



## Saints PowerPoint Meditation Overview

### Theme:

The Saints Prayer Meditation is intended to provide an opportunity to reflect on different areas of our lives, taking inspiration from the writings and sayings of various saints. At each stage, the viewer is offered an appropriate opportunity to respond in prayer.

The order of the slides is intended to loosely reflect the journey through our daily lives: the early morning, sharing in food, setting out on our day, at school or work, the pressures of life, friendships, the natural world around us, chores, the journey home, and nighttime prayer.

### 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.

Here at the NYMO office, we often use chillout 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... try typing 'chillout', 'ambient' or 'electronica' into iTunes or another online music store that might give you some suggestions as to style and exact choice of music (warning: make sure you listen carefully to the lyrics of any song you choose before playing it with a group!)

The original song to which the prayer was set was 'Amazing Grace' sung by Lisbeth Scott on the album 'State of Grace', and lasts for the exact duration of the PowerPoint (6:43 mins) If you search on the iTunes store, you will be able to download it for 79p. If you are using this song, be aware that it is best to begin playing the music once the title screen for the prayer appeared. The music should then finish alongside the final screen.

Another option is to use 'How Close Your Soul' by Robin Guthrie and Harold Budd, on the album 'Before the Day Breaks' (7:37 mins) - this is a little longer than the PowerPoint but can be faded slowly after the images end.

### Format:

The Saint 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 Saint Prayer Meditation is 1.3 MB in size, and should download reasonably quickly on a broadband connection, but may take a little while if you are on dial-up.