

Be In Worship Stations

Altar

In the Old Testament, in Leviticus we read how sacrifices were given upon the altar. The altar was the place of atonement, or “at-one-ment” with God. There, the most important belongings of the people were sacrificed for God. In many of our churches, the altar has been replaced with a table signifying the last supper Jesus had with his disciples, a practice that calls us to recall how we are one with God through Jesus Christ.

This space represents the altar and table, and can be used for any prayer, meditation, or reflection. Please, with thoughtfulness for others, make the space a sanctuary by remaining silent. Be considerate of others and use another area for conversing if desired.

Supplies Needed for this station:

- A sign with the above information printed on it
- Kneeling pillows
- Real or battery operated candles
- A cross or mosaic
- Clutching crosses

Spiritual Direction

We are not alone on this journey, although at times we may feel distant from one another; the Spirit goes before us and with us, always urging us forward. Take the opportunity to speak with a Spiritual director, to ask deep questions of faith, reflect about life, or seek prayer or guidance. Our spiritual director is here to act as a guide for this weekend, take the opportunity to meet her/him and have a conversation about faith.

Supplies Needed for this station:

- Spiritual Director for all or part of the weekend
 - o You can contact your conference or district office to find names of spiritual directors in your area. You can also ask a pastor in your area who is gifted in spiritual direction to assist during the weekend.
- private area for spiritual direction
- sign up sheet

Individual, yet Communal Art

Surrounded in a culture that emphasizes the individual, we are reminded that we are nothing without the community that has formed us. We as individuals are one part of the larger whole. We reflect on the scriptures where we are compared to as a body, with many members and many parts. (Check out 1 Corinthians 12)

Take a square, and individually decorate it in whatever medium you choose. When it is finished, return it to a station leader. These will be part of our worship later in the retreat. We must finish all of them for the picture to be complete. Do more than one if you would like.

Supplies Needed for this station:

- 4" x 6" or 8" x 10" paint canvases
- template for larger design – pre-drawn in pencil on the canvases
- paint, paint markers
- cups of water
- plastic tarp & newspaper (to protect the table/floor)
- paint brushes
- cleaning solution
- Taize CD of repetitive music or contemporary hymns of some sort on an MP3 player or boombox or a burnt CD of worship music with variety

** Note: the canvases that are drawn will come together at the end of the weekend to reflect how the weekend has formed each participant.