

- Get yourself into a comfortable position.
- Close your eyes
- Quietly, take a long, deep breath in (1,2,3...) and quietly and slowly blow it out (1,2,3...)
- Do that 3 more times...breathe in....breathe out....
- Now, just pay attention to your breathing....listen to the sound of your breath.
- See if you can hear or feel the sound of your heartbeat.
- Let's be silent for about 30 seconds
- Now ask the Holy Spirit to help you to pray and to guide you.
- Imagine yourself a year from now. It's April of your freshman year in high school and you're on your way home from school. You've been asked to stop by Most Holy Redeemer school to pick up a neighbor's child and walk him or her home. You're told that the child you're to meet is going to return to the science room on the 2nd floor after he or she finishes with an activity in the auditorium. You make your way up to the science room and as you enter, you remember: this is where you had 8th grade RE. You remember meeting here nearly every Monday night for almost 9 months. You look around the empty room and you remember the faces of the classmates you had RE with. You remember Mr. Paprocki, your catechist. You remember some of the things you did together: listening to the song of the week, watching a short video segment from a movie, putting together posters or mobiles, reading and discussing something in your Finding God book, dipping your fingers in the holy water on your way out at the end of each class.
- You walk around the room recalling that year that you spent together preparing for confirmation. And then you remember one of your favorite parts of that class: sacred space. You walk on over to the spot that you used for your sacred space and you crawl into it...you barely fit now that you've grown. You close your eyes and you remember some of the cold, dark, winter nights that you spent some time in this sacred space. You remember the times that you spoke to Jesus, telling him what was on your mind or asking him for help.
- And now, just like that, you realize that Jesus is present with you once again, as if he's sitting right next to you. Jesus says, "I remember the year we spent together last year. I remember the

times that you came to this sacred space and we got to spend some time alone together. It was a special year, wasn't it? Your confirmation. Your service projects. Your graduation.

- Jesus asks you, "what was most special to you about your 8th grade year?" Talk to him
- Jesus asks, "what do you remember most from RE class? What was something you learned that helped you to know me better?" Talk to him.
- Jesus asks, "what was the hardest part of this year? What was your biggest struggle?" Talk to him.
- Jesus says, "this sacred space was very special. But you know, you and I can have sacred space anywhere, anytime. I know that you can't come here anymore but think about a place that you'd like to claim as your new sacred space. Maybe it's a place at home, a corner of your room, or a spot in the back yard, or the steps on your back porch. Maybe it's at the park, under a tree or in the middle of an open field. Maybe it's a quiet place at the library where you like to go to be alone. It can be anywhere. It doesn't have to be any more special than this little space in a science room was. Wherever you choose, I'll be there. "
- Think about where you'd like your new sacred space to be. Tell Jesus that you'll meet him there in the future.
- It's time for you to go...your neighbor's child will be coming back to the room to walk home with you. Take a moment to thank Jesus for the time you spent together this year. Ask him for the help that you need in the days ahead. Promise him that you'll meet him in your new sacred space. "
- Enjoy some time alone with Jesus now until it's time to go.