

Be in Relationship

Letter Writing

What does the Lord require of you but to do justice, and to love mercy, and to walk humbly with your God.

(Micah 6:8) As we practice Sabbath together this weekend, we remember all those around our world who do not see justice. As you take some time to reflect on these injustices around the world, remember that we have been blessed to be a blessing. As a person of faith, take time to share your voice about various issues with your congress person(s).

Be in Relationship

Note Writing

Being in relationship oftentimes takes work. Take some time to think about the people who are important to you and your faith journey. Write them a note, card, letter, or make a postcard to send to them. If you write & address, we will mail the cards for you. You are also free to take your cards home to deliver in person.

Be in Relationship

Powerpoint

It is said that a picture is worth a thousand words. Images can depict what our language is lacking. These pictures are taken from many different places around our world. The people that are found in these pictures are all children of God. Reflect on the community that we experience as members of the family of God. As you reflect, pray for the people that you see.

[Alternative option: This station focuses on the fact that God loves the world. You can pray for those in other countries around the world. The book lists every country in the world. Take time to read about a country. After reading, think deeply about what God is doing there and what you might do to be a part of God's work. You can offer prayers for the people of that country.]

Be in Relationship

Song Listening

Music and lyrics in songs can convey the thoughts, feeling and relationships in our lives for a specific time and place. They can also help us imagine or picture God in our lives and in the world. At this station, choose a song(s) and listen for ways this song may communicate God's presence to you.

Be in Relationship

Movie Watching

Sometimes movies and television can provide fruitful dialogue about life, faith and where God is in the world. At this station, movies and/or television series are available for viewing. As you watch, ponder what message God wants you to hear.

Be in Play

Finger painting

Ah to be back in preschool! The days where the biggest worry was whether we got to get the biggest cookie! Sometimes it would be nice to go back to those times and other times it seems so scary. The journey that you have been on since then has experienced the presence of God many times and in many ways. Take some time to reflect on that journey and go back to your preschool days and finger paint a time when you felt the presence of God.

Be in Play

Mandalas

Much like the labyrinth, mandalas represent the journey from the outer world to the inner sacred center. As you color your mandalas, you can color in silence or in conversation with those around you.

Be in Play

Board Games

Build a group to play board games together! Be as loud and expressive as you need to in order to play.

Be in Play

Massage

Sometimes our bodies need a break from the everyday stresses of life. Massage can promote healthy circulation, relax tense muscles and help us feel better.

[You can insert a sentence or two about the masseuse or massage company in which you have hired a team.

Depending on how the masseuse(s) choose to work, you may want to indicate whether sign up is required or if people can simply form a line.]

Be in Play

Create Soul

One of the questions that John Wesley asked early Methodists was, “How is it with your soul?” In this station, you’ll take the modeling clay and create your “soul self.” Form the clay either with a design in mind or unconsciously as you meditate. After your “soul self” is created, ask the question “How is it with your soul.” Take some time by yourself to have this conversation with your “soul self.” Write the conversation down, journal your thoughts and meditate on your relationship with God. As you feel comfortable, find someone with whom you can share your conversation.

Be in Play

Kids' games

No one thinks twice when kids bounce from tile to tile screaming “Hot lava!” but if we do that as adults, people tend to look at us crazy. It’s fun to reconnect with those silly games we played as kids--to run around or play crazy games and run into one another. As you play these games, give yourself permission to run around and be silly. It’s cathartic to reconnect with our child like self.

Be in Play

Crafts

Images portray things that words cannot and some people can express themselves through art better than any other way. At this station, you'll find materials to create. You are welcome to take your creations with you when you are finished. Any creations that are left at the table will be incorporated into our worship services together.

Be in Play

Yoga

Yoga is a great way to get in shape and to relax your body, mind and spirit.

[You can insert a sentence or two about the yoga instructor. You might want to list the number of yoga sessions, location, maximum number of participants (optional) and duration of session.]

All are welcome. Dress comfortably.

Be in silence

Sleep/rest-sleep

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

Be in silence

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).

Be in silence

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?

Be in silence

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.

Be in silence

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.

Be in silence

“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?

Be in Worship

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.

Be in Worship

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.

Be in Worship

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.