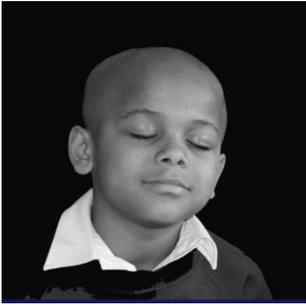




Christian Meditation

with Children

OUR JOURNEY : FROM WORDS . . . TO SILENCE . . . TO ACTION.



Few things are as moving as meditating with children. Over the past few months we've had the privilege of visiting many schools in the UK and sharing in the prayerful silence as we teach children how to meditate and they teach us. The outcome of these visits is a new DVD entitled "THE SCHOOL JOURNEY" which highlights the story of nine primary schools who have successfully adopted Christian meditation on a whole school basis.

However, this in turn has presented us with a significant challenge in terms of sharing this gift more widely – and eventually to a very large number of schools in all parts of the country.

From the very beginning this has only been possible by "stepping out in faith" in the sure knowledge that it is not only our work but the work of the Holy Spirit which will spread the word and inspire schools to adopt this practice.

However, "**Faith by itself, if it does not prove itself with actions, is dead**" (ref James Ch2 v17) so perhaps we need to think about what each of us can do to help.

In the next few issues of the WCCM newsletter I would like to consider the various ways in which we, as a community, can help each other in this important work; whether we are teachers, clergy, chaplains, governors, grandparents, parents, children or just interested in education in some other way.

I would like to do this under various headings: –

1. Prayer
2. Spreading the Word
3. Teaching the Teachers
4. Adoption
5. Communicating the Benefits
6. Transformation

I am conscious that the readership of this newsletter covers a wide variety of people from different walks of life but I hope that these articles will stimulate you to think about the role you can play and I would encourage you to contact me with any thoughts or suggestions you might have.

1. **PRAYER: Our Prayer and the Prayer of the Children.**

As a world community it is wonderful to think that no matter what hour of the day or night we meditate, someone, somewhere is meditating with us and supporting us in our prayer life and in our mission to share this gift with children everywhere.

We believe that whatever has happened to date, has happened as a direct result of prayer and the impact of 4000 adult meditators in 350 meditation groups in the UK, praying together once a week is tremendously powerful. I know that many of you in these groups may well wonder what you can do to help – especially when you have no intention of visiting schools or getting involved with the "Christian Meditation with children" programme.



However I would encourage you to pray regularly for the success of this work and the way in which it can help children to acquire a life skill for which they will be eternally grateful.

Children have a natural understanding that it is important to spend time with God. Listening to the comments of the children on the DVD it is clear that they value their times of meditation not only as a way of helping them to be calm in a stressful world, but also as a form of prayer: so much so that many of them meditate regularly at home, either alone, or with their siblings, or as a family group. The extent to which this is happening has surprised and delighted us - and we recognise this as a form of evangelisation.

So let's recognise that prayer is a very real form of action and your prayer and children's prayer is crucial at every stage.

2. SPREADING THE WORD.



We have been inundated with letters, e-mails and phone calls from people wanting to know more about Christian meditation with children. A lot of those have been from our own community who would like to tell somebody something about the program but have no idea how to start. Many others have been from chance conversations with a teacher or someone involved in education in some other role.

What is clear is that Christian meditation with children is spreading not by advertising, not by marketing, but by word-of-mouth. So whether you recognise it or not, you are a valuable link in the chain and if each and every person who receives the WCCM newsletter told one other person about Christian meditation with children it would have a really worthwhile impact.

In the last issue of the WCCM newsletter we enclosed a four page newsheet which hopefully gave some basic facts about what is happening and who to contact for more information. It also gave details of THE SCHOOL JOURNEY – DVD and the TIME FOR PRAYER - CD Meditation timer.

So far we have circulated several hundred additional copies of that newsheet which have in turn resulted in many more schools asking for an in-service training day and many more contacts with chaplains, clergy and charitable organisations who are interested in promoting Christian meditation. All you have to do is to send me the details of the person you would like me to contact and I will do the rest.

However you may want to take a more direct role in "spreading the word" and we have had a number of instances of people who have done this very effectively. One particular area we are interested in is "Head Teacher Conferences". These are often arranged by the local diocese (Catholic or Church of England) but each diocese tends to organise these things in its own way so it is really valuable to have somebody to make contact locally with the person who is organising the event. We already have two such events lined up for the autumn – one in Scotland and one in Cornwall.

If you would like to find out more about any aspect of our Christian Meditation with Children program please do not hesitate to contact Charles Posnett Tel: 01525 873536 or by Email: charles@posnett.entadsl.com