

## SILENT PRAYER GROUPS

This leaflet and the accompanying list is intended for those who wish to deepen their awareness of God in silence, within the fellowship of a group. Those listed here are just a few of the groups available. Please write to contact person (with SAE) for further information about local groups. Amendments or additions for the list to:

The Retreat Association, Kerridge House, 42 Woodside Close, Amersham, Bucks, HP6 5EF

### CHRISTIAN LIFE COMMUNITY

Local Christian Life Communities combine silent prayer and sharing. They usually consist of 4-8 people who meet once a fortnight, sometimes weekly, to pray together and to help each other to grow more aware of Christ in every part of their daily lives. Their approach to prayer and life is based on the spirituality of St Ignatius of Loyola and many people have found that their membership of a local CLC provides continuing support and inspiration after making an Ignatian retreat. There are over 40 local communities in England and Wales.

**CONTACT:** CLC 114 Mount Street, London W1K 3AH e-mail: [info@clcew.org.uk](mailto:info@clcew.org.uk) website [www.clcew.org.uk](http://www.clcew.org.uk)

### THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION

The community is a worldwide spiritual network of people who follow the ancient Christian practice of silent prayer taught in the twentieth century by the late John Main OSB. Many meditators meet weekly in small groups for mutual encouragement and support, to hear a short teaching - and to meditate together. Each group is ecumenical and welcomes all. There are 270 groups in Great Britain and 140 in Ireland (the Republic and Northern Ireland).

**CONTACT:** (Great Britain) WCCM UK office, St Mark's, Myddelton Square, London EC1R 1XX (0207 833 9615) email: [uk@wccm.org](mailto:uk@wccm.org) Website: [www.christian-meditation.uk.org](http://www.christian-meditation.uk.org) (Ireland) S. Thompson (00 353 66 7137484) email: [sylviathompson@eircom.net](mailto:sylviathompson@eircom.net) Website: [www.wccmireland.org](http://www.wccmireland.org)

### CONTEMPLATIVE OUTREACH UK

Contemplative Outreach UK is a spiritual network of individuals and small groups committed to renewing the contemplative dimension of the Gospel in everyday life by encouraging the daily practice of centering prayer as taught by Abbott Thomas Keating OCSO. There are 14 groups in the UK

**CONTACT:** The Director, Tree Tops, Houghton Lane, Hither Walton, Preston, Lancs. PR5 4ED (01772-620746) e-mail: [Esmith@aol.com](mailto:Esmith@aol.com) Website: [www.couk.org.uk](http://www.couk.org.uk)

## THE FELLOWSHIP OF CONTEMPLATIVE PRAYER

Fellowship of Christians from all denominations. The method of contemplative prayer practiced consists of mentally repeating words recorded in the Bible as having been spoken by God, either through the prophets or, pre-eminently, through his Son Jesus Christ, so that the words of God may come to work in us. The Rule, obligatory for a year at a time, includes the daily practice of contemplative prayer and weekly intercession for other members. There are about 60 groups in the U.K.

**CONTACT:** Catherine Older, 117 Leicester Road, Barnet, Herts. EN5 5EA. (0208 449 6495) e-mail: [colder@tiscali.co.uk](mailto:colder@tiscali.co.uk) Website: [www.contemplative-prayer.org.uk](http://www.contemplative-prayer.org.uk)

### THE FELLOWSHIP OF MEDITATION

Exists for the study and practice of Christian contemplative meditation, which deepens our communion with God and opens our hearts, minds and bodies to the healing power of his love. Members undertake to meditate regularly, to attend some meetings each year and to endeavor to apply the fruits of meditation to daily life. There are about 50 groups in the UK.

**CONTACT:** The Secretary, Fellowship of Meditation, 8 Prince of Wales Road., Dorchester, Dorset DT1 1PW. (01305 251396) e-mail: [fellowship.meditation@virgin.net](mailto:fellowship.meditation@virgin.net) Website: [www.fellowshipofmeditation.org](http://www.fellowshipofmeditation.org)

### HEAR OUR SILENCE - People at Prayer

Hear our silence is not so much a movement as an invitation to silent prayer which takes its name and inspiration from the silence of Carthusian prayer, where it is the seeker who journeys into the silent desert of the heart in order to encounter God. There are 6 groups in the UK.

**CONTACT:** John Skinner, 1 Purzebrook House, Musbury Road, Axminster EX13 5JG (01297 631313) e-mail: [wordman@HearourSilence.com](mailto:wordman@HearourSilence.com) Website: [www.HearourSilence.com](http://www.HearourSilence.com)

### JULIAN MEETINGS

Aim to foster the practice and teaching of contemplative prayer and meditation within the Christian tradition. Groups are ecumenical and meet weekly, fortnightly or monthly, providing support through fellowship. No one particular method is advocated - participants are encouraged to find the way that is right for them. There are over 400 groups in the UK.

**CONTACT: (UK)** Mrs Anne Stamper, The Firs, Lewes Road, Ringmer, Lewes BN8 5EU e-mail: [uk@julianmeetings.org](mailto:uk@julianmeetings.org) Website: [www.julianmeetings.org](http://www.julianmeetings.org)

**Worldwide:** Hilary Wakeman, Skeagh, Schull, Co Cork Ireland e-mail: [worldwide@julianmeetings.org](mailto:worldwide@julianmeetings.org)

## THE QUIET GARDEN TRUST

Our vision is to initiate and resource a network of local opportunities, mainly in private homes and gardens, for prayer, silence, reflection and the appreciation of beauty; for learning about Christian life and spirituality; and for experiencing creativity and healing in the context of God's love. There are 160 Quiet Gardens in the UK and Eire.

**CONTACT:** Mrs Jackie Lock, Stoke Park Farm, Park Road, Stoke Poges, Bucks SL2 4PG  
(01753 643050) e-mail: [quiet.garden@ukonline.co.uk](mailto:quiet.garden@ukonline.co.uk)  
Website: [www.quietgarden.co.uk](http://www.quietgarden.co.uk)

## SERVANTS OF CHRIST THE KING

A fellowship of small ecumenical groups called Companies (mostly lay, some clerical, some mixed). A Company 'waits upon God' in silence (normally for half an hour) after which there is a controlled discussion, when each member may speak without interruption. Each company adopts a common concern and decisions must be unanimous. There are about 15 Companies in the UK.

**CONTACT:** Dr Pauline Waters, Shallowfield, Wheelers Lane, Linton, Maidstone, Kent ME17 4BN e-mail: [info@sck.org.uk](mailto:info@sck.org.uk) Website: [www.sck.org.uk](http://www.sck.org.uk)



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The Retreat Association comprises these Christian retreat groups:

Affiliates of the Retreat Association

Association for Promoting Retreats (APR mainly Anglican)

Baptist Union Retreat Group (BURG)

Catholic Network for Retreats and Spirituality (CNRS)

Methodist Retreat & Spirituality Network (MRSN)

Quaker Retreat Group (QRG)

United Reformed Church Silence & Retreat Network (URCS&RN)

The Retreat Association aims to foster the growth of the spiritual life by the practice of retreats. For information contact:



The Retreat Association

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42 Woodside Close  
Amersham  
Bucks HP6 5EF

Tel: 0149 443 3004  
Fax: 0871 715 1917  
Email: [info@retreats.org.uk](mailto:info@retreats.org.uk)  
Internet: [www.retreats.org.uk](http://www.retreats.org.uk)

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