

FOUND SPACE 9.30-12 Tuesday 19 February 2019

A mix of active and quiet, indoor and outdoor activities exploring, reflecting and responding to creation. A journey of discovery for all ages and stages of life and belief. Inspiration will include writings from the Christian bible. Time to talk, time to be silent, time to be, time to do.

TIME	FOCUS	INPUT	RESOURCES
9.40	Arrive Welcome Ongoing Refreshments available	Welcome to our home Read health and safety policy State aim and invite questions	Seat for everyone in a circle Direction labels on gates QGT flyers & donation pot Refreshments -help self Own notes
9.50	Introduce finding activity: Everyone outside finding hidden letters. Writing down, using colour code.	<p>Explain: Sending everyone out to explore surroundings and hunt for 18 laminated cards each with a letter on, some blue, some red. When finished return to Cathy for further instructions: The red and the blue letters each spell 3 words, for you to work out and then think about. Encourage people as they return to the house to respond to 'I have Found' and 'Come to me'</p> <ul style="list-style-type: none"> • Watch the rolling power point presentation and video clip on the big TV screen • Respond to the words 'come to me' by watching, drawing, sharing.. • Respond to the words 'I have found' ... go back out and take a closer look at something that really made you think. 	<p>Small clip board and paper and pen for everyone. 18 Laminated cards with red letters to spell 'come to me' and 'I have found' placed around fields. Art materials. Big yoghurt pots for collecting things in. Meditation sheets on Matt 11:28-30 (adults) Sheets Headed: 'Are scripture and creation the 'two books' of God's revelation? Come to me verse to decorate. Books about nature. Video of horses yoked together to plough</p>

			PP presentation about Come to me, burdens, rest....
10.30	Return for group time Help self to refreshments	Cathy invites sharing of discoveries and responses to 'come to me' 'I have found' Cathy introduces thoughts about silence for reflection and listening to God.	Quiet garden Prayer sheets – mention for people to use or say as a group if appropriate (depends who comes)
11.00	Silence outside	Invitation to all go outside for further exploration from what has been shared and keep silence for first 10 minutes. Magnifying glasses and binoculars available. Stone decoration activity available – good to do in silence! People free to come in or out for next 30 mins...	Encourage children to take big yoghurt pots for collecting things in. Magnifying glasses and binoculars. Stones (washed from the field) for painting on with giotto felt pens. A6 book for feedback.
11.40	Response	Come together for final 'show and 'tell' Ask for feedback in little book.	
12.00	Depart	Invitation to make a bubble blower out of a pipe cleaner and blow bubbles outside as expression of: <ul style="list-style-type: none"> • Thankfulness for creation • Letting worries go... 	Bubble mixture Pipe cleaners

Are scripture and creation the 'two books' of God's revelation?

This tradition is rooted in Psalm 19:1-4:

The heavens declare the glory of God; the skies proclaim the work of his hands.

Day after day they pour forth speech; night after night they reveal knowledge.

They have no speech, they use no words; no sound is heard from them.

Yet their voice goes out into all the earth, their words to the ends of the world.

As you read this what key thought or word that stands out?

Engaging with nature opens our hearts and minds to beauty and terror, resilience and fragility, light and dark, warm and cold, questions and wonder.

The bible invites us into a life-giving relationship of grace with our creator. Through the bible we follow the lives of God's people, we see in our imagination what they see and journey where they go. When Jesus the saviour of the world appears, he often uses the language of the world around him to teach us about himself and God. Surely, we can all understand and relate to that language.

During silence thoughts may comfort or distress us, then it's time to speak them to God or to another, or to write or make something. By doing so we can receive affirmation, blessing, courage and grace.

We may be moved to exploration and play in 'creative' and sometimes childlike ways.

Recognise creativity in yourself as a gift from God whether it is in making, writing, saying, doing.

Take the word 'inspiration' literally as inspirited – sent by the Holy Spirit.

WORDS OF JESUS FROM MATTHEW 11:28-30 IN VARIOUS VERSIONS OF THE BIBLE:

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting. **The Message**

‘Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light on you. Keep company with me and you’ll learn to live freely and lightly. **New International Version**

Come to me and I will give you rest—all of you who work so hard beneath a heavy yoke. Wear my yoke—for it fits perfectly—and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give you only light burdens.” **Living Bible**

“Come to Me, all who are weary and heavily burdened [by religious rituals that provide no peace], and I will give you rest [refreshing your souls with salvation]. Take My yoke upon you and learn from Me [following Me as My disciple], for I am gentle and humble in heart, and YOU WILL FIND REST (renewal, blessed quiet) FOR YOUR SOULS. For My yoke is easy [to bear] and My burden is light. **Amplified Bible**