



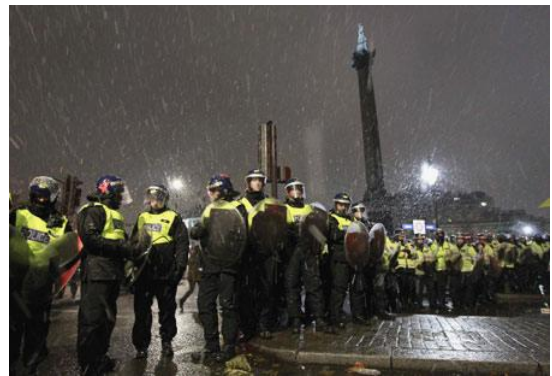
JUST THIS DAY: NOVEMBER 24TH 2010 A STORY OF A DAY



8.30am: Early on the morning of Wednesday November 24th 2010 100 people joined together in Trafalgar Square, on the steps in front of the National Gallery, to form the Big Shhh..



Whilst commuters went to work and students gathered to protest in Whitehall, Just this Day which celebrates the power of stillness made its own mark on the centre of London. Nelson looked down on a quiet bright 5 minutes stillness, in stark contrast with the riots that would gather in the square that evening!



AM

PM

11am: Women of Spirit in St Martin in the Fields Church

People continued to gather and after some music and a half hour period of silence in St Martin in the Fields at 10am, approximately 300 had arrived at the church by 11am to listen to six remarkable Women of Spirit.

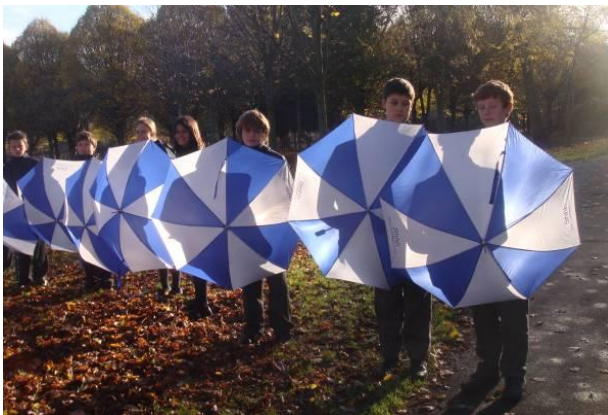


Canon Lucy Winkett, the Rector of St James' Picadilly, **Lama Galongma Zangmo**, a Buddhist nun who has practiced for over 35 years, **Sister Maureen Goodman**, the Programme Director, Brahma Kumaris World Spiritual University, **Rabbi Jackie Tabick**, the UK's first female rabbi and chair of the World Congress of Faiths, **Liz Watson**, UK Coordinator for The World Community of Christian Meditation and **Humera Khan**, president of An-nisa, Muslim women's movement.

Each one spoke beautifully about how silence and stillness lay at the heart of their lives and practices. Questions from the audience ranged from the silence of death to the availability of silence even in busy urban households. The session which lasted an hour is available to **listen to online** on the [Just this Day website](#), where you will also find links to video footage of the event.

Around the world people were catching the wave of stillness by taking part in homes, schools, communities and in places of worship.

- Shhh umbrellas went up in Ireland.
- Children walked labyrinths they had made in New Zealand, Manchester & West London.
- Schools in India and Argentina, Australia and South Africa took part.
- Adults meditated in Melbourne, Sydney and Brisbane.



7pm: Towards Silence, a concert of Sir John Tavener's music played to a full house. Surrounded by the noise of student protest, whirring sirens going, voices rising and falling, St Martin in the Fields provided and became like a great vessel sailing serenely on a wild sea. The atmosphere was profoundly attentive and still and the concentrated good will of that attention was something to be remembered and to be grateful for. Thanks to all who took part.

[Listen to the concert](#), share your thoughts or experiences and put next year's date in your diary: **November 23rd, 2011.** www.justthisday.org