

## Christian Meditation for Students

Dear Parent(s)/Guardian(s),

One of our Ontario Catholic School Graduate Expectations is that a student is given the foundation in our schools to develop into *“A discerning believer formed in the Catholic Faith community who celebrates the signs and sacred mysteries of God’s presence through word, sacrament, prayer, forgiveness, reflections and moral living”*.

In a world where our children are bombarded with noise, stimuli and a message to keep busy, we feel we can enhance our children’s opportunity to achieve this expectation through the teaching of various forms of prayer, one of which is Christian Meditation.

This is a prayer form which dates back to the very beginnings of our Christian Tradition and which was practiced and written about by many of our well-beloved saints. With the support of our Bishops and the Institute of Catholic Education, Catholic schools are introducing this type of prayer to our students.

In Christian Meditation we open ourselves to the presence of the Spirits of Jesus active in our hearts, our lives and all of creation. It helps us gain first-hand experience of God’s love for us and is recognized as helping those who experience it to grow in the fruits of the Spirits: “love, joy, patience, kindness, generosity, faithfulness, gentleness and self-control” – as described in Paul’s letter to the Galatians. (Gal 5:22)

We will be introducing Christian Meditation in our school following the Thanksgiving weekend, every Monday as part of our “Mindful Mondays” initiative. We encourage you to speak with your children about their prayer experience.