



# PRESBYTERIAN CHURCH OF ORONOCO

A SMALL CHURCH WITH A BIG MISSION

September 2022

## Boarder Battle Sunday

The very first game of the year this year is a Packers/Vikings game! So we're bringing back our Border Battle Sunday. On **Sunday, September 11**, we'll be battling it out again to see which team can bring more donations for the Oronoco Food Shelf – the Packers or the Vikings! Wear your colors. Bring your food shelf donations. And we'll just see what happens! After worship, we'll weigh the two teams' contributions to see who won this year's battle.



Following worship, we also invite you to tailgate with us. The game isn't until later in the afternoon, so let's have our football kickoff party here! Bring your favorite potluck-style tailgate food to share.



Pastor: Rev. Lisa Johnson

### Church Staff

Secretary: Brianna Clement

Musicians: Raquel "Rocky" Nisbit  
Zara Boon

### Church Leadership

Mike Rand, Clerk of Session  
Ellen Warner, Ruling Elder  
Lance Sorensen, Ruling Elder  
Ron Peterson-Rucker, Ruling Elder  
Janice Ostrom, Ruling Elder  
Todd Wickre, Ruling Elder  
Brenda Longman, Ruling Elder

Kim Stanton, Treasurer  
Gail Rucker, Deacon  
Ellen Simon, Deacon  
Joanne Schenck, Deacon  
Cindy Luhman, Deacon  
Karen Peterson-Rucker, Deacon



## From the Pastor ...

While I was at Synod School this past summer, the class that I took was a class on the writing of Brian Doyle. Doyle (1956-2017) was an award-winning writer and the editor of *Portland Magazine at the University of Portland in Oregon* for more than two decades. *He writings include essays, poems, prayers, and novels. Doyle's writing style is playful and profound, wandering and wonder-filled. It's the kind of writing that you find yourself getting lost in. It will simultaneously make you giggle and tug at your heartstrings. As you can probably tell, Doyle's writing really struck a chord with me. I may have come home with 5 new Brian Doyle books. Maybe. (Psssst ... you can borrow them. They're in my office.)*

Let me share a sampling of Doyle's writing with you:

"Poem for a Dear Friend" by Brian Doyle  
(from *A Shimmer of Something: Lean Stories of Spiritual Substance*, © 2014)

I don't tell you how much it matters to me that you are my friend.  
I'll never tell you, bluntly and face to face. I can't summon words  
That way. They only come to my fingers occasionally if I'm silent  
And just quit thinking. Our fingers are a lot smarter than we know.  
Like today when my fingers went to say something like: your gifts  
To me have been ears and humor. We speak some strange language  
That few other people speak. I don't know why that's so. It's surely  
An accident. It's not like we set out to find each other in the tumult  
Of this sweet wilderness. But we did somehow. You can put names  
On the finding if you want. The names all mean the same thing. An  
Old name is Providence, which is another way to say God, which is  
A way to say We Have No Idea How, But We Are Aware of Grace.  
There are more names for God than we'll ever know, and one is you.

One of the things that I appreciate so much about Doyle's writing is his ability to express deep gratitude and genuine awe over both big things and small things. He has an uncanny way of expressing real and raw emotions – things like anger and grief and desperation and frustration – in ways that are authentic without being alienating, simultaneous tender and truth-filled. I'm also blown away by the way Doyle strings words together in ways that can make you look at something completely normal and mundane in a way that will dazzle you with the unexpected light of God – things as meaningful as best friends and as mundane as suntan lotion. (Yup. "Prayer of Thanks for

Suntan Lotion” in *A Book of Uncommon Prayer*, © 2014.)

And it's this ability to draw your attention to the beauty and the blessing in the smallest, most seemingly-ordinary things that I love about Brian Doyle's writing. His writing inspires me to take a closer, gentler, more grace-seeking look at the world around me. His writings inspire me to keep myself open to all the ways God is shining and moving and present in the world around me.

Doyle's writings make me think of a particular portion of Jesus' words from the Sermon on the Mount in Matthew's gospel. Essentially, Jesus is trying to tell the crowds not to worry because *God has been with them, God is with them, and God will be with them. Jesus grabs the attention of the crowd by bringing to mind some very normal, everyday elements of their lives – birds and lilies and grass (yup ... grass) – and encouraging the crowd to recognize God's extraordinary in the midst of their ordinary:*

*Therefore, don't worry and say, 'What are we going to eat?' or 'What are we going to drink?' or 'What are we going to wear?' Gentiles long for all these things. Your heavenly Father knows that you need them. Instead, desire first and foremost God's kingdom and God's righteousness, and all these things will be given to you as well. – Matthew 6:31-33*

As we move from the brightness and abundance of summer into the chilling and waning of autumn ... as the rhythms of our lives slow down and even out and return to something that resembles routine ... as the days begin to darken and the shockingly green foliage all around us begins to change – first flaring into stunning reds and oranges and yellows before fading to brown and falling to the ground ... I pray that like Brian Doyle, you can take some time to look at the world around you with fresh eyes, with eyes wide open to the possibility of God under every rock and around every corner.

*Pastor Lisa*

P.S. – We'll be exploring and playing with more of Brian Doyle's writings in the future, so stay tuned ...

## Keeping Up with the Smith-Mathers



First, the update: According to their last newsletter, Shelvis has finally been able to return to Oxford University in England to resume his doctoral work in peacebuilding strategies. Nancy and the kids – Jordan, Addie, Nicole, and Alice – remain here in the United States.

For the last few years, we’ve been helping to support Shelvis and Nancy and their family with our 2<sup>nd</sup> Sunday Spare Change offering and our prayers. A few times a year, our treasurer would deposit whatever had accumulated from that offering in the bank, then send the total as a donation directly to the Smith-Mathers’ Presbyterian Mission Agency (PMA) account.

Recently, however, PMA has decided to change the way they distribute their mission funds. Instead of individual people and/or congregations contributing directly to the accounts of specific mission co-workers, all contributions will go into a general fund and distributed to all mission co-workers from there. This change has been made in an attempt to make mission co-worker support more equitable, especially for those co-workers who may be serving in areas that are especially remote or even dangerous and therefore cannot easily relay updates or connect with supporting individuals/congregations.

Donations can still be made in honor of specific mission co-workers – Shelvis and Nancy, in our case. And of course, we can always pray for them and their family in all times and places. But if you can’t be here in person to contribute to our Spare Change offering, you can still help support Shelvis and Nancy. Visit their Presbyterian Mission Agency page:

<https://www.presbyterianmission.org/ministries/missionconnections/shelvis-and-nancy-smith-mather/>. From there, you can click on the green box under their (completely adorable) family picture that says, “Give in honor of the ministry of Shelvis and Nancy Smith-Mather.” This will redirect you to the PMA donation page.

You can also click on the blue box that says “Subscribe to our letters” to start receiving Shelvis and Nancy’s occasional updates in your inbox. They send a wonderful, entertaining, touchingly personal update roughly quarterly.

### Next Session meeting.:

**Wednesday, September 7, 2022  
6:30 p.m.**

### Next Presbytery Meeting:

**Tuesday, September 13, 2022  
TBD**

## September Scripture Readings

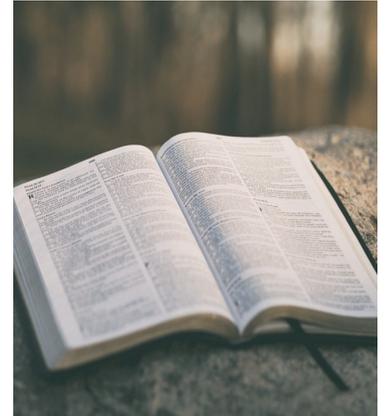
**Sunday, September 4**– Ephesians 4:1-16, *Labor Day Weekend*

National Parks #9

**Sunday, September 11**– Genesis 6:5-22; 9:8-17

**Sunday, September 18**– Genesis 12:1-9

**Sunday, September 25**– Genesis 39:1-23



## Worship Readers

One of the things that we were doing before the pandemic was having various people from the congregation reading the Scripture on Sunday mornings. I've had a number of people express a desire to go back to that, so we're doing it! Starting on Sunday, September 11, there will be a larger print copy of the Scripture reading for the morning on the lectern. If you're willing to read, feel free to grab the reading on the way to your seat. Just remember to turn the mic on when the time comes!



## All Around the Campfire

It's that time again! Time to gather again on the church lawn for an evening campfire on the 4<sup>th</sup> Sunday of June, July, August, and September (weather permitting). Because of both inclement weather and the COVID-19 pandemic, we weren't able to gather much last year. But this year, we are overjoyed to be able to reimplement these monthly get-togethers. As before, there will be hot dogs, brats, buns, and s'mores material provided. Bring some sort of food to share (chips, a salad, fruit, etc.), a chair, a drink, and a friend! Here are the dates for 2022:

- ~~June 26: 5:30-8:00 p.m.~~
- ~~July 24: 5:30-8:00 p.m.~~
- ~~August 28: 5:30-8:00 p.m.~~
- September 25: 5:30-8:00 p.m.



## Prayer Project



This month, starting on **Sunday, September 11**, we'll be embarking on an 18-week prayer journey together. From September – December, I'm going to introduce two different prayer practices each month. There will be prayer cards/booklets available at church to help you try these new prayer practices as well as write-ups in the newsletter (for anyone who can't make it in person but would still like to try them). *(You'll find this month's later in the newsletter.) With each prayer practice, there will also be an adaptation for trying that practice with kids. This project will also include weekly Wednesday night prayer times (see "Weekly Prayer Services" in this month's newsletter) as well as a weekend prayer retreat in January 2023.*

Full disclosure: This project is a part of my doctoral studies, so I will also be looking for people willing to participate in the project as well as the study part of my research. This will include 3 short surveys – one at the beginning, one in the middle, and one at the end of the project – and I am looking for at least **12 people** to participate in the surveys. In addition to that, I'd like to interview a handful of people (**5-6 people**) twice – once at the beginning and once at the end of the project – for further information and anecdotal testimony that I can use (anonymously) in my dissertation.

But this is important: *You don't have to participate in the surveys/interviews to participate in the prayer project. My main goal is to facilitate ways for us all to explore some different forms of prayer in hopes that it will feed our spirits as individuals and as a congregation – that it will renew our souls and bring us closer to one another and closer to God.*

That being said, *I will need your help with this, friends. If you are willing to be one of those filling out surveys, participating in interviews, or both, please let me know. I have an Informed Consent form for you to read and sign as well as the first survey for you to fill out (before you begin trying any of the new prayer practices, please). Everything has been approved by both my advisor and the University of Dubuque's Institutional Review Board, so it's all a go!*

## Fall Theme: Colors of the Covenant

As we embark on the readings of the Narrative Lectionary for the fourth year in a row, this year's fall readings begin with the story of Noah and continue through some more of the stories pertaining to God's covenants with the people. On the whole, they aren't the "typical" covenant stories, so they'll be covering all the different aspects of covenant – all the shades and variations, the full spectrum. So as we journey through this spectrum of covenant promises, we'll be unfurling the spectrum of that first covenant – Noah's rainbow covenant with God – each week. It *promises to be quite the visual experience (see what I did there?), so come check it out!*



## "Beloveds" Tree

I'm sure you've noticed that we've had to take down a few of the big, beautiful trees in our front lawn over the last couple of years. We've done this for the safety of the building and the community because these trees were definitely not in the greatest shape. But it also left our front yard looking a little bit bare. Thankfully, we've still got a number of lovely trees out there, but the Session has decided that we'd like to plant a new tree as well. We've also decided that this tree will be a tree in honor of loved ones that we've lost – sort of like a permanent, natural version of our All Saint's Day banners.



There will be an envelope next to the offering plates in the sanctuary labeled "Beloveds Tree." If you'd like to contribute to the fund for this tree, we invite you to put your donations in that envelope. There will also be notecards next to the envelope. Please write down the name(s) of the loved ones you're remembering on those cards and place them in the envelope as well.

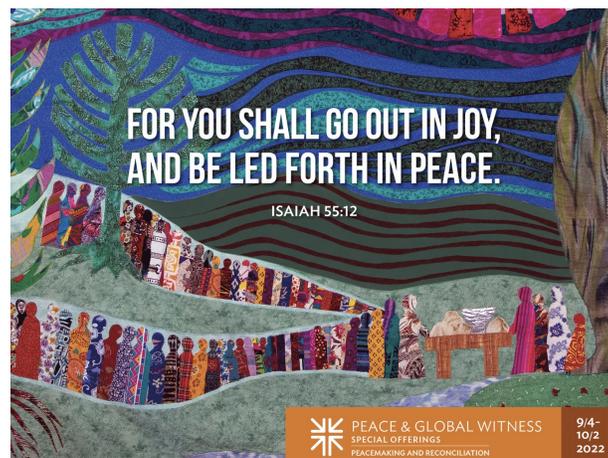
## Peace & Global Witness Offering– World Communion Sunday

We make a special point of remembering our unity with Christians worldwide on World Communion Sunday, the first Sunday of October. World Communion Sunday (formerly called World Wide Communion Sunday) actually originated within the Presbyterian Church and has been adopted by denominations and congregations around the world. The first World Communion Sunday was celebrated at Shadyside Presbyterian Church in Pittsburgh, PA in 1933 by Rev. Dr. Hugh Thompson Kerr.

In the PC(USA) today, the Peace and Global Witness Offering encourages all parts of the Presbyterian Church (U.S.A.) to work for peace. Each congregation is invited to find ways to promote peace within the congregation and within the community. The Peace and Global Witness Offering supports the peacemaking efforts of the church at every governing body level and provides an opportunity to witness to God's gift of peace in the world:

- 25% goes to our own congregational peace and mission efforts (to People of the Church)
- 25% goes to Presbytery and synod peace and mission efforts
- 50% goes to the Presbyterian Mission Agency for peacemaking and reconciliation ministries

We will collect our Peace and Global Witness Offering during worship on World Communion Sunday – October 2, 2022. If you're not going to be in worship that day, you can still help support this critical denomination-wide offering by visiting <https://specialofferings.pcusa.org/>. Click on "Give Now," make sure "Give Once" is highlighted, then select "Peace and Global Witness" from the dropdown menu titled "Designated Offering." On the next page, as you fill in your information, include "Presbyterian Church of Oronoco" in the box labeled "Name of Local Congregation."



## Pastor's Office Hours

Throughout the 2022-2023 school year, my Monday office hours are going to be a little bit different. Julia will be in preschool this year (WHAT?!?!) on Monday, Wednesday, and Friday afternoons. That means that I'm going to have to get her out to the Pine Island Elementary School at 12:30 p.m. on Mondays and pick her (and the boys) up at 3:00 p.m. With a schedule like that, it'll be a lot easier for me to work from home on Monday afternoon throughout the school year. Of course, I'm still available for phone calls, texts, afternoon coffee dates, etc. ... as long as I'm back in Pine Island by 3:00 p.m.



## New Address

Many of you are aware that Katha and Carlyle Johnson moved not too long ago.

*Katha and Carlyle Johnson  
220 3rd St. NW  
Apt. 209  
Pine Island, MN 55963*



## Weekly Prayer Services

Starting **Wednesday, September 7**, we're going to be holding weekly prayer services on **Wednesday evenings from 5:45-6:15 p.m.** These services will run through December, then we'll re-evaluate from there and see if we want to continue.

The idea is for these services to be mostly a time for quiet prayer. We'll begin with a short opening together. The lights in the sanctuary will be lower and there will be soft music playing in the background. If you'd like to use this time to sit silently in your own prayer, you're welcome to do that. If you'd like to use this time to try the highlighted prayer practices for the month, you're welcome to do that, too. If you'd like to use this time to pray with someone – either someone in the congregation or Pastor Lisa – you're also welcome to do that. This is really meant to help you make some scheduled time for God in the midst of your week.

## Prayer Practice Extras

If you try this month's MOVEMENT prayer practices and find them really appealing to you, consider trying these other movement prayer practices, too:

- *Prayer Labyrinth: This is something that can involve whole-body movement on a full-sized walking labyrinth or smaller, more localized movement on a tabletop labyrinth either with a stylus or a pen and paper. Begin by clearing your mind and slowing your breathing. Open yourself to God and God's possibilities in your life. Pray. Then, slowly begin making your way along the labyrinth path. As you go, bring to mind a prayer or spiritual question you have for God. Focus not on the center – the destination – but on each “step” (literal or figurative) of the journey itself. In the center, spend time with God. Pause. Be still. Listen. Breathe. As you make your way back out of the labyrinth, focus on what you are taking with you – what you heard from God, an idea or a prayer or a revelation, maybe even a question. When you reach the end of the path, pause and pray.*
- *Palms Up, Palms Down Prayer: Spend a few quiet moments preparing yourself for prayer and calming your breath. First, turn your palms face down on your lap or the table in front of you, giving over any and all your concerns to God. Pause for a few minutes. Next, turn your palms face up in a posture of receiving and ask God for what you need. Pause for a few minutes. Finally, bring your hands together in a “typical” prayer position and be still in God's presence – not asking, not offering. Just be.*
- *Dancing Prayer: There are two ways to do this. First, you can listen to some of your favorite Christian music – hymns or contemporary. As you let the Holy Spirit move you with the music, make your movements a prayer. Speak to God through those movements. Or you can use a familiar prayer or Scripture passage (something you have memorized), and as you receive the prayer or passage aloud, let the Holy Spirit move you through those words.*
- *Healthy Body Prayer: Just about any way that you move your body can be turned into a prayer. You can choose a simple word, a short phrase, or a short Scripture passage to repeat as your prayer throughout the movements. Repeat one word of the phrase with each step of your run or walk, each stroke of your canoe or kayak paddle, or each swimming stroke. Repeat each phrase once as you move through your strength training reps. Repeat each phrase three times for each yoga pose. Let the movement of your body become your prayer to God.*



## Pregnancy & Infant Loss Awareness Vigil

October 15 is designated as Pregnancy and Infant Loss Awareness Day – a day set aside to remember all of those precious angel babies that have been held in the hearts of their loved ones, even if they never got to hold them in their arms. President Ronald Reagan proclaimed October as Pregnancy and Infant Loss Awareness month in 1988, and October 15<sup>th</sup> has grown into a specific day for families to remember together, grieve together, and honor their littlest loved ones together.

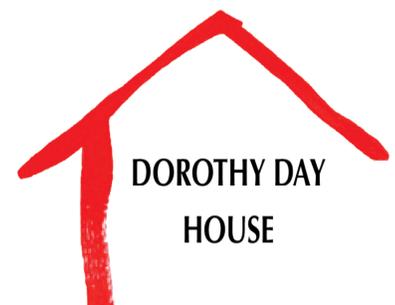


This year, we're going to host a vigil to honor all those who have experienced this terrible kind of loss. We're planning a short service as well as a walk down to the river to release pink and blue rose petals and (eco-friendly) floating candles into the Zumbro River. Following the service and walk, there will be coffee and cookies available at the church for those who would like to stay and spend some time either with others or in prayer in the sanctuary.

Date: **Saturday, October 15**  
Time: **4:00 p.m.**

## Dorothy Day Dinner

The annual September Dorothy Day House dinner will be served on **Wednesday, September 28**. Jenny and Mike Rand are coordinating the event and will be looking for volunteers to prepare and serve food. A signup sheet for salads and dessert is posted on the bulletin board. See Jenny or Mike for the meal plan.



This is a great way to “Play It Forward” and experience God’s love. Your help is greatly appreciated by all the Dorothy Day residents.

## Worship Changes

I think it's clear that things within the realm of the Church (universal – all denominations all over the world) are changing. This change has been coming for decades, but all of the complexities of the COVID-19 pandemic certainly accelerated (or at least shined an undeniable, revealing light on) those changes. In an attempt to embrace what those changes can bring and explore where God may be leading us as the Church, we're going to make some changes to worship over the coming year. In particular, we're going to try three new things spaced out over the course of a year, one every few months.

Starting in September, we'll be including a short "Exploring the Word Together" time after the sermon. There will be a question related to the Scripture reading and the sermon in the bulletin each week. After the sermon, we'll spend some time discussing that question together or, if you'd prefer to process it on your own, sitting and pondering for a few minutes. This won't be that different from the way we've been sharing National Parks stories throughout the summer except that you'll be encouraged to discuss in small groups within the congregation instead of feeling like you have to speak in front of everyone.

The goal with adding this element to worship is to include a time in the service when we get to dig deeper into our faith together and to be the word of God for one another. Every Sunday before the Scripture reading and the sermon, I pray, "May the words of my mouth and the meditations of all of our hearts be acceptable in your sight, O Lord our rock and our redeemer." This comes from Psalm 19:14, and while they come from *my mouth every Sunday, they're just as applicable to all the words coming from all of our mouths – to the meditations from all of our hearts. I'm also hoping this will be a time for us to build community with one another, sharing our stories and our understandings of our faith with each other not secondary to worship but as a part of worship.*

As British journalist Katherine Whitehorn said, "The wind of change, whatever it is, blows most freely through an open mind." And so, onward we go ...

## Worship Changes

On **Sunday, September 11**, while we're tailgating and enjoying some pre-game fellowship time together, we'll also be having a People of the Church meeting. We need to figure a few things out, and this is the perfect time to do that. Just another reason to stick around after church that Sunday!

## Weekly Prayer Services

Starting **Wednesday, September 7**, we're going to be holding weekly prayer services on **Wednesday evenings from 5:45-6:15 p.m.** These services will run through December, then we'll re-evaluate from there and see if we want to continue.

The idea is for these services to be mostly a time for quiet prayer. We'll begin with a short opening together. The lights in the sanctuary will be lower and there will be soft music playing in the background. If you'd like to use this time to sit silently in your own prayer, you're welcome to do that. If you'd like to use this time to try the highlighted prayer practices for the month, you're welcome to do that, too. If you'd like to use this time to pray with someone – either someone in the congregation or Pastor Lisa – you're also welcome to do that. This is really meant to help you make some scheduled time for God in the midst of your week.



## Trunk or Treat

We're going to host a Trunk or Treat once again this year! Trunk or Treat is a great way for kids to have some fun in their costumes and get a bunch of treats all in one safe, contained space.

Date: **Saturday, October 29**

Time: **11:00 a.m. – 1:00 p.m.**

Place: **Presbyterian Church of Oronoco**

*\* We will host this event **RAIN OR SHINE**. If it's raining, we'll move indoors.\**

Lunch will be available inside the church (free will offering):

Hot dogs

Chips

Water/juice

Cookies

We will be asking various Oronoco businesses and organizations if they would like to participate as well. And, once again, we'll have a photo booth set up for parents and kiddos to take pictures in their costumes. Please consider bringing treats to hand out to the kiddos! The more trunks we have, the better!





## Oronoco Food Shelf Monthly Item

We've got a new monthly piece that will be showing up in the newsletter! The OFS volunteer responsible for ordering has given us a list of monthly needs – a specific item that the Food Shelf could use that month. This monthly item will also be posted on our church Facebook page, so feel free to find it every month and share the image!



## September Star Word

How could you use your star word and your journey with it to teach someone about faith?

## Unconventional Ways to Give



- Designate “Presbyterian Church of ORONOCO” as your Amazon Smile organization, and 0.5% of all your eligible Amazon purchases will come back to the church on a quarterly basis.
- Give online through our Presbyterian Foundation account using either the link on our website ([www.oronocochurch.org](http://www.oronocochurch.org)) at the





## Prayer Requests

*“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” ~ Philippians 4:6-7*

And so we lift up **Helen Craft, Katha and Carlyle Johnson, and the family of Linda Sorensen** in prayer.



## September Birthdays & Anniversaries

- ♥ 9/4 Melissa Wickre
- ♥ 9/11 Mark & Dianne Pinney
- ♥ 9/14 Peter Johnson
- ♥ 9/14 Sarah Rand
- ♥ 9/23 Michael Rand
- ♥ 9/28 Ed & Ellen Simon
- ♥ 9/29 Rick & Karen Lohmann
- ♥ 9/29 Jack & Gail Rucker

## Staying in Touch

### Presbyterian Church of Oronoco

Office: 507-367-4711  
 Email: [oronocopc@bevcomm.net](mailto:oronocopc@bevcomm.net)  
 Website: <http://www.oronocochurch.org>

### Presbytery of the Twin Cities Area

Office: 651-357-1150  
 Fax: 651-357-1141  
 Email: [office@ptcaweb.org](mailto:office@ptcaweb.org)  
 Website: <http://www.presbyterytwincities.org>

### Presbyterian Church (USA)

Office: 800-728-7228  
 Email: [info@pcusa.org](mailto:info@pcusa.org)  
 Website: <http://www.pcusa.org>



# September

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 	2	3
4 Worship 10:00 am	5 	6 Prayer Service 5:45 p.m. Session Meeting 6:30 p.m.	7 Prayer Service 5:45 p.m. Session Meeting 6:30 p.m.	8	9	10
11 Worship 10:00 am Boarder Battle	12	13 Presbytery Meeting	14 Prayer Service 5:45 p.m.	15	16 	17
18 Worship 10:00 am	19	20 	21 Prayer Service 5:45 p.m.	22	23	24
25 Worship 10:00 am All Around the Campfire 5:30 p.m.	26	27	28 Prayer Service 5:45 p.m. Dorothy Day House Dinner	29	30	

# MOVEMENT PRAYER

**Basic idea:** pretty self-explanatory → prayer that involves movement! God move us, so in turn, our movements can be full of prayer.

## Scripture references:

- Acts 17:27-28a: God made the nations so they would seek him, perhaps even reach out to him and find him. In fact, God isn't far away from any of us. In God we live, move, and exist.
- Ps 139:2-10: You know when I sit down and when I stand up. Even from far away, you comprehend my plans. You study my traveling and resting. You are thoroughly familiar with all my ways. There isn't a word on my tongue, Lord, that you don't already know completely. You surround me – front and back. You put your hand on me. That kind of knowledge is too much for me; it's so high above me that I can't fathom it. Where could I go to get away from your spirit? Where could I go to escape your presence? If I went up to heaven, you would be there. If I went down to the grave, you would be there too! If I could fly on the wings of dawn, stopping to rest only on the far side of the ocean – even there your hand would give me; even there your strong hand would hold me tight!

## Prayer practices:

- Prayer walks
  - Inspiration – traditional Navajo blessing:
 

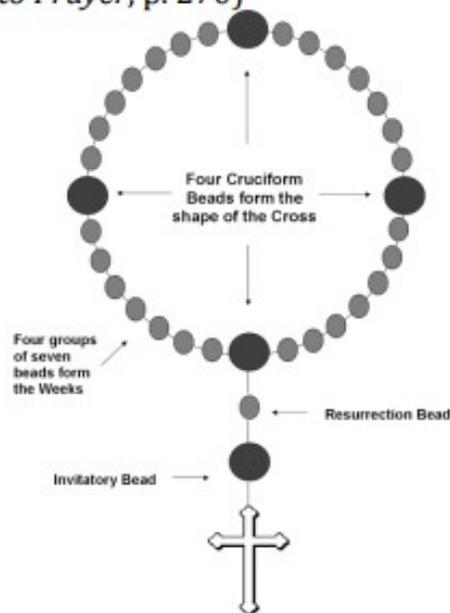
*Before us it is blessed, behind us it is blessed,  
Below us it is blessed, above us it is blessed,  
Around us it is blessed as we set out with Christ.  
Our speech is blessed as we set out for God.  
With beauty before us, with beauty behind us,  
With beauty below us, with beauty above us,  
With beauty around us, we set out for a holy place indeed.*
  - So many different ways to practice this form of prayer – as many ways as there are people, as many ways as there are days in your life. Every time you practice this form of prayer, it can be done differently. It depends on where you walk, who you walk with (or if you're walking alone), the day, the weather, and so many other things!
  - Steps – adult
    1. Either decide on a predetermined walking path or decide that you're going to let the Holy Spirit guide your feet.
    2. Pray for God to walk with you and open your heart to whatever prayers cross your path.

3. Slowly walk. If you're not following a predetermined path, let God guide your feet.
  4. As you walk, pray. You can pray silently or out loud with whomever may be walking with you. You can pray for people you see, places you see, or even just whatever comes into your mind as you walk.
    - Walk through your neighborhood and pray for each house, whether you know who lives there or not.
    - Walk down your Main St. and pray for the businesses/organizations you see.
    - Walk past the local medical buildings/first responders' stations (police, firefighters, ambulance bay, clinic, hospital, dentist, nursing home, etc.) and pray for those giving care and those seeking care.
    - Fun seasonal variation: walk around local schools as the school year begins (or ends ... or even in the middle of the school year!) and pray for those in the school – students, teachers, administrators, support staff, and school board members
  5. When you return home, close with a prayer.
- Steps – kid adaptation
1. Either decide on a predetermined walking path together or let the Holy Spirit guide your feet. One fun way to do this with kids is to take turns choosing a direction whenever you come to the end of a block!
  2. Before you start walking, pray, "God, help me listen. God, help me understand. God, help me follow you. I love you, God. Amen."
  3. Slowly walk. As you walk, pray out loud together. This is a great time to model for your little one that prayer is as simple and as comfortable as a conversation – just a chat with God. You can pray for people you see, places you pass, or even whatever comes into your mind as you walk.
    - Fun seasonal variation: walk around local schools as the school year begins (or ends ... or even in the middle of the school year!) and pray for those in the school – students, teachers, administrators, support staff, and school board members. If your little one is in school, this would be a good time to pray for any things that they're excited about, worried about, or generally thinking about when it comes to their school experience.
  4. When you return home, don't forget to pray for your own home as well as the people in it. Close by praying, "God, help me to remember. God, help me to love. God, help me to follow you. I love you, God. Amen."

# MOVEMENT PRAYER

## Prayer practices:

- Prayer beads
  - Great form of prayer for fidgeters! Moving the beads through your fingers and running your fingers over the beads as you pray can help keep your mind from wandering and keep your heart, mind, and spirit focused on the prayer.
  - "*Repetitio mater studiorum ...* that is, 'Repetition is the mother of learning.' It can also be the way into a deeper relationship with God. As these prayers are repeated and the beads are moved through your fingers, may the prayers ignite the embers of contemplation and mystical union in your soul." (Patricia D. Brown, *Paths to Prayer*, p. 270)



- Steps – adult, "The Doxology Circle"
  - **Cross:** Apostle's Creed
  - **Invitatory bead:** Lord's Prayer
  - **Resurrection bead:** Jesus Prayer ("Lord Jesus Christ, son of God, have mercy on me.")
  - **Each cruciform bead:** Doxology, either prayed or sung ("Praise God, from whom all blessings flow. Praise God, all creatures here below. Praise God above, you heavenly hosts. Praise Father, Son, and Holy Ghost.")
  - **Week beads, set 1:** Use each bead to thank God for the blessings in your life ("God, from whom all blessings flow").
  - **Week beads, set 2:** Use each bead to praise God for the blessings of the earth ("all creatures here below").
  - **Week beads, set 3:** Use each bead to thank God for loved ones who have passed away ("above, you heavenly hosts").

- **Week beads, set 4:** Use each bead to praise God for all the ways you are grateful for God's presence in your life.
  - **Resurrection bead:** Jesus Prayer
  - **Invitatory bead:** Lord's Prayer
  - **Cross:** Amen.
- Steps – kid adaptation 1 (*For this adaptation, you need a simpler set of prayer beads which include your little one's name as well as a bead of each of the following colors: red, orange, yellow, green, blue, purple, pink, and 2 different skin color beads*)
- **Name beads:** Lord's Prayer
  - **Red bead:** Pray for people who need help or are sad.
  - **Orange bead:** Pray/thank God for flowers, trees, and growing things.
  - **Yellow bead:** Pray/thank God for the moon, stars, sun, and a new day.
  - **Green bead:** Pray/thank God for the earth.
  - **Blue bead:** Pray/thank God for the sky and water.
  - **Purple bead:** Thank God for Jesus.
  - **Pink bead:** Pray/thank God for yourself.
  - **Skin color beads:** Pray/thank God for people in your life.
  - **Name beads:** I love you, God. Amen.
- Steps – kid adaptation 2 (*based on A Bead and a Prayer by Kristen Vincent, can be used with regular Protestant prayer beads*)
- **Cross:** take 5 deep breaths
  - **Invitatory bead:** Dear God,
  - **Resurrection bead:** thank you for loving me.
  - **1<sup>st</sup> cruciform bead:** Thank you for ...
  - **Week beads, set 1:** Help your little one use each bead to name something they're thankful for.
  - **2<sup>nd</sup> cruciform bead:** Please bless ...
  - **Week beads, set 2:** Help your little one use each bead to name someone important to them ("inner ring": family/friends).
  - **3<sup>rd</sup> cruciform bead:** Please bless ...
  - **Week beads, set 3:** Help your little one use each bead to name someone else important to them ("outer ring": church, neighbor, daycare, teacher, etc.)
  - **4<sup>th</sup> cruciform bead:** I wanted to tell you about ...
  - **Week beads, set 4:** Let your little one use the remaining week's beads to tell God whatever is on their mind.
  - **Resurrection bead:** Thank you, God, for loving me.
  - **Invitatory bead:** Amen.
  - **Cross:** take 5 deep breaths

*If you find that this is a prayer practice that really helps you connect to God, contact Pastor Lisa so she can send you more options/formulas.*