

## **Resources for Personal Reflection and Action**

We are in a time of slowing down from our busy lives. Let us take this opportunity to engage in some spiritual disciplines to connect with God/The Holy in deeper ways. These are just a few of many possibilities.

### **Gratitude**

Center yourself in gratitude for the beauty that is in our lives. You could start a gratitude journal. It could be written by hand in a notebook.

You could cut out pictures from magazines and paste them in a notebook or create a collection on your computer. You could take pictures on your telephone and see what emerges as a theme over the week.

### **Music**

Play all your CD's or records if you have them. Play through your playlists. Are there special memories associated with the songs that you remember?

### **Books**

Read a book you've always wanted to read; or re-read a favourite book. Order a new book. Try something different. Find a friend with the same book and read it "together" and talk on the telephone about it.

### **Make a Card**

We have several people who are in care homes and who cannot have visitors. Make a card and someone will deliver it to the home or put it in the mail. Make a card for the staff or staff at the local hospitals. Laura and Diane have names for you if you wish to do this.

### **Make a Heart**

Some towns and cities are inviting people to put a heart in their windows. When people go out for a walk they can look for the hearts. You could make a heart garden in your yard. These can be prayers for health care workers, for family, friends, for those who are sick.

### **Make a Worship/Reflection Center in Your Home**

Find things that represent your connection with God/ The Holy in your life and make a little area for a quiet time each day. You might have a candle, something from nature, something that represents relationships that are important to you, a bible – whatever resonates with you. This depends on what is significant for you. You could light the candle each day for a time of reflection. Be creative. Call a friend and set at time that you will light your candles together.

### **Pop Up Jesus**

Find a coloring picture of Jesus on-line and cut it out, and put it on a sturdy backing. Take him places where you think that he would be asking us to share our love with others. Take a picture of him there. E-mail Laura the pictures [stjames.laura@sasktel.net](mailto:stjames.laura@sasktel.net)

### **Lectio Divina**

This is a practice where you take a scripture passage and read it several times. When a word jumps out at you, take time to reflect on that word and what it is saying to you, at this time. There is more information about this practice on-line. Find a site that works for you.

### **Centering Prayer**

This is a type of prayer/meditation that involves using a word and being open to what comes to you from this word. Visit <https://www.contemplative.org/contemplative-practice/centering-prayer/> for more information.

### **Breath Prayer**

1. Settle into a comfortable position.....then:
2. Slowly, intentionally and deeply breathe in and out, in and out, in and out....(repeat)
3. On your in-breaths concentrate/focus on a word that is speaking to you. For example: "peace"; "calm"; "joy"; "love"; "thanks".
4. On your out-breaths concentrate/focus on a word that is speaking to you. For example: "worry"; "fear"; "anxiety".
5. Repeat the process.

EXAMPLE:

In-breaths – "joy" (breathe in joy)

Out-breaths – "fear" (breathe out fear)

Do this for a few minutes or, as long as you wish.

### **Go for a Prayer Walk (*alone or with 1 person keeping 6 feet apart*)**

What do you see as you walk? Bless the people in the homes that you walk by. Give thanks for the beauty of nature. What do you see as you walk with your children? Can you find things that fit letters of the alphabet?

### **Prayer as Action to Help Others:**

- Be your neighbourhood "post-person". Leave notes of encouragement in peoples' mailboxes.
- Check on a neighbour who lives alone.
- Call a neighbour and see how they are.
- Offer to pick up groceries and/or medications for a neighbour who can't venture outside.

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