How do we develop the right state of mind and heart to deal with the emergency on our planet and how does meditation help us?

#ClimateChange
#seasonofcreation
#cop26
#meditation
#wccm

Nature is precious.
Please take care of it.



The best way to prepare for meditation is through small acts of kindness.

What small act of kindness can each of us do for our common home?

How about meditating together?



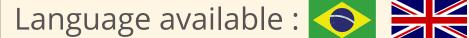


WCCM invites young people around the world to meditate together for the care of our common home.

We will have 4 meetings on different days and times so that young people from all over the world (different timezones) can participate.

Check the dates and times of the meetings and participate in the one that best fits your availability.











Presentation + **Meditation Session +** Discussion

18 September, Sat

02:00 - 03:00 PM French Time (CEST)

30 October, Sat

02:00 - 03:00 PM French Time (CEST)

Special invitation to young people from the following regions: North America, Central America/Caribbean, South America, Europe and Africa

Local Timetables

Montreal (Canada): 08:00am

New York (USA): 08:00am

Brasilia (Brazil) = 09:00am

Buenos Aires (Argentina) = 09:00am

Local Timetables

Ciudad de México = 07:00am Colombia, Bogota= 07:00am Asuncion, Paraguay = 08:00 am

Language available : 🥎







Presentation + **Meditation Session +** Discussion

2nd October, Sat

09:00am -10:00am Sydney (Austrália) AEST

Special invitation to young people from the following regions: Australia/Pacific

16 October, Sat

08:00 - 09:00am Singapore

Special invitation to young people from the following regions: Asia

Language available :





Reflection Topics

Laudato Si - On care for our Common Home (Pope Francis)

COP26 - Together for our Planet

Contemplating Earth (By Jim Green)

Albatross

Albatross is a compelling visual journey into the heart of a gut-wrenching environmental tragedy.

Language available :







An environmentally sustainable lifestyle

We pray and meditate that we all will make courageous choices for a simple and environmentally sustainable lifestyle, rejoicing in our young people who are resolutely committed to this.

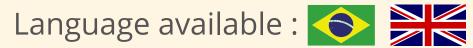




If you wish, at the time of meditation, bring your pet or your plant.

Any element which symbolises the integration between humans and nature.











Coordinating Team



Cristiana Coimbra
Member of the Laudato Si
Movement



Taynã Malaspina
WCCM Coordinator
Meditation for Young
People



Free Registration http://tiny.cc/medenvyoung

@the_wccm
https://wccm.org/

