

Eco contemplative session 26th August 2018

Our time together will be spaced by periods of silence. We start by stilling our bodies and our restless thoughts, centring ourselves in this place and this moment.

Reading, abridged from a Book of Blessings by John O'Donohue

May this be a morning of innocent beginning
when the gift within us slips clear
of the sticky web of the personal
with its hurt and its hauntings
and fixed fortress corners.

A morning when we become a pure vessel
for what wants to ascend from silence.

May this morning be astir with the harvest of night.

(silence)

Meditative walk (10 minutes)

A bell will sound to signal our gathering together again.

Introduction.

Words by William Blake, adapted by John Tavener for his piece

Eternity's Sunrise, to lead us into the walk:

She who sees a World in a Grain of Sand

And a Heaven in a Wild Flower

He who kisses the joy as it flies

Lives in Eternity's Sunrise

Alleluia

After we are regathered, if there is a word or words that convey the impact of that experience on you, say them now.

Words of St Hildegard of Bingen (1098-1179)

Holy Spirit,
giving life to all life,
moving all creatures,
root of all things,
washing them clean,
wiping out their mistakes,

healing their wounds,
you are our true life,
luminous, wonderful,
awakening the heart
from its ancient sleep.

(Silence)

Prayer.

(Silence)

Blessing

We give thanks for our time together,
for the mysterious ways in which
the mind of the day and wisdom of the soul
can become one.

May the peace of God reign in our hearts
the love of God forever hold us sure,
the Spirit of God flow through our lives
and the joy of God uphold us always.