



## Pentecost Prayer Meditation

### Theme

The Pentecost Prayer Meditation is themed around most of the different symbols of the Holy Spirit mentioned in the Catechism of the Catholic Church (paragraphs 694-701) At each stage, the viewer is offered the chance to reflect on the action of the Holy Spirit in their everyday life.



### Delivery

Whilst you can watch the meditation on your own in silence, it is intended to be used with a group of young people, with music played in the background. You might find it easier to use a data projector (if possible), so that everybody can see and experience the meditation clearly.

There is no music built in to the demonstration, as this would infringe copyright. You might like to experiment with different styles of music playing in the background – try some plainchant, Taize or orchestral music – the fewer the words the better!

Here at the NYMO office, we tend to use chillout dance music with young people, as the beat tends to be repetitive enough to relax to, but is still up-tempo and familiar enough to be non-threatening... If you would like to experiment with some of this music, recommended titles for this presentation would be:

- *'Throwing Shapes' by Dirty Vegas (from the album 'Dirty Vegas') – 6 mins 53 secs long*
- *'Days Go By' by Dirty Vegas (from the album 'Dirty Vegas') – 7 mins 08 secs long*
- *'Low Sun' by Chicane (from the album 'Behind the Sun') – 6 mins 57 secs long*
- *'Walking Wounded (Dave Wallace Remix) by Everything But The Girl (from the album Adapt or Die, 10 Years of Remixes) – 8 mins, 18 secs long*
- *'Still Alone' by Don Carlos (from the album Chill Out in Paris, volume 2 by The Buddha Bar) = 6 mins 48 secs long*

You might like to spend some time discussing some of the questions raised at the end of the presentation in small groups or a large group. Some questions you might like to discuss are:

- o *Which symbol speaks most to you about the Holy Spirit?*
- o *Were there any symbols that surprised you or which you didn't understand?*
- o *Was there a particular question or phrase that stuck in your mind?*
- o *How might you experience more of the Holy Spirit in your every day life?*

### Format

The Pentecost Prayer Meditation is in a PowerPoint format. This means that it will play on any computer with Microsoft PowerPoint installed, or with PowerPoint Viewer. If you do not have PowerPoint already installed on your computer, you can download Viewer for free from [www.microsoft.com](http://www.microsoft.com) (search for 'powerpoint download'). Simply load the powerpoint (you'll need to open it as 'read only'), open the presentation, and it will begin. If you'd like to pause the presentation whilst you're running it, right click and select 'pause', and 'resume' to begin when you're ready.

The Pentecost Prayer Meditation is 1.5MB in size, and should download reasonably quickly on a broadband connection, but may take a little while if you are on dial-up.