

Programme for the day:
November 23rd

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 Stillness 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

Concert 7.00 pm

Music for Stillness

Dame Emma Kirkby sings Renaissance music accompanied by

Jakob Lindberg on lute

Cerutti String Quartet

St Martin-in-the-Fields

Choral Scholars and

Discantvs singing Arvo Pärt, and featuring quartet music by David Stoll,

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

JUST THIS DAY 2011

**An Invitation
to Schools to
Explore Silence**



We would like to invite you to be part of Just this Day, an international day created for people to take time to discover silence and stillness.

Your school can take part by:

- Sending a class or your whole school to walk the labyrinth in the St Martin-in-the-Fields courtyard, and then follow a special art trail at the National Gallery.
- Organise some time at your school to be quiet on November 23rd
- Create your own school labyrinth for the whole school to walk in order to discover more about silence
- Tell us how you took part and what you experienced

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



In the St Martin-in-the-Fields courtyard



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

Spend a Day Discovering the Reality that Silence and Stillness Reveal

WHAT DOES SILENCE MEAN IN AN INCREASINGLY NOISY WORLD? WHAT BENEFITS MIGHT ACCESSING IT BRING?

Research shows that children of all ages enjoy and benefit from discovering the practice and experience of stillness.

Since Just this Day was founded in 2007 children around the world have taken part. We hope that this year your school will be part of this community and you will take a step on the journey of becoming still.

Our world is busy and in the turmoil we forget we all share the same space. Go beyond nationality, religious belief or difference and remember the still, silent present where everything is united. That space is the same. In cities or fields. Up mountains or in valleys. In work, study or play. In fortune or adversity. In peace or conflict. In fact wherever YOU are. It belongs to us all.

As Kim Nataraja comments: 'Almost everything that children experience in the world today 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.'

'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.

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

Make or draw your own labyrinth: for further instructions on how, visit our website www.justthisday.org



Further information:

Our labyrinth in St Martin-in-the-Fields courtyard will be open from 8am until 5pm daily during the week of Nov 21-25; to book a time for your class or school to visit please email info@justthiday.org or call 07961 113134.

Please email if you would like further information about the National Gallery art trail.

Please email if you or your teachers would like to attend the 11am debate.

www.justthisday.org