

Letter For Parent(s)/Guardian(s)

Date

Dear Parent(s)/Guardian(s),

In our busy world, children are bombarded at an early age with noise, stimuli, and a message to keep busy. Our consistent fast pace can detract from our ability to guide each student to become a discerning believer formed in the Christian faith community who celebrates the signs and sacred mysteries of God's presence through word, sacrament, prayer, forgiveness, reflection and moral living. One of the ways to achieve this is by teaching students the practice of Christian Meditation.

Christian Meditation is a form of prayer used by monks dating back to the third to fifth centuries. In Christian Meditation we open ourselves to the presence of the Spirit of Jesus active in our hearts, our lives and all of creation. Christian Meditation helps us to learn about ourselves in God. Although it might appear that nothing is happening during the time of prayer, gradually life begins to change. This change is best described in St. Paul's letter to the Galatians which states that, "The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control." (Galatians 5:22)

Some of our teachers will be practising Christian Meditation as a form of prayer in their classrooms. I encourage you to speak to your child about his/her Christian Meditation prayer experience. Please contact me with your questions or concerns.

Sincerely,

Teacher

Principal