

Station 1: Salt and Light

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.

Matt. 5:13-16

The Message, E. Peterson

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



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



Stories of recovery and redemption from all over the world can renew and refresh our spirits and inspires 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



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