

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.*



WCCM
MEDITATION & COMMUNITY

**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.



Language available :



Presentation + Meditation Session + Discussion

1.

18 September, Sat

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

2.

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

3.

2nd October, Sat

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

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

4.

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.



Language available :



Coordinating Team



Cristiana Coimbra
Member of the Laudato Sì
Movement



Taynã Malaspina
WCCM Coordinator
Meditation for Young
People



WCCM
MEDITATION & COMMUNITY

Free Registration
<http://tiny.cc/medenvyoung>

@the_wccm
<https://wccm.org/>

