

Meditation with Children

In February 2011, Church of the Risen Christ Catechists approached Emily Lee to introduce Christian Meditation (CM) to the children. In April, Peter and Emily ran an introductory session for the Catechists and interested Group Leaders. In July, following the Essential Teaching Workshop for CM Group Leaders and Teachers, a Children and Youth Team was formed to introduce meditation to children and youths as a way to develop a deep personal relationship with God that would sustain them through all the stresses of daily living. The Team identified a two-pronged approach: catechism classes at Catholic churches, and Catholic schools.

CATECHISM CLASSES

The catechism class initiative kick started with Church of the Risen Christ and St Bernadette Church.

Church of the Risen Christ

Some members of the St Ignatius Group (Julia, Elizabeth, Nancy, Richard) and the Risen Christ Group (John, Dominic, Eva and Emily) guided children from Primary 1 to 6 during weekend Catechism sessions in August, September and October. They taught and meditated with the children. They focused on God's love and encouraged the children to form a relationship with God's loving Spirit within them. The children responded positively. One grandmother, amazed at the change in her grandson, reported: He is more quiet and peaceful and observes study-time independently. When asked about the change, the boy said he had learnt Christian Meditation at Catechism class. Some children even planned to introduce meditation to their family so that they could all grow closer to God together.

Church of St Bernadette

The Team introduced meditation to Secondary 1 children and the youth of the parish in July and August. After the introductory session, the children asked for more information on Christian Meditation. Another session was organised to give them a background on Fr John Main and the tradition, and to encourage them to be faithful to the practice so as to grow in the fruits of the Spirit.

SCHOOLS

The schools programme held its inaugural session in August at St. Francis Xavier Major Seminary (Punggol). This was the fruit of Richard Teo's discussions with the principal of St. Joseph's Institution Independent to introduce CM to Catholic boys at their annual retreat, starting with the Secondary 4 boys. The plan is to introduce CM to Catholic boys of secondary 1 - 4 as well as to the teachers and staff in 2012. The feedback from the boys after the first session was very encouraging. More than 80% said they enjoyed the talk and the meditation, and most seemed to take to it naturally.

The Team will be introducing CM to the teachers of Catholic High School (Primary) on 1 November.

✧ Emily Lee & Richard Teo
Photographs: Dominic Koh, John Heng, Richard Teo



Risen Christ Church - Pr 3 Catechism Class - 22 Oct 11



Risen Christ Church - Pr 3 Catechism Class - 23 Oct 11



St Bernadette Church - Sec 1 Catechism Class - 14 Aug 11



St Joseph Institution (Independent) - Secondary - 27-28 Sep 11