

# Teaching Christian Meditation to Teachers and Students



This series of workshops will deepen teachers practice and understanding of the tradition of Christian Meditation. It will provide support to teachers wishing to introduce Christian Meditation to their students. The teaching follows the practice as taught by the Townsville Catholic Education Office in all its Diocesan schools.

*"Young children have a great openness to the presence of God in their lives and a real readiness for prayer. If they are taught when they are young to be still so that their hearts can be opened to the movement of the Spirit, the presence of Jesus and the embrace of God the Father, they will have a gift which will continue to bring them great blessings throughout their lives. It is important that even the smallest children learn to be still and not just to be quiet. ... It is in their stillness that God can speak to their hearts and they can discover the love of God for each of them personally." Bishop Michael Putney (Townsville, QLD)*



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## Workshop Program for Teachers

Tuesday 12th May 2009—9am—3.30pm

Tuesday 23 June 2009—9am—4.00pm

Monday 20 July 2009—5pm—9pm

**Presenters: Ruth Fowler & Mirella Pace**

Venue—Treacy Conference Centre,  
126 The Avenue, Parkville, Melbourne

Cost—\$260

This program is approved by the CEO Melbourne as a Professional Development activity counting towards accreditation to teach in a Catholic school.

To download a Booking Form please visit:

[www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)



*"The Christian meditation workshop was an opportunity for me to look again at Meditation as if for the first time". Br  
Les Hetheron,  
Parade College*

## Presenters:



### **Ruth Fowler**

Ruth was the co-founder of the Australian Christian Meditation Community in 1985, and led the Community in its formative early years. She is the Coordinator for the World Community for Christian Meditation—Teaching Christian Meditation to Students. In this capacity Ruth introduces teachers to Christian Meditation as a personal spiritual practice and offers support for them introducing students to Christian Meditation. She has given workshops to Principals, Religious Education Coordinators and teachers in schools in the Catholic Dioceses of Rockhampton, Sandhurst, Toowoomba, Sydney and Melbourne. Until recently she was the national Coordinator of the School for Christian Meditation and in this capacity has presented School weekends in Australia and New Zealand. Ruth leads a weekly meditation group and has given many presentations to adults interested in Christian Meditation. She was a secondary school teacher for nearly 20 years, a public servant in the area of adult education planning and policy for many years and has lived in western and eastern monastic settings.



### **Mirella Pace**

Mirella has been a Primary School teacher for more than 25 years having experience at all year levels including two years experience as a kindergarten replacement teacher at a Catholic kindergarten. For 16 years of this period she was a highly respected Religious Education Coordinator. Since 1997 Mirella has been a Pastoral Associate at St. Mary's Parish in Thornbury, which included working as a Pastoral Associate for nine years in the Holy Spirit Parish in East Thornbury. She is also currently working as a Pastoral Associate in St Anthony's Parish, Alphington. As a Pastoral Associate Mirella has been responsible for initiating and working with all aspects of parish life. She has developed and implemented the range of Sacramental programs, as well as working with the Primary School in running and delivering sacramental programs and staff development in Religious Education. Mirella has completed a Graduate Diploma in Religious Education from ACU Mercy, Melbourne and in 2008 completed a Certificate in Guiding Meditation with ACU and the School of Prayer in the Archbishop's Office for Evangelisation. She leads a weekly Christian Meditation group following the teaching of John Main OSB and was actively involved in introducing Christian Meditation in the Parish school at St. Mary's. In 2007 she attended the bi-annual John Main Seminar in Montreal.

**Meditation is leaving the shallows, leaving the surface and entering into the depths of your own being. The reason why, in the Christian tradition we meditate, is that the Spirit of God, the Spirit of the Creator of the Universe dwells in our hearts and in silence is loving to all.**

**John Main OSB**