

Grade Three Students talk about their meditation experience     Houston, Texas 2011

**Zachary**

*"I felt happy to see a monk in the church. It was so cool he was from London. It was awesome to see him and to meditate with him. When I meditated I felt like I was in Heaven. I did exactly what he said, back up strait hands on lap say the word. I could start meditating more. I also felt God in my heart. It was amazing".*

**Aleyna**

*"Today a different priest came. His name is Father Laurence and we meditated with him. He said a word that we put in our mind and thought about. I also thought it was really cool! He was ringing a bell that was pretty interesting. I think I will meditate every day. It is so peaceful. I never knew that being so silent could be so relaxing. I hope the whole school liked Father Laurence and I also hope we can do it again! I loved mass so much!"*

**Alyssa**

*"I felt God in my heart. I liked it. It felt good. It was so peaceful. We used Maranatha a word from a prayer to help us. Anyways it was really quiet. It took me to me to my heart. I haven't really felt that way before".*

**Anthony**

*"I thought of God and some of my family. I also pray in my mind to God. I had a great time mediating and spending some time with God. I am going to meditate with my whole family".*

**Enrique**

*"I really felt God was in my heart. It felt like he was talking to me in my heart. I think people should meditate every day. From now on I will meditate every day. I really liked Father Laurence because he is a really nice guy. Meditating is a really fun thing to do. I hope people start meditating so they can talk to God I really like Meditating".*

**Gabi**

*"Today in mass we had visitor. He is from London and is a Benedictine monk. He was pretty cool. Anyway, we got to meditate. It was so quiet and it felt so good. I was really still and what was weird is that I felt like I weighed 1,000 pounds. Besides my weight, I was really focusing on that word. I felt like God was in my heart. I also loved the sound of that bell. I thought it would be the usual mass but it was pretty fun. The meditation thing made me feel really calm. It was awesome".*

## **Grant**

*"Today I went to mass. We meditated. It was our first time. I liked meditating because we had a different priest. The priest was a Benedictine monk. When we were meditating we had to focus on the word Maranatha. That is what I did. His name was Father Laurence. When I was meditating it felt like God was in my heart. That was my favorite mass so far".*

## **Isaiah**

*"I really like Father Laurence. I think Father Laurence is one of the coolest priests of all time. The way he taught us to meditate is awesome. I thought you just sit criss-cross and put two okay signs on your knees and say maranatha. Now, I love meditating. I love the silence, the stillness, and the faith. I hope Father Laurence teaches everyone how to meditate. I hope he meets you, too. Meditating is awesome".*

## **Maria**

*"I think that Father Laurence is a really good meditator because he taught us how to meditate. I thought I was in Heaven with the three in one aka Jesus, Holy Spirit, and God. My heart was bursting with love with the three in one. I felt happy with God right beside me, so I was protected. And I can start meditating again".*

## **Richard**

*"Today at mass was wonderful having one of the Benedictine monks joining us. When I was meditating I felt team work, friendship, sharing laughs with each other. I felt like a family with everybody and God too. Also I felt my heart glowing with love and God helping with everything. My grandpa helped because he was beside me to feel all of happiness. I was happy that Father Phil got Father Laurence to be at mass with us. He was a good visit because he was making everybody happy and not sad. He made me feel like everything was possible. When I had that feeling it felt new because I hadn't had that feeling in a while. It felt super wonderful to have that feeling. It was nice of Father Laurence to come. He even said he can visit again if he is in Houston it was super wonderful".*

## **Sebastian**

*"My heart felt calm and my mouth was silent and I think that is a good thing. When Father Laurence told us to meditate the moment he told the whole school to meditate I said to myself it must be really important to meditate. When he told us that he was a Benedictine monk for sure he loved to meditate. While I was meditating I thought there was no one in this world I felt like I was the only one in this world because it was so quiet".*