

Contemplative Prayer Walk Lagoon Creek 20.2.08.

Before we begin read *David Adam's prayer from Tides and Seasons, p47* together.

With Us

Leader The Lord is here,
AD: His Spirit is with us.
Leader We need not fear,
AD: His Spirit is with us. Leader
We are surrounded by love,
AD: His Spirit is with us. Leader
We are immersed in peace,
AH: His Spirit is with us.
Leader: We rejoice in hope,
AD: His Spirit is with us.
Leader We travel in faith,
AD: His Spirit is with us.
Leader We live in eternity,
AD: His Spirit is with us.
Leader The Lord is in this place,
All: His Spirit is with us.

As you sit here in the shelter shed in the bush, listen as it calls to you. Feel the breeze, smell the scents of the bush coming out to greet you, to draw you to itself. Sit for a time. Allow the sounds to blend. Take some slow deep breaths and let go of all your pressing concerns. Here God is waiting to **Just Be** with you. Then when you are ready ... turn left away from Wallace Street along a paved path about 50 metres to the next seat, it is at the Historic Pump Site. Water was pumped from here to Caboolture Railway Station for the steam trains of a bygone era. Look at the museum pieces we see here. Close your eyes and think of a time when men and women struggled with and against nature on a different scale. Think of human struggle and fruits for labour.

Meditate: What are the remnants of our past life experiences? Do they clutter up your life as dead garbage that would trip you up or take up so much space that nothing new can grow? Or are they silent monuments to your journey, Landmarks that celebrate a turning point in your life. Sit here for a time and consider what is garbage and what are monuments in your life.
Journal your responses.

Unending Peace --*David Adam, Tides and Seasons.p, 90*

Take me, Lord, from busyness To
the place of quietness From the
tumult without cease Into your
great unending peace. Help me
then, my Lord, to see

What I am and ought to be.

God of life God of
peace God of wonders
That will not cease
God eternal Trinity
God everlasting Come
to me.

Follow the path round past the viewing platform to the right then to the first lagoon, there is another bench seat here.

Meister Eckhar tsaid, 'Every creature is a word of God and a book about God'

Meditate: Take time to sit and allow yourself to become one with the lagoon. This is a place that I delight to return to. Every time the life of the lagoon will be different. Enjoy its personality through your senses. The longer you sit the more you will notice. Here at the first lagoon focus on God the Father, the Creator. Notice the life He has created here around you in plants and animals. Just focus on one object that you are drawn to, Sit and really look as though you were using a microscope. Let it speak to you. What is God wanting to say to you? For example you may look at the ants walking about. Before God we are smaller than ants are to us, yet he cares so much for each one of us.

Alternatively you may wish to follow the instructions by Margaret Dwyer from her book *Praying Personally*.

Prayer with a leaf

Praying with Awareness p50,51

Go for a nature walk and allow yourself to be immersed in the creation that surrounds you. Let go of all your concerns and distractions and let yourself be nurtured by the beauty around you. When you are quite relaxed allow yourself be drawn to one special tree or bush. Stay with this tree or bush and look at the details of its foliage. Now choose a leaf from this tree, or rather let a leaf choose you. Try not to predetermine what leaf you will select. Be open to one that offers itself, even if it is not the kind of tree or leaf you would want to have chosen.

Having found your leaf, find a quiet place to sit and be at peace, and allow stillness to enter your body as well as your mind.

Hold the leaf in your hand. Look at it closely to see its shape. Run your finger around the edge to see if it is smooth, pointed or perhaps prickly. Notice the shape of the leaf. Is it pointed, elongated, oval, triangular or shaped like a hand, or some shape you are not familiar with?

Feel and see the differences in the two flat surfaces of the leaf. Feel the texture and sheen on each surface. Using your fingers trace the vein structure on the reverse side. Notice the smaller

veins that reach right to the edges of the leaf.

Look at its colour. Notice any variations in the different parts of the leaf. Hold it up to the light so you can better see its structure.

Notice any blemishes on the leaf. Perhaps it has some spot on it; maybe an insect has nibbled at it; perhaps it is beginning to die off. Maybe it is the season for it to change colour. It might have some infection, or just be weathered, or be dying away naturally.

Whatever the state of the leaf, be aware of the activity that has been going on inside it while it was attached to the plant. In the sunlight it has contributed to our planet by absorbing

carbon dioxide and giving off life-giving oxygen. Reflect on the ability of the leaf to flourish and be active as it basks in God's sunlight, in spite of its spots and blemishes. Identify with your leaf. Be aware of the parts of your being that are healthy and life-giving for yourself and for others. Allow yourself to reflect on the joy and energy you are capable of giving to others while you stay in God's sunlight and remain attached to the Vine'. Give thanks to God for this great privilege. Reflect on the parts of your life that you identify with the broken and worn out parts of your leaf. You might like to talk to God about these. Remember to make space to listen to what God is saying to you in response."

Journal your responses.

Follow the path to the Highway overpass and the old dam wall beneath. As you approach keep a look out for the tall spindly pink orchids that bloom in late spring or the broad leafed orchids that bloom in summer. Sometimes the beautiful little flowers are tricky to find. You may wish to sit on the dam wall and listen to the water or perhaps walk along the dam wall and gaze back at the lagoon. Here man and nature meet - concrete, petrol fumes and traffic noise, yet nature has adapted — wild ducks shelter under the road at night.

Meditate: How have we adapted to life's circumstances? Are we just focussing on the bad deal life has dealt us or can we adapt to hear God's voice within?

Powers of God — David Adam, Tides and Seasons, p 75

Eye of God look upon me
See me in your grace. Hand
of God grasp me
Keep me in my place. Heart of God
love me Help me to survive.
Powers of God surround me As
with life I strive.

Journal your responses.

Often rubbish is walled up behind the dam and is only washed away after long heavy rain. The creek rises in flood and the debris is washed away. Do we desire and ask God to flood our lives so that the rubbish just naturally floats away? It is not our doing but God's.

Lord, I have sought your face,
I have meditated long in my heart
and in my meditation
there has blazed up an immense fire of longing
to know you more.
Lord, assuage my thirst for I burn with love.
And it is the grace of contemplation which the
Lord gives, attentive to the very heart of the
prayer. Guigo the Carthusian Ci2

Look at what is floating in the water. Pause and reflect. Is there rubbish in your life? Not big things, just those little things that all accumulate and make a mess?

Return taking the path to the left to complete the circuit back to the shelter shed. In this area you will see many trees with blackened lower trunks from fires that have passed this way. See the quantity of dead branches leaves and grass on the ground. Fire is part of the cycle of life in these parts. Moderately frequent fires are less painful. If the fire is delayed for too long the destruction will be huge. God also has created pioneer plants such as the casurina and wattle trees that grow very quickly after fire clears an area. Some even depend on the heat of the fire to make the seed viable. After a big fire large patches of these species grow up but usually they are much shorter lived than the eucalypts. As they fall other plants come in and establish the old balance. They reflect God's pattern of Life, Death, Life. Are we conscious of this pattern in our lives? Recall one of the cycles in your life where there seemed to be a death but new life has come.

Journal your response.

At the Shelter Shed, wait until all have returned then say together.

And With Your Spirit *David Adam, Tides and Seasons, p93*

The Lord be with you. **And with your spirit too.**

Today, tonight, In shade and light,
The Lord be with you. **And with your spirit too.**

In weakness and pain, In powers that wane,
The Lord be with you. **And with your spirit too.**

In health and in might,
In strength for the fight, The Lord be with you.
And with your spirit too.

In your coming to rest, In rising with the blessed,
The Lord be with you. **And with your spirit too.**

AMEN