

**Concert 7.00 pm**  
**Music for Stillness**

**Dame Emma Kirkby singing  
Renaissance music accompa-  
nied by Jakob Lindberg on  
lute.**

**Cerutti String Quartet**

**St Martin-in-the-Fields Choral  
Scholars with Discantvs  
singing music by Arvo Pärt,  
and featuring string quartet  
music by David Stoll**

Tickets, £20, £15, £10 from  
St Martin-in-the-Fields Box Office

**Programme in Church**

All daytime events are free

**7.45 am Doors open**

**8.00 am Morning Prayer**

**9.30 am Singing from Discantvs Choir**

**10.00 am Rev Katherine Hedderley  
introduces a half hour period of  
silence**

**10.30 am Break for coffee**

**11.00 am Debate: Can Silence and Still-  
ness be a Positive Help to Children and  
Schools?**

**6.00 pm Evening Prayer**

**6.30 pm Doors open for evening  
concert performance**

**7.00 pm Concert "Music for Stillness"**

**JUST THIS DAY  
2011**



**Dame Emma Kirkby  
Accompanied by  
Jakob Lindberg on lute**

**Walk the labyrinth  
during the week of November 21-25**



**In the St Martin-in-the-Fields courtyard**

**At St Martin-  
in-the-Fields**



**[www.justthisday.org](http://www.justthisday.org)**

# Spend a Day Discovering the Reality that Silence and Stillness Reveal

Helen Lees:

'Silence in a person's life and an individual's education is shown to be a benefit throughout much relevant research literature in areas of learning outcomes, interpersonal relationships, self-esteem and well being.

'Atmospheres without silence are not so lucky. They manifest various problems. Curiously, where silence operates it brings with it advantage. And, if this is a potential school improvement measure, well, it's free! Essentially it is something that we all have recourse to. Every human being, given the right encouragement and perhaps awareness for it, can make silence a useful and valuable part of their education.'

Laura Hyde:

'We provide our young people with regular opportunities to be silent, so that they may discover how to be inwardly free and deeply at ease within themselves.

'The benefit of this access to quietude is great. Pupils discover an inner strength which enhances clarity of thought and personal judgement; in addition, they enjoy a greater stability with which to meet the many challenges of life as they find their way towards adulthood. The increased power of attention that meditation engenders gives rise to a greater sensitivity and perception of the human condition which invariably improves the quality of relationships. Young people care for each other with empathy, kindness, and compassion – qualities which are entirely natural to our human spirit..

**Come and listen to this debate  
on November 23rd at 11am  
at St Martin-in-the-Fields**

Please register your attendance by  
emailing [info@justthisday.org](mailto:info@justthisday.org)

**Can Silence and Stillness be a  
Positive Help to Children and  
Schools?**



Helen Lees, whose book *Silence in Schools* comes out in February.



Laura Hyde, Headmistress of St James Senior Girls School, which offers students time to be quiet or to meditate.



Kim Nataraja, coordinator and ambassador for Christian Meditation for Children.



Shanida Nataraja, author of *The Blissful Brain*, a neuroscientific exploration of the benefits of meditation.

Kim Nataraja

'The world teaches children a set of values, but are there other values conducive to making a better world?

Western culture invites excitement, activity but not stillness, and children are therefore often over-stimulated and restless. The world suggests the solution to any feeling of restlessness lies outside of oneself in the pursuit of a bigger and more exciting life. Almost everything that children experience in the world today therefore inhibits their inward journey, to discovering a different way of being, in stillness and silence. This exclusive turning outwards may result in a loss of a sense of personal wholeness and a capacity to engage fully with the world as balanced human beings. It is vital that there is a response to such social challenges.'

Shanida Nataraja

'Amongst children, meditation has been shown to elicit important changes in attention, performance, emotional processing and social functioning. It is these effects that have led numerous researchers and teachers to conclude that meditation is something that should be taught in our schools. Studies have shown that children who are taught to meditate express less anger and hostility, interact with each other better, and are more attentive during classes.'