



churches
together
in West Wickham

Thy Kingdom Come Quiet Morning

Saturday 30th May, 2020 - from 10am to 12noon

Timetable and prayer activities

The intention for the Quiet Morning is for you to have time and space to listen to God. Please feel free to do this in whatever way works for you – you can join or leave the Zoom meeting at any time or keep it on in the background while you are doing something else.

The following timetable indicates what will be happening at different times, with guidance being offered during the sessions at 10am and 11am and an opportunity for feedback at 11.35am.

9.30	Time for gathering
10.00	Reflection on John 14:15-21 and introduction to prayer activities – see below
10.30	30 minutes allowed for people to go off to try out activities/have a coffee
11.00	Reflection on 1 Kings 19:11-13
11.15	Further time for prayer activities/refreshment (another 20 minutes)
11.35	Reflecting back

The first four of these prayer stations are intended to be used to create items that can then be donated to bereavement packs which Churches Together will distribute to those who are recently bereaved.

1. *Make a cross.* There are many different ways of producing these. See this as an opportunity to get creative. Here's a picture of some possible ways of making a cross, depending on what you have to hand:



As you make your cross, reflect on how Jesus gave his life for you, so showing the extent of God's love.

2. Crochet or knitted (or other craft) forget-me-not flower. A forget-me-not flower is a great reminder of a loved one who has died. Any pictures created will be laminated. These, as well as other craft sculptures that are created will be made into a fridge magnet for inclusion in the bereavement packs.

If you crochet, here's a pattern you could use, requiring small scraps of white and pale blue double knit wool, a suitable crochet hook ideally 3.5mm(E4), a yellow button and a needle:

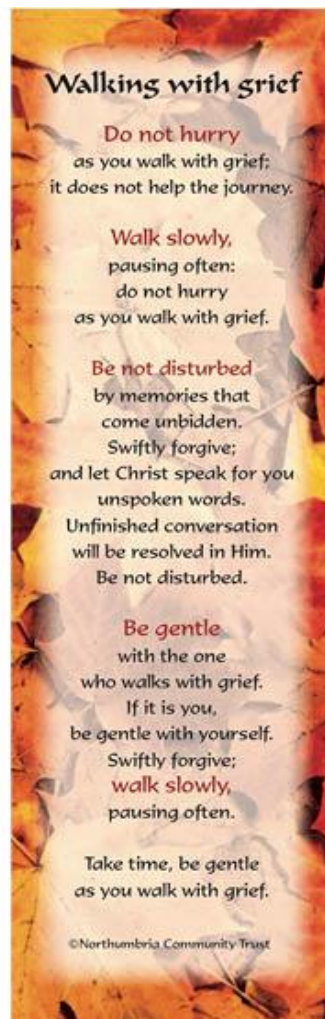
- Using white yarn, ch 4, ss to into the first stitch to form a tiny ring.
- Row 1: ch 3 (counts as 1 trb) work 9 trb into the centre of the ring. ss into the top of the 3ch to join. (10 sts)
- Row 2: Change to blue yarn. Join in any stitch, * in next st work (htrb, 2 trb, dtrb, 2 trb, htrb). ss in next st. repeat from * 4 more times. Work final ss back in the same st that you joined your blue yarn.
- Sew in end, sew a yellow button in the centre.

Stitches: ch – chain; ss - slip stitch; htrb - half treble; trb – treble; dtrb - double treble



3. Writing your own poem or prayer of blessing. If writing is your creative outlet, you could write a poem or prayer of blessing for someone who is bereaved, or for someone in any troubled situation as a result of the COVID-19 pandemic.

The Northumbria Community sell a bookmark version of the Walking with Grief poem and this will be included in packs where no handmade option is available:



4. Create a 'Thinking of you' card

A handmade card inside each pack enables the giver to add their own message to the bereaved person. You can also add something of yourself, as the creator of the card, on the back:

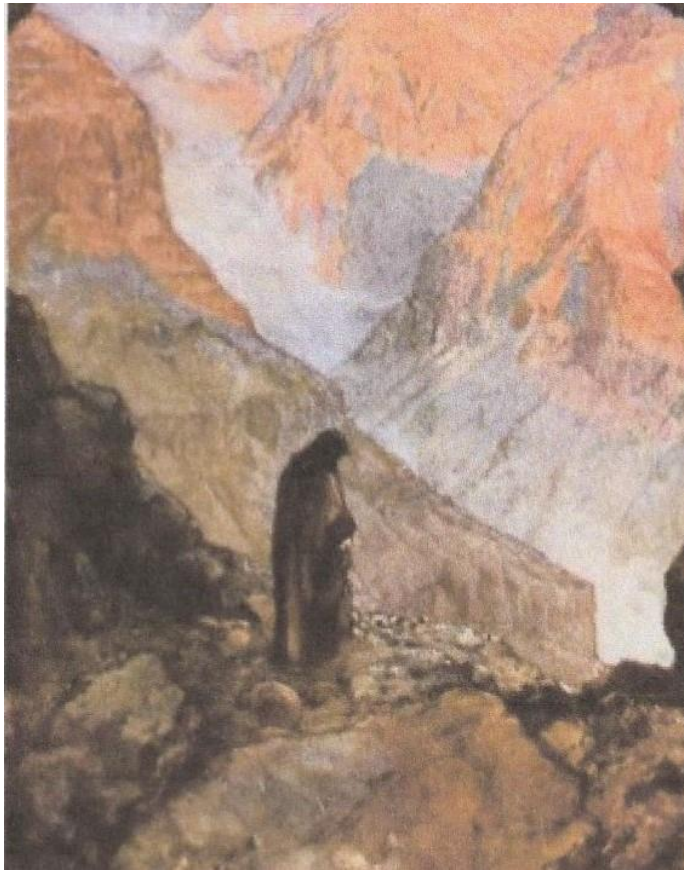


5. Using scripture and/or art for reflection and prayer. You may not want to be active or to create something yourself. You can find an inspiring space in your home, take a bible and re-read the passages that formed the reflections that are part of this Quiet Morning. You might also find that the following art is helpful in guiding your prayers:

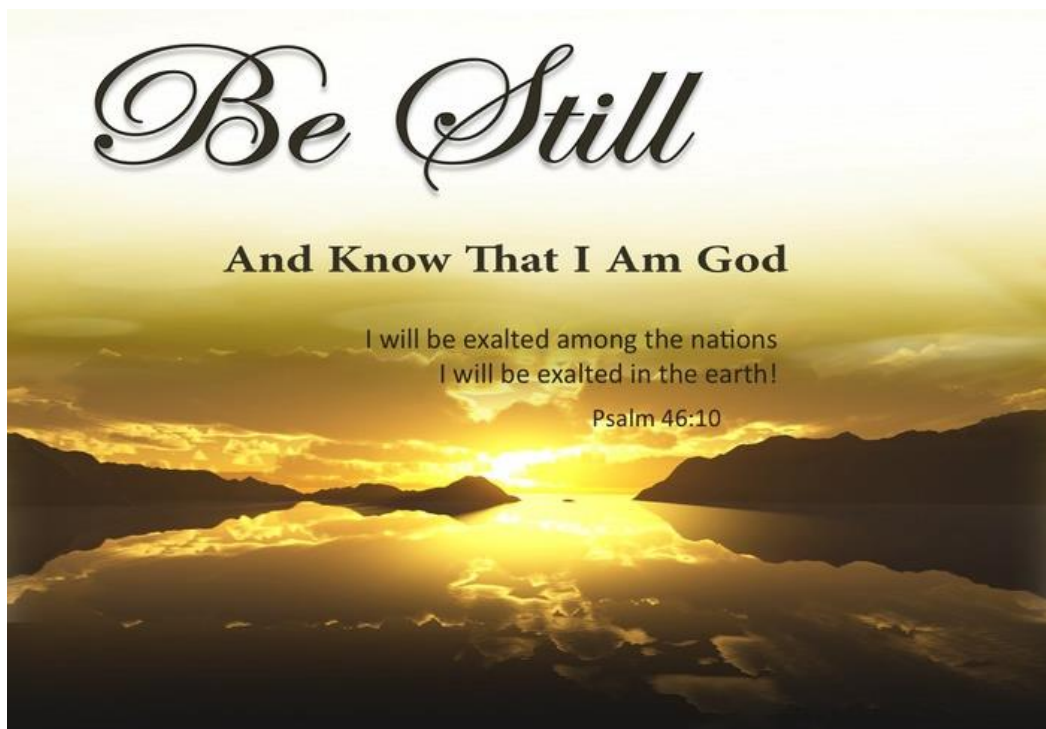
John 14:15-21



1 Kings 19:11-13



Psalm 46



6. Prayerful colouring. Others of you might want to be doing something that doesn't involve too much creativity, but does enable another focus so that distracting thoughts don't encroach on your mind. At the end of this document are some colouring sheets that you could print and colour while you pray.

The following three suggestions were inspired by the Bible Society garden which was planned for the Chelsea Flower Show in 2020:
psalm23garden.co.uk.

7. Design your own prayer garden. Our first reflection this morning was about whether you can see God's love. I wonder if you think you can design a garden that shows God's love, or to show the emotions spoken of in another psalm. You could design your own prayer garden to guide your prayers at home, or for people passing your front garden and/or the church space to be drawn into prayer and the enrichment of their soul.

As well as psalm 23, other psalms have been found to be especially relevant to the circumstances of today:

- Psalm 46 – God as our refuge and strength, with rocks built into a refuge or fortress. v10 (Be still and know that I am God) has inspired many in creating a prayer space:



- Psalm 121 – how we look to God – the maker of heaven and earth - in times of trouble.

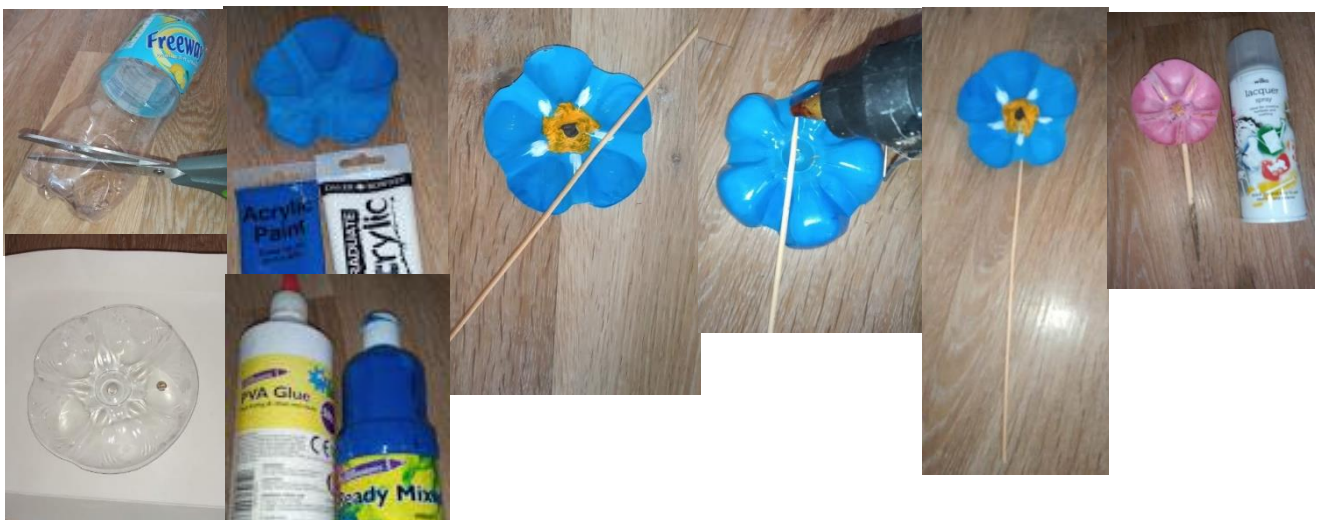
8. Prayer mandala. It can often be difficult to pray in silence or on your own. A prayer mandala (circle of geometric/symmetrical designs) can be a helpful way to be still and pray. All mandalas have a centre (to which your eyes are drawn as a symbol of joy and completeness when the mandala is finished) and are very colourful – they'd be great as a feature in a prayer garden. The designs are meant to remove irritating thoughts and allow the creative mind to run free. If your mind starts to think about daily stresses as you pray, simply bring your focus back to the beauty of the mandala.

Drawing your own mandala is relaxing and can be as simple, or complicated as you like. The importance is to repeat shapes around the centre of a circle and, at its simplest can be created with dots in increasingly large circles, each dot representing a person that you're praying for or a situation. They can be produced on or with any material and can be stand-alone works of art or symbols of the prayers prayed while creating them. Here are some examples made with Sharpie pens on old/out of date CDs. You could use tiles, cloth, wood, metal, paper, card, glass or even a tray of different coloured sands to create your prayerful artwork.



9. Flowers from a plastic bottle. If you'd like some flowers to go into your prayer garden, but can't wait for something to grow, making your own could be a way forward. Here are some instructions and ideas:

- Cut the bottom off a 2 litre plastic bottle
- Trim it down until it resembles a flower
- Paint it with acrylic paint or a mix of PVA glue and poster/other paint and let it dry
- Add details to your flower
- Glue a stick of some sort to the back so you can use it in a plant pot or in the garden
- Spray or paint your finished product with a sealant or paint a few layers of PVA glue over it to seal it for outdoor use



Here are examples of flowers used as decoration



Follow up to the Quiet Morning

Many of the items produced in these prayer activities can be incorporated into bereavement packs that will be available to church members and local Care Homes to distribute to those who are bereaved.

If you would like to contribute to this initiative, please contact Laura MacBean (email: laura.macbean@googlemail.com; telephone: 020 8249 8592) to let her know what it is that you will be making or doing, or if you'd like a pack and there are none available through your own church.

The idea is that each bereaved person will be given a pack that includes:

1. a cross (which could be produced in any number of ways)
2. A handmade 'Thinking of You' card for the giver to write in with their own message.
3. A 'Gift of Remembrance' booklet (sourced from the Methodist Church) and a 'Living with Loss' booklet (sourced from Lifewords)
4. A craft forget-me-not flower which will have been made into a fridge magnet
5. A small packet of forget-me-not seeds
6. Tealight candle
7. A prayer of blessing card and invitation to contact Hazel O'Sullivan who runs a bereavement support group in West Wickham, as well as other contact details of church leaders in West Wickham.

The pack will be in a brown paper bag with Churches Together in West Wickham logo on the front and a picture of forget-me-not flowers plus the wording 'Bereavement Pack' or something similar.

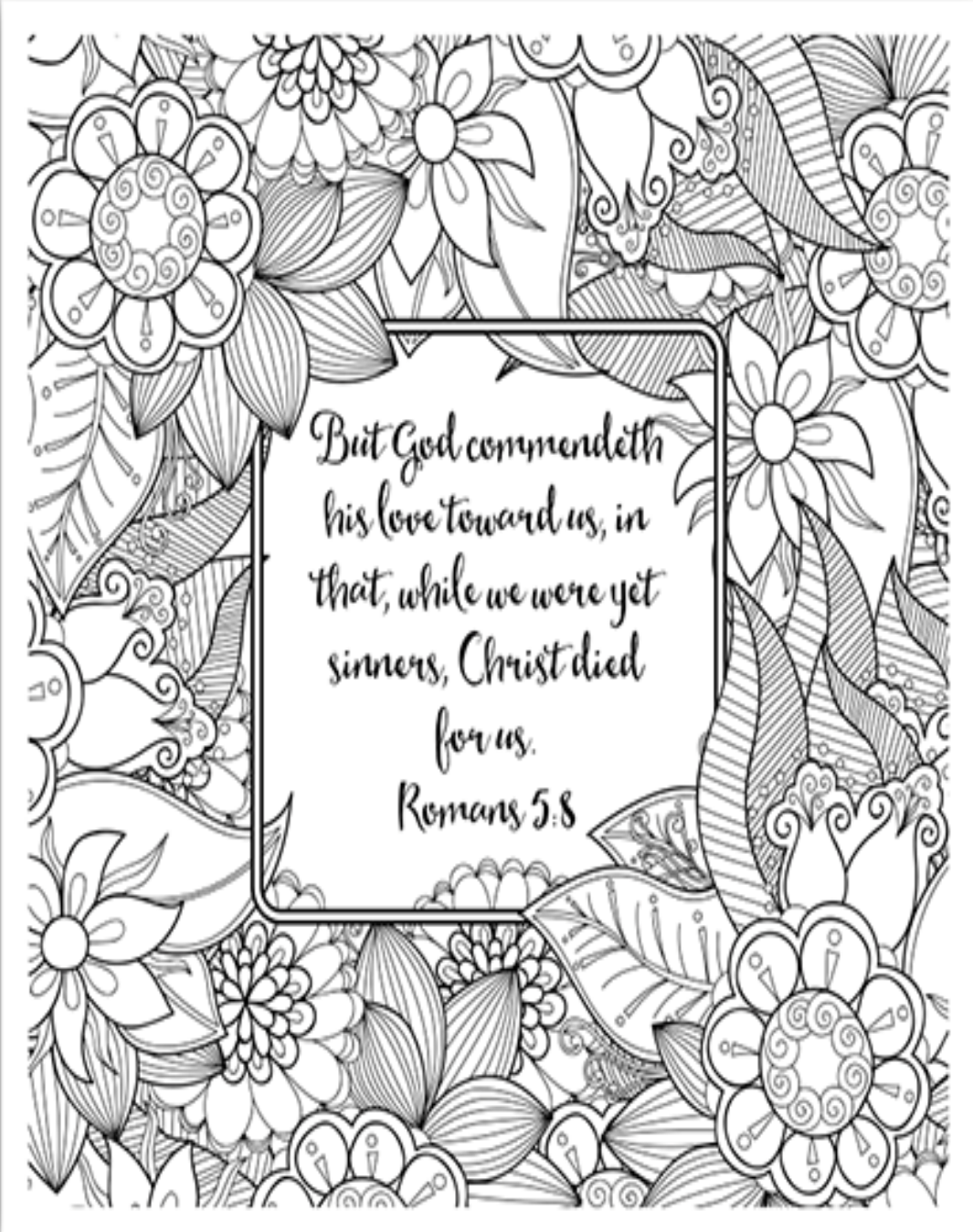
The photo below is of some of the items included in packs that another group elsewhere in the country have put together.



As well as the bereavement packs, we'd also like to put together some photos of the activities that you've been participating in or the spaces that you've created. If you could send any photos to Hazel O'Sullivan (hazelos58@gmail.com), she will produce a collage of these to be shared (anonymously) with all of the churches in West Wickham.

Prayerful Colouring Sheets





But God commendeth
his love toward us, in
that, while we were yet
sinners, Christ died
for us.
Romans 5:8



do not

FEAR, FOR

I AM

with you

ISAIAH 41:10

SARAH TITUS