



# Guided Meditations for Young Catholics with CD

*Glynnis Hope B. Dawson, John Dawson*

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Engage youth in powerful meditations and help them discover the richness of prayer for their lives.

Introduce intermediate-aged youth to the richness of prayer and meditation, and help them discover the many varied ways of praying. Perfect for catechists and religious educators, this exceptional collection of prayers and meditations not only teaches youth how to pray, but also invites them to consider important themes of Christian faith, such as the gifts and fruits of the Holy Spirit, the liturgical seasons, social justice and forming authentic relationships with others.

Complementing this compilation of prayers is a CD of music by John Dawson, one of Canada's foremost liturgical composers. Youth will be drawn more deeply into the meditations and discover the grace that daily reflection offers us.

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