

Graffiti Wall of Gratitude

Using crayons or pencil crayons, represent on the graffiti wall, the creatures, people and things for which you are grateful. Sketch, doodle, use symbols – get creative as you give thanks!

Play-Doh Prayers for Creation

Using as much Play-Doh as you need, make a model of some part of creation that needs healing or for which you are grateful. Hold your Play-Doh creation in your hands as you offer a prayer of thanks or intercession. Leave your creation intact for others to pray over or take it apart for others to re-create with.

Prayers of the People

Using the newspapers provided, cut out articles and/or photos that represent people, places or situations that are in need of prayer. Feel free to add your own words or images to the prayer collage.

Lectio Divina

Use the enclosed Bible passages or another one that is on your heart. Read the passage through several times, allowing a word or phrase to jump out of the text to you. Ponder what this word or phrase means in your life. Consider what you may be called to do or be in relation to the text. Pray.

Lectio Divina Passages:

Matthew 3: 13-17

Then Jesus came from Galilee to John at the Jordan, to be baptized by him. John would have prevented him, saying, “I need to be baptized by you, and do you come to me?” But Jesus answered him, “Let it be so now; for it is proper for us in this way to fulfill all righteousness.” Then he consented. And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, “This is my Son, the Beloved, with whom I am well pleased.”

Mark 1: 16-20

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea - for they were fisherman. And Jesus said to them, “Follow me and I will make you fish for people.” And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

Job 38:1-11

Then the Lord answered Job out of the whirlwind: “Who is this that darkens counsel by words without knowledge? Gird up your loins like a man, I will question you, and you shall declare to me. “Where were you when I laid the foundation of the earth? Tell me, if you have understanding. Who determined its measurements—surely you know! Or who stretched the line upon it? On what were its bases sunk, or who laid its cornerstone when the morning stars sang together and all the heavenly beings shouted for joy? “Or who shut in the sea with doors

when it burst out from the womb?—when I made the clouds its garment, and thick darkness its swaddling band, and prescribed bounds for it, and set bars and doors, and said, ‘Thus far shall you come, and no farther, and here shall your proud waves be stopped’?

Mark 4: 35-41

On that day, when evening had come, he said to them, “Let us go across to the other side.” And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, “Teacher, do you not care that we are perishing?” He work up and rebuked the wind, and said to the sea, “Peace! Be still!” Then the wind ceased, and there was a dead calm. He said to them, “Why are you afraid? Have you still no faith?” And they were filled with great awe and said to one another, “Who then is this, that even the wind and the sea obey him?”

Luke 8: 4-11

When a great crowd gathered and people from town after town came to him, he said in a parable: “A sower went out to sow his seed; and as he sowed, some fell on the path and was trampled on, and the birds of the air ate it up. Some fell on the rock; and as it grew up, it withered for lack of moisture. Some fell among the thorns, and the thorns grew with it and choked it. Some fell into good soil, and when it grew, it produced a hundredfold.” And as he said this, he called out, “Let anyone with ears to hear listen!”

John 6: 5-13

When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and 2 fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled 12 baskets.

Be Still

Find a quiet and comfortable place to sit as you reflect on these words:

Be still and know that I am God

Be still and know that I am

Be still and know

Be still

Be

Finger Labyrinth

There are many ways to use a finger labyrinth. One suggestion is to let your index finger 'walk' the labyrinth while you think/pray about an issue on your heart. Spend some time in the centre of the labyrinth, with the issue, and then make your way back out.

Self-Care Planting

Fill a small flower pot with soil, as you reflect on who and what in your life ‘feeds’ you. Plant a few seeds in the soil, as you contemplate the ways you are cared for. Give the soil and seeds a little water as you think about ways you can tend to others. You may take the flower pot home if you wish.

Remembering your Baptism

The sacrament of baptism proclaims and celebrates the grace of God. By water and the Spirit, we are called, claimed and commissioned: We are called God’s own, welcomed as children of God; we are claimed by Christ, united with Christ, united with one another and the Christian community of every time and place.

We are commissioned to Christ’s ministry of love, peace and justice, and strengthened by the Holy Spirit for the work of the church in the world. (Celebrate God’s Presence, The Covenant of Baptism, p. 328)

Read one or all of the enclosed passages while you play with the water. Feel free to make the sign of the cross on your hand or forehead as you remember the ways you have been called, claimed and commissioned.

Baptism Passages:

Luke 3: 15-16

As the people were filled with expectation, and all were questioning in their hearts concerning John, whether he might be the Messiah, John answered all of them by saying, “I baptize you with water; but one who is more powerful than I is coming; I am not worthy to untie the thong of his sandals. He will baptize you with the Holy Spirit and fire.

John 4: 7-10, 14-15

A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.”(His disciples had gone to the city to buy food.) The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” (Jews do not share things in common with Samaritans.) Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink’, you would have asked him and he would have given you living water. Those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them, a spring of water gushing up to eternal life.”

Acts 19: 3-5

Then he said, “Into what then were you baptized?” They answered, “Into John’s baptism.” Paul said, “John baptized with the baptism of repentance, telling the people to believe in the one who was to come after him, that is, in Jesus.” On hearing this, they were baptized in the name of Jesus.

1 Corinthians 12:4-13

Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses. For just as the body is one and has many members, and all the

members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body – Jews or Greeks, slaves or free – and we were all made to drink of one Spirit.

Titus 3: 4-5

But when the goodness and loving kindness of God our Saviour appeared, he saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of rebirth and renewal by the Holy Spirit.

Visio Divina

Visio Divina (Latin for "divine seeing") is a method for praying with images or other media. Visio Divina invites us to see at a more contemplative pace. It invites us to *see* all there is to see, exploring the entirety of the image. It invites us to see deeply, beyond first and second impressions, below initial ideas, judgments, or understandings. It invites us to be seen, addressed, surprised, and transformed by God who is never limited or tied to any image, but speaks through them.

Take your time with the image and notice your response to it without judgment or evaluation. No matter what your response is to the image -- delight, disgust, indifference, confusion -- ponder prayerfully the reason for your various responses and what these responses might mean for you. Open yourself to what the image might reveal to you. What does it and the Spirit want to say, evoke, make known, or express to you as you attend to it in quiet meditation? Become aware of the feelings, thoughts, desires, and meanings evoked by the image and how they are directly connected to your life. You may want to journal your response.

Meditating on a Children's Book

Read it with an open heart.