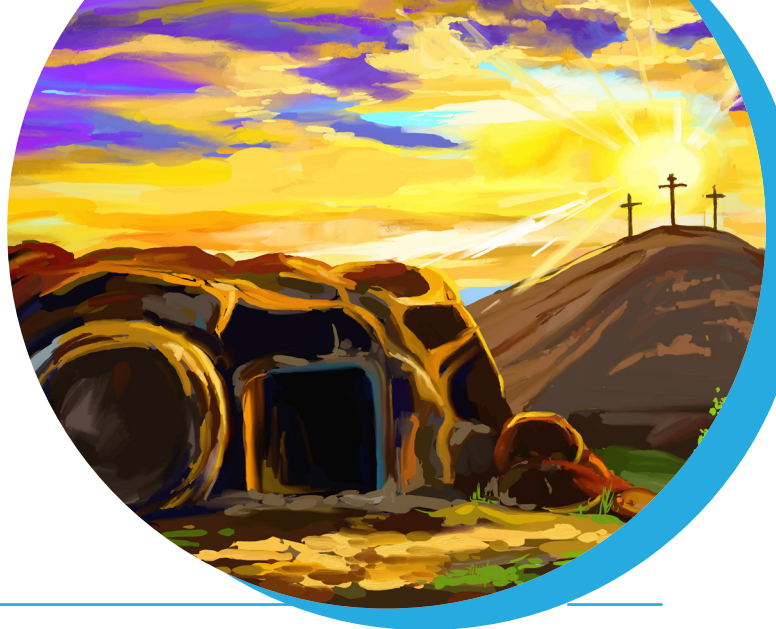


Life to the Full:

Living faith within our families



Monthly newsletter for parents: **April 2018**

Guided Meditation

You may like to read this guided meditation with your children as a way to reflect on and pray about the resurrection. To begin, invite your child to close their eyes. Play some gentle music and read the meditation slowly and prayerfully, allowing time for your children to use their imagination.

Imagine that it is two days since Jesus died on the cross and you are feeling very sad.

To help you remember Jesus, you decide to go to the tomb where he was buried. Imagine walking along path towards the tomb. What do you see? What do you hear?

As you approach the tomb, you see something remarkable. The stone that was covering the tomb has been rolled away. At first, you feel scared. You don't know what's happened. So you walk closer to the tomb.

You get to the entrance of the tomb and you look inside. But Jesus' body is not there, all you can see are the clothes he was buried in. What do you think? How do you feel?

As you walk away from the tomb, you see a gardener dressed in white and you ask him where the body of Jesus has gone. The gardener looks at you and he says your name. In that moment, you realise this is Jesus.

Hear him say your name now. How do you feel?

Jesus asks you to sit down and talk to him. He wants you to know that he is real. That he is alive. Sit down with Jesus now and talk to him. Spend a few moments telling him anything that is on your mind. **Pause**

Now listen to what Jesus has to say to you. **Pause**

Jesus says that he will never leave you again. He says that he will send a helper to you soon – his Spirit – who will with you forever and ever.

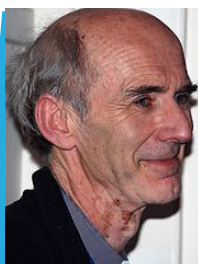
He says he will protect you and bring you new life. How do you feel about this?

Jesus tells you to go back to the people you love – your family, your friends – and to tell them the Good News that he is alive. How do you respond to Jesus? Do you say that you will do this?

It's time to say goodbye to Jesus and leave this place. Do that now, and hear what Jesus says to you.

As you leave the tomb, you see the sun in the blue sky, you feel the fresh air on your cheeks and you hear the sound of birds singing. How do you feel?

Now become aware again of where you are sat, the sounds in the room and outside of the room. Become aware of your body again. After a few moments, gently open your eyes.



RIP Fr Digby Samuels

With a heavy heart, we are very sorry to say that the much-beloved priest who has been writing our parent newsletters for the past few months, Canon Digby Samuels, passed away on

17 March 2018. Fr Digby was a great friend and supporter of Ten Ten. He cared passionately about the parents he was writing for and always produced wonderful, Spirit-filled articles with great humility. His funeral was celebrated by Cardinal

Let his glory shine!

Glory, alleluia!
Let his glory shine
Glory, alleluia!
Love is yours and mine
Glory, alleluia!
sing his praises all the time.

Words and music by Dan Callow
One Life Music
www.onelifemusic.co.uk

Vincent Nichols at Westminster Cathedral on 26 March. Please pray for him and his family at this sad time.