

Time Out

An Introductory Meditation For Youth

Meditation Theme: Taking time to just be !

Preparation For the Meditation: Discussion about taking time out alone, the value and need for silence and stillness; what can happen when we take time alone and listen to ourselves...; what makes it hard to take time out and simply be?

Sacred Space: Candle and Word of God

Song After the Meditation: This Corner of The Earth (Jamiroquai)
Contemporary Song

Meditation:

Having attended to the preparation of this quiet time and meditation, when the group is settled and still, gradually bring up the quiet reflective music to a suitable level. After a minute or two, invite them to use this time of stillness to think and feel whatever comes up for them... perhaps they might want to take some time to think about things at home with their family... things at school with their friends and peers.... Things in their own hearts and minds that they want to listen to... Give them time with this. When you feel the time is right bring the meditation to closure.

When all are sitting up, sing together the song, ***This Corner of the Earth..***

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