

Moments of Stillness

Daily Meditation and Reflection

Grounded in proven mindfulness and emotional intelligence strategies as well as contemporary theology, the Moments of Stillness daily meditation and reflections offer students and staff a prayer experience that is engaging and accessible to all while also firmly grounded in Christian scripture and Catholic tradition.

The Moments of Stillness resource offers schools a practical way to enhance their Catholic identity and is closely aligned with the foundations of Enhancing Catholic School Identity developed by the Catholic University of Leuven.

ECSI Foundations

Search for identity and meaning

Each individual human person engages in their own searching for spirituality, meaning and identity. For Christians in Catholic schools, this is a search in relationship with the living Christ, a community and a faith tradition, and in dialogue with others. For others in Catholic schools, this is a search in relation to their own religious and philosophical traditions.

Moments of Stillness draws on best practice in mindfulness and emotional intelligence to engage every student in opportunities for stillness and reflection. These engaging reflections are also linked with the Sunday gospel of the week to provide clear connection and engagement with the Catholic Christian tradition.

Recontextualisation of the faith tradition

Catholic schools face challenging questions regarding the prominence and salience of the living Catholic faith tradition in the contexts of social secularisation, increasing personal disaffiliation and disengagement with religious traditions, and expanding religious and philosophical diversity.

Moments of Stillness allows students to experience prayer in a way that aligns with secular principles and practices of mindfulness, while clearly aligned with scripture, the liturgical calendar and a theological understanding of the immanence of God in the everyday realities of life for students.

The weekly staff resource provides theological reflection on the Sunday Gospel for the week and questions for reflection or discussion that invite a recontextualised understanding of the weekly scripture. This is a ready resource for staff prayer.

A Post-Critical Faith-Understanding

Post-Critical Belief is characterised by faith in a transcendent God and in a religious interpretation of reality in which the transcendent is not considered literally present but is represented symbolically. God is the Other to whom we relate through a symbolical representation. Faith is acquired through the active, creative, and interpretative handling of mediations.

Moments of Stillness invites students to reflect on the personal convictions from which they live and to gently question these convictions within a religious context. The reflections invite students into an openness and receptivity to their own and others' religious perspectives and practices.

Identities in Dialogue

A Dialogue School explicitly chooses to emphasise its Catholic inspiration and individuality through and thanks to a dialogue with the multicultural society. The multiplicity of voices, views, and perspectives, is recognised as a positive contribution to an open Catholic school environment. Receptivity and openness to what is different is a chance to re-profile the Catholic faith amidst contemporary plurality.

By drawing on principles and practices of mindfulness and emotional intelligence, Moments of Stillness recognises that many students are open to concepts of meditation and reflection while reluctant to embrace prayer. Moments of Stillness blends the best of mindfulness and emotional intelligence with contemporary approaches to theological reflection and prayer.

For staff, the weekly reflection explicitly preferences the Catholic Christian tradition and engages staff in reflection on the Gospel of the week.

Author

The Moments of Stillness reflections are written by Greg Sunter, who holds Masters Degrees in Religious Education and Theology from the Australian Catholic University. Greg has worked in Catholic Education for 35 years and has a depth of experience in Ministry with Young People, Catholic Schools, Catholic Identity, and Spiritual Formation.