



6 March 2013

Andrzej Ziolkowski
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Dear Andrzej

Ernie Christie, the Deputy Director of Catholic Education in my diocese asked me to write to you concerning my role in Christian Meditation in the diocese.

I have personally prayed in this way for many years and when I came to Townsville I invited Fr Laurence Freeman to come and give a talk in the diocese, which he happily did. He then ran a training day for people who were interested in delving further into Christian Meditation. I did not attend the training day, and I do not know who did, but people from my Catholic Education Office did take part. Eventually they came to me, very committed to Christian Meditation. They then asked if it could be included in the RE Curriculum in the schools and our children taught Christian Meditation. I gave a very simple positive answer to that, never realising what I had begun.

Since it has been introduced into our schools as a normal part of our curriculum, I have often prayed with children when I visit the schools and I am always deeply moved by the ease with which they move into meditation. They seem to have far fewer barriers between themselves and God than we older people do, given our life history. I have never heard a criticism from any parent or teacher about what we do, and I have heard many stories from parents about how they love to be there when their children meditate, how their children have changed because of it, how the classes have changed because of it, and so on.

We teach it very much as Christian prayer. It is not a relaxation exercise. It is not an Eastern form of prayer, it is very much Christian prayer that we hope will lead them into a deeper relationship with the Triune God. I am very happy to recommend it as a practice for children because I have only seen very positive results.

Another positive result is the impact it has had on some of our teachers who have had to engage in this kind of prayer themselves in order to assist their students. I think it can be a step along the way in their conversion to a deeper relationship with God.

I hope these thoughts are of some assistance to you.

May God bless you.

Yours sincerely

+ Michael Putney

MOST REV MICHAEL E PUTNEY
Bishop of Townsville