

# Just this Day

[www.justthisday.org](http://www.justthisday.org) On: November 25<sup>th</sup> 2009



**On the 25<sup>th</sup> November** you are all invited to find time and space to stop and remember the still silent presence that is everywhere. Communities, faiths, and people of all background are taking part and there is a central event at [St Martins in the Field, Trafalgar Square, London](#), to which all are welcome.

The unity which is always available in stillness will be celebrated by people worldwide so wherever you are, be part of Just this Day. Join in the central stillness of the day which will take place at: **10am GMT**

**Info:** 10am GMT= New York: 5am, Sydney: 8pm, Tokyo: 6pm, Paris: 11am



## The Schools Initiative

### Exploring Stillness with Children and Young People

When Just this Day was launched in 2007 children in schools worldwide took part, particularly to be still at the same time as children in a refugee camp in Darfur.

**About the Darfur connection:** A film company called [Native Voice Films](#) produced a documentary called 'The Lost Children of Darfur' (2003) and children and adults in this less fortunate community asked Native Voice to find ways for them to be remembered as people, not just as aid seekers and victims of war. It was children in particular who connected with the initiative and schools worldwide went beyond nationality and conflict to join with the community in stillness.



### 2009: Resources

This year there are some fantastic resources designed specifically for children to engage with what stillness means and the positive impact it can have on them and others. There are:

- 5 lesson plans
- Assembly material and introduction of the idea
- Homework ideas

[Available on the schools page on the website](#)

### 2009: Minute Counter

[A simple online form](#) can be filled in by any teacher or child worldwide to contribute the minutes from any school, class or child worldwide. It would be fantastic to see this become thousands, tens of thousands or millions of minutes, and its so simple.

**Stop:** Stillness is a universal resource, utterly natural but easy to miss. It enhances concentration for the individual, and practised by a whole class, it settles the group allowing space to communicate and learn. At a deeper level it helps create a quiet atmosphere.

## Messages of Support

A wide variety of faiths, organisations and individuals respond to the idea of Just this Day. We would like to share some of their messages of support:

### Rabbi Jackie Tabick

#### Chair of The World Congress of Faiths

In seeking the Oneness that binds all creation, being still and quiet together can be an amazing and life affirming experience. We forget the different words we use in all our liturgies; we forget the various Names we use to address the Unity and instead are truly together, seeking that One beyond all of our individual and limited understandings of that Name. We can then rise from that stillness able to understand better and better those things that unite us as creatures of this world, so that we can seek peace and harmony within it.

### Satish Kumar

#### Editor of Resurgence Magazine & founder of Schumacher College

Just this Day is an inspiring vision, everybody who cares for the upliftment of soul and renewal of society should observe the day.

### Bishop Stephen Cottrell

#### Bishop of Reading

It has been said that most of the world's problems are caused by the human inability to sit still. I am therefore delighted to support an initiative which simply invites the whole world to sit still for a few minutes.

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## How to get involved

- [Come to St Martins in the Field London](#)
- [Attend one of the other open spaces in locations worldwide](#)
- Bring your community together for the 10am stop
- Stop in your day-to-day life to take part wherever you are

## Resources available: Use the website to find out more

- [Spaces on the day](#)
- [Organisations with open doors](#)
- [Words of inspiration](#)
- [The Schools Initiative](#)
- [Promotional material](#)

**Contact:** [info@justthisday.org](mailto:info@justthisday.org) is a live account, open for questions, information about your events involvement or just communication about your response to the initiative.

## Contributions welcome:

We would love to hear from you about how you are taking part or what you have discovered in and about stillness. There is a dedicated [Space for Stillness](#) on the website where anyone from any country can post a thought, inspiration, poem, observation or statement of intent. Please do contribute.

## Forms of Prayer for Jewish Worship:

"Judaism found 'eternal life' on earth by strengthening the social feeling in the individual by making him regard himself not as an isolated being with an existence bounded by birth and death but as part of a larger whole, as a limb of the social body...I live for the sake of the member. I die to make room for new individuals, who will mould the community afresh and not allow it to stagnate and remain forever in one position.

When the individual thus values the community as his own life and strives after its happiness as though it were his individual well being, he finds satisfaction, and no longer feels so keenly the bitterness of his individual existence, because he sees the end of which he lives and suffers." (Ahad Ha'am: Jewish thinker)

## Shared Inspiration:

A couple of the many beautiful contributions from those who support *Just this Day* and practice stillness in their own lives. More available [here](#)

### In the Stillness, In the Quiet

In the stillness, in the quiet,  
My heart cries to You.  
In the stillness, in the quiet,  
Show me things to do.  
Ways to love You,  
Ways to praise You,  
Ways to let You show.  
In the stillness, in the quiet,  
May your true light grow.  
In the stillness, in the quiet,  
May I feel Your grace.  
In the stillness, in the quiet,  
Write it on my face.  
Life that is holy,  
Life that is worthy,  
Life that brings You praise.  
In the stillness, in the quiet,  
Lord of endless days.  
In the stillness, in the quiet,  
Hearts are full of fear.  
In the stillness, in the quiet,  
Ever, please, draw near.  
Come and free us,  
Come and heal us,  
Come and give Your peace.  
In the stillness, in the quiet,  
May our praise increase.

Sarah Bingham

[www.scriptureunion.org.uk](http://www.scriptureunion.org.uk)

**Stillness to gain breath Stillness with power Gathering stillness Preparing for movement Distancing Movement Stillness that draws or drains energy Stillness to think and choose Stillness to shift time Stillness to be seen Stillness to observe**

Siobhan Davies

[www.siobhandavies.com](http://www.siobhandavies.com)

**To be willing to allow the mind to rest in the peace of silence is the same willingness to meet all; everything and everybody as oneself.**

[Gangaji](#)



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