

EPIPHANY GROUP

rooted in the Ignatian tradition

Participants Booklet : Living well within our Fragile World



The Story

This retreat resource came about from a conference in 2024 run by the Epiphany Group, Scotland entitled:

“Living well within our fragile World”.

The theme of this conference was principally inspired by the format of the ‘Eco Retreat’ currently being offered by the Jesuits, which is based on the book ‘A spiritual journey for an ecological conversion: the call of Laudato Si’ by Eric Charmetant SJ & Jerome Gue SJ

The conference was offered as a reflective, retreat like space and was focussed on increasing our awareness of eco spirituality and our faith; on learning more and deepening how we might respond prayerfully and practically from our Ignatian perspective, as Christians, to the ecological crisis that is so much in our hearts.

These booklets are based on the creative session from the conference, entitled: ‘Called to Conversion to Safeguard Creation’. We used the theme of The Beatitudes for our ideas – the desire was to encourage people to explore these themes:

- Salt & Light
- The Poor
- The Grieving
- The Meek
- The Pursuit of Justice
- The Peacemakers
- The Merciful
- The Pure in Heart

And to reflect and pray with them in relation to ecological questions and to interact with the stations through creative prayer and to then, take time to reflect on those experiences and what they evoked.

There were 8 stations set up – some outdoors and some indoors.

In the follow up at the end of the Conference delegates requested that this material be made available more widely so we set about creating these resources with the idea that anyone could take the material out into their community: for example in school settings, parish quiet day, peace and justice meeting, Sunday school, family settings, youth groups, house group, offer a longer retreat with this theme, a weekend away , taking it out to events or festivals or other possibilities that may occur to you.

In the conference setting it was offered as a group activity but with plenty of scope and space for individual time and we envisage that model as a helpful way to offer this material – potentially promoting further reflection and discussion as a group as well as impacting the participants personally.

The idea of this booklet: **The Participants Booklet** is that participants would then have a resource that could be taken home and used to deepen their experience – perhaps using it as a retreat – taking a theme per day or per week or as a resource to continue to sit with particular aspects where the Spirit particularly moved them or challenged them or to celebrate places of consolation and question any resistances they may have felt.

CONTENTS

1. Using the Material:

We would hope that you would feel free to choose your own music or poems and your own way of setting up the stations and creating a centre piece.

We would ask that you respect the content text and images as they are offered, and when using this material, we would be grateful if you could acknowledge the work of the Epiphany Group, Scotland, thank you.

2. Opening Worship – a suggested beginning.

In this booklet you will find a copy of the opening worship we used at the conference and a copy of the words from the song & an alternative poem if you don't use the psalm.

3. List of stations: in this section you have a copy of each the 8 pin ups / posters from each of the 8 prayer stations and a copy of each the prayer hand-outs.

- Salt & light
- The Poor
- The Grieving
- The Meek
- The Pursuit of Justice
- The Peacemakers
- The Merciful
- The Pure in Heart

4. Using the stations:

The idea of the prayer stations was to offer a way to pray and interact creatively with these themes, to be open to be led by the Spirit and hopefully transformed as you pray and ponder and work with materials and ideas. Our desire was that you have the freedom to follow your heart sense – to feel able to spend as much or as little time at each station as you feel led, to do them in any order, to go back to some if you want to, maybe even miss some out. To notice the movements of your spirit as you make this pilgrimage – consoling in some places, perhaps desolate in others; notice times of joy and uplift or sadness, concern or challenge – not to judge yourself in any way but to take these discoveries as gift from your sense of God and matters to journey onward with.

*Special note for Station 1 – this station and activity is envisioned as taking place communally, grounding the group before they each set out on their individual pilgrimages around the rest of the stations. Each person invited to create a clay or pipe cleaner companion to travel with them on this journey of conversion.

*Figures- clay or pipe cleaner companion: feel free to leave your figure/companion at a significant prayer point or to take it back to the starting place or to take it home with you.

5. Closing worship: a suggested way of closing.

Worship Handout 1



The Grace we seek:

To enter this time with a broad and generous heart and
to open or renew in us wonder before Creation

Collect a stone & light candle & take a seat.

OPENING PRAYER

Refresh in us our capacity for wonder – bring us to an
inner peace where we can hear the words of love from
nature –

to a place of balance where the Creator who lives
among us & surrounds us can be uncovered.

With all of creation we rest into that experience of love.

SILENCE

Listen to music: Cantic of Creation by *Simon de Voil*
Based on Cantic of the Sun by *Saint Francis of Assisi*

PSALM 8 (or alternative poem see appendix)
Rev. Christine Robinson

Many-Named One
beyond imagining–

When I contemplate the night sky,
the cosmos which all unfolded from a speck,
galaxies, stars, this beautiful earth —

Who are we humans, that you attend to us?
mere mortals in our tiny corner,
and you love us?

We are life come to knowing and feeling.

The whole world is in our hands.

plants and animals, oceans and ice caps,
rain forests

atmosphere and ecosystem.

Touch our hearts, O God,
make us worthy of this trust

Help us care for life on this beautiful earth.

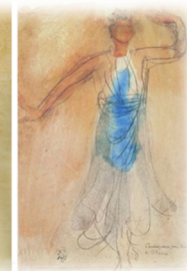
Awareness Examen – Embodied

SILENCE

Listen to music: Cantic of Creation by *Simon de Voil*
Based on Cantic of the Sun by *Saint Francis of Assisi*

SILENCE

Invited to leave and hold silence until tomorrow



August Rodin: Cambodian dancers

Awareness Examen – Embodied

You may wish to do this prayer sitting, standing or entirely in
your imagination.

Begin by moving your attention inward.

Centre yourself by getting in touch with your body and breath.

Become aware of the presence of God within the earth of
your heart.

Listen deeply to your body messages.

Reaching both arms down

Become aware of your connection to the earth and its
support beneath you.

What do you need to ground you and bring your awareness
to the present moment?

What concerns keep you from being fully here?

What is awakening in the ground of your being?

Reaching back behind you with your right arm:

Looking back on this last day, what was most life-giving for you?

Where have you felt most filled with love?

Where have you felt most filled with Hope?

Take a few moments to experience this in your body.

How does revisiting this moment feel for you?

Where do you experience quickening / an energy?

Is there anyone you want to thank for this memory?

Spend a few moments dwelling in gratitude.

Bring your right arm back along your side.

Reaching back with behind you with your left arm.

What in this last day was most life- draining for you?

Where did you feel most restless?

The least hopeful?

Take a few moments to experience this.

Do you want to offer or to ask forgiveness for the experience?

Spent a few moments noticing how you are moved to
extend forgiveness or to receive it.

Bring your left arm back along your side;

Reach both arms forward:

Holding a heart of gratitude and forgiveness, how do you want
to move forward?

What are your hopes?

How are you being invited to follow the Spirit now?

How do you nurture the seeds of life stirring within you?

Reaching both arms upward:

What guidance do you need to support you?

What do you want to ask for to help you move more fully into
your hopes for this Retreat?

How might you call on God for this guidance?

Reaching inward: Bringing your hands to a prayer
position or leaving them open in a receiving posture,

What new things do you notice now stirring within you?

What is awakening within you?

What desires and insights invite further reflection?

*Alternative poem
if you don't use the psalm suggested*

Because

Rosemerry Wahtola Trommer

*So, I can't save the world—
can't save even myself,
can't wrap my arms around
every frightened child, can't
foster peace among nations,
can't bring love to all who
feel unlovable.*

*So, I practice opening my heart
right here in this room and being gentle
with my insufficiency.
I practice walking down the street heart first.
And if it is insufficient to share love,
I will practice loving anyway.*

*I want to converse about truth,
about trust. I want to invite compassion
into every interaction.*

*One willing heart can't stop a war.
One willing heart can't feed all the hungry.
And sometimes, daunted by a task too big,
I tell myself what's the use of trying?*

*But today, the invitation is clear:
to be ridiculously courageous in love.*

*To open the heart like a lilac in May,
knowing freeze is possible
and opening anyway.*

*To take love seriously.
To give love wildly.*

*To race up to the world
as if I were a puppy,
adoring and unjaded,
stumbling on my own exuberance.*

*To feel the shock of indifference,
of anger, of cruelty, of fear,
and stay open. To love as if it matters.*

Words of the song

Canticle of Creation

Simon de Voil

*based on Canticle of the Sun
by Saint Francis of Assisi*

Most High, all-powerful, precious God.
No spoken word can hold your name.
Praise be to You who births all life,
with all Your creatures

Especially you Sir Brother Sun,
who is the day and is your light.
A beauty so true to you,
there you are.
There, you are.
Praise be to You, my Lord you are, Sister Moon
and the stars: bright, precious heaven,
there you are.
There, you are.

Praise be to You, my Lord you are, Brother Wind
and the air: breath of Spirit,
there you are.
There, you are.

Praise be to You my Lord you are, Sister Water
gift of Life: pure, essential,
there you are.
There, you are.

Praise be to You my Lord you are Brother Fire,
friend through the night: strong and playful
there you are
There, you are.

Most High, all-powerful, precious God,
through Mother Earth we see your face.
You who govern all of life,
sustain and nurture all that is.
With sister Death: first and last breath.
The key unlocking all we are,
there, we are.

Station 1: Salt and Light

“You are the salt of the earth...You are the light of the world...let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”

Matthew 5:13-16



Let me tell you why you are here.

You are here to be salt seasoning that brings out the God-flavours of this earth

You are here to be light, bringing out the God-colours in this world

Keep open house, be generous with your lives. By opening up to others, you'll prompt others to open up with God, this generous Father in heaven.

The Message: Eugene Peterson

God's creation is immensely graced with a capacity for rebirth and renewal.

Only a year after the Chernobyl disaster, wild creatures were making homes in the vicinity.

In Bikini Atoll, where the US tested nuclear weapons in the 50's there is now a thriving coral ecosystem.

Bings or shale heaps left for wasteland

e.g. in West Lothian have naturally transformed into hotspots for new flora and fauna and act as shelters for wildlife.

Viable microorganisms have been identified in highly radioactive areas of the Sellafield nuclear site.

We are blessed when stories of recovery and redemption from all over the world renew and refresh our spirits and inspire us to act with others.

‘Creating our own new stories of creation and resurrection brings us closer to the Creator, so that we ‘sing with Francis the glory of God and discern prayerfully with Ignatius, the love of God shining through the environment.’ *Trileigh Tucker*

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Matt. 5:13-16. The Message, E. Peterson

Where do we see ourselves as 'the salt' and 'the light' in our world?



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Take a few movements to reflect on your giftedness and how you are using these gifts to safeguard creation

- ◆ Where do I still need to learn and grow?
- ◆ What would love have me do?

Invitation to action

- ◆ You are invited to receive one of the gift boxes.
- ◆ As you pray about your graced giftedness, with your sense of God, and wonder how you are invited to use that giftedness to help safeguard creation - open the box.
- ◆ Within it, you will find some clay, a tealight & some pipe cleaners - you are invited to use these items to prayerfully create either a small symbol of yourself or perhaps a symbol of some sense of your giftedness.
- ◆ Once you have created your figure or your symbol, the suggestion is that you take what you have made, with your tealight, as companions for your pilgrimage around the prayer stations. Perhaps leaving them at prayer station that you feel most moved by or adding them to the installation.

Jesus says, "Keep your heart on the kingdom first. Keep your heart on God's love. Keep focused on the fact that you are God's beloved daughter or son. That's the truth of who you are.

Henri Nouwen

Yet you, LORD, are our Creator.

We are the clay,
you are the potter;
we are all the work of your hand.

Isaiah 64:8

Station 2

Blessed are the poor in spirit, for theirs is the kingdom of heaven. *Matthew 5:3*



We are blessed when we are at the end of our rope,
with less of us there is more of God and his rule

The Message - Eugene H. Peterson

The Earth's resources are being exploited leading to communities being displaced or living in poverty.

Earth resources such as air, water, minerals and animals are abused and mistreated and instead of seeing them in relation to the divine we see them as a means to security in themselves instead of gifts from God.

We are blessed when we recognize our own complicity in the growing climate crisis yet continue to struggle daily to care for creation in meaningful ways.

Millions of people carry out small acts of active hope every day; recycling goods, using alternative technologies, choosing to buy ethically, sharing resources with each other and are willing to put their security aside to address inequalities in the world.

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I ask God to reveal all the gifts and graces he has given me
that allow me to live a comfortable life

◆
◆ Recall a time when you put your trust in God, what did it feel like?

◆
◆ I ask God to show me what stands in the way of my hearing
and responding to what God asks of me?

When I understand that God loves me no matter what, I no longer need to be afraid of my failings. He helps me to believe the truth about myself no matter how beautiful it is. *Macrina Wiederkehr*

I ask for the grace to reconcile my relationship with God, creation, and humanity,
and to stand in solidarity through my actions.

◆ Invitation to action

As you pray, you are invited to choose seeds to insert into this clay representation of a tree of life to symbolise your acts of active hope – whatever they are or how you would like them to be.

◆ What is it like to act?

Station 3

Blessed are those who mourn for they will be consoled

Matthew 5: 4



You are blessed when you feel you've lost what is most dear to you.
Only then can you be embraced by the One most dear to you.

The Message- Eugene H Peterson

People suffer greatly as the monsoons come too soon or too late or not at all.

Lives have been lost in the heat that is unprecedented and yet will only get more extreme.

Families are displaced from their homelands to make room for agricultural-industry. It is not only the human community which mourns but the land also mourns in response to broken relationships in human and other-than-human communities.

In particular the plight of those Earth creatures who mourn the loss of companions from a species or habitat as a result of destruction by wanton human power.

We are blessed when we accept our experience of sorrow and when we can mourn with the poor so that they are not alone in their sorrow.

When we mourn, we forget ourselves for a moment and get lost in someone else's pain, and then, find ourselves in the very act of getting lost.

When we mourn with hope we will grow in courage and compassion.

Station 3:
Blessed are those who mourn
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I ask God to reveal all the gifts and graces he has given me that keep me sustained: family, friends, safety, civil peace, a home.

- ◆ Recall a time when you consoled another at a time of loss, what did you feel like?
- ◆ Can I lament, mourn & engage with the suffering & devastation in the world? If not, what gets in the way?

“Though we are incomplete, God loves us completely. Though we are imperfect, He loves us perfectly. Though we may feel lost and without compass, God's love encompasses us completely. ... He loves every one of us, even those who are flawed, rejected, awkward, sorrowful, or broken.”
Dieter F. Uchtdorf

- ◆ I ask for the grace to dig deep and recognise my fears. I ask for courage to sit with compassion beside the defenceless and sorrowing.

Invitation to action:

As you pray, you are invited to light a candle and add it to the bowl of water symbolising your desire to have courage to sit with compassion beside the sorrowing.

- ◆ How does it feel to make this act of compassion with those who mourn?

Station 4

Blessed are the meek for they will inherit the earth *Matthew 5:5*



You're blessed when you are content with just who you are - no more, no less.
That's the moment you find yourself the proud owners of everything that can't be bought.

The Message- Eugene H Peterson

The meek are not hungry for power.

They know they exist only within a web of relationships.

They realise that they are members of a community of subjects,
not manipulators of various members of the Earth community.

They do not want to exploit the earth's resources or other living creatures
to make their own lives more comfortable.

They are aware of the illusion of separation which causes us to think
humans are superior to animals or the material earth.

They see the earth, waters and skies as part of their community.

We are blessed when we trust meekness and humility to guide us in a kinder
approach to the earth: the land and its inhabitants.

Blessed are the individuals and organisations who join the meek of creation by
working alongside them giving their time and energy to protect and preserve those
that are defenceless.

Station 4:
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Matthew 5:5

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I recall with gratitude my relationship with all living creatures and
the earth's bountiful resources



- ◆ Recall a time when you chose to respond with tenderness and kindness in a relationship.
 - ◆ What did it feel like?
 - ◆
 - ◆ Looking back at what you have seen and heard today, in what ways do you feel invited to reconsider your relationship *to the natural world*?

The more we love, the more love we have to offer.
So it is, with God's love for us. It is inexhaustible
Mary C. Neal

I ask for the grace to reconcile my relationship with God, creation, and humanity. I ask for the humility to reconsider my relationships with minerals, plants, animals and humans.

Invitation to action:

- ◆ Take time to look at the map of the world & notice what comes to mind.
- ◆ Use the paints or mud to add your fingerprints as a symbol of solidarity
- ◆ Notice how you feel as you touch different lands & seas.

Station 5

Blessed are those who hunger and thirst for righteousness for they shall be satisfied *Matthew 5:6*

Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven *Matthew 5:10*



You're blessed when you have worked up a good appetite for God. He's food and drink in the best meal you'll ever eat
You're blessed when your commitment to God provokes persecution. The persecution drives you even deeper into God's kingdom.

The Message - E. H. Peterson

'The cry of the earth, the cry of the poor' (L S)

Those who hunger and thirst for 'right ordering', live in accordance with the entire Earth and all its constituents and with divinity.

They want to develop an awareness and sensitivity to those who are suffering as a result of the unfolding ecological crisis.

They recognise that hungering and thirsting and working for right order and righteousness in the entire Earth community can bring persecution.

We are blessed when we are silenced or ridiculed for speaking up. Blessed for supporting peaceful environmental protests, blessed when we refuse to ignore the plight of indigenous peoples, blessed when we listen and respond to the concerns of the youth and the poor and marginalized.

Station: 5
Blessed are those who hunger and thirst for
righteousness
for they shall be satisfied
Matthew 5:6

*Blessed are those who are persecuted because of
righteousness,
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Matthew 5:10



We are blessed when we are silenced or ridiculed for speaking up.
Blessed for supporting peaceful environmental protests, blessed when we
refuse to ignore the plight of indigenous peoples, blessed when we listen and
respond to the concerns of the youth and the poor and marginalized.

I recall with gratitude all the times I have felt protected or looked after
by another person or organisation.

Recall a time when you stood up for something you really believed in.

- ◆ What did it feel like?
- ◆ What are my reservations about speaking up /taking action to address ways of helping to safeguard creation?

Every breath we draw is a gift of God's love; every
moment of existence is a grace.

Thomas Merton

I ask for the grace to reconcile my relationship with God, creation, and humanity.
I ask forgiveness for my complicity in unjust social structures.
I ask for courage to stand in solidarity with the persecuted.

Invitation to action:

Sitting before the scales –

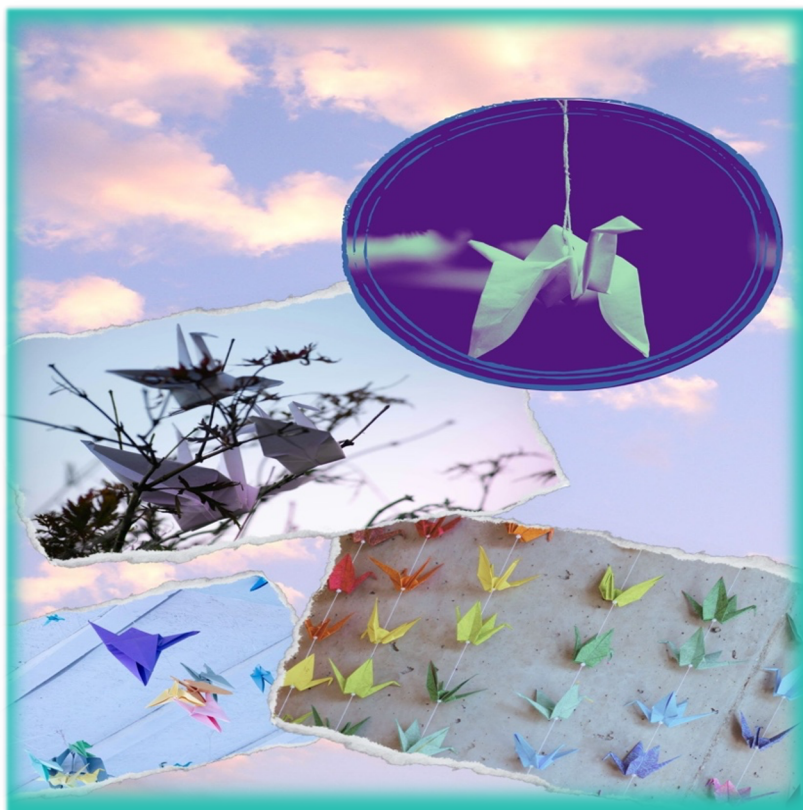
As you pray experiment with placing pebbles or cones in the pans
and maybe weighing the people.

Just noticing how it affects you as you try to find a balance.

How is your heart moved?

Station 6

Blessed are the peacemakers, for they will be called children of God *Matthew 5:9*



You're blessed when you show others how to co-operate instead of compete and fight.
That's when you discover who you really are and your place in Gods family.

The Message- Eugene H Peterson

Peace-making has to begin with actively building friendships in our communities. Concretely, this means staying in relationship even with those who are a bit troublesome, different, beaten down by life or simply uninterested in what others have to say.

It can be easy to write people off if we think their actions to address the ecological crisis are divisive or when we feel others are not doing enough.

Peace-making is hard work. Rather than idealizing peace or making many conditions about who deserves it, we can stay engaged with the ecological dilemmas even when it is messy and not easy to move forward.

Blessed are the millions of people around the world who are caring for creation. These quiet "peacemakers" tend our forests, prevent untold illnesses, provide food for the hungry and water for the thirsty, continue to help impoverished communities and prepare for coming environmental threats.

Station 6:

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These quiet “peacemakers” tend our forests, prevent untold illnesses, provide food for the hungry and water for the thirsty, continue to help impoverished communities and prepare for coming environmental threats.

I ask God spontaneously about the things, people and moments I am most grateful for,
just letting my mind drift from one gift to another.
I note what I find my heart and soul saying to God at this moment.



- ◆ Recall a time when I was a ‘quiet peacemaker’.
 - ◆ What did it feel like?

- ◆ What attachments might I have to my attitudes, emotions or ideas that might get in the way of peace-making?

When you know how much God is in love with you,
then you can only live your life radiating that love.

Mother Teresa

I ask for the grace to reconcile my relationship with God, creation, and humanity.
I ask for the strength not to look for an easy life, but to strive for God’s peace.

Invitation to action:

As you pray choose an origami crane of peace and add it to the branch
as a symbol of your desire.

Pause for a moment.

Notice if you feel called to an act of peace-making.

Station 7: The Merciful

"Blessed are the merciful, for they shall obtain mercy". *Matthew 5:7*



You are blessed when you care.

At the moment of being full of care, you find yourself being cared for.

The Message: Matthew 5:7

Around the world, climate change is a global social issue that is intimately related to the dignity of human life. There is no doubt we need to act. Our difficulty in taking up this challenge seriously has to do with an ethical and cultural decline which has accompanied the deterioration of the environment. We can have an expectation that someone else will solve these problems, someone conveniently distant from oneself—vague impersonal forces such as ‘global politics’ and ‘global economics’. When we take this view, we can thus avoid ‘the personal sacrifice’ that can actually change or renew a culture.

We are blessed when we still care even when it seems pointless & we are on our own.

We are blessed when we acknowledge our failure yet still trust in God’s mercy.

We are blessed when we fall and we can get up again, resisting ecological desolation.



Station 7

"Blessed are the merciful,
for they shall obtain mercy"

Matthew 5:7

You are blessed when you care.
At the moment of being full of care,
you find yourself being cared for

The Message: Matthew 5:7

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We are blessed

when we fall and we can get up again, resisting ecological desolation

The ground of mercy is love,
and the working of mercy is our keeping in love.
Julian of Norwich

- I ask God to reveal all the situations and relationships in my life where I have been shown mercy
- Recall a time when you showed mercy in the face of a difficult situation
- Can I think of one person or one situation where I felt my heart was less than merciful, but harsh and exacting. What got in my way?

Grace

I ask God for the grace of a merciful heart and merciful hands

Invitation to action:

Take an engraved stone from the pile and hold it as you pray for a situation/person / place that you would like to offer mercy – then place it in the heart shaped bowl – how does it feel to offer mercy?

Next, take one of the folded cards from the hand shaped bowl and open it – how does it feel to be cared for?

Station 8: The Pure in Heart

Blessed are the pure in heart for they will see God. *Matthew 5:8*



You are blessed when you get your inside world – your heart and mind – put right.
Then you can see God in the outside world *The Message Matthew 5:8*

When we hear about climate change and the undeniable consequences of human-caused global warming it can arouse many different feelings and thoughts. Some may have a sense of disbelief and feel cynical about the actions people are taking to address the looming crises, some may feel self-righteous and angry towards those who show complaisance and refuse to change, others may feel hopeless and fearful and withdraw from their communities.

We need to work hard to control the Pharisee who lurks in our hearts, making us feel superior to others, while sowing seeds of pride or self-doubt.

Our actions will express what really lies in our hearts and so we need to keep a constant look out on our hearts to ensure they remain pure,

Our God is love, so he can only be seen by loving hearts,
by those whose intentions are pure and selfless

We are blessed when we *examine* and know *our hearts*.

We are blessed when we test our anxious thoughts.

We are blessed when we are willing to refuse illusion and trust in God.



Station 8

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Matthew 5:8

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The Message Matthew 5:8

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We are blessed when we test our anxious thoughts.

We are blessed when we are willing to refuse illusion and trust in God.

- I ask God to reveal all the situations and relationships in my life where I have felt wholeheartedly accepted by others.
- Recall a time when you acted with pure intention and a loving heart.
- Can I think of one situation where I felt my heart was muddied by hidden agendas or motivations.

Keep your heart pure.

A pure heart is necessary to see God in each other.

If you see God in each other there is love for each other.

Then there is peace.

Mother Theresa

Grace: I ask God to create in me a pure and selfless heart.

Invitation to action:

2 bowls – one with fine dry sand; one with hard pasta shapes

Let the sand run through your fingers as you remember the ease and pleasure of feeling fully accepted: in relationships or situations, savour the memories.

Recall times when you acted with pure intention and a loving heart –
did it flow like the sand through your fingers?

Now scrunch your hand into the hard pasta shapes and feel the harshness against your skin.

Recall one situation when your heart felt muddied, hardened by other agendas –
ask for forgiveness and the grace to create in me a pure and selfless heart as you
receive that perhaps go back to the feel of the sand & the flow of grace.

Ending prayer/ Closing ritual *(See contents page for suggestions of how this might be done)*

Creation is not ours to dominate and define.

It is gift.

It is strange.

Our names do not confine it.

Creation is the web of which we are strands.

It is many.

It is alive.

Our hearts are called by it.

Creation is a life more than human.

It is us. It is other.

Our lives are bound to it

**We pray that we will be co-creators
With the divine spirit:**

**Learning from nature's creativity,
Blessed by all with whom we share it,
held within the mystery of being
Amen. *Steven Shakespeare***

or this blessing:

A Franciscan Benediction

May God bless you with discomfort
At easy answers, half-truths, and superficial relationships
So that you may live deep within your heart.

May God bless you with anger
At injustice, oppression, and exploitation of people,
So that you may work for justice, freedom and peace.

May God bless you with tears
To shed for those who suffer pain, rejection, hunger and war,
So that you may reach out your hand to comfort them and
To turn their pain into joy.

And may God bless you with enough foolishness
To believe that you can make, a difference in the world,
So that you can do what others claim cannot be done
To bring justice and kindness to all our children and the poor

