

# EPIPHANY GROUP

rooted in the Ignatian tradition

Leaders 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.

**Where you might use the material:** 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 Leaders' Booklet** is that any organising group or individual would have a resource to use to plan and set up their own version of this material in some of the locations suggested below and to have all the instructions and appendices together. There are separate folders on the website with the posters and with the handouts to print off as well as the participants booklet which you may want to offer as a resource for your group to take away with them after the event so they have the opportunity to deepen their experience further – perhaps suggesting that they could use 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 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. How you set things up may well be dictated by the space you are given; we were very fortunate to be able to use outdoors as well as indoors – being able to be out in creation significantly adds to the experience but you need to let people know that, so they come dressed for the possibility. It will also depend on the age & physical abilities of your group and to plan for that diversity. What you will find here are suggestions & options for the event. You would work out your own timings depending on what you decide to plan – generally it takes people longer than you would imagine to be with each station so be generous in your timings.

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. You may need to adapt the words of the examen slightly depending on what time of the day you are presenting your event. We have also listed the music that we used. (See point 6)

**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. As mentioned above there are separate folders with the posters to print off and also

for the handouts as A5 leaflets if, for example, you decided not to offer the participants booklet or if you wanted have the handouts at the Stations and give out the participant booklets at the end.

- 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 the group a way to pray & interact creatively with these themes, to encourage them, be open to be led by the Spirit and hopefully transformed as they pray & ponder and work with materials and ideas. Our desire was that you encourage the group to have the freedom to follow their heart sense – to feel able to spend as much or as little time at each station as they feel led, to do them in any order, to go back to some if they wish, maybe even miss some out. As leaders to encourage the group to notice the movements of their spirit as they make this pilgrimage – suggest their reactions may feel consoling in some places, perhaps desolate in others; to notice times of joy & uplift or sadness, concern or challenge – not to judge themselves in any way but to take these discoveries as gift from their sense of God & matters to journey onwards 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 is invited to create a clay or pipe cleaner companion to travel with them on this journey of conversion.

\*Figures: participants should be encouraged to feel free to leave their figure/companion/symbol at a significant prayer point or to take it back to the starting place or indeed to take it home with them.

#### **5. Ending and Closing worship:** a suggested way of closing or ritual to end.

It seemed helpful to end as a group: this is our suggestion.

Set a time to regather and make sure everyone knows when that is – Start with some time for people to reflect individually. Perhaps have some quiet music playing to encourage people to be with their own experience – Might be an idea to have paper and pens available for people to journal a bit about what has happened for them. If you have time you may then want to invite people into small listening groups to share and then finally to share in the larger group

**Ending Ritual/Worship:** our suggestion would be, once the sharing is concluded to listen to a piece of music as a group, read a short prayer, together or in parts, and then a last piece of music during which people are invited to leave.

**6. Music:** These are tracks of music that we used during the Conference.

- The Lost Words Blessing: *from- 'The Lost Words: Spell Songs'*
- Be Still and know: Simon de Voil: *from 'The Soul's Slow Ripening, songs for Celtic seekers'*
- Canticle of creation for Simon de Voil: *from 'Canticle of Creation'*
- Unfolding Simon de Voil and Leaf Eichten Lovetree: *from 'Between'(instrumental)*
- Rackwick Bay by Phamie Gow: – *from Phamie softly spoken(instrumental)*
- Sweet hour of prayer: Carol McClure: *from Lover of my soul(instrumental)*
- Open our eyes Lord: Carol McClure: *from Lover of my soul(instrumental)*
- Christ has no body now but yours: *from Porter's Gate (featuring Josh Garrel) from 'Porter's Gate Work Songs'*

**7. Images** complied from 'unsplash' free images, our own photographs and using Canva free design software.

**8. Appendices:**

A: Labels for the individual cards for **Station 7: 'The Merciful'**

B: World map – can be used for **Station 4: 'The Meek'**

C: Labels for the individual cardboard boxes used in **Station 1: 'Salt and Light'**

D: The origami folding instructions of the doves of peace used in **Station 6: 'The Peacemakers'**



## Worship/ Opening Ritual [30mins approx.]

## Leaders Notes

Setting: Candle & stone on seat + handout

Music: Unfolding *Simon de Voil & Leaf Eichten Lovetree* [6 mins 40 secs]

On each Seat: A stone, a tealight [or LED battery tealight] plus Handout for worship

Welcome to this time of worship – we hope this will be a quiet & gentle time.

The shape of the time will be:

- Some silence
- A short prayer followed by a moment of silence
- Listening to a song based on St Francis' canticle to creation and the psalm
- We will then have an embodied examen – you can do this sitting down, or in your imagination or you can stand and do it with me – you might want to hold your stone whilst doing it – there will be a pause then we will then hear the song again and end in silence
- You are invited to hold that silence until tomorrow and to add your light to the setting as you leave.

Before we begin are there any questions?

You should have found a stone, a tealight and a handout on your seat. You are invited to switch on your light and hold your stone if you want to.

In the silence feel the solidity of the stone, allow it to ground you – as you hold this small part of creation take a moment to sit with the installation and just notice what draws you or challenges you or puzzles you – just become aware of your response.

*People often ask about an installation or centre piece, this is a little about how mine tend to come together, but it is also important to let people go with their own interpretations, however God leads them as they look at it, as my ideas or reasons won't necessarily connect with theirs.*

A little information about the installation that we used which you can see in the images on the covers of these booklets.

The organising group asked me if I would create something and sent some information about the retreat a few months beforehand:

'Living well within our fragile world – renewing our relationship with creation' was the title

Ideas for installations usually emerge, for me, over time – generally starting in my quiet time – I get some sort of image or notion and as I begin to draw it, research things and construct it - it begins to come together; on this occasion because I was part of offering a session based on the beatitudes– *Called to Conversion to Safeguard Creation* - elements that I felt would be used in the prayer stations came into the layout. I liked the idea of the installation becoming part of the workshop/prayer stations and then being reassembled once people had interacted with elements of it. This is how I represent the 8 stations– starting with our call to become **Salt and Light** (candles & salt, and clay), the **Blessings of the Poor** (seeds & tree of life), **Those Who Grieve** (basin & floating candles), **The Meek** (fragile world and our finger prints), the **Pursuit of Justice** (scales and weighing), **The Peacemakers** (branch & peace cranes), **The Merciful** (pebbles and heart bowl), **The Pure in Heart** ( salt and pasta)– you may well have different associations going on.



## Worship

## Handout 1

The Grace we seek:

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

Collect a stone & light candle then 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 and surrounds us can be uncovered.

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

### SILENCE

Listen to music:

Canticle of Creation by Simon de Voil

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

### PSALM 8

*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 (see next page)

### SILENCE

Listen to music:

Canticle of Creation by Simon de Voil

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

### SILENCE

Invited to move to next part and hold silence



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 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 a 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?



**Because** *(alternative poem that could be used in place of the psalm if you prefer)*

*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.*

## Canticle of Creation (words of the song)

*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.

## MATERIALS for Stations

**General** For each station it is helpful to have a roll of paper towels & a packet of wet wipes.

Handout for each Station: Display at station but also reduced in booklet

These were our ideas but you may want to interpret them differently?

We were fortunate in being able to set things up both indoors and outdoors, therefore increasing the sense of connection with nature, the earth and community but they could equally be set up indoors.

Depending on the make-up of your group accessibility would also be something to take into account)

### Station 1 – Image of station: **Salt & Light (communal beginning)**

Small cardboard boxes (one for each participant)

Labels for boxes [print sheet at end]

Clay – airdrying – wrapped in damp cloth and tinfoil

4 Pipe cleaners per box

LED tealight to put in box

Large Candle and Bowl of salt

Table; Cloth to cover table



The Poor

Salt and Light



### Station 2 – Image of station: **The Poor**

Table

Cloth to cover table

Tree of life stencil

Airdrying clay

Variety of seeds Placed in bowls:

e.g. – pumpkin, soya beans, kidney beans, (different sizes & colours ideally)



**Station 3 – Image of station: The Grieving**

Bowl of water  
Floating candles  
Matches  
Table; Cloth for over table

Those who Mourn



**Station 4 – Image of station: The Meek**

Map of world  
Fingerpaints in variety of colours  
Pots for the paint; Board for map

The Meek



**Station 5 – Image of station: The Pursuit of Justice**

Set of simple balance scales  
Variety of objects to weigh  
e.g. pebbles, cones, shells

The Pursuit of Justice



### Station 6 – Image of station: **The Peacemakers**

Branch or twig set in pot  
Peace doves (see origami sheet)  
Origami Paper  
Wire clips to hang birds  
Basket to hold birds before hanging them up



The Peacemakers

### Station 7 – Image of station – **The Merciful**

Heart shaped bowl  
Praying hands bowl  
Pebbles engraved with prayer words  
Folded cards – approx. 5cm x 5cm see sheet with verses to print out  
Plastic mirrors – approx. 3.5 cm x 3.5 cm



The Merciful



**Station 8 – image of station: The Pure in Heart**

2 bowls –both big enough to get your hand into  
Fine salt or fine sand to fill one bowl  
Sharp dry hard pasta to fill other bowl

The Pure in Heart



**Ending**

Regather

Time for people to reflect individually

Share in small groups?

Might be an idea to have paper and pens available for people to reflect on their experience.

Suggest at least a half day or evening to go around the stations.

Suggested closing on page 24



## Pin Up: 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*

## Station 1: Salt and Light

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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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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

## Pin Up: Station 2: The Poor

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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inequalities in the world.



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?



## Pin Up: Station 3: The Grieving

### 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 for they will be consoled. Matthew 5:4

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then, find ourselves in the very act of getting  
lost.



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

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?

## Pin Up: Station 4: The Meek

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: Blessed are the meek for they will inherit the earth

Matthew 5:5

*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



*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.



## Pin Up: Station 5: the Pursuit of Justice

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

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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 and 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?



Pin Up: Station 6: The Peacemakers  
*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: Blessed are the peacemakers, for they will be called  
 children of God Matthew 5:9

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 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 & moments I am most  
 grateful for, just letting my mind drift from one gift to another.  
 I note what I find my heart & 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 & 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.



Pin UP: **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)*

**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

*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 & 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 & ope



## 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

Blessed are the pure in heart, – for they will see God.

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)

**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.

- 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 muddled 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,*

### 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 & 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 muddled, 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

Labels for the cards at **Station 7 'The Merciful'**

Live in me.  
Make your home in me  
just as I do in **you** ...  
John 15:4

Live in me.  
Make your home in me  
just as I do in **you** ...  
John 15:4

Live in me.  
Make your home in me  
just as I do in **you** ...  
John 15:4

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Make your home in me  
just as I do in **you** ...  
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Make your home in me  
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Make your home in me  
just as I do in **you** ...  
John 15:4

Live in me.  
Make your home in me  
just as I do in **you** ...  
John 15:4

*Your creator  
Cares for  
**you**  
1<sup>st</sup> Peter 5:7*

*Your creator  
Cares for  
**you**  
1<sup>st</sup> Peter 5:7*

*Your creator  
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1<sup>st</sup> Peter 5:7*

*Your creator  
Cares for  
**you**  
1<sup>st</sup> Peter 5:7*



World Map – Colouring Page This map can be used for **Station 4 ‘The Meek’**



These labels can be used for the cardboard boxes with clay in at **Station 1 Salt and Light**

Salt & Light

Salt & Light

Salt & Light

Salt & Light

Salt & Light

Salt & Light

Salt & Light

Salt & Light

Salt & Light

Salt & Light

Salt & Light

Salt & Light

Salt & Light

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Salt & Light

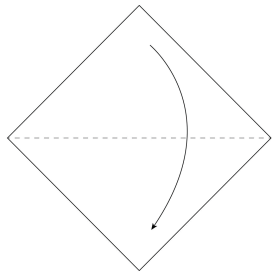
Salt & Light

Salt & Light

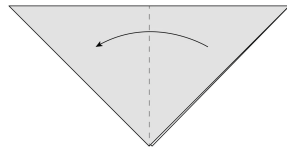
Salt & Light

Salt & Light

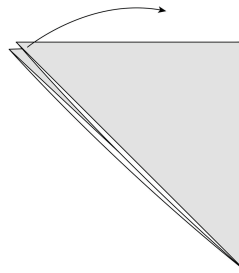
# Traditional Origami Crane: for the 'The Peacemakers Station 6'



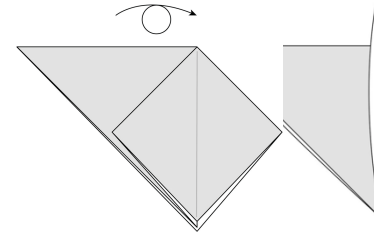
**Step 1)**  
Start with the white side of the paper facing up and fold in half diagonally.



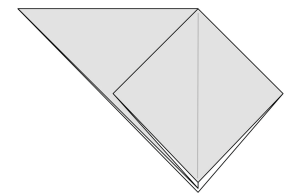
**Step 2)**  
Fold in half again along the dotted line.



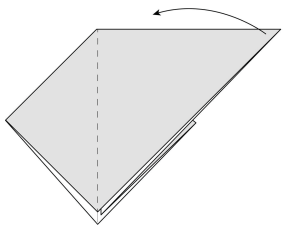
**Step 3)**  
Fold that flap back and...



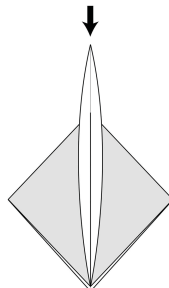
**Step 4)**  
Squash fold this flap down.



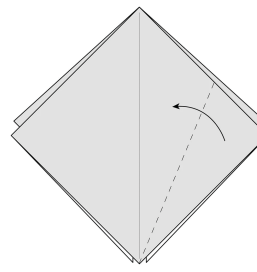
**Step 5)**  
Turn the model over. We're going to repeat the last few steps on the other side.



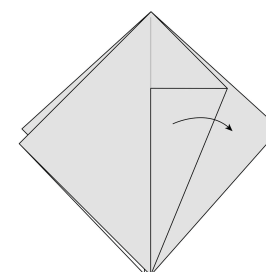
**Step 6)**  
Fold the flap over to the left along the dotted line.



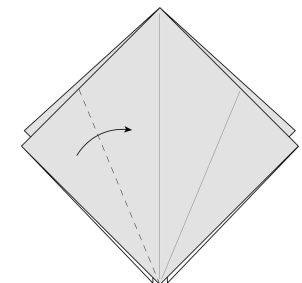
**Step 7)**  
Squash fold this flap down.



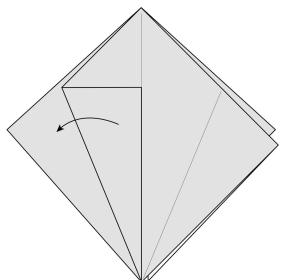
**Step 8)**  
You now have a completed square or preliminary base. With a few more folds, we'll turn it into a bird base. Fold the side flap to the center along the dotted line.



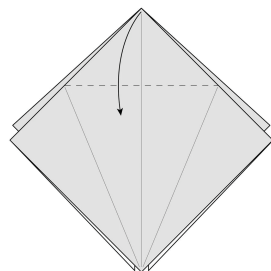
**Step 9)**  
Crease this fold well and then unfold it.



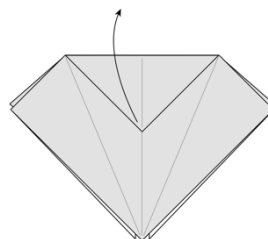
**Step 10)**  
Fold the flap on the other side to the center along the dotted line.



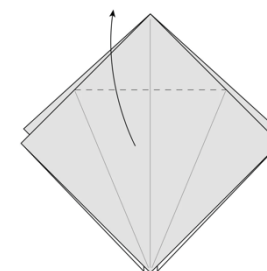
**Step 11)**  
Crease this well and unfold.



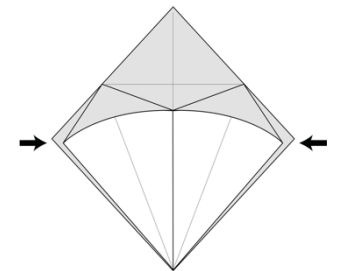
**Step 12)**  
Fold the top down along the dotted line.



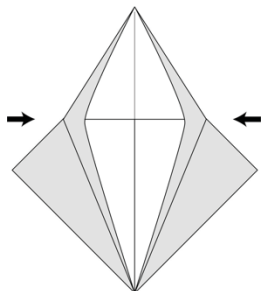
**Step 13)**  
Crease this well and unfold.



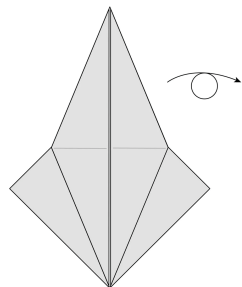
**Step 14)**  
Lift the top flap of paper up along the crease you just made. We're going to make a petal fold.



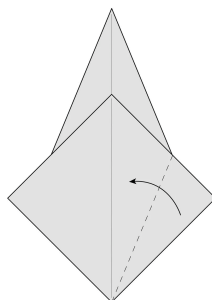
**Step 15)**  
Continue lifting up and push in the sides along the creases you made in the previous couple of steps



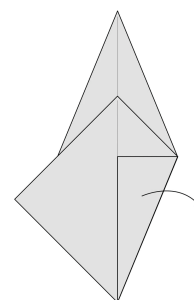
**Step 16)**  
Flatten everything along the creases you already made.



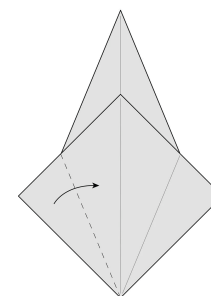
**Step 17)**  
The completed petal fold. Turn the model over. We're going to make a petal old on the other side, too.



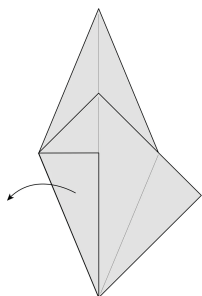
**Step 18)**  
Fold the side to the centre along the dotted line



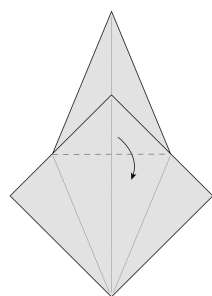
**Step 19)**  
Crease this well and then unfold.



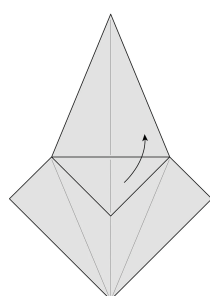
**Step 20)**  
Fold the other side to the center along the dotted line.



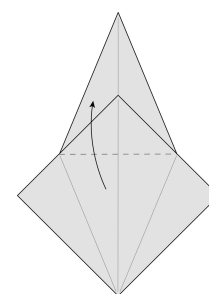
**Step 21)**  
Crease this well and unfold.



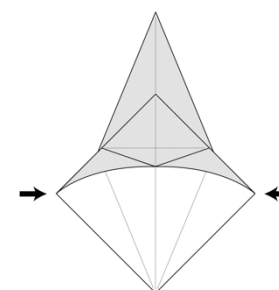
**Step 22)**  
Fold the top down along the dotted line.



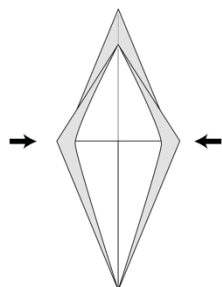
**Step 23)**  
Crease this well and unfold.



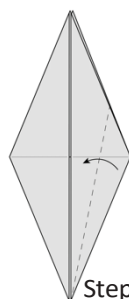
**Step 24)**  
Lift the top flap of paper up along the crease you just made. We're going to make another petal fold



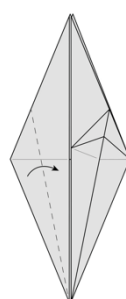
**Step 25)**  
Continue lifting up and push in the sides along the creases you made in the previous.



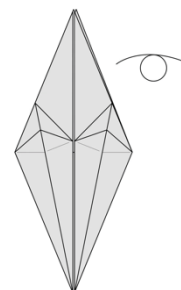
**Step 26)**  
Flatten everything along the creases you already made.



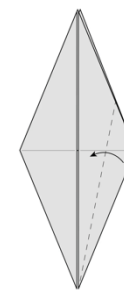
**Step 27)**  
The completed petal fold. At this point, you also have a completed bird base. Next, we're going to fold the neck and the tail. Fold the top flap on the right to the center along the dotted line.



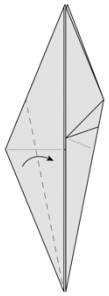
**Step 28)**  
Fold the top flap on the left to the center along the dotted line as well.



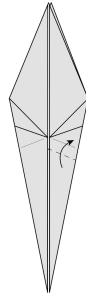
**Step 29)**  
Turn the model over. We're going to repeat the last two steps on the other side.



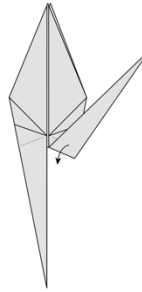
**Step 30)**  
Fold the top flap on the left to the center along the dotted line.



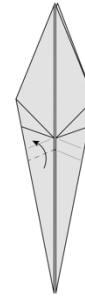
Step 31)  
Fold the top flap on the  
right to the center along  
the dotted line as well.



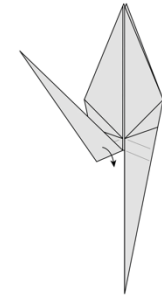
Step 32)  
Fold the long, thin section  
of paper on the right up  
along the dotted line.



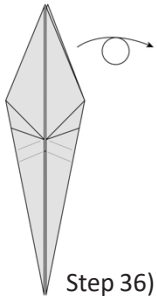
Step 33)  
Crease this well  
and unfold.



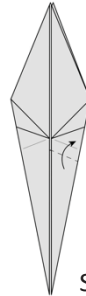
Step 34)  
Fold the long, thin section of  
paper on the left up just like  
you did on the other side.



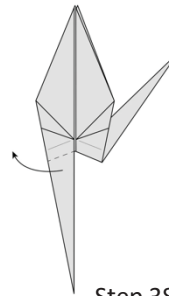
Step 35)  
Crease this well  
and unfold.



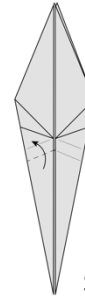
Step 36)  
Turn the model over. We're  
going to repeat the last couple  
of steps on the other side.



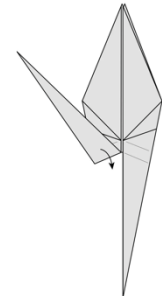
Step 37)  
Fold the long thin section of  
paper on the right up along the  
dotted line. There's already a  
crease here but now you're  
going to fold it the other way.



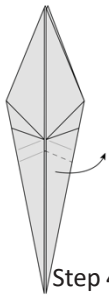
Step 38)  
Crease this well  
and unfold.



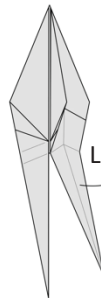
Step 39)  
Fold the long, thin section of  
paper on the left up just like you  
did on the other side. There's also  
a crease here already, and you're  
also going to fold it the other way.



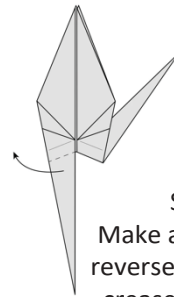
Step 40)  
Crease this well  
and unfold.



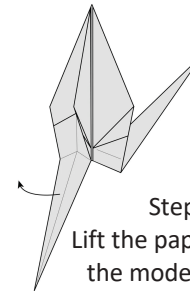
Step 41)  
Now, we're going to make an  
inside reverse fold along the  
creases you just made on the  
right side of the model.



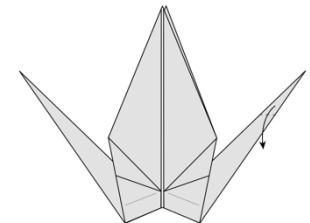
Step 42)  
Lift the paper up inside  
the model along the  
creases you already  
made and flatten  
everything.



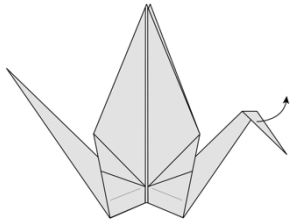
Step 43)  
Make another inside  
reverse fold along the  
creases you already  
made along the left side  
of the model.



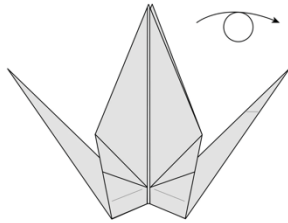
Step 44)  
Lift the paper up inside  
the model along the  
creases you already made  
and flatten everything.



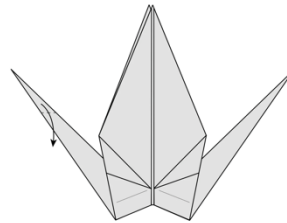
Step 45)  
Now, we're going to fold the  
head. Fold the long, thin  
section of paper on the left  
down along the dotted line.



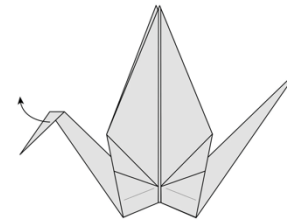
Step 46)  
Crease this well  
and unfold.



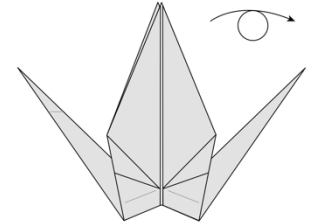
Step 47)  
Turn the model over so  
we can repeat this on the  
other side.



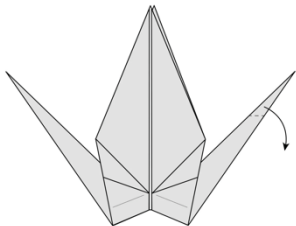
Step 48)  
Fold the long, thin section of  
paper on the left side now  
down along the dotted line. This  
is folded the opposite way along  
the crease you already folded on  
the other side.



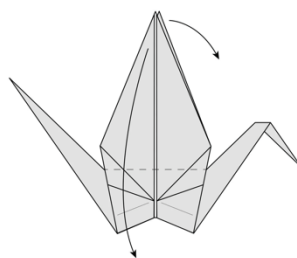
Step 49)  
Crease this well  
and unfold.



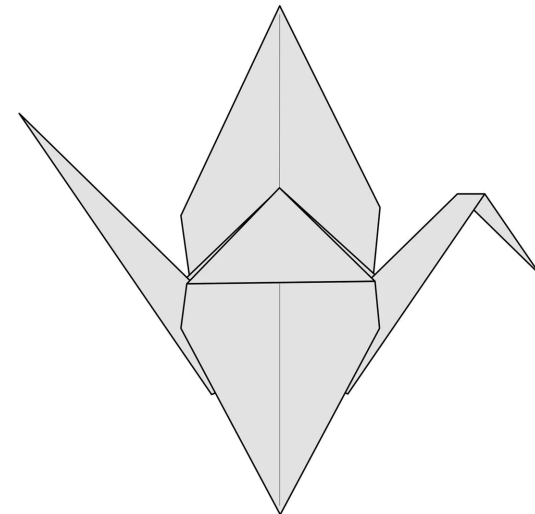
Step 50)  
Turn the model over again  
so it's facing the way it  
was before.



Step 51)  
Fold the head by making an  
inside reverse fold along the  
creases you made in the previous  
couple of steps. The head is then  
folded inside the neck.



Step 52)  
Fold down the wings on  
both sides along the  
dotted line.



The completed origami crane, good job!