**An Example of a 4-5 minute PC Prayer:**

**Created by Pat Lavercombe**

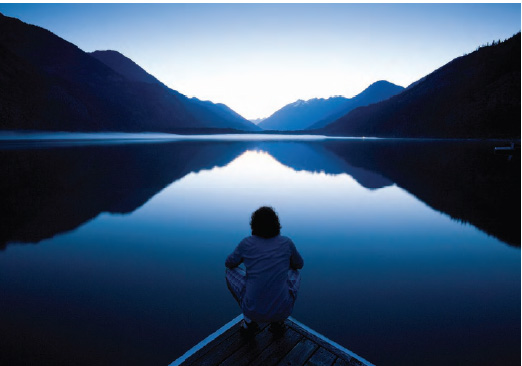
**Gather and Prepare:**

Call students to silence. Light candle.

Invite group to close their eyes and listen to the following piece of music and to allow their senses to soar with the cadences of the music or to regulate their breathing using a mantra such as “peace”; or “calm”; or “relax”; or just to listen to the lyrics.

**Listen:**

Play an appropriate piece of music such as Tomaso Albinoni’s *Adagio in G minor (4 mins 40)*; or Aled Jones’ *Deep Peace (3 mins 17);* or *Be Still (3 mins, 07)*; or You raise Me Up (4 mins



**Respond:**

Let us pray:

God of the silences,

Help us, when we wait here in the silence, to hear you whispering our name.

We make this prayer in the name of the Spirit of Jesus, who walks with us always.

**Amen.**

**Or:**

Let us offer each other a sign of peace as we leave today.

**Go:**

Let’s go now to our homes, leaving the troubles of the day behind and at peace with one another.

**(Extinguish Candle)**