

Be in Silence Stations

Sleep and Rest

Are you getting enough sleep to maintain a healthy balance in every-day life? Take the opportunity to take a 10-20 minute rest. Many say that 20 minutes is the perfect time to relax the body; you stay in a restful state just long enough for the body to rejuvenate itself before falling into a deeper sleep. If you would like someone to wake you, alert a station leader and he or she can ring a bell, or wake you up upon request.

Also feel free to go back to your room to relax- don't forget to let someone know where you are.

Web MD has some interesting insights on our sleep habits: <http://www.webmd.com/sleep-disorders/guide/sleep-requirements> (accessed on Dec. 8, 2008)

Sleep Deprivation Debts

The amount of sleep a person needs increases if he or she has been deprived of sleep in previous days. Getting too little sleep creates a "sleep debit," which is much like being overdrawn at a bank. Eventually, your body will demand that the debt be repaid. We don't seem to adapt to getting less sleep than we need, while we may get used to a sleep-depriving schedule, our judgment, reaction time, and other functions are still impaired.

Consequences of Too Little Sleep

Too little sleep may cause:

Memory problems

Depression

A weakening of your immune system, increasing your chance of becoming sick

Increase in perception of pain

Supplies Needed for this station:

- A sign with the above information printed on it
- A sign saying you can take a nap... and reminding the people that there will be half hour bells
- A sign-out sheet so that the leaders know where people are if they choose to take a nap
- Chimes

Labyrinth

Labyrinths, throughout history, have been used as metaphoric symbols for life. Today we find many different types of these mazes around the world; whether indoor or outdoor, palm-sized or room-sized, each has the capability of drawing us deeper into the Spirit's guiding in our life. Small labyrinths are used in the palm of your hand. Use your finger to trace through each twist and turn. Larger labyrinths give the opportunity for us to journey together, while walking through the pathways. Each labyrinth walk may signify a different thought or prayer. Take time to experience both if you like.

Find the materials here to create your own finger labyrinth or follow the directions to find the outdoor labyrinth (if applicable). Don't forget to prepare for the weather outside (if applicable).

Supplies Needed for this station:

- A sign with the above information printed on it
- Paper Finger Labyrinths – see document titled “Paper Labyrinth”
- Glue
- Sand
- Directions to Outdoor Labyrinth (if applicable to your setting)
- Signs describing the labyrinth and history/meaning – see document titled “The Labyrinth”

Scriptural Reflection

At the center of Christian faith is the Holy Scriptures. Whether read aloud in worship for all to hear, or read alone, we can find profound meaning and inspiration through this Spirit. Take the opportunity to meditate on the scriptures you'll find around the space, or use a Bible to find a favorite passage to read. Use the indexes provided as a guideline for searching the Scriptures.

Ask yourself in regards to specific passages:

How do I identify with this piece of scripture?

What does it say about who I am, or who God is?

What is my responsive action?

Supplies Needed for this station:

- A sign with the above information printed on it
- Bible Passage Reflection Sheets – sheets printed out with a list of scriptures separated by type of passage or topic for persons to look up
- Note cards with printed out small verses mounted on color cardstock – see document titled “Scriptures”
- Bibles
- Pens
- Blank paper

Prayer Practices

How many ways are there to pray? Some could say there are as many ways to pray as you can imagine, and probably more than that. Think of some prayers you have prayed which have impacted your life, or your community. Take time to pray silently, listen, rest. Take whatever posture of prayer which feels comfortable. Sit, stand, sway, walk, and dance in prayer. Take the time to experience prayer in a new or familiar way.

There is information about various types of prayers included at this station, as well as paper and pens to write your own prayers, if you so choose.

Supplies Needed for this station:

- A sign with the above information printed on it
- Handout about various types of prayers – see document titled “Types of Prayers”
- Paper
- Pens

Praying with Beads

When most think about praying with beads, they think about the catholic rosary, but beyond the rosary, there are many who use prayer beads as meditative tools of reflection. At this station, you have the opportunity to create your own set of prayer beads. Follow our example, or create your own. Create meaning in color, number or type of bead. If you like, create a guide for your pattern so you are reminded of the meaning of each bead. Then, find a spot where you can use the strand of beads to meditate.

Supplies Needed for this station:

- A sign with the above information printed on it
- **Bead Template** – see document titled “
- Beads
- Ribbon
- Scissors
- Information on Rosary – see document titled “Rosary”

Wailing Wall

If you make a trip to Jerusalem, you can see many persons who practice Orthodox Judaism along with other persons of different faith backgrounds praying at the wall that is left from the holy temple. Take the opportunity to write your prayers to lift them to God. What is on your heart? Wail upon the wall, for our world, our nation, your neighborhood, or family and friends. What is on your heart?

Supplies Needed for this station:

- A sign with the above information printed on it
- Large banner paper and markers – be sure that the markers won't bleed onto the wall
- Information about the wall of the temple in Jerusalem