

## About Meditatio

**Meditatio** is the outreach of The World Community for Christian Meditation. It shares the fruits of meditation with the wider world and directs the wisdom of meditation towards the problems and crises of our time.

It engages in dialogue with both the secular and scientific mind and different faiths from the common ground opened by the universal wisdom of meditation.

Its outreach programmes engage the areas of education, business, healthcare, addiction, mental health, prisons and those who are poor and neglected.

Meditatio was launched in 2010 in London and hosts seminars, forums workshops and has training courses and resources which support the practice of meditation in the different areas of outreach.

The World Community for Christian Meditation is inspired by

the vision of John Main a spiritual teacher and Benedictine monk and was formed in 1991. He revived the

contemplative prayer of the desert tradition of early Christianity and made it available to everyone.

Today, people from all walks of life, of all ages meditate in weekly groups in over 100 countries. Groups meet in a variety of places – schools, universities, churches, homes, workplaces, prisons, hospitals. The Community is a kind of 'monastery without walls' which has as its spiritual foundation the local meditation group and the daily practice of meditation.

To find out more visit  
[www.wccmmeditatio.org](http://www.wccmmeditatio.org)  
E: [meditatio@wccm.org](mailto:meditatio@wccm.org)



**meditatio**  
Outreach of  
The World Community for Christian Meditation

## JUSTICE

In a society that is increasingly dependent on legislation to define its values and run its institutions, what is happening to justice? How do we know what is the "right" thing to do? How do we handle conflict with those who think differently from ourselves? How do we deal with people who do "wrong" things? The answers to these questions not only take us to the heart of our legal and social systems but to the heart of our very selves. **This Meditatio Seminar will explore the spiritual dimension of justice revealed in all these responses.**



### DAY ONE: HOW CAN WE BE JUST IN ALL WE DO?

A day of dialogue with law-makers, lawyers and judges all of whom have a spiritual dimension to their personal lives:

**Helena Kennedy** – a leading Human Rights lawyer and member of the House of Lords

**Richard Cogswell** – an Australian judge with experience of teaching meditation in socially deprived areas

**Sean Hagan** – an international lawyer and General Counsel of the IMF

**Andrew Phillips** – a lawmaker in the House of Lords and Founder of the Citizenship Foundation

### DAY TWO: INTERIORITY ON THE INSIDE

Focuses on prisons and how meditation can transform an otherwise destructive experience into one of spiritual growth. The dialogue will be led by:

**James Bishop** – who found meditation during a ten year sentence in a Californian prison and later wrote 'A Way in the Wilderness' (Continuum)

**Sam Settle** – Director of the Prison Phoenix Trust that brings meditation and spiritual practice into prisons

**Allison Waterhouse** – Methodist Minister and Resettlement Chaplain HMP Wandsworth

### Seminar Information – 9 & 10 July 2013

Times: 8.45 am onwards Registration and Coffee. Seminar times 9.30am-5.00pm  
Cost: £50 for each day or £80 for both days. Cost includes lunch. Concessions (OAP, unemployed or students) and bursaries are available. Please apply by email: [meditatio@wccm.org](mailto:meditatio@wccm.org)  
Venue: The Meditatio Centre, St Marks, Myddelton Square, London EC1R 1XX. Please note that the Seminar will take place on the 1st floor and currently access for the disabled is unavailable.  
Travel: Nearest Tube is Angel (5 mins) or Kings Cross (20 mins). There is metered parking available.

### How to Book:

You can book online – [www.wccmmeditatio.org/events-meditatio-seminar-justice](http://www.wccmmeditatio.org/events-meditatio-seminar-justice)  
By post – please return the Registration Form  
For any enquiries please call T: 020 7278 2070 (office hours) M: 07980 581351  
E: [meditatio@wccm.org](mailto:meditatio@wccm.org) Visit the website – [www.wccmmeditatio.org](http://www.wccmmeditatio.org)



# JUSTICE

Tuesday 9 & Wednesday 10 July 2013

9.30 am to 5.00 pm

The Meditatio Centre, St Marks, Myddelton Square, London EC1R 1XX

Chair: Laurence Freeman OSB



**Speakers**  
**Baroness Helena Kennedy QC**  
 Helena Kennedy is one of Britain's most distinguished lawyers. She has spent her professional life giving voice to those who have least power within the system, championing civil liberties and promoting human rights. She has used many public platforms - including the House of Lords, to which she was elevated in 1997 - to argue with passion, wit and humanity for social justice. She has also written and broadcast on a wide range of issues, from medical negligence to terrorism to the rights of women and children.



**Lord Andrew Phillips OBE**  
 Andrew Phillips graduated from Cambridge in 1962 and qualified as a solicitor soon after and founded a law firm which specialises in charity and business law. He is a non-executive director in a variety of companies. He has worked tirelessly in the voluntary sector founding many charities including the Citizenship Foundation for which he was awarded an OBE and is a patron of many charities. He holds many public offices and is Chancellor of Essex University and was given a Life Peerage (Liberal Democrats) in 1998. He is also a regular panellist and presenter on many TV shows.



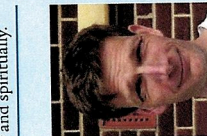
**Sean Hagan**  
 Sean Hagan is General Counsel and Director of the Legal Department at the International Monetary Fund. He advises the Fund's management, Executive Board and membership on all legal aspects of the Fund's operations, including its regulatory, advisory and lending functions. He has published extensively on both the law of the Fund and a broad range of legal issues relating to the prevention and resolution of financial crisis, with a particular emphasis on insolvency and the restructuring of debt, including sovereign debt. Sean is a member of the Guiding Board of WCCM.



**Judge Richard Cogswell SC**  
 Richard Cogswell is from Tasmania where he graduated in law in 1974 and came to Oxford as a Rhodes Scholar reading philosophy and politics. He was admitted to the New South Wales Bar in 1981. After 10 years in private practice, he became a NSW Crown Prosecutor, was appointed a Senior Counsel in 1997 and then a Queen's Counsel in Tasmania. He was also the NSW Crown Advocate advising and appearing for Government agencies and conducting cases in the highest courts in Australia. Lately as District Court Judge in NSW, he has presided over civil and criminal cases in Sydney and on circuit. Meditation is central to Richard's path. He became the first national co-ordinator of the Australian meditation community and he and his wife Anne remain actively involved in WCCM.



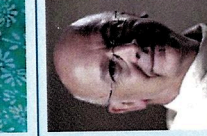
**Speakers**  
**James Bishop**  
 James was born in a convent near Los Angeles, California. He was raised Catholic but even in adolescence studied other religious beliefs, concentrating on meditation. He worked for over ten years with artificial intelligence software. While battling alcoholism and obsessive-compulsive disorder in prison, he was reintroduced to meditation through The World Community for Christian Meditation. He enjoys writing about his experiences with meditation, synesthesia and music and has written several books. His first book was *A Way in the Wilderness: A Commentary on the Rule of Benedict for the Physically and Spiritually Imprisoned* (Continuum). He is now a free man, both physically and spiritually.



**Sam Settle**  
 Sam is the Director of the Prison Phoenix Trust and has worked at the Trust since 2003. He teaches workshops to people living and working in prison and probation hotels. A qualified British Wheel of Yoga teacher, he has taught weekly yoga classes to young offenders in HMPs Feltham, Aylesbury and Reading, and to adult inmates at HMPs Bullingdon and Grendon. In the 1990s he worked with the National Parks Department in Thailand, before entering a Thai Buddhist monastery for five years; three of those as a monk. He returned to the west in 1999, married and moved to Oxfordshire. He is a member of the Oxford Zen Centre.



**Revd Allison Waterhouse**  
 Allison is a Methodist Minister and Resettlement Chaplain at HMP Wandsworth. As a minister she has 10 years of experience in inner-city pastoral ministry. She has been involved in prison chaplaincy for 10 years in Brixton, Wormwood Scrubs and Wandsworth. She also works with multi-faith communities to support the resettlement of prisoners in the community, through supporting transformative programmes and training volunteers to mentor and befriending prisoners and ex-offenders. Allison is also a Spiritual Director and an artist in her spare time. She is an active member of WCCM and with her husband leads a Christian meditation group in prison.



**The Seminar will be chaired by Laurence Freeman OSB**  
**Laurence Freeman OSB**  
 Fr Laurence is a Benedictine monk and Director of The World Community for Christian Meditation. He is an international speaker, retreat leader and meditation teacher. He writes regularly for *The Tablet* and has written many books - his latest is *First Sight: The Experience of Faith* (Continuum). He is active in inter-religious dialogue with leaders of other faiths and international peace initiatives. He sees the contemplative as the essential characteristic of all spirituality.

Name \_\_\_\_\_  
 Position \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 Postcode/Country \_\_\_\_\_  
 Tel \_\_\_\_\_  
 Email \_\_\_\_\_  
 Please note any special dietary or other requirements \_\_\_\_\_

I would like to attend the Seminar on  
 9 July – £50     10 July – £50     Both Days – £80

**Method of Payment**  
 Cheque – payable to Meditatio WCCM

Credit Card  Visa     Mastercard

Credit Card No: \_\_\_\_\_    Expiry Date \_\_\_\_\_  
 (last 3 digits on back of card)

Start Date \_\_\_\_\_    Security Code \_\_\_\_\_  
 Signature (required) \_\_\_\_\_  
 Print Name \_\_\_\_\_

**Assisted Places: Concessions and Bursaries available for those in need.**  
 Please apply [meditatio@wccm.org](mailto:meditatio@wccm.org) or call (020 7978 2080) for a form.  
 Please return the completed form to Meditatio Seminar, The Meditatio Centre,  
 St Marks, Myddelton Sq, London EC1R 1XX