



Message from James Loh

Dear friends,

GOING DEEPER AND WIDER

As we celebrate the centenary of the birth of Fr John Main OSB (1926–1982) this year, in a world more troubled than in his time, Fr Laurence encourages us to go ‘deeper and wider’ in sharing the gift of meditation, reaching more people and collaborating with others who also seek to raise consciousness. This deepening and widening is necessary at both the personal as well as the community levels if it is to bear fruit. Therefore, it is important that we remain steadfast in our meditation practice, so that the light within us may become a beacon for all who share the same path. Our community takes this call seriously.

On 17 January, taking up WCCM’s 2026 theme, [The Future of Religion](#), we organised a morning for leaders, co-leaders and meditation group members titled, WCCM SG Forward: Refresh, Rekindle, Rejuvenate. The event focused on the question: What Works? Peter Ng’s opening talk, [The Prayer that Works](#), followed by Fr Eugene Vaz’s talk, [The Spirit that Works](#) provided the backdrop for the concluding discussion on The Model that Works, led by James Loh.

Our weekly groups continue to meet regularly to meditate, share and support each other, and to celebrate special moments occasionally. Our [Monthly Online Meditation](#) (MOM) sessions draw steady attendance with new seekers joining sometimes. Retreats and other enriching events receive enthusiastic response, as do invitations to reach out. In March, nine meditators from Singapore attended a Lenten Silent Retreat led by Fr Laurence in Penang. With touching candour and depth, Dominic writes, [My Heart Learnt to Trust](#), and Prisca humbly admits [My Prejudiced Mind Was Enlightened](#). On 9 May, Audrey Lim was received as a novice oblate of WCCM, a year after Lee Kin Kit took his final vows of oblation. It is a joy to see our meditators committing themselves to this work of deepening and widening. Audrey’s sharing, [Journey of Love, Hope, and Faith that Led Me to the Oblate Path](#), is most inspiring.



As we deepen our own spiritual growth, we also realise that the gift we have received is not meant only for ourselves, but also for all those whose lives we touch. On 31 March, we were privileged to be invited to speak on meditation to the eucharistic ministers at Church of the Holy Cross. Peter Ng spoke on [The Prayer of Being](#). With his memorable line, ‘God is not difficult to find; God is impossible to avoid’, he indelibly impressed on everyone the essential Christian truth that the spirit of Jesus dwells in our heart. The talk drew new members

to the weekly meditation group at the parish. At present, the Church of St Bernadette group is excitedly preparing to present meditation to children on 17 May.

Our outreach also stretches beyond Singapore. In January, at the invitation of Archbishop Marcos, James and Margarita visited the Galilee Yiek-Thar Retreat Centre in Myanmar, which is still a work in progress. Our relationship with Myanmar began in 2013 when we responded to an invitation to introduce Christian Meditation there, and we have continued to support them whenever called on.



The commitment our community demonstrates is heartening and commendable. Let us remain earnest, eager, and creative in embracing and communicating this beautiful gift of meditation that we have received.

With every blessing

James.

James Loh

Reflections by Laurence Freeman OSB

In this inaugural issue of the [WCCM Journal](#) (formerly the WCCM Newsletter) Fr Laurence reflects on the enduring relevance of Fr John's teaching in today's fragmented world facing a crisis of meaning. The future of spirituality in a secular age will increasingly depend on personal experience rather than on institutional authority. Extracts from Fr Laurence's letter follow below.

MEANING IN A FRAGMENTED WORLD

'Do this in memory of me,' Jesus says – not as observers but as participants. The past can be recalled with greater presence and meaning because it enters into us now and changes us. This is the kind of remembering that asks us to listen, to attend, to be transformed. He later taught others what the pattern of his own life had taught him. The whole of life is a spiritual journey. Work, relationships, success, failure, joy and suffering are not blocks to meaning any more than they are crudely 'sent by God'. They are the ways through which meaning is experienced because they connect us to freedom to love God and others with that very love...

In a time of crisis, everyone is a seeker and the common question is persistent: What is the point of it all? Realising how most young people were coming to experience life as broken, empty and meaningless, he also saw the failure of traditional religious approaches to give them guidance and hope. Fr John felt the urgent need – and the opportunity - of restoring an authentic contemplative dimension to our world and to the church... John Main's teaching directly into this condition...Religion, he believed, must be grounded in experience... (It) had to move from being a 'notional' assent to concepts, dogma or abstractions, to being a concrete personal experience that awakens passion to right action. ...



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

Fr Vaz helps us understand why Jesus prays for harmony in his [Farewell Discourse \(Jn 17:20–23\)](#). We were made for harmony, as Genesis reveals, but sin destroyed it. The Father, in his love for us, sent Jesus to restore harmony. It is our call as Christians, therefore, to continue Jesus' mission. Christian meditation can help us to do that. As faithful daily practice deepens our intimacy with God, we gradually begin to reflect his love in our actions, relationships, and attitudes helping the prayer of Jesus, 'may they all be one', to become a reality. Extracts from the talk follow.

MADE FOR HARMONY

John 17:20-23



Why is harmony important for Jesus – ‘may they all be one’? In Genesis, the purpose and meaning of creation and the meaning of human life become clear. God made man and woman to be in harmony with him, with one another, and with creation. And this harmony gives man and woman the deepest joy, peace, meaning, and fulfilment in life, because that is what man and woman are called to build.

However, man and woman got attracted to something else that seemed to be better than what God had created them for. And from that moment, discord and misery of all kinds come into the world. Therefore, it is not surprising that God, who made man and woman for harmony, made a promise to bring back harmony. So he sent Jesus, to bring man and woman back into proper relationship with God, with each other, and with creation. And therefore Jesus says, ‘May they all be one. Father, may they be one in us as you are in me and I am in you (Jn 17:21).’ As Jesus and the Father are one, so you and I are called to be one with God, with each other, and with nature because, as Jesus prays, ‘so that the world may believe it was you who sent me (Jn 17:21). ...

So it's very important that you and I build this harmony by the way we live at home, at work, in the community, in society. We have to do this work so that the world may believe Jesus was sent by God to restore harmony to a broken and divided world. So Jesus says, ‘I have given them the glory you gave me that they may be one as we are one (Jn 17:22).’ ... meaning he has given them himself, he has given them the Father. He has shown them the way, he has given them everything they need so that they may be able to be in harmony with the Father, with one another, and with creation. And we are able to do this, as he concludes his prayer, ‘with me in them and you in me (Jn 17:23)’.

That is our intimacy with Jesus, with the Father, and in meditation we deepen this intimacy. But it is not about just practising meditation; our meditation practice must be linked with our way of being. The experience of God's unconditional love helps us to grasp his purpose and live it out in our daily life. And so Jesus in his resurrection appearance says:

‘As the Father has sent me, so I send you.’ When he had said this, he breathed on them and said to them, ‘Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained (Jn 20:21-23)

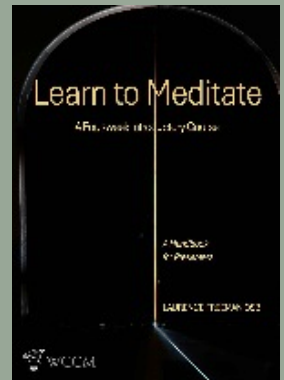
He gives us his spirit, the Holy Spirit, his harmony. That's your work my dear sisters and brothers, that's my work, that's our work. ...

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

WE MEET THE MIND OF CHRIST

We come at some point to this naked awareness of ourselves – it's really the ego block. It's my sense of 'me' that always takes up space between you and me, meaning that you and I are not able to really experience union and full flow of identity and love. So the brick wall of the ego which has been built up, perhaps to protect ourselves, eventually can become a prison. But we continue this work of the mantra even as we're sitting on this side of the wall. And then a brick falls out of the wall, ... And then more bricks fall out of the wall, and with this opening comes our opening into the dimension of the spirit. ... So what do we find here? John Main said that at the frontier of our identity we meet a guide, and this guide is the risen Jesus, the mind of Christ.

Excerpt from Laurence Freeman OSB, *Learn to Meditate*



Whether you are a group leader welcoming new member or someone making a presentation, [Learn to Meditate](#) by Laurence Freeman will support you in helping people to learn to meditate. This handbook contains helpful insights and practical guidance for presenting the course. The course is a timely gift we can offer people as we pray for peace in our hearts and in our world. The themes for the four weeks take participants on a gradual journey of understanding the practice of meditation within the Christian tradition. Participants are invited into a contemplative experience of knowing God and are invited to explore how this can give meaning and purpose to their life.

[About](#) the course - [Tutorial](#) on how to use the guide - [Download](#) the handbook

Invitation

TELEGRAM CHANNEL

Join our channel wccmSG for timely up-dates on events and resources. Click the link below to join us.

http://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

Find nourishment for your journey by staying connected with us through our activities and our resources.

