

Wild Church
Sunday, May 19, 2024

Sounds Like Spring
Paul Kane Park, Edmonton

Announcements

Land Acknowledgment

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 same 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 of Heaven and Earth, we see the beauty of your Spirit here today. Your compassionate creativity gives life to all things and it brings humility and courage to our hearts. Creator, awaken us. Inspire us. Pull us into your vision. Amen.

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:

Warm greetings to you _____. We give thanks for your presence here.

Theme Reflection

When we pay attention to the rhythms of the seasons, we learn a great deal about the ebb and flow, the rise and fall of life; about emptiness and fullness and all measures in between. Spring invites us to blossom; summer calls us to our own ripening; autumn presses us to release and let go; and winter whispers to us to rest, to release the demands of productivity and calendars and to-do-lists. Jesus of Nazareth knew the wisdom of the seasons and the need to balance serving and retreating, acting for healing and justice and reflecting for clarity of mind and spirit.

When you bring your attention to something in Nature, perhaps a tree, a stone or a creature, and bring yourself fully present to it, you can sense its inner stillness, meeting a place of stillness in your own heart.

In our culture, vision is the sense among the five that is given prominence. We are a visual people, so much so, that we often miss what is right in front of us because we are not paying attention. So, for today, let us focus on another of the five senses as we wander solo in Nature. Today let's focus on the sounds around us and what insights and new awareness those sounds bring into our souls. Let the sounds around you be your holy scriptures for today.

1. Listen with intention. Listen intently. Listen for the smallest sound you can hear. What is the source of that sound? What does the sound want to teach you today?
2. Now, listen to that sound in relation to other sounds around you. Where are the harmonies? Where are the melodies?
3. Quiet yourself enough to let these sounds enter you and heal the hurting places in your heart, mind and body?
4. What insights do you want to share with the group?

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 and watching for; sensing in all aspects of our senses, the wisdom, the beauty, the mystery 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 have returned to the circle, invite participants to share insights.)

Blessing

"For Presence" from To Bless the Space Between Us: A Book of Blessings by John O'Donohue. Doubleday, 2008 p.42