

Session 4...

On the Path



*Loving Spirit,
You are active and alive, always
moving and stirring within and
around us!
Please be an encouraging wind
at our backs, giving us
open minds and soft hearts to
follow where you lead.
Make us flexible and present in
each moment that we might
embrace compassion by letting go of
what we expected.
Amen.*



The Campfire

Ruth 1

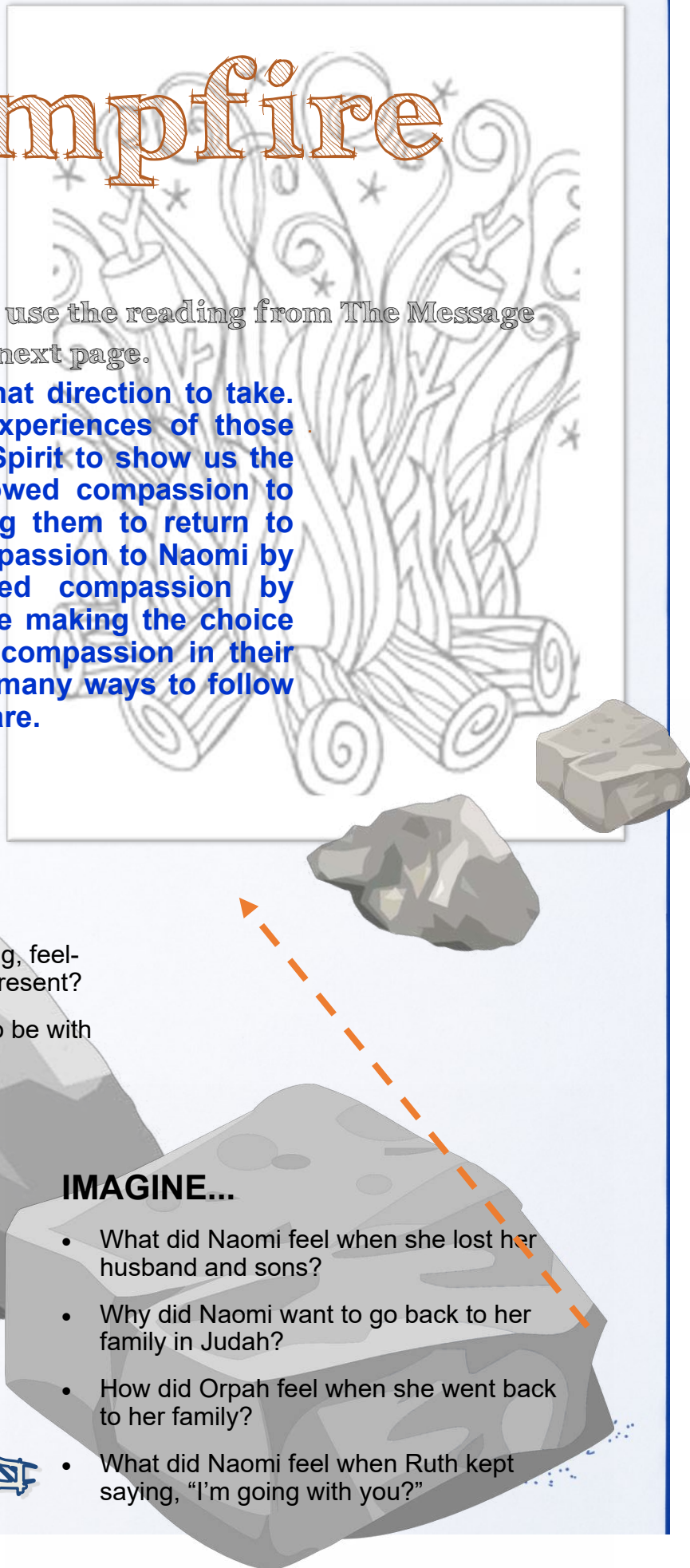
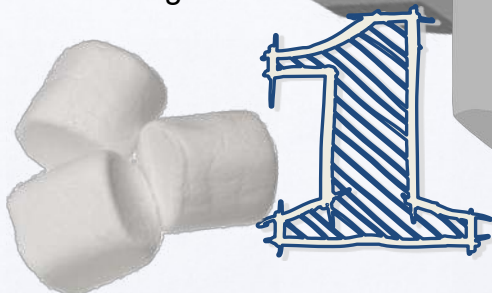
Look it up in your own Bible or use the reading from The Message included in this packet on the next page.

Sometimes it's hard to know what direction to take. But if we are present to the experiences of those around us, we can trust God's Spirit to show us the compassionate way. Naomi showed compassion to Ruth and Orpah by encouraging them to return to their families. Ruth showed compassion to Naomi by going with her. Orpah showed compassion by supporting Ruth's decision while making the choice that was best for her. All gave compassion in their own way, showing us there are many ways to follow the Spirit's leading to love and care.

- How does compassion (seeing, feeling, easing hurt) help us be present?
- What do you think it means to be with people in their hurt?
- How can you be with someone while they are hurting?
- How can you let someone be with you when you hurt?
- What do you need when you are hurting?

IMAGINE...

- What did Naomi feel when she lost her husband and sons?
- Why did Naomi want to go back to her family in Judah?
- How did Orpah feel when she went back to her family?
- What did Naomi feel when Ruth kept saying, "I'm going with you?"



Ruth & Naomi Ruth 1 The Message

1¹⁻² Once upon a time—it was back in the days when judges led Israel— there was a famine in the land. A man from Bethlehem in Judah left home to live in the country of Moab, he and his wife and his two sons. The man's name was Elimelech; his wife's name was Naomi; his sons were named Mahlon and Kilion—all Ephraimites from Bethlehem in Judah. They all went to the country of Moab and settled there.

3-5 Elimelech died and Naomi was left, she and her two sons. The sons took Moabite wives; the name of the first was Orpah, the second Ruth. They lived there in Moab for the next ten years. But then the two brothers, Mahlon and Kilion, died. Now the woman was left without either her young men or her husband.

6-7 One day she got herself together, she and her two daughters-in-law, to leave the country of Moab and set out for home; she had heard that God had been pleased to visit his people and give them food. And so she started out from the place she had been living, she and her two daughters-in-law with her, on the road back to the land of Judah.

8-9 After a short while on the road, Naomi told her two daughters-in-law, "Go back. Go home and live with your mothers. And may God treat you as graciously as you treated your deceased husbands and me. May God give each of you a new home and a new husband!" She kissed them and they cried openly.

10 They said, "No, we're going on with you to your people."

11-13 But Naomi was firm: "Go back, my dear daughters. Why would you come with me? Do you suppose I still have sons in my womb who can become your future husbands? Go back, dear daughters—on your way, please! I'm too old to get a husband. Why, even if I said, 'There's still hope!' and this very night got a man and had sons, can you imagine being satisfied to wait until they were grown? Would you wait that long to get married again? No, dear daughters; this is a bitter pill for me to swallow—more bitter for me than for you. God has dealt me a hard blow."

14 Again they cried openly. Orpah kissed her mother-in-law good-bye; but Ruth embraced her and held on.

15 Naomi said, "Look, your sister-in-law is going back home to live with her own people and gods; go with her."

16-17 But Ruth said, "Don't force me to leave you; don't make me go home. Where you go, I go; and where you live, I'll live. Your people are my people, your God is my god; where you die, I'll die, and that's where I'll be buried, so help me God—not even death itself is going to come between us!"

18-19 When Naomi saw that Ruth had her heart set on going with her, she gave in. And so the two of them traveled on together to Bethlehem.

When they arrived in Bethlehem the whole town was soon buzzing: "Is this really our Naomi? And after all this time!"

20-21 But she said, "Don't call me Naomi; call me Bitter. The Strong One has dealt me a bitter blow. I left here full of life, and God has brought me back with nothing but the clothes on my back. Why would you call me Naomi? God certainly doesn't. The Strong One ruined me."

22 And so Naomi was back, and Ruth the foreigner with her, back from the country of Moab. They arrived in Bethlehem at the beginning of the barley harvest.



Pre-prep needed



Creating joy for the path...



SUPPLIES NEEDED...

1. Acrylic paint
2. Paint brushes
3. Paint Pens
4. Spray on sealer!
5. Rocks!



rock painting 101

1. Rocks...sounds easy right...wrong. Smooth rocks are few and far between and smooth rocks work the best. And it's never a good idea to "borrow" some from your neighbors landscaping project. Go to your local landscaping business. They will let you pick a bucket of rocks for generally a good price! Also, if desperate, you can order them on line.
2. Make sure your rocks get a good washing before you begin painting!
3. You can begin by doing a complete "base coat" or color on the whole rock, or you can simply get to work!
4. Paint or draw (with paint pens) pictures, positive words, affirmations...
5. Once they have dried, use a spray on sealer to finish them off and give them a good shine!

WHAT TO DO WITH YOUR ROCKS...

- Find a path or park - leave the rocks in various places where they can be found by others! God works in mysterious ways!!!
- Donate them to hospitals or nursing homes.
- Give them to a friend in need.





Present on the Path

Ruth, Orpah, and Naomi have shown us what we've learned so far about compassion: seeing one another, being brave, trusting, and listening to your heart. They show us what compassion looks like when we are present with people we encounter along the way.

When I am open and present with someone, I wait with them, listen carefully to them, and ask how I can support them best. When we show up for people like this, we give compassion. And when people show up for us like this, we receive compassion.



Write down names above of people that you think might need someone to be present with them...

Write down the names of people we can be present for with lit candles and prayers...



Who can you invite to sit around your campfire with you? At the appropriate distance of course!!

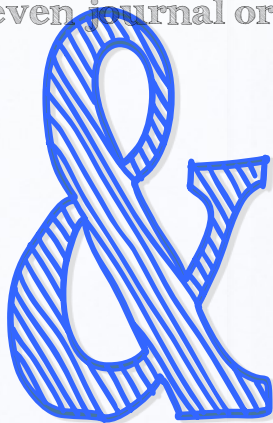


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Blessings & Bruises

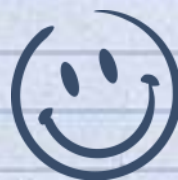
Blessings & Bruises is taken from a practice called the Examen. The Examen is an ancient prayer practice that enables you to find God in your daily life. It is based on a technique designed by St. Ignatious Loyola (note the above “*ancient*” 😊). Blessings & Bruises can be done daily or whenever you feel the urge. They are a great “around the campfire” conversation and way of connecting! You can even journal or draw them!



Where have you felt God?

What has brought you joy?

Who is someone who blessed you?



Where has God been absent?

What has made you sad or mad?

When have you been anxious?

Share where you feel bruised...





What is yoga? A 4 year old explains...

"OK, so yoga is just... you breathe in and out like this, then you start doing slow karate."

campfire
yoga



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: *With an open heart...*

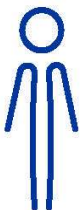
EXHALE: *I am present to the Spirit within and around me.*

INHALE: *With an open heart...*

EXHALE: *I am present to the Spirit within and around me.*

INHALE: *With an open heart...*

EXHALE: *I am present to the Spirit within and around me.*



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:

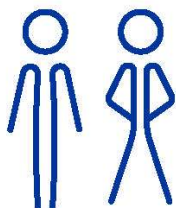
"In mountain pose, we feel our strength. We are unshakeable."



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.



Roll your back up and rise to mountain pose. Turn to face sideways on your mat (if using). Step (or jump!) your feet apart into a V with hands on your hips. Turn your left toes slightly in, and point your right foot forward, toward the top of your mat.

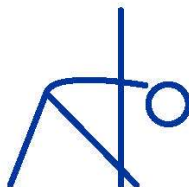


Deeply bend your right knee, place your right hand on the floor, and stretch your left arm up and over your ear in extended side angle pose (Utthita Parsvakonasana). Hold, breathe, and feel your side stretch and strengthen. One person can say:

“The Spirit stretches and opens us to new flexibility.”



With your right knee still bent, turn toward your foot, and move into a lunge with your hands on either side of your foot. Slowly straighten your right leg and bend your head toward your knee into a modified pyramid pose (Parsvottanasana), hands on the ground beside your feet.



From Pyramid Pose, place your right hand on the ground and stretch your left arm to the sky in triangle pose (Utthita Trikonasana). One person can say:

“When we are open and flexible, we see the world in a new way.”

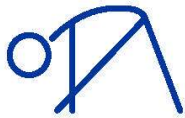
Lower your left arm and place your hands on either side of your right foot.

Raise your upper body, legs still in a V, and turn your left foot toward the back of the mat. Repeat this whole sequence on the left side.

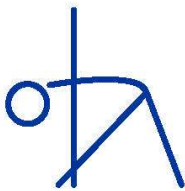


Deeply bend your left knee, place your left hand on the floor, and stretch your right arm up toward the sky in extended side angle pose. Hold, breathe, and feel your side stretch and strengthen. One person can say:

"The Spirit stretches and opens us to new flexibility."



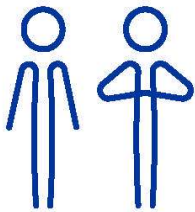
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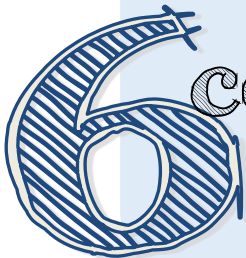
"When we are open and flexible, we see the world in a new way."

Lower your left arm and place your hands on either side of your right foot.



Raise your upper body, and step or hop the feet together to reach 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."

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



coloring compassionately



LOVING SPIRIT

you
are

Active & Alive

ALWAYS MOVING AND STIRRING
WITHIN AND AROUND US

Please
be an

ENCOURAGING WIND

AT OUR
BACKS

GIVING US

OPEN
MINDS

AND

SOFT
HEARTS

TO FOLLOW
WHERE
YOU LEAD



FLEXIBLE
A PRESENT

IN EACH MOMENT

that we
might

EMBRACE
COMPASSION

by LETTING
GO
OF WHAT WE

EXPECTED.

amen