

SEASON OF CREATION: September 1st–October 4th



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Meditative Walk to Appreciate Nature...

An exercise which can be done during the day or night...

When I am aware of life within and around me, I'm being mindful of this present moment. Nature often provides sensations within my mind and body.

Take a moment to appreciate the incredible beauty, simplicity and complexity of nature. **We cannot *do* nature, we can only *be* present.**

It is during transient moments of wonder when we are in tune with nature that we get a glimpse of all life. In all its complexity, it is beyond the scope of our understanding. Savour every moment of wonder, with the feeling of complete calm and peacefulness it brings...

Go outside and look up at the sky/the stars, savour the beauty of light and dark. Reflect on the huge dome above, the mystery it contains and the awesome vastness...

Photos taken from Google free images

BEGIN TO WALK SLOWLY, MINDFULLY:

- ❖ **See:** Observe my surroundings. Notice the colours, shapes and textures. Look closely, is there something I've never noticed before? Watch the gently swaying grass; look at the autumn leaves rustling in the breeze, notice the birds / insects.
- ❖ **Listen:** Take note of the sounds around me. Some may be internal, like breathing or digesting. Others could be more distant like the sound of children playing, flowing water, birdsong or traffic. Are there any sounds I didn't notice before?
- ❖ **Smell:** Gently breathe in and out and begin to notice the smells around me. Can I identify the smell of specific trees, plants or flowers? Perhaps I can smell the ocean, or traffic fumes or food. If I close my eyes is my sense of smell stronger?
- ❖ **Taste:** This is possible even when not eating. Am I conscious of an aftertaste from a drink or a meal? Feel my tongue, let it touch my mouth and teeth and be aware of saliva. When next eating, remember to identify and savour the different tastes.
- ❖ **Touch:** Pay attention to different sensations, like the gentle touch of sun or wind on my skin. Become conscious of the warmth or coolness on my face and hands. Feel the contact with my clothes and with the ground. Notice different textures.

A PRAYER FOR THE EARTH Based on Pope Francis' 'Laudato Si'...

All Powerful God, filling the entire Universe
And the smallest of your creatures
You embrace All Life and Tenderness
Pour out the power of Your love
That we may protect life and beauty
Fill us with your Peace
that we may live as Sisters and Brothers

God of the poor help us to rescue the lost and forgotten of this earth
So precious in your eyes – oh Yes!
Bring healing to our lives and we'll protect the world from all this confusion.
Touch the hearts of those who look Only for gain at the expense of the Earth

Teach us O God to discover the words in each and everything
To be filled with awe and contemplation
To see we are united with every little thing as we journey to Your Light
Encourage us, we pray, to work for justice, peace, love and understanding.

AMEN



www.youtube.com/watch?v=VJz0ZuxxMIO

Pledge of Commitment to Protect and Heal God's Creation (alone or with others)



www.pinterest.ie

I / We have come to renew our covenant with God and with one another and commit to protect God's creation.

I / We have come to discover some new beauty every day in God's creation: the sunrise and sunset, birds, flowers and trees, rainbows in the sky, the stars, many forms of life in water and the ocean, in fields and forest.

I / We have come to listen to the "music of the universe"- birdsong, water flowing over rocks, the wind, leaves fluttering in the wind, raindrops pattering on the roof.

I / We will remember always that God speaks to us through the beauty of creation and we commit to try our best, to answer God's call to reverence all creation.

As you move through each day, take note of the moments that bring you wonder...