



2016 was our fourth year of the Christian Meditation – Prayer of the Heart, program at Overnewton Anglican Community College. We are the only Prep-Year 12 Anglican School in Australia who run a Christian Meditation program and the results are impressive in relation to behaviour and academic focus, as well as allowing students another opportunity to engage with their faith. Many students are asking for more than a weekly meditation session, and both parents and teachers have spoken about how their children have become calmer and more focussed. Unlike some schools that feel more comfortable calling their programs ‘Mindfulness’ or ‘Calming Techniques’, Overnewton is proud of their Anglican heritage and the practice of Christian Meditation easily fits within this context.



#### CHRISTIAN MEDITATION – THE OVERNEWTON WAY

*‘You cannot tell by observation when the Kingdom of God comes. There will be no saying “Look, here it is!” or “There it is!”; for in fact, the Kingdom of God is within you.’ Luke 17:20-21*

There are many different methods of meditation, but within the Christian tradition we follow the advice of the World Community of Christian Meditators founded by Benedictine Monk, Father John Main, and use a sacred word that is silently repeated to assist in focussing during the meditation experience. This practice stems from the original desert monks, and allows students to sink deeper into their own hearts. There we can encounter the Spirit of Christ, who continually dwells within us.

#### Why we teach Christian Meditation:

- To experience the practice of stillness and silence in a busy, fast and noisy world.
- Through Christian Meditation, children are afforded an opportunity to be silent and experience God in that silence.
- Students not only learn about spirituality and God, but they can experience it.
- Students have the opportunity to experience love and companionship that is present and constant within them.
- From the spiritual perspective, good meditation techniques teach children self-awareness, encourage them to be themselves, and help them face life with greater belief in their potential.

