



Session

5

For the
World

Joyful Spirit,
Your loving hands are always creat-
ing freedom, peace, and sacred
space!

Help us do the same today by caring
for all living things
with gentleness and care.

Open us to humbly receive that same
care ourselves. Help us to be salt and
light in the world.

Make our hearts smile and our
actions sing
with your promise of abundance toward
the whole world.

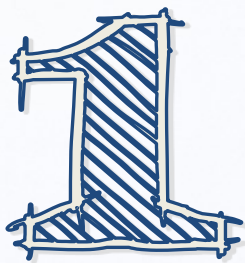
Amen.



The Campfire

Matthew 5:13-16

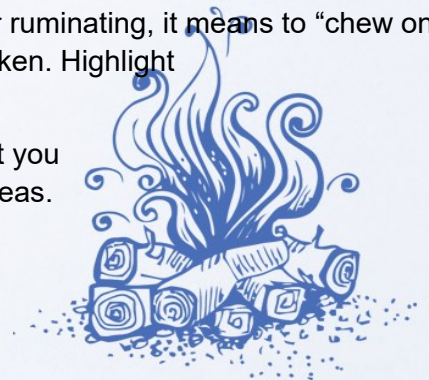
Use the two included in this packet on the next page. The **1st Stone** is included below as a way to read and sit with these particular words of Jesus!



LECTIO DIVINA

With others or by yourself, use the Lectio Divina to explore the text.. *EXPECT to hear God!*

- Step 1 ~ Read Matthew 5:13-16 a couple of times. Another option is to read different versions of the text. If there are more than one of you, Invite others to read different versions of the text.
- Step 2 ~ Sit quietly with the text for 5-10 minutes (called reflecting or ruminating, it means to “chew on” or “digest”). Pay attention to where your mind goes, wanders or is taken. Highlight words that stand out to you.
- Step 3 ~ Take some time to share with the others in your group what you are thinking ~ if you are by yourself, JOURNAL your thoughts and ideas.
- Step 4 ~ Pray silently, on paper or together about what you have heard or learned.
- Step 5 ~ End by sitting quietly in God's presence.



Remember, the goal of the Lectio Divina is simply to spend time with God and God's story and word.

¹³ “Let me tell you why you are here. You’re here to be salt-seasoning that brings out the God-flavors of this earth. If you lose your saltiness, how will people taste godliness? You’ve lost your usefulness and will end up in the garbage.

¹⁴⁻¹⁶ “Here’s another way to put it: You’re here to be light, bringing out the God-colors in the world. God is not a secret to be kept. We’re going public with this, as public as a city on a hill. If I make you light-bearers, you don’t think I’m going to hide you under a bucket, do you? I’m putting you on a light stand. Now that I’ve put you there on a hilltop, on a light stand — shine! Keep open house; be generous with your lives. By opening up to others, you’ll prompt people to open up with God, this generous Father in heaven.

The Light of the World

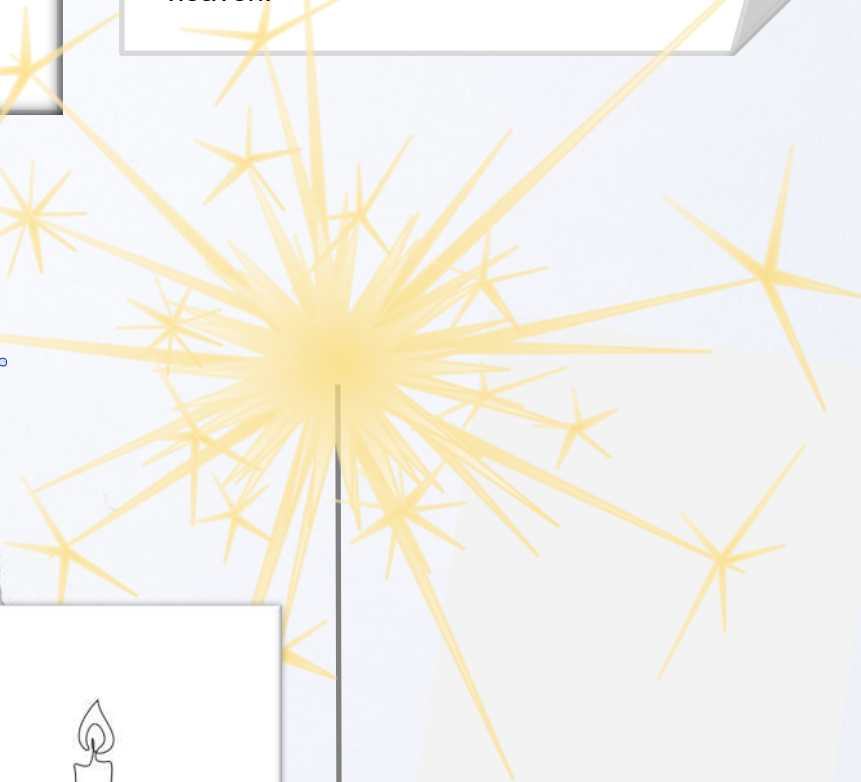
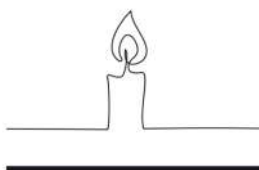
Matthew 5:13-16

¹³ “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

¹⁴ “You are the light of the world. A city built on a hill cannot be hid. ¹⁵ No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. ¹⁶ In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

Again Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.”

John 8:12



2

questions & wonderings

- What are your first impressions of these words?
- What does the word Justice mean for you?
- Share a time of injustice in your life...
- Where do you see most injustice?
- What images does the word abundance bring up for you?
- What do I have in abundance?
- What does it mean to be salt for the world?
- What does it mean to "keep open house"?
- How are you best at being light? Where do you have trouble?

IMAGINE...

- What was Jesus talk about when he used the words God-flavors and God-colors?
- What might a city on the hill look like in the world?
- How would you describe your God-colors...that means describe yourself in color!!!!
- What would you imagine being "generous with you life" looks like?

The Message version of these Matthew texts are truly some of the most brilliant and beautiful translations that can be found. Eugene Petersen who wrote the Message was a Doctor of Linguistics and was an ordained Minister. His grasp of languages was outstanding. He wrote the Message version to bring a more contemporary reading and envisioning of the word of God! He died October of 2018 at the age of 85! His smile shone bright!

What do you imagine when you hear the word justice? Do you imagine courthouses or police officers? Do you imagine what happens when someone hurts you and they are punished for it? Do you imagine it's like equal treatment: everyone gets the same amount of food or treats? Often, God's ideas are very different from ours. God's idea of justice looks more like all the ways we've talked about compassion. Seeing and welcoming. Being brave and honest. Loving ourselves. Being present with each other. It means we see God's abundance. What does abundance mean? It means there's enough for everyone. We can welcome all to the table. We can be brave and trust each other. We can be honest with our hearts. We can give and receive care. We can be a light that shines for all. And, we can do the work with God to care for all of creation.



SALT AND LIGHT

¹³“Let me tell you why you are here. You’re here to be salt-seasoning that brings out the God-flavors of this earth. If you lose your saltiness, how will people taste godliness? You’ve lost your usefulness and will end up in the garbage.

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3

bible journaling...

this is your last chance!



Journaling

Paying attention
to the inside
for the purpose of
living well
from the inside out.

© Lee Wise



PS

You don't have to use your own
bible! Use the reading pages
included in front of this one!

4



Let's get our coloring on!

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



Your

LOVING HANDS are always CREATING

FREEDOM, RELEASE, and FRESH STARTS!

HELP US ~~SAME~~ Today
by CARING for all LIVING THINGS

W-I-T-H Gentleness AND CARE.

OPEN US to ^{humbly} RECEIVE

that same CARE
OURSELVES.

MAKE OUR

HEARTS

SMILE

AND ^{OUR} ACTIONS
SING

WITH
YOUR

PROMISE OF ABUNDANCE

TOWARD the WHOLE WORLD.

AMEN.

5

Practicing Compassion

Story Telling

When we share our own story, we become known. When we hear a person's story, they become known to us in a new way. Invite yourself to hear someone else's story. There is no place better to tell a story than a "campfire". Grab a coffee, a tea or a glass of wine and extend the invitation...

Remember only this one thing," said Badger.

"The stories people tell have a way of taking care of them.

If stories come to you,

Care for them. And learn to give them away where they are needed.

Sometimes a person needs a story more than food to stay alive. That is why we put these stories in each others memories.

This is how people care for themselves."

- Barry Lopez



Gather

around a campfire, a table, on the phone, on



zoom, at a park, on your front porch

stories can be told through movies & documentaries!

with a friend, family member, a neighbor...at this time in our world, important

Service

for the World...



WHAT IS IT THAT...

Doodle answers on the next page!

- gives me energy and joy
- provides me the feelings of being alive, useful and purposeful?
- is absorbing to the point that I "lose myself in the moment?"
- comes from inside of me?
- is a skill, talent, interest or gift that I possess?
- is my prime source of meaning, self direction and purpose?
- has the potential to make the world a better place for others.

"The place God calls you to is the place where your deep gladness and the world's deep hunger meet."

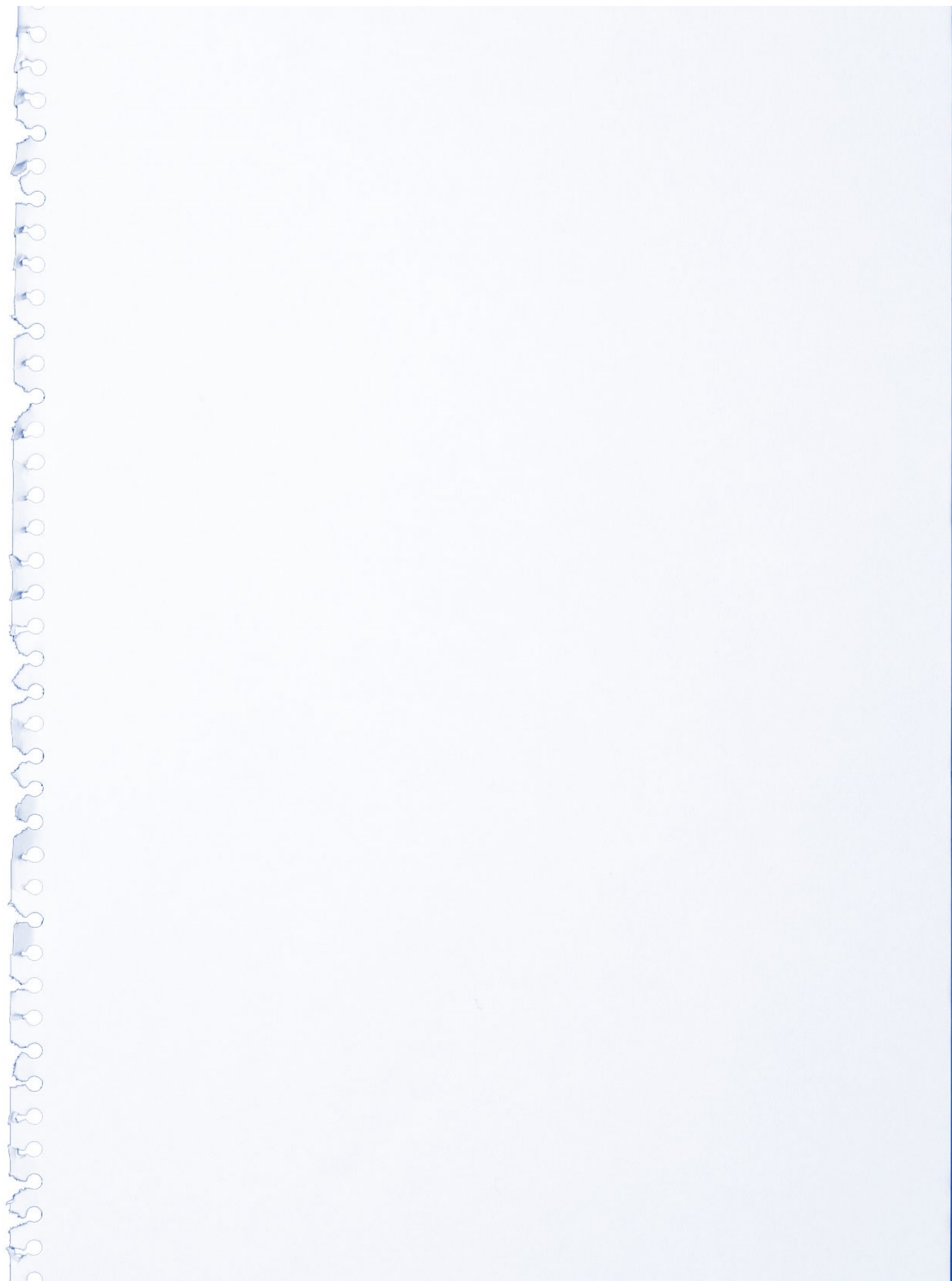
Frederick Buechner

shine

How will I serve the world?

These are questions from Peter L. Bensons book Sparks. Peter had a profound influence on the way many people encourage children, teenagers and adults. He and his colleagues at the Search Institute, for example, focused on the times that children came alive. Much of his work was around the theme of 'Sparks'. He wrote: "A spark is something that gives your life meaning and purpose. It's an interest, a passion, or a gift."

Examples of Sparks include:
music, art, writing, dance, crafts,
building, design, leadership, entre-
preneurship, sports, athletics, learn-
ing, teaching, relationships, volun-
teering, nature, animals, computers,
comedy, speech, spirituality, drama,
photography, film, being committed
to living in a specific way, reading,
advocacy, family, outdoor life, jour-
nalism, engineering, and solving
social problems—just to name a few.



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

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"?





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."

Yoga

Yoga be
and spi

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.

on bringing the mind, body,
ractice has grown globally,

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 am a part...
EXHALE: of God's balance and fresh starts.

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INHALE: I am a part...
EXHALE: of God's balance and fresh starts.



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.

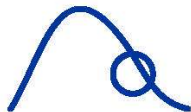


From forward fold, jump both legs back (or step one leg, then the other) into plank pose (Phalakasana). Lower further to the ground.

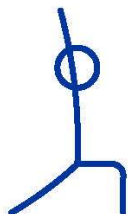


Straighten your arms and stretch your upper body, head toward the sky, into upward facing dog (Urdhva Mukha Svanasana). Hold this pose while breathing in and out a few times. One person can say:

"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).



Square your shoulders to the left and extend your arms out wide, parallel to the ground, palms facing down, in Warrior II (Virabhadrasana II). Take a few breaths, eyes looking over your right hand. One person can say:

"In Warrior II, we open our arms to make room for everyone and everything. We stretch to see what's beyond us."

Take a big breath in. As you breathe out, circle your arms down to the floor, one on either side of your right foot, and step your right foot back to meet the left.



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.



Square your shoulders to the right and extend your arms out wide, parallel to the ground, palms facing down, in Warrior II. Take a few breaths, eyes looking over your left hand. One person can say:

“In Warrior II, we open our arms to make room for everyone and everything. We stretch to see what’s beyond us.”

Take a big breath in. As you breathe out, circle your arms down to the floor, one on either side of your left foot. Step your left foot back to meet the right.



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.



Standing in mountain pose, shift your weight to your left foot and bring your right foot to the inner side of your left leg (ankle, calf, or inner thigh - whatever feels comfortable), toes pointing to the ground. Let yourself lengthen and feel your spine stretch upward. Press your right foot into your left leg, and bring your hands into prayer form by your heart.



Focus your eyes on a still point, and balance now in tree pose (Vrikshasana). Try and hold for three big breaths. One person can say:

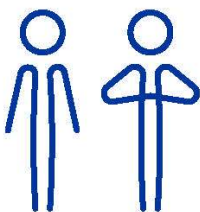
“Tree pose teaches us to be patient, steady, and balanced. A tree lives in rhythm with the world and its cycles. It nourishes all living things.”



Lower your right foot to the ground, then repeat on the other side. Shift your weight to your right foot, and bring your left foot to the inner side of your right leg (ankle, calf, or inner thigh - whatever feels comfortable), toes pointing to the ground. Press your left foot into your right leg, and bring your hands into prayer form by your heart.

Focus your eyes on a still point, and balance now in tree pose. Try and hold for three big breaths. One person can say:

“Tree pose teaches us to be patient, steady, and balanced. A tree lives in rhythm with the world and its cycles. It nourishes all living things.”



Lower your left foot to the ground and stand 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.”