

Contemplative Reflection

Stronger Together

29 March 2026, Palm Sunday

(For school assembly or class reflection activity)

Introduction:

Today we pause to reflect on people who come from other places to live in Australia, including refugees who have been forced from their homes, and on what it means for us to help strengthen the social fabric and build a community where everyone can belong.

1. Think of a time when you were a stranger and someone welcomed you.

And call to mind people who come to Australia from other places, including those who have had to flee their homes in fear of their lives, to find safety here—
separated from their loved ones, family, friends, and the places that have been home.
Imagine us learning to see one another not as “us and them,”
but as fellow human beings with shared hopes and dignity.

2. Think of a time when you were hurt or abandoned and someone took your side.

And remember those living in refugee camps in Bangladesh, Kenya, Jordan, Sudan, and especially Indonesia—
waiting for safety, unable to go to school or work.
Imagine us choosing not to turn away,
but to grow in empathy and solidarity, and speak up for justice.

3. Think of a time when you felt uncertain and someone helped you.

And think of people waiting to find out whether they will be accepted as refugees living for years in uncertainty
because of slow or unfair visa assessment processes.
Imagine them finding a safe future in Australia—
and imagine us working toward a society that welcomes others.

4. Think of a time when you felt forgotten and someone included you.

And think of people living on bridging visas or with no visa,
without being able to work, having no income, or pursue their education.

Think about how this would feel.

Imagine us opening our hearts and communities to include families, women,
and children being pushed to the margins—
and imagine us learning to stand up for them.

5. We acknowledge and appreciate the strength, leadership, and contributions of refugees and people seeking asylum in Australia.

Let's think about how we can be supportive of people who feel like strangers in our communities

Let's think about how we can speak up for those who feel excluded and unwelcome.

6. Let's imagine and hope together:

That we grow in empathy.

That we learn to think and act with compassion.

That we help build communities where everyone belongs.

And that we discover, again and again, that we are truly stronger together.

At this point, you might invite students to come to the front to light a candle, or to write a short wish about strengthening the social fabric and building community, and tie it onto a wishing tree.

Source: Audrey Statham, 2026