

Newsletter

The World Community for Christian Meditation
(SINGAPORE)



2025-2 | OCTOBER

Message from James Loh

Dear Friends,

Warm greetings in Christ and peace to each of you.

Thank you for continuing to walk the path of meditation faithfully and for being part of our contemplative community, WCCM. Your perseverance in the daily practice of meditation and your openness to the Spirit sustain our shared journey of meditation. As we move forward together, I would like to share a few reflections and highlights from our community life.

Remaining Centred Amidst Restlessness

The pace of today's world is marked by disorder, uncertainty, and unrelenting demands from work, family, church, and community. How can we remain centred in this restlessness? We cannot do everything or be everywhere. It is precisely in such times that our commitment to silence, stillness, simplicity, and solitude becomes vital, as Fr Laurence reminded us at the recent [International Conference on Raising Hope for Climate Justice in Castel Gandolfo](#). Again, in his [October newsletter](#), he calls for a rediscovery of the contemplative path as a way to confront chaos with unity and authenticity. The daily practice of meditation is not an escape from life but an entry into the sacred space of the heart, where the transforming energy of divine love renews and strengthens us for good and holy work. Let us remain faithful and make the necessary time and effort for our daily practice of meditation.

Pilgrimage to Bonnevaux

In May 2025, 35 members of our community together with Fr Vaz journeyed to Bonnevaux, France, for a time of renewal and deepening on the contemplative path. The retreat theme was Christian Meditation and Our Life in Christ. The experience for all of us was rich with grace, joy, and community spirit. A moving moment was the oblation rites where Lee Kin Kit took his final vows as an oblate of WCCM and Audrey Lim was received as a novice oblate. The vibrant energy and enthusiasm remain strong among the participants. We have had two follow-up gatherings since our return, to strengthen bonds and commitment, and plans are already underway for our next visit in May 2027. The touching, open sharing by some participants are available [here](#).



The happy pilgrims at Bonnevaux together with their retreat leader, Janet Robbins (back row 4th from left)

Our Community Life

Our [weekly meditation groups](#) continue to meet faithfully with enthusiasm and energy. Some groups, however, are challenged by poor participation and small numbers. Leaders who may feel discouraged, may be encouraged to know that many others have faced similar seasons and emerged even stronger. Stay faithful, stay connected, reach out for support when needed, and be creative and resilient. Together, we grow.

Our [Monthly Online Meditation \(MOM\)](#) continues to draw about 80–90 faithful participants as well as new seekers. At the October session, Peter presented a lucid understanding of the significance of stillness for spiritual growth. The audio and transcript of the talk are available [here](#). We encourage you to [register](#) for these sessions – your presence enriches both the community and your personal practice.

Incoming Committee (Sept 2025–Sept 2026)

At our AGM held on 12 September 2025, a new committee was elected to serve for the coming year:

President: James Galvin Loh

Auditors: Ronny Tan and Audrey Lim-O'Hara

Vice-president: Lee Kin Kit

Committee Members: Daulet Manecksha, Cecilie Dee,

Treasurer: Josephine Lee

Florence Kwee, Joseph Teo

Secretary: Emily Lee

We thank all who have accepted these responsibilities and continue to serve the community generously.

Compliance with the Personal Data Protection Act

In compliance with the Personal Data Protection Act (PDPA), WCCM (S) has designated the following officers:

Controller: James Galvin Loh

Data Protection Officer (DPO): Josephine Lee

Data Protection Executive (DPE): David Wong

May our community be a living witness to the transforming power of contemplative prayer in our world today.

James.

James Loh

Reflections by Laurence Freeman OSB

In his [latest newsletter](#), Fr Laurence takes a deep look at our secular, chaotic society, where many feel the loss of meaning and easily fall into despair. 'What's the point?' they cry. With sensitive insight, he sees that real answers cannot come through words, but through interior transformation. Moments of light, however fleeting, can point to unity, purpose, and divine presence. Following are extracts from his letter.

THE CALL TO BE REAL

Recently while talking to a young person who was going through a painful breakdown of trust and faith in life...I heard the quiet question, 'what's the point?'. I felt the depth of disillusionment and disappointment it revealed. Whatever I or anyone might reply to this – one could say that breakdown leads to break-through, that everything is passing – would sound like a hollow platitude, false encouragement. But whatever might be said, we don't learn the meaning of things through words. It is only in the heart's conversion, the unexpected arrival of new hope, or even in the dark humour that can bring light, that we are convinced that there is a point...

Even a fleeting insight can still be a thread of hope – more than just an insubstantial wish – a real hope that there is a point where all things stream back into the same source from which they took existence. ...

Read or download the complete reflection [HERE](#)



In this talk Fr Vaz addresses the essential Christian call and challenge in 1 John 4:7-12 to love as God loves. This is beyond human strength; we need to receive God's love first. When we practise Christian meditation we open ourselves to God's love, which gradually transforms us. The way we live then reflects God's love.

Extracts from his talk follow.

HOW DO WE LOVE AS GOD LOVES?

Reflection on 1 John 4:7-12



My dear people, let us love one another since love comes from God and everyone who loves is begotten by God and knows God. Anyone who fails to love can never have known God because God is love. God's love for us was revealed when God sent into the world his only Son so that we could have life through him. ...

No one has ever seen God but as long as we love one another God will live in us and his love will be complete in us.

That's all there is – life in Christ, life in intimate union with God. And that is what meditation does for us. It brings us into harmonious relationship with the divine energy of God that is love so that we can love him and we can love our fellow men and women. In Jesus we see what true love is.

In Christ we see God's great commitment to love us to perfection. So love is something you and I can grow in. His whole life, Jesus shares with us God's love so that we can live in God's love and we can love as God loves us. True love comes to perfection and perfects all that it loves. True love will not settle for anything less than the perfection of the beloved, and we see that in Jesus. He accepts us where we are. Why? Only to take us to where he is. And where is he? He is perfect love. As St John says in verse 4:12, as we love one another God abides in us and his love is perfected in us. We participate in his work by choosing to love each other. And I think this is what transcending ourselves does. Transcending ourselves roots us in God who became incarnate. So in meditation we come into harmony with God's love and that harmony enables us to be more loving and Christlike in our relationships with each other. We can love each other only when we first receive God's love for us and those around us. He then transforms us gradually enabling us love as he does. That's why meditation is important.

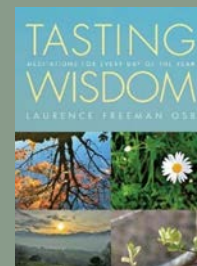
As we transcend ourselves to be in God's presence, he transforms us to become love incarnate. Remember, God is the centre, God is love, and Jesus is the revelation of this love. So to love as God loves is and must be the fruit of Christian meditation.

To read the complete talk click [FR VAZ](#)

TWO WAYS TO LIVE

There are two ways that you can live in the moment, what we call the present moment. One is the contemplative way – you are touching into and living in this continuum of being, this continuum of consciousness in the Spirit, in God in every moment going up or down. Whether things are good or bad on the surface, you know that you are held in the Spirit, held in God, in Christ, you would say. But there is another kind of false, cheap, and dangerous being in the present, which is an episodic consciousness – you just jump, flit from one frame of reality to the next. If you played them all at the right speed, it looked like one continuous movement, but actually they were made up of individual snapshots where we just flit or jump from one to the other but we lack the feeling of the flow. In this narcissistic state, we also lose our boundaries, because the narcissistic self wants to absorb everything and to be the centre of everything.

Excerpt from Laurence Freeman OSB
TASTING WISDOM

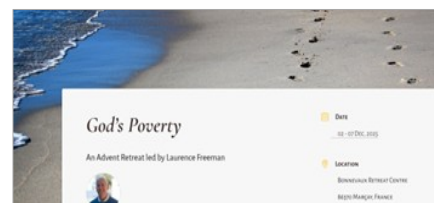


TASTING WISDOM: Meditations for every day of the year is aptly named: it is designed to be sipped slowly, savoured, not gulped. The meditations are brief and simple. In just a few sentences each day, readers can find inspiration for meeting the day's challenges in a way that is more reflective, less reactive – a way for living wisely and well amidst a restless, noisy world. Fr Laurence's own atmospheric photographs deepen the quiet, contemplative power of this beautiful book.

LAURENCE FREEMAN OSB is a Benedictine monk of the Monastery of Christ our Saviour, Turvey, England, and Director of The World Community for Christian Meditation. He is the author of many books and has recorded many talks. He is also the editor of John Main's works. The success of Laurence Freeman's publications and his organisation shows that he has something to offer which is entirely distinctive. It is his conviction that contemplation can and will transform the lives of busy men and women in a turbulent world.

Invitation

WCCM organises events worldwide which can nourish our inward journey. Featured below are the 2026 Retreat Programme for 2026 and two forthcoming retreats that may interest you. For details, click on the images below.



WCCM Singapore invites you to participate in the life of the community and find support for your journey. Simply join our Telegram channel, our Monthly Online Meditation, or a Weekly Meditation Group using the links below.

TELEGRAM CHANNEL

Join our channel wccmSG for timely up-dates on events and resources. Click the link below to join us.
https://tiny.cc/wccmSG_TG%20TG

MONTHLY ONLINE MEDITATION

Join us online monthly on the first Monday for a teaching and to meditate. Register at the link below.
<https://bit.ly/online-with-PeterNg>

WEEKLY MEDITATION GROUP

Join a group to find support, and nourishment for your journey. To find a group, email us.
enquiries@wccmsingapore.org