



Summer 2020 Soul Stroll

developed by Donna Weaver,
drawing upon the resources of Janice MacLean (The Prayer Bench)
<https://prayerbench.ca/>

A Note from Donna....

I recently took part in a '21-day Pattern Stroll for the Soul 2020', just one of 600 strollers from all over the world. Each stroll day had a theme, so yes, there were 21 themes in all. I am picking a few to share with you, the ones that spoke to me personally or caused me to stop and think or expound - I never thought of it that way!

Hear this Wisdom...

Be joyful in hope, patient in affliction, faithful in prayer.

Romans 12:12

Pattern Pause and Prayer...

Light within the light
Soul behind all souls
At the breaking of the dawn
At the coming of day
We wait and watch.
Your Light within the morning light
Your Soul within the human soul
Your Presence beckoning to us from the heart of life.
In the dawning let us know fresh shining in our soul.
In the growing colours of new beginnings all around us
Let us know the first lights of our heart.
Great Star of the morning
Inner flame of the universe
Let us be the colour of this new dawning.

Praying with the Earth: A Prayer book for Peace - John Phillip-Newell

***As you take your summer stroll, in 'Spirit Glen'
or along the shore's edge or around your neighbourhood,
you are invited to pay attention to the Patterns...***

The Pattern of SHADOWS

We all know what shadows are. How many times have we all played shadow games, laughing at our own shadows, some tall, some short, and some just 'round'. We could step on our shadow or chase our friend's shadow.

In order for there to be a shadow, there must be light and something to block the light.

This spring, COVID 19 has been a shadow over the entire world. "A global spotlight is shining on this virus and we are all connected by this shadow." But rather than focusing on the shadow, we have shifted our focus to the LIGHT.

Matthew 5 says, "You are like a light for the world."

We have all had to find ways to let our light shine. Granted, some days were not very bright; but it only took a phone call, a text, a story to rekindle our light. I am reminded of a hymn I sang quite often in Sunday School.

*Jesus bids us shine with a pure, clear light,
Like a little candle burning in the night
In this world of darkness, so we must shine
You in your small corner and I in mine.*

*“The shadows are still present,
but the Light of the World is with us even in the darkness.”*

The Pattern of BLOSSOM.

The dullness of winter leftovers is washed away with spring rains. The grass, greens up, dandelions begin to appear. Pussy willows herald the blossoming of the trees. For some of us, its fiddleheads, those tightly wound sweet tasting edible ferns that tell us spring is here. Our earth begins a new pattern. It is also a time to reflect on what the crucifixion means to us. As nasty as it was, it too brought to us all a new beginning, a rebirth, a chance to start over again. A time to blossom or morph into something new or better.

The Pattern of SYMMETRY- FAITH AND MATHEMATICS

Unless you are a math nerd, the very thought of a mathematical formula makes us jittery; we have been there, done that feeling.

One of the patterns I had forgotten about was the Fibonacci sequence named after a 13th Century Italian mathematician, Leonardo of Pisa. The sequence is created by adding the previous two numbers together: 1 1 2 3 5 8 13 21 34 55 89...

Flowers follow the Fibonacci sequence in their number of petals, or seeds. Take for example the sunflower, it has 34 spirals in one direction and 55 in the other direction. Bigger flower heads have bigger numbers, but they are all side by side on the Fibonacci scale. Pinecones also follow in this sequence, usually 8 13 sequence. Check it out! Learn about the ‘golden angle of 137.5 degrees.

“Since the beginning of time, humans have constantly tried to understand and explain the great mysteries of the universe. The journey of scientific discovery often mirrors the journey of faith. Along our faith journey, we experience big puzzling questions and small moments of illumination, yet even when we know there is much we do not understand, we have faith that God, a creative life force, bigger than ourselves is at work in our lives.”

Patterns INTERRUPTED

A few years back, we took our whole family to Camp Roderick for a full day of Scouting fun. As we strolled through the paths, we found little surprises hidden at the base of trees, or by the chapel cross. Yep! You are correct, Happy little painted stones among the regular stones. The regular stuff was interrupted by these whimsical additions.

Jesus’s life was often interrupted during his ministry. In Mark’s gospel, we find the story of the paralyzed man being lowered through the roof and also the story of Bartimaeus, who had his sight restored because he interrupted Jesus.

These little painted stones, like those found in ‘Spirit Glen’, our PUC contemplative garden, are interruptions. Interruptions that make us stop, think and reflect. They always bring a smile.

My wish would be that we always take time for the little interruptions in our own lives:

*Stopping to read a story
Make a phone call
Bake some cookies with the grandkids
Just give a big hug.*

***Be Present!
Take advantage of life’s Interruptions.***

Take a moment to check out Janice’s Prayer bench website

<https://prayerbench.ca/>



***She offers a wealth of resources that you can purchase or subscribe to.
If you have not signed up for her email, please consider doing so,
You will enjoy all she has to offer.***

You can also find ‘The Prayer Bench’ on Facebook

***O Gracious One
Sometimes cradling
Holding us deep.
Sometimes splashing
Making us whole.
Sometimes winking
Inviting us close.
Sometimes weeping
Pouring us out.
Sometimes leaving
Giving us space.
Sometimes beckoning
taking us in.***

A prayer by Janice MacLean