

It is a brave thing to invite God to help us see and reach out to our neighbor. Yet when we reach out, we experience the miracle of God's power to restore and make our community whole. Being compassionate is not always easy. Many times we take risks to ease someone's hurt or suffering. Through this story we witness how compassion often requires risk and calls for focus - we keep our eyes on Jesus, even as others might misunderstand or judge our actions.

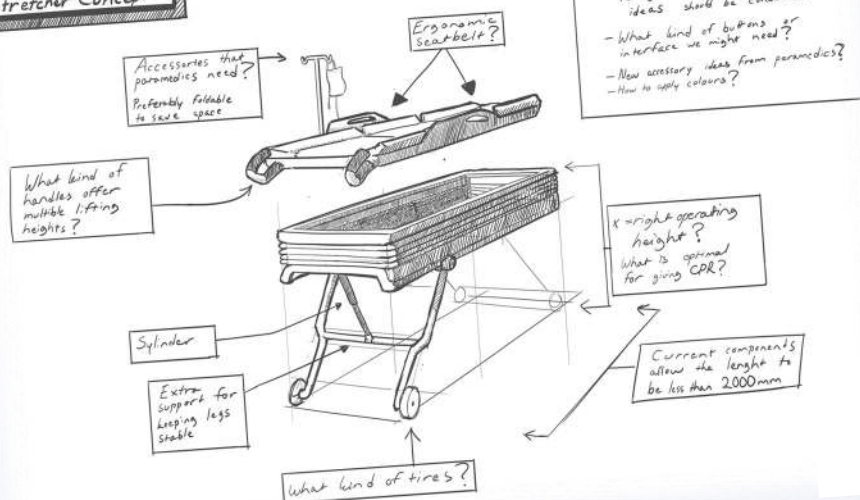
Dear Jesus,
Your compassion always looked
like courage.
Strengthen our hearts with your
bravery
as we risk, reach out, and lift up
our siblings near and far.
Help us keep our eyes on you.
Amen.

Session

2

To the Neighbor

Stretcher Concept



Thoughts:

- Another interview with paramedics to get feedback and new ideas should be conducted.
- What kind of buttons or interface we might need?
- New accessory ideas from paramedics?
- How to apply colours?





Jesus Heals A Paralytic

2 When he returned to Capernaum after some days, it was reported that he was at home. ² So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them. ³ Then some people came, bringing to him a paralyzed man, carried by four of them. ⁴ And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. ⁵ When Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven." ⁶ Now some of the scribes were sitting there, questioning in their hearts, ⁷ "Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?" ⁸ At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, "Why do you raise such questions in your hearts? ⁹ Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Stand up and take your mat and walk'? ¹⁰ But so that you may know that the Son of Man has authority on earth to forgive sins"—he said to the paralytic— ¹¹ "I say to you, stand up, take your mat and go to your home." ¹² And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, "We have never seen anything like this!"

2 questions & wonderings

- What are your first impressions of this story?
- Silly questions - who is your favorite "super hero"- think, real person or a "character"? ☺
- What do you think it means to be brave? What does it feel like?
- Name individuals you believe are brave or have acted bravely...
- Talk about a time you felt brave...
- Who was brave to you in this story?
- How do you think he felt when he was able to be in his community again?
- What is the connection between compassion and bravery.

- Can you imagine what the friends feel for their friend who was paralyzed? Why are their actions considered brave?
- What about Jesus actions?
- How do you think he felt when he was able to be in his community again?

Important Background Information: From a disability studies perspective, the healing stories in the gospels are concerned not only with the cure of their physiological conditions but with the restoration of persons to their communities. Jesus met the paralytic and forgave him his sins. Forgiving sins here means removing the stigma imposed on him by a culture in which disabilities were associated with sin or where someone was ostracized as sinful and unworthy of society's acceptance.

We often think brave is only for big, scary, life-saving and out of the ordinary things. We might think being brave is only for the superhero individuals that we see in movies and on TV. But whether it's for a friend or stranger, a family member or a neighbor, or even for ourselves, compassion can help us be brave. Sometimes being brave means being like the friends in the Gospel - showing up for someone, helping carry their burdens, helping them get where they need to be, and standing with them. Sometimes being brave means being like the man who was paralyzed by sharing your own story and asking for what you need. And sometimes, being brave means being like Jesus by fully seeing and accepting a person and doing what needs to be done regardless of the consequences for himself.



3

Create...an Altar

Its normal for people to associate a particular spot with God - it could be a place in nature, the sanctuary of our church, or a Bible camp. This is a great space to create an altar. An altar is also a way of acknowledging and honor God in the space you are in. This can be a spot of quiet, art, cooking, praying, blessings, remembering - the telling of story, and family or alone time. Below is listed some directions for creating your own Altar space.



- Altars can be created on a small table, a rock, a spot on a shelf or dresser, the dinner table or by your campfire.
- Your altar can be created and re-created every week, or can be created once and left up. Altars are areas to lay out things that are important to you and point to God!
- On your altar you can put candles, photos, Bible verses, stones, crosses, etc. These items can remain on the altar or be removed weekly and replaced with new things.
- Once your altar is complete, spend time with God - reading the bible, sharing or journaling the consolations or desolations of life, praying, creating or simply being still. This is intended to be simple and uncomplicated - a time of remembering, praising and thanking God! •

The dressings of the altar
seem to allow people to
enter into their own
experience of sacred
space and time.

Wendy Wright



the Examen

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience.

The method that's presented here is adapted from a technique described by Ignatius Loyola in his *Spiritual Exercises*.

St. Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible.

The Examen can also be called Blessings & Bruises and can be done daily or whenever you feel the urge. They are a great "around the campfire" conversation and way of connecting! You can even journal or draw them!

consolation

4

1. the act of consoling; comfort; solace
2. the state of being consoled
3. something or someone that consoles

Other words like consolation:

relief • help • support • cheer

*Where have you felt the presence of God?
What has brought you joy this day?
Where have you found peace?
What or who has blessed you today?*



desolation

1. an act or instance of desolating
2. The state of being desolated
3. devastation or ruin
4. deprivation of companionship; loneliness
5. sorrow; grief; woe

Where you have felt an absence of God?

Have there been moments of unrest?

Do you feel "bruised"?



5

Service



Ask Yourself These Questions...

- Think of a time someone “served” you...how did you feel, what did you notice?
- Think of a time where you “served” someone...how did you feel, what did you notice?
- What are issues that you feel strongly about?
- What are passions or gifts you feel you have or are a part of who you are?
- How can you bring your passions, issues you care about and service together?

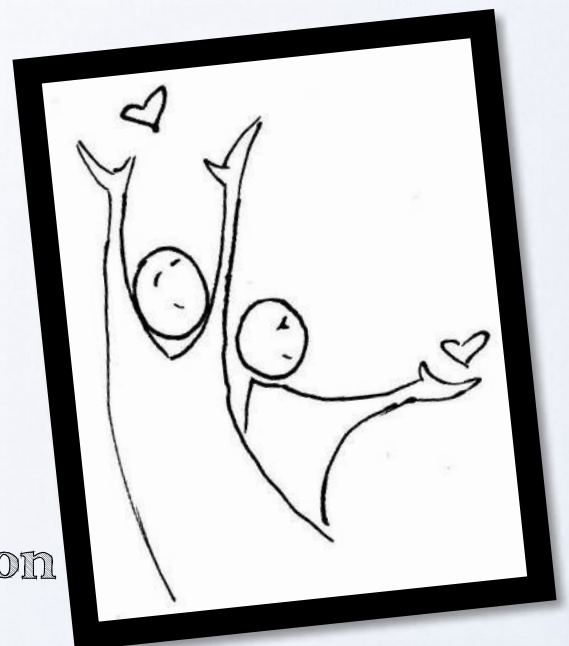


- What is the connection between bravery and service?
- What concerns or scares you about service?

Go to the next page!

The fruit of love is service,
which is compassion in action

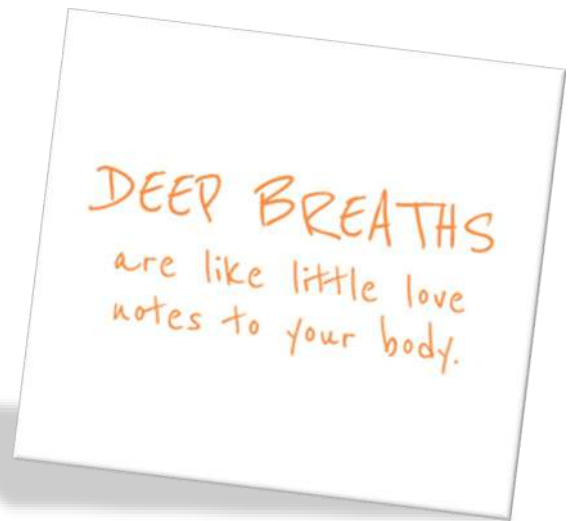
Mother Teresa





Think about ways of serving - ways you may enjoy, ways that might challenge you, ways that are more intentional than random! Fill in your bulletin board above.





Yoga began as a spiritual practice in ancient India, centering on bringing the mind, body, and spirit into oneness with the Divine. This meaningful practice has grown globally, with people of all faiths and belief systems finding nourishment in different variations - a powerful reminder of how we learn from one another. When we say, "Namaste," we connect with siblings across the world.

Breathing is the heart of yoga, and breath itself is a physical way to receive and release. As we reflect on the ways compassion makes us release, accept, and welcome, we will focus on breath alongside some basic yoga poses.



Sit on the floor, legs crossed. Take three deep, slow breaths together, with one person saying the following during inhales and exhales:

INHALE:	<i>I am...</i>	EXHALE:	<i>...brave.</i>
INHALE:	<i>I am...</i>	EXHALE:	<i>...brave.</i>
INHALE:	<i>I am...</i>	EXHALE:	<i>...brave.</i>



Slowly rise, stand in mountain pose (Tadasana), arms straight and strong by your side, feet firmly planted on the ground. One big breath in, one big breath out. One person can say:

"In mountain pose, we feel our strength. We are unshakeable."



Reach your arms up to the sky, then back down as you bend into forward fold (Uttanasana), hands on the ground or resting on your shins (wherever is comfortable). Take a breath in and raise your hands to your knees, head looking forward. One person can say:

"We prepare and focus our eyes forward."

Take a breath, and put your hands back to the ground in forward fold.

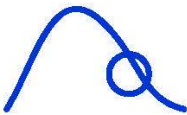


From forward fold, jump both legs back (or step one leg, then the other) into plank pose (Phalakasana). Lower further to the ground.

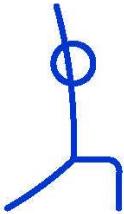


Straighten your arms and stretch your upper body, head toward the sky, into upward facing dog (Urdhva Mukha Svanasana). Hold this pose while breathing in and out a few times. One person can say:

"We face the sun and welcome with courage what this day holds for us."

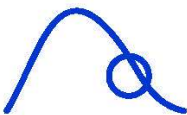


From upward facing dog, lower your upper body back to the ground, and push your hips and legs up into downward facing dog (Adho Mukha Svanasana). Raise your right leg up, then step it forward into a lunge, foot between your hands.

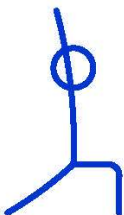


Raise your upper body, arms up to the sky, chest and face forward, into Warrior I (Virabhadrasana I). Take a few breaths, in and out. One person can say:

"In Warrior I, we feel focus, power, and stability. We are strong and brave."

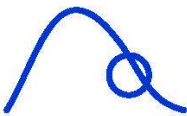


As you breathe out, lower your arms back to the floor, step your right foot back to meet the left, and move into downward facing dog. Repeat this same sequence on the left side. Raise your left leg up, then step it forward into a lunge, foot between your hands.



Raise your upper body, arms up to the sky, chest and face forward, into Warrior I on the other side. Take a few breaths, in and out. One person can say:

"In Warrior I, we feel focus, power, and stability. We are strong and brave."



Lower your arms back to the floor, step your left foot back to meet the right, and move into downward facing dog.



From downward facing dog, jump both feet forward (or step one foot, then the other) to meet your hands. Slowly roll your back up until you are standing straight and tall in mountain pose.



Reach your arms up to the sky, then draw them into prayer form, right by your heart. End with a bow of your head and hands as you share the foundational yoga greeting - "Namaste" - a call to see one another the way God sees each of us. One interpretation of the phrase is, "The Light in me sees the Light in you."



Coloring...

compassionately!



Zone out and let your worries melt away.

Listen for God in the serenity around you and
give thanks for the time you have to
just BE with God for a while.

DEAR
Dad

Your COMPASSION always

looked like
COURAGE

STRENGTHEN OUR HEARTS WITH
YOUR BRAVERY

AS WE RISK, REACH, & LIFT UP
OUR SIBLINGS NEAR AND FAR.

HELP US KEEP OUR EYES
ON YOU

amen