



## Prayer Programme

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| <b>Year 7</b>  | Sacred Art and Prayer  | In the Chapel pupils will use Sacred Art as focus for prayer. This will introduce pupils to the rich history of Catholic Artwork. Pupils will focus on the painting and explore what aspects of Catholic faith that the artist was trying to communicate.   |
| <b>Year 8</b>  | Sacred Music.  | In the Chapel pupils will be introduced to Sacred music in prayerful setting. Ranging from Gregorian Plainchant to contemporary Christian music.<br>Pupils will be given the opportunity to experience the divine through music in a religious setting such as the Chapel.  |
| <b>Year 9</b>  | Mediation  | In the chapel pupils will experience guided meditation. They will be taken on a journey through grassy fields, sun setting beaches and watery streams. The guided mediation will show the pupils that prayer can work both ways. Through the experience pupils will be given the opportunity to ask Jesus questions and listen to His reply. This is deeper experience and can only happen once the pupil is able to focus and mentally open their minds and hearts to God. |
| <b>Year 10</b> | Taizé.<br>(Known for its simple yet rich meditative character) | The Taizé community is a monastic community in Taizé, Burgundy, France. It was founded in 1940 by Brother Roger. Jacques Berthier wrote the music which are musical mantras which are repeated over time. This allows the pupil to experience an intense devotion peace and justice through prayer and meditation.  |
| <b>Year 11</b> | Lectio Divina<br>(Divine Reading)                              | This is a traditional monastic practice of scriptural reading, meditation and prayer intended to promote communion with God and increase the knowledge of Gods word. In essence it does not treat Scripture as texts to be studied, but as the living word. Pupils will take part in Lectio Divina and delve deeper into scripture so discern what God is saying to them and see how this can impact on their lives.  |

- Each form will visit the chapel and be given the opportunity to experience God through a different type of prayer or spiritual experience.
- Each year the pupils will delve deeper into a richer and more complex experience of the divine.
- All will take place during Form time in the chapel with music, candles and incense.