



SEPTEMBER 23, 2024

CHRISTIAN MEDITATION AT FATHER FREDERICK MCGINN

Be still and know that I am God (Psalm 46:10)

What is Christian meditation?



Christian Meditation is a form of prayer that allows us to become present to God. This practice comes to us by the early Christian monks. Christian meditation is a prayer of the heart. It is a way of simplicity, silence and stillness. It is the silent repetition of a single word or phrase (mantra) such as Ma-ra-na-tha which means Come Lord Jesus. You say the mantra while having your eyes gently closed.

What are the benefits of meditation?

- improves attention
- reduces anxiety
- boosts immune system
- reduces stress
- improves coping strategies
- more love, peace, joy and patience
- cultivates kindness and acceptance of others



How often will we meet?

We will meet at least twice a month and possibly weekly. This year the sessions will be held by division and you must register in order to attend. We will meet first or last recess starting sometime in October. You will be expected to follow a code of conduct in the chapel and sit in silence for 15 minutes during the meditation sessions. You will be asked to leave if you are interrupting others. There will be a small fee to join which will cover the cost of a welcome kit. Meditation sessions will be led by Mrs. Corvese. (Grade 3 teacher) More information coming soon!

JUST
breathe