



The World Community for Christian Meditation USA

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*Our mission is to communicate and nurture meditation
as passed on through the teaching of John Main in the Christian tradition
in the spirit of serving the unity of all.*

Dear WCCM sisters and brothers,

There are many of us whose greatest desire is to share the gift of Christian meditation with children.

Most of the people I've met who started practicing Christian meditation as adults wish they had been taught to meditate as children. Meditation is a daily practice of a personal encounter with the God of love. It transforms our human nature to a spirit-filled one and in that way enriches our experiences of God and our relationships with one another.

WCCM's multi-national efforts to promote Christian mediation with children have demonstrated that children adopt the practice of meditation more naturally than most adults.

Teaching children to sit in silence and stillness, their eyes closed, gently repeating "ma-ra-na-tha" to themselves, is teaching them that the presence of the Lord is within them and they can be with that presence, the Holy Spirit, anytime, anywhere. There is no better gift that I can think of than teaching children this simple way of prayer.

In their own words, meditation brings children "closer to God." They become "kinder and make better decisions." Children feel "they can be themselves," they feel "more confident," and they feel the "goodness deep inside." (1)

Many of us in WCCM-USA have had experiences teaching children or teaching teachers who will then meditate with their students. I have heard from many grandparents who wish to share the gift of meditation with their grandchildren as well. Parish education and faith formation leaders have also reached out for materials and support.

In my role as volunteer coordinator for Meditation with Children (MWC), I am interested to learn of your experiences and ideas about meditating with children.

If you are working with MWC in any capacity, could you take a few minutes to write to me at moorepastides@gmail.com? I am hoping to create a living network of meditators whose experiences, ideas, and contacts I can share when I receive requests from different areas of the country.

Thank you in for your time and dedication to children.

Maranatha,

Patricia Moore-Pastides

(1) Meditation With Children, A Resource for Teachers and Parents, Noel Keating, Veritas Publications, Dublin, Ireland, 2017.WC