

FOR IMMEDIATE RELEASE

One Silent Minute Challenge

[Melbourne, 31/07/2023] – In a world constantly buzzing with noise and distraction, a timely opportunity arises to reconnect with inner peace and embrace the stillness found in contemplation. We are thrilled to announce the launch of the "[1 Silent Minute](#)" video and invite individuals around the world to participate in the transformative *1 Silent Minute Challenge*.

The *1 Silent Minute* video, inspired by the iconic television host, beloved educator, and advocate for children, Fred Rogers, encapsulates the essence of his profound philosophy in a mere sixty seconds. This immersive experience, narrated by Dr Elissa Roper, takes viewers on a journey that encourages introspection, reflection, and the cultivation of a deeper sense of calm and empathy.

The *1 Silent Minute Challenge* invites individuals of all ages to carve out a minute of their day for silent introspection, amidst the clamour of modern life. By embracing this challenge, participants have an opportunity to reconnect with their inner selves, cultivate mindfulness, and spread compassion to those around them.

"We live in a fast-paced world, filled with constant noise and distractions. The '1 Silent Minute' video reminds us of the power of silence and reflection," said Tammy Nguyen, Melbourne Youth Mission Coordinator. *"We encourage everyone to take part in the '1 Silent Minute Challenge' and experience the transformative effects it can have on our lives."*

To participate in the *1 Silent Minute Challenge*, interested individuals can visit https://www.youtube.com/watch?v=90dGvs_5Gd0 to watch the captivating *1 Silent Minute* video and pledge their commitment to incorporate a daily minute of silence into their routines. Additionally, participants are encouraged to share their experiences on social media platforms using the hashtag #1SilentMinuteChallenge, inspiring others to join this meaningful movement.

We aim to help create a harmonious world where compassion, empathy, and self-reflection are nurtured and celebrated. Join us in spreading the message of the *1 Silent Minute* and let us embark on this transformative journey together.

About the *Bread 4 Today* Prayer community: *Bread 4 Today* is an inclusive, global, prayer community whose openness to the God to creation enlarges our openness to one another. *Bread 4 Today* serves as a free, accessible meditation aid which people can use to come closer to God and effect positive change in their lives and their community. *Bread 4 Today* is available on both [Google Play](#) and the [App Store](#). *Bread 4 Today* is a mission of [the Redemptorists](#).

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