

I Received More Than I Gave: A Journey into Silent Wonder

Vincent Yan

When Michelle, our Meditation Group leader at Church of St Bernardette (CSB), approached me to volunteer at a meditation workshop for children of Church of St Bernardette Sunday School, Levels 2 and 3, I agreed promptly with the intention to give time and help share the mystery and wonder of Christian meditation.

The turnout on that Sunday morning, 17 May 2026, was overwhelming with the boisterous energy of about 100 children and catechists transforming our usually quiet Parish Hall into a carnival space.

Michelle, our team leader, was amazing. Her calm and composure throughout the presentation, notwithstanding the challenge of keeping the children focused, reflected the fruits of meditation growing in her. Meditation is not a topic that can hold an adult's attention for long, yet she managed to keep the children absorbed. The altar, nature decor, and icebreaker games helped calm the children before Michelle began the presentation. All the work was made possible, of course, with the presence and support of generous volunteers from the CSB meditation group and from the Singapore Christian meditation community, about 12 of them in all.

The magic moment came when Michelle initiated the five-minute meditation. The bubbling energy just cooled into a still, silent pool of peace and calm. There were some restless ones, as could be expected, but my attention was captured by the number of children who could immediately sit crossed legged, palms on their knees, eyes closed, silent and still.

A sense of peace and love enveloped me, as it did the children. I understood this as the indwelling Holy Spirit radiating from their hearts – the kingdom of God indeed belongs to children. The truth of Jesus' words struck home for me: 'Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these (Lk 18:16)'. One little girl shared:

Auntie Michelle reminded us to say 'Maranatha' in silent meditation and it helps my heart feel peaceful and close to God. (Nicole Lee (L3))

Her simplicity touched me. We adults have become too complicated. If we want to enter God's kingdom we must return to our original innocence and learn to be like children.

The session was enriching for everyone, participants and team. I am sure every adult present that morning felt the presence of Jesus in the Parish Hall, showering them with his love. For many, it was a surprising discovery that we only need to be simple, silent, and still to receive God's love. For me, this was a learning moment.

I came as a helper, but left as a much-enriched student. The children's response inspired in me a deeper awareness of God's presence and a stronger zeal for my inner pilgrimage. Burning with love for the Lord, I headed to the Adoration Room to sit in quiet meditation. Two hours slipped by unnoticed before I left reluctantly. I know I will return for more time with the Lord.



Altar set up by Dominic and Bernardette (Co-leaders, CSB WCCM)



Simple, beautiful floor arrangement for group setting



James leading the group prayer before the session



Children paying attention to Michelle's presentation on why we meditate



Children settling into meditate



James assisting the children with their activity sheet, *Labyrinth to God*