The Power and Wonder of Listening to Animals*), seemed like an unlikely choice for a meditation conference keynote speaker. I soon understood from Tom that reconnecting with nature, like meditation, requires our silence. To hear requires profound listening. To the detriment of our shared planet, humankind has failed to listen and acknowledge the languages of other God-made species. The ancient languages of cetaceans (whales, dolphins, porpoises) surpass the evolution of human language by millennia. Why do we think only humans talk to each other? Studies of cetaceans point to practices of inter-species communications. Often, these deep-sea conversations are empathetic, about protecting and helping each other. How outstanding is that? To talk without conflict is one of the greatest challenges for our human species.

When we follow the song-of-the-whales, we discover that living inter-cooperatively benefits the planet and its inhabitants.

Chief R. Stacey Laforme (former Chief of the Missis-saugas of the Credit First Nation, storyteller, poet, and advocate for leadership, reconciliation, and environmental stewardship) emanates rootedness; his presence anchors.

Chief Stacey's words challenged us to introspection; to benchmark and consider who we are, where we belong, and where we want to be. He points to the arts to explore answers, raise consciousness, and think more broadly. We must see ourselves in the world, but we can't stay self pre-occupied. We must go out; to find common ground is our job. To reconnect with humankind and to



help Mother Earth. Not to save the planet. Mother Earth is not a problem to solve but a soul to save.

The Saturday afternoon break was welcome. To sit for long without stiffening has become a challenge.



The outdoor Tai Chi/Qigong session offered by **Andrea D'silva-Siqueira**, certified instructor and Alberta & Saskatchewan CCMC Regional Coordinator, was the right recipe. The treed and grassed courtyard of Victoria College proved a perfect summer setting to embrace the joy of movement.



It might sound hokey, but we even hugged a tree, the entire group. I'm no nature nerd (okay, maybe a little);

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it was a magnificent tree. There was something primal and grounding in collective action. We moved in unison, coming together to touch the beating heart of one of Mother Earth's own, all while embracing each other.



Sandra VanderVaart, a researcher and business leader at Clarivate (PhD in Pharmacy; MBA), and long-time meditator, posed a question she often ponders: why is it so hard to carry the loving peace of meditation into ordinary life?

Her thoughts could encompass a whole weekend workshop (and should). She delivered profound insights with practical tools on empathetic communication, a means to transcend the peace of meditation into ordinary life.

Sandra explained that conflict in our lives arises from the unskilled ways we try to meet our needs. The result is tragic, distorted expressions of unfulfilled needs. Judgements are the problem. If unaware, we become enslaved by our reactions.

To build empathy for others, the formula is straightforward. We must relate. And to find common ground, we must first recognize our own needs.

Said by a pastor to street youth: you can't heal what you won't reveal.

We may not relate to a mass murderer, but Sandra reminds us we can understand feeling alone and on the periphery. By judging less, we become closer to God. When we own our judgements, we move from reactive to responsive.

Meditators and meditation facilitators, **Rev. Canon Julie Meakin** (Anglican priest) and **Rev. Marilyn Metcalfe** (Anglican deacon; WCCM Oblate), led the Sunday morning worship service.



Their ministrations to the community exemplified the heart of Christian meditation: being fully present in the given moment. They brought to the group a profound sense of peace and unity. A fitting ending to the CCMC 2026 National Conference.



So, for those who attended in-person or via Zoom, what pearls did you glean? I am curious to know. Through this community's meditation practice, we reconnect with God, each other, and nature. I invite you to share your experiences. Even if only briefly, please send your thoughts and/or reflections to chwozdyk@sympatico.ca.

Words to ponder, distil, and sink into the DNA of our souls. A surprising transformation.

Except for the article writer's headshot, photo credits for this article and the front page go to photographer **Michael Swan** (<https://flickr.com/photos/mmmswan/>), who generously volunteered his time and talent at the CCMC 2026 National Conference.

Michael's contact info: mmmswan@gmail.com or at 647-205-1083.

Common Ground



Reprinted with permission
from Chief Stacey Laforme

No one thing can define us
For we are complex creatures
Dreamed in the mind of the Creator
We laugh when we should cry
We cry when we should laugh
We joke when in pain
We smile because tears
Could consume us
We love unconditionally and totally
We understand that families
should come first
Yet family is not defined
solely by blood
We are quick to anger
Yet no one forgives faster
We are loyal, and we are strong
When we commit, we
are unwavering
We have survived much,
but do not mistake
Adaptation for resignation

You will always see us, for we
will always be here
Standing for what we believe in
Standing beside each other
Doing what is right for our children, our future
We remember our obligation
To our Mother the Earth
And we remember our place upon her
We are a proud people
And honorable people
We do not always do right
For we are human
And prone to the follies of humanity
Yet we strive to be better
To make each other better
To make the world
A better place for the children
I know the creator smiles upon us,
No matter where we are, or what we do
For the love of a child is unconditional
No matter where life takes you
Walk proud.



RECIPIENT OF THE 2026 FEATHERED FRIEND CCMC PATRON RECOGNITION AWARD

Jack Murta

**FAITH IN ACTION THROUGH
SERVICE AND MEDITATION**



After a successful career in agriculture, business, and 18 years in Canadian politics, Jack Murta dedicated his life to serving others as Interim Director of The Mission in Ottawa, a faith-based organization supporting people experiencing homelessness. The Mission provides over 416,000 meals annually, along with shelter, clothing, education, addiction recovery, healthcare, and spiritual care, with the help of hundreds of volunteers.

Inspired by a deep personal conversion to the Catholic faith and the writings of Henri Nouwen, Thomas Merton, and John Main, Jack embraced Christian Meditation as the foundation of his life and service. He leads two Chris-

tian Meditation groups and a weekly meditation session for people experiencing homelessness, believing that silence and stillness help bring healing, peace, and hope. Jack is also committed to interfaith dialogue, organizing a national Prayer Breakfast and promoting meditation as a shared spiritual practice across faith traditions. He believes that contemplation and compassionate action are inseparable: prayer nourishes the heart, while service expresses God's love in the world. His life reflects the conviction that true meditation awakens people to the suffering of others and calls them to respond with generosity, justice, and love.

Thank you, Jack, for your dedication and continued sharing of the gift of meditation.



Ora et Labora - Prayer and Work

"Prayer and Work" is the name given this space as a regular feature devoted to sharing information and news about the **WCCM Benedictine Oblates** (<https://bit.ly/4dNApGP>). It comes from the balance between prayer and work (and reading) that St. Benedict stresses in his Rule and that Oblates strive to follow in everyday life. Enjoy!

If you would like more information about the Oblates, please contact **Dorothy Wood** at dorogeo50@gmail.com.

Celestial Light

Paul Harris passed into the Celestial Light, May 18, 2026. He would have turned one hundred on August 31. Instead of celebrating his birthday, we commemorated his long, full life on that date at St. Patrick's Basilica in Ottawa. Many from the Christian Meditation community came out to say farewell to Paul. The following was from the eulogy Paul's family asked me to deliver. This is the story of how I met Paul.

My childhood religion left me with some serious emotional scars. I absorbed a lot of shame as a Catholic schoolboy. I saw little hope. As a teenager, I dropped out of school and hitch-hiked to California. I lived in communes, experimented with psychedelic drugs, tried different religions, and even joined a cult. I was searching for answers.

Years later, I dropped back into society and moved to Ottawa. I entered university to study world religions. I grieved as I let go of my immature Christian beliefs. But I did not want to throw Christianity completely out the window. Why throw the baby out with the bathwater? You know that baby! The one born in a manger.

I soon realized I needed to find a spiritual home, a devotional practice, a way of life. I attended church again and often attended St. Patrick's in downtown Ottawa. One wintery Sunday I noticed a poster at the back of the church. It was an invitation to a Christian Meditation group held every Wednesday evening. Wow! Christians who meditate! I had to check this out.

That Wednesday, I made my way through the darkness, down the old stone steps into the church basement. Then I noticed a light streaming from an open doorway. It led into a small room where rows of chairs were set up. To the side was a table full of books and pamphlets about Christian meditation. One author was a Benedictine monk, John Main.

An older gentleman greeted me with a big smile and



Darrell Taylor
Spiritual Care Counsellor -
Meditation Facilitator -
Oblate

a warm handshake. His name was Paul. He glowed with a calm, spiritual presence. People began shuffling into the room and quietly taking their seats.

In hushed tones, Paul explained Christian meditation to me. "It's a simple practice," he said, "you just have to jump in and do it."

Christian Meditation as taught by Fr. John Main was the missing cornerstone I needed to reconstruct my **"new school"** Christianity. God wasn't an angry old man in the sky ready to strike me down. God was a loving, healing Presence. This was a god I

could trust. A god who didn't care about human labels. A god who loves everyone abundantly.

I took Paul's advice and jumped in. The student found his teacher.

Paul's caring and support led me into the "Silence and Stillness" of the Divine Other. My heart healed from that **"old school"** religion of my childhood.

That first meeting was twenty-five years ago. Paul became my close friend, mentor, and spiritual father. To add flesh to the bones, I discovered Benedictine spirituality. Paul offered to be my Oblate sponsor.

As Paul's health declined, what always amazed me was how he remained upbeat. Despite some confusion, that calm spiritual presence never left him. He remained a man of gentle grace. He embodied Benedictine generosity and the spirit of welcome. Maybe he couldn't remember what took place that morning, but he always remembered to be warm, to be kind, and to smile.

Another aspect of both Benedictine spirituality and meditation is how they prepare us for death.

St. Benedict says, "Keep death always before your eyes." There is, I think, an extraordinary wisdom in that injunction. Only by keeping death before our eyes can

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we really learn to be totally child-like in relation to the ultimate meaning of life. Learning to say the mantra in our daily commitment to meditation is an entry into this child-likeness. For it is this one little word that will root us in the eternal ground of our being and teach us that death is an act of transcendence... "Meditation is therefore well called the first death. It is the essential

preparation for the second death which is our definitive entry into eternal life." – *Death, the Inner Journey* by John Main.

When my earthly journey ends, will Paul be there to meet me in the Light once again? I believe so.

Maranatha.

Community Corner

Holy Week Retreat 2026 at Bonnevaux

As we entered the grounds of the Abbey, the beauty of the landscape struck us: rolling green hills and valleys surrounded by forest, and a small lake nestled near the buildings. A Benedictine monastery was founded here in the 12th century. Centuries-old buildings have been beautifully renovated: the barn into a place of prayer and the stables into a guesthouse. Bonnevaux Abbey is called a Centre for Peace. The serenity is palpable and pervasive.

The Holy Week Retreat began with Saturday evening prayer, followed by evening silence. The spirit of silence pervades the rhythm of monastic life from morning meditation to work, from times of prayer and meditation to times of talk and leisure. The daily silence and prayer had a profound effect, more than I had anticipated. It gave depth and meaning to my being and to the days that followed.

For me, the entire Triduum was an experience of spiritual deepening, beginning with the evening Passover



Elaine Mills

Seder. We were all seated in silence in the refectory for the beginning of the liturgy of the day. After the sermon, we moved to an outer room. Before we returned to the refectory, we participated in the ceremony of washing each other's feet. There, a narrator explained the Passover and the historical meaning of the rituals performed. Into the evening, we prayed and ate, just as Jesus did at his last Seder. When completed, we left the refectory and celebrated the

Eucharist of Holy Thursday.

On Good Friday afternoon, we walked through a valley into the forest and along a path marked by small wooden crosses nailed to tree trunks, and here we prayed the Stations of the Cross. On returning to the barn – the place of prayer – a large wooden cross had been centred on the floor with its top slightly elevated. Here we prayed in celebration of the Lord's Passion, followed by an Adoration of the Holy Cross. This

Continued on page C12

It Will Come

If we wait long enough, the 'knowledge' beyond 'belief' will come. That meditation makes a difference.

Like the sapling of a tree, the process needs time; just as a fruit needs time to ripen. I dare to say that the end result of our contemplative spiritual practice is no less.

I was introduced to Christian Meditation in 1982, practising it 'on and off' as many of us, honest enough to admit it, have done. However, it is only this year that I finally realized the difference it has made in my life.

This appreciation may come when 'tested' by real-life experiences, like an unexpected surgical procedure, the emotional pain of unmet expectations, or a broken heart from unrequited love. Anything that allows us to observe, in a detached and objective

manner, how our 'true and honest' self is reacting to the event. No one to judge or cheer us; no boos or applause, just yourself, alone, the real 'You' at home.



Dr. Lorena C. Vicente

Oblate

A good thing, since we are 'judge, jury, and executioner.' The result is known only to us. Yes, it is a surprise because the discovery of the change, like anything from God, is not brought on by our own effort, but as a gift of grace. To our amazement, 'It just appeared there' one day.

As Carl Jung said, when asked, "Do you believe in God?" and after hesitating, answered, "Well, no.... I know." When this happens, you know that meditation changes you, and you no longer have to believe that it does.



CCMC Needs Your Time & Talent

The sustainability of our Canadian Christian Meditation Community (CCMC) requires many hands to share the load in “paying forward” the gift of meditation.

Do you feel called to deepen the transmission of the Essential Teaching of Christian Meditation across Canada? Would you love to help us ensure spaces for meditation remain safe and welcoming? We’re inviting expressions of interest for the two key volunteer leadership positions within the CCMC described below.

Please consider, if God is calling you, to take part by lending CCMC the gift of your time and talent to one of the listed positions.

Our National Coordinator, **André Choquet** (achoquet@rogers.com, 647-680-8040), would love to hear from you.

National School Director

Key Responsibilities:

- Coordinate with the National Coordinator, the Council and the WCCM International School Director to plan School of Meditation activities, including meditation for children.
- Promote and co-facilitate Essential Teaching Workshops (ETW) nationwide.
- Encourage national and regional retreats and support Introductory Courses and Community Days.

- Share and promote the School of Meditation website and online resources.

- Co-lead online courses with other leaders and mentors.
- Idea candidates will have participated in an ETW (and preferably co-facilitated one) and bring a collaborative spirit, strong communication skills, and a deep commitment to the contemplative path.

National Safeguarding Lead

This role is created as part of the upcoming launch and implementation of our new Safeguarding Policy to ensure that our events and meditation groups remain safe, respectful, and inclusive for all – especially children, adults at risk, and vulnerable individuals.

Key Responsibilities:

- Receive and respond to safeguarding concerns with discretion and procedural fairness.
- Guide meditation group leaders and coordinators in handling concerns appropriately and promptly.
- Liaise with the CCMC Board to report and manage potential claims.

- Promote safeguarding awareness and education across the community.
- Maintain confidentiality and uphold the CCMC’s Safeguarding Procedures and Policy.
- Submit an annual report summarizing safeguarding activity and outcomes.
- This is a vital leadership role for someone grounded in CCMC’s contemplative ethos and committed to protecting the dignity of every participant. Experience in pastoral care, education, or community leadership is helpful but not required.

Role filled – to be announced

Canadian Christian Meditation Community Bookstore

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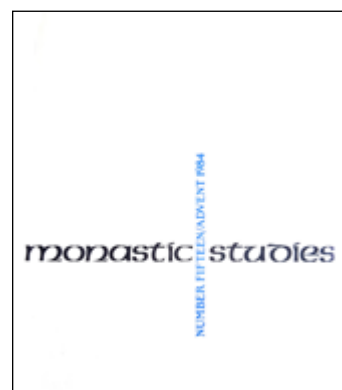
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Community Corner

Bonnevaux continued from page C9

Good Friday remembrance was starkly real and more riveting than any I have experienced.

The solemn beginning of the Vigil was fittingly in total darkness, as was the entire Abbey and its landscape. A flashlight was needed to navigate the meadow to where a fire blazed near the Easter Tree. The fire was blessed, and a candle prepared, followed by a procession and the Easter Proclamation. After the Gospel reading, we walked back in total darkness to the barn to complete the celebration of the Easter Vigil.

Easter Sunday early morning was celebrated on the hillside near the barn as we watched the sun rise. Mass

was celebrated in the barn with the centre of the floor covered in a beautiful arrangement of lovely spring flowers, and organ music carried the song of joyful hymns. It was the end of a remarkable week filled with indelible memories and the awakening of an inner spirit that I prayed would carry me forward.

Bonnevaux Abbey offers many opportunities to share in community life. Individuals and small groups come for personal retreats and for volunteer programmes (for those who come for a month or more), to support and share in the resident's life community. See: <https://bonnevauxwccm.org/coming-to-stay/>.

A Powerful Motivator for Good

I have found a powerful motivator to do good and to choose the "right thing" when in doubt: the deathbed.

We will find ourselves there at some point. The questions then become: "If I could do it all over again, would I have done 'such-and-such'; would I have meditated more; would I have left that person; would I have married the one I did; would I have chosen another job or profession; would I have been kinder, gentler; would I have chosen to 'be Me', the true Me, or would I have lived again to satisfy society's and other's expectations or needs...?" Sobering questions to ponder indeed.

When 'Plan A' does not work, most times a 'Plan B'

shows up, and by the grace of God, 'all will be well' at the end. Hopefully, we realize that what appeared as a 'disaster' was a powerful lesson we had to learn. With no mistakes or wrong choices made. It was part of life's tapestry for us, where only God sees the other side.

This perspective could lead one to peace and trust in the One who created and loves us regardless of what may have appeared as 'the wrong choice'.

One of my favourite parables is "The Prodigal Son." May we all have the grace to remember it at that moment when we lie on our deathbed.

– Dr. Lorena C. Vicente

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