



about the author

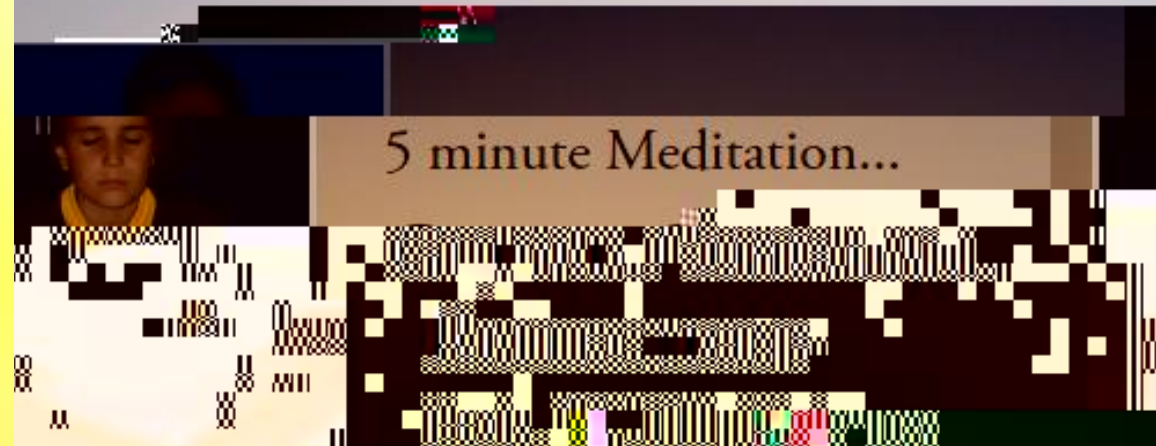
various primary schools in Alice Springs, Darwin and
positions in R.E., Student Services and Wellbeing.

He worked with the Catholic Identity/R.E. Team at Catholic Education Melbourne and after completing a Master's degree in Religious Education, Jude taught RE. at ACU to pre-service and practicing teachers for 3 years.

He is currently Registrar and accredited lecturer in Religious Education and Academic Writing at Catholic Theological College University of Divinity. He supervises students of the Graduate Certificate in Guided Meditation in the practical component of the unit, Applied Meditation leads teacher accreditation seminars on Enhancing Catholic Identity and makes presentations to secondary teacher and parent groups on sacraments, faith and theological issues.

He is currently supporting teachers and schools in implementing Christian Meditation programs. He is married with 3 young adult children.

new resource for teachers & Catholic schools



Jude Caspers

The profound wellbeing benefits of mindfulness & meditation are well documented in scientific trials.

In a Catholic / Christian school, we can offer all these advantages PLUS the special opportunity for students to have a personal relationship with Him through Christian Meditation.

