



Christian Meditation: A Gift for Life

Meditation with Children and Young People

Children and young people today are living in a fast-paced world where one solitary voice can easily get lost amid the clamor and noise around us.

Regular meditation helps children and young people to relax, generate energy and confidence, become aware of their innate goodness, and engage more compassionately with their peers.

A Professional Development day will be held at the Monastery Conference Centre that will encourage adults to experience meditation for themselves and equip them with the tools to introduce the practice to children and young people. This day will include ways in which it can be implemented at home, in the classroom or on a whole-school basis.

This day is highly recommended for School leadership teams who wish to introduce Christian Meditation into their school or for new members of Staff that have come into schools that have already introduced Christian Meditation. Parish teams, catechists, school Chaplains or anyone wanting to introduce this beautiful prayer of the heart to the young are also invited to attend.

Date: **Thursday, 6 September 2018**
 Time: 9am to 3.30pm
 Place: **The Monastery Function Centre**
 15 Cross Road, Glen Osmond, South Australia
 Cost: \$100 per person

Presenters:



Penny Sturrock

Penny is national Coordinator for Meditation with Children and Young People and is the nSW Coordinator for the School of Meditation. She is also committed to the ongoing formation and deepening of all meditators

through the stages of The World Community for Christian Meditation School of Meditation. Her edition of Madeleine Simon's book *Born Contemplative* was launched at Meditatio House in London in December 2010 (reprinted, 2014).



Mirella Pace

Mirella is the Deputy national Coordinator, Australian Christian Meditation Community and ACMC (Victoria) State Coordinator for Meditation with Children and Young People. Mirella was a primary school teacher for over 25 years. She has been a Pastoral Associate at St Mary's Parish in Thornbury implementing a range of Sacramental programs and supporting staff development in religious education. She leads a weekly Christian Meditation group following the teaching of John Main OSB.

Booking Forms and further information from:
www.christianmeditationaustralia.org
 or Mirella Pace mirellapace49@gmail.com or 0408 470 114.
 Registration forms should be returned before 23 August 2018.

