

Wild Church
Sunday, November 19, 2023

The Wonder of Wandering

Fire Circle at Picnic Site #3
Emily Murphy Park, Edmonton

Announcements

Land Acknowledge

Calling a Circle on Sacred Land

As Earth circles our star, the Sun, so too we gather in this sacred circle. Let us gather ourselves into silence (*pause*). Listen to your heart beat. Listen to the life blood coursing through your body. Take a deep breath in (*pause*). Let a long breath out (*pause*). Listen to the sounds around you. Feel the blessing of this moment.

You belong here. You are welcomed here. You are a part of this ecosystem. All beings welcome you, for they have not forgotten that we are all related, that we come from one dust and will return to that dust. Take another long breath (*pause*).

As we gather here, in this sacred circle, we are entering into a relationship with Nature. We are here to re-member ourselves back to where we belong. We are here to restore a loving and kindred relationship with the rest of the natural world.

Prayer

Creator, we are awed by the power and beauty of all you have created. We are touched beyond words by the sacredness of this place. We pray, encircle us, receive us, bless us, that we may be a blessing.

Bringing Our Names into the Circle

Each person is invited to say aloud their names. Following the offering of each name, all in the circle will reply:

We greet the Wandering Spirit in you _____, and are grateful for your presence here.

Theme Reflection

Have you ever pondered what it is to wander? In the Book of Exodus we hear many stories of what happened as the Israelites wandered in the desert. They wandered for 40 years without a destination. What is it to wander? There is a song sung at Christmas time [I Wonder as I Wander](#). Is to wander an opportunity to wonder?

(Listen to Audrey Assad's version of the song [here](#).)

In a world filled with schedules and deadlines, linear processes to get from A to B as quickly as possible, the worship of efficiency and productivity, our souls long for the wonder that comes in wandering. Who has a chance to wander, without schedule or specific destination? Who has the means to do what the great adventurers once did? Here's the thing. No money is needed but an open mind is required. Funny thing that, a spaciousness of mind comes from wandering. You have to trust that and break away from the structures that impede you from engaging in wanderlust. And at a pace that will open your mind. You have to have a wandering mind-set to do that.

Here are a few simple steps to achieve that:

- step out into Nature
- have no destination in mind
- walk at a pace no more than 3 miles per hour. This is the speed of thought. (Wow, no wonder the world is such a mess. Modern life is moving much faster than the speed of thought.)

Wandering brings mind and movement into a healing congruity.

For more on the gifts of wandering I suggest reading the books [Wanderlust](#) by Rebecca Solnit or [Rooted](#) by Lyanda Lynn Haupt.

Lectio Divina

Lectio Divina is an ancient contemplative prayer practice used to allow Scripture to speak to our hearts and to help us discover the multiple ways the Holy dwells there. It means “sacred reading” and the practice can be extended beyond the reading of scripture to that other great book of revelation - Nature. Lectio invites us to enter into silence and stillness, to listen deeply to the stirring of the Holy in the sacred texts around us.

This is a time in our gathering when we wander solo in Nature, listening for the wisdom of the natural world as we amble.

Wander for 20 minutes, then return to the circle with the gifts you have received during this special time. You will be invited to share these gifts in the circle if you wish.

When all are reassembled in the circle, participants are invited to share insights.

Blessing

“For Presence” from [To Bless the Space Between Us](#) by John O’Donohue, Doubleday 2008 p.42