



# Just This Day

## At St Martin-in-the-Fields, Trafalgar Square, WC2N 4JJ



3 minutes silence will be kept on each hour from early morning prayer at 8.00am until the end of the day at 19.00.

09.30 Discantvs Sing

10.00 **Fr Laurence Freeman OSB** will lead a meditation following the 3 minute silence

10.30 **Getting to the Heart of the Matter**, chaired by **David Boddy**, Headmaster, St James Senior Boys School. **Claire Foster-Gilbert**, The Ethics Academy. **Fr Laurence Freeman OSB**, Director of The World Community for Christian Meditation. **Jeremy Sinclair**, Chairman, M & C Saatchi plc. **Rajinder Singh Sandhu**, Headmaster, the Guru Nanak Sikh Academy.

**Paul Sternberg**, Action for Happiness.

The speakers will each speak of their own way of getting to the heart of all things, focussing on Silence, Stillness and Spiritual Awareness as fundamental to their approach.

12.00 Midday, 3 minutes Silence

13:00 Choral Eucharist

17:00 Choral Evensong

18:15 Holy Communion

## At St James's, Piccadilly, W1J 9LL



19.00 Music for Stillness, Discantvs, led by Bruce Ramell and accompanied by Dean Ryan on the chamber organ, will incorporate a period of quiet led by Father Laurence Freeman. The music, specially chosen for its power to quieten the heart will feature music by Monteverdi, Tallis and Taverner.

Tickets priced £15, (£10 concessions) can be reserved from Elizabeth Edmunds, [elizabeth.edmunds4@btinternet.com](mailto:elizabeth.edmunds4@btinternet.com), or [info@justthisday.org](mailto:info@justthisday.org). 07961113134.

These events are sponsored by:

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