



#### about the author

Jude's 30 years' experience in education has included positions with various primary schools in Alice Springs, Darwin and Melbourne where he held roles of Principal, Deputy, class teacher and leadership positions in R.E., Student Services and Wellbeing.

He worked with the Catholic Identity/R.E. Team at Catholic Education Melbourne and after completing a Master's degree in Religious Education, Jude taught R.E. at ACU to pre-service and practising teachers for 3 years.

He is currently Registrar and accredited lecturer in Religious Education and Academic Writing at Catholic Theological College, University of Divinity. He supervises students of the Graduate Certificate in Guided Meditation in their practical component of the unit, *Applied Meditation*; leads teacher accreditation seminars on Enhancing Catholic Identity and makes presentations to secondary teacher and parent groups on sacraments, faith and theological issues.

He is currently supporting teachers and schools in implementing Christian Meditation programs. He is married with 3 young-adult children.

*"Jude's meditations are the perfect way to start the day in our classroom. They allow the children to reflect and be with God in an inviting and comfortable environment. The use of Bible references helps link meditation to scripture in a powerful and friendly way."*

Mr Nigel Maloney – Year 5/6 Teacher

Further information on the resource or how Jude can assist your school to implement Christian Meditation, go to:  
[judecaspersz.com](http://judecaspersz.com)

# new resource for teachers & Catholic schools!



5 minute Meditation...

## GUIDED CHRISTIAN REFLECTIONS FOR CHILDREN

Jude Caspersz

The profound wellbeing benefits of mindfulness & meditation are well documented in scientific trials.

In a Catholic / Christian school, we can offer all these advantages PLUS the special opportunity for students to experience God's presence and deepen their personal relationship with Him through Christian Meditation.

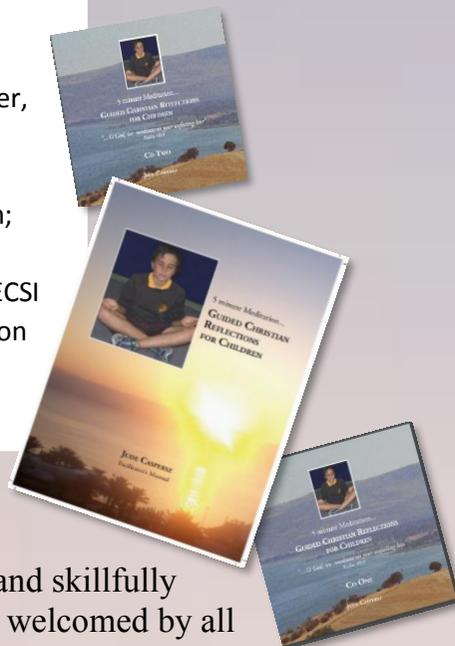
*The resource:*

### 2 CDs

- 24 Guided Christian meditations for children
- Includes scripture stories and psalms that capture hearts of young people needing encouragement, peace and a closer connection with God

### 100-page facilitator's manual

- Jude shares his extensive experience as class teacher, R.E. Leader, Principal & also Lecturer in R.E. to pre-service & practising teachers
- Gives evidence for wellbeing benefits of meditation; info and steps you need to introduce Christian Meditation into your classroom or school, utilising ECSI principles - cross referenced to the Catholic Education R.E. Framework
- Includes follow-up activities and resources!



Jude's resource is a much-needed and skillfully written contribution that should be welcomed by all who are associated with communicating the Christian faith to newer generations.

Based upon years of experience, the book is a fine introduction to the nature and purpose of Christian meditation.

Most useful for educators, be they parents or teachers, are the concrete and practical introductions to meditation and finally, the provision of texts that can be used fruitfully in this exercise. ...Giving young people opportunity to reflect on Christian texts can often set alight a beginning faith experience. This manual is a great place to start. It does it all!

Rev. Prof. Francis J. Moloney, SDB, AM, FAHA  
Senior Lecturer, Dept. of Biblical Studies  
Catholic Theological College | University of Divinity



The highly practical **5-minute meditation...Guided Christian reflections for children** fills a gap in Christian meditation in two important ways:

- 1) It places Christian meditation into the reality of today's context, including the vast range of meditation approaches available and also the diversity of children in the classroom.
- 2) It responds to this diversity by establishing meditation within the religious education curriculum.

This ensures that meditation is not seen as 'separate' practice but rather an intimate part of learning and life. In this context, the wellbeing and spiritual dimensions can be integrated within the riches of the Christian tradition – a tradition that reveals a space for children to experience a deep, inner sense of *peaceful worthwhileness*.

Jude's personal and faith-filled approach offers creativity and necessary scaffolding to open up this peaceful space for children today.

This resource provides insights into posture, breath and mantras and also innovative scripts to lead students with different needs. It will be of great benefit to individual teachers, school leaders and other Christian communities.

I commend this resource to you.

Mr Christopher Morris  
Lecturer, Coordinator : Spirituality  
Head of Department, Pastoral and General Studies  
Catholic Theological College | University of Divinity

