

Week 4 @ Home - May 5, 2024

Altered by disruption

This devotional resource has both daily and weekly rhythms of prayer and practice. Most practices invite about 10-20 minutes of your time each day. However, let this be a life-giving connection and not just another to-do on the never-ending list. As you set your own intentions and rhythms for this devotional time, ease any notions of "getting behind." Each day is simply an invitation to practice, whatever this might look like.

DAILY PATTERN

Follow this pattern each day. Separate prompts will be provided for each day's practice, which will be different.

BEGINNING

You are invited to...

Gently pause

Light a candle

BREATH PRAYER

Softly connect with your body and breath...

As you inhale: *Disrupt the lines I've drawn*

As you exhale: *Fill my hunger and release my fears*

DWELLING WITH SCRIPTURE

Listen and wonder within this sacred text...

Acts 10:1-28, 34-35, 44-47

PRACTICE

We remember three invitations as we engage in a practice of creative and contemplative expression: 1. *To play*. What would it be like to embrace curiosity, wonder, and awe as you practice creativity... or even silliness and a bit of fun? 2. *To soften*. Explore extending kindness toward yourself (and others); offering generous hospitality and gentleness to whatever arises in your practice. 3. *To open*. What would it be like to loosen your grip on what you think this time should be or what you think you are capable of? Try embracing a posture of permission-giving and intentional care with your needs, desires, longings, and reflections.

CLOSING

Gently pause and softly connect with your body and breath. Extinguish the candle. Amen (and let it be so).

MONDAY PRACTICE: Icon Art Reflection

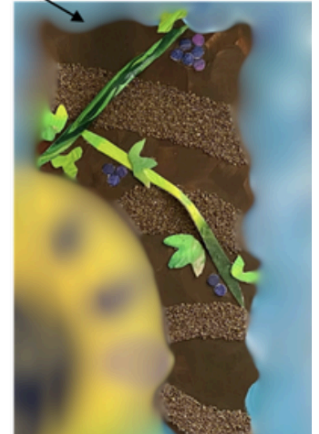
This practice invites you to ponder the icon printed on the last page of this week's bulletin. Look at this section...

What do you see? What do you notice?

What colors and textures are present?

How might this zoomed in section of the icon connect with the theme of "Altered on the edge of belonging" and today's sacred text.

How does this section relate, connect, interact with the other parts of the icon?



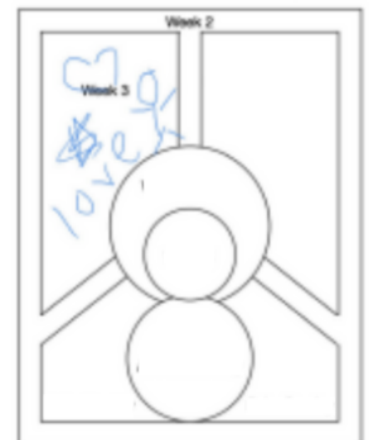
What thoughts, feelings, and/or memories are arising for you as you dwell with this art?

From the artist: Much like the previous week's section, the line shapes of a prayer labyrinth were used to facilitate movement in the piece. As I reflected on the theme and scripture passages for this week, imagery of hunger and prayer came to mind. The materials used for the pathway represent grain as a way to express hunger, bodily and otherwise. The paint pour grape vines disrupt the flow and lines of the prayer pathway, but as a companion not destructor. What is altered in this interaction between materials? How do I experience things differently in the piece because of this intersecting movement? Both materials, the grain and grapes, allude to a sacred meal shared together disrupting the boundaries of our collective hunger and deepest longings.

TUESDAY PRACTICE: Journal Reflection Layer

Today's practice invitation is to dwell with a journal reflection using the Week 3 section in your DIY Icon. As you engage with this week's theme, scripture passage, and the following journal reflection question(s) that resonate with you, you are invited to write, draw, and/or use symbols on your chosen base material to represent your responses. As a note: This layer will most likely be covered with the other layers to come.

Journal Layer



JOURNAL REFLECTION PROMPTS

What am I noticing (in the theme, scripture text and/or within me)? What is catching my attention in the theme and/or scripture passage? What feelings, memories, and/or thoughts are arising? What am I finding challenging or surprising? What is connecting or repelling about today's theme and/or scripture passage? What questions or ponderings do I have? How am I being altered?

What is my prayer for today?

WEDNESDAY PRACTICE: Holy Wandering with Breath Prayer

We remember three invitations as we engage in a practice of creative and contemplative expression: to play, to soften, and to be open. For today's practice, you are invited into a time of holy wandering with this week's breath prayer on the first page.

This practice of presence invites you into curious play, wonder, and awe, while letting go of (or relaxing your desire to direct a particular outcome. This practice is simply about paying attention and being present in the process (journey) along the way.

THURSDAY PRACTICE: Visual Expression Layer

This practice invitation is to create a visual expression layer on your DIY Icon in the Week 3 section. Using whatever materials you choose to represent your responses to the prompts, construct a layer of visual creativity on top of your journal reflection. See the image for an example.

JOURNAL REFLECTION PROMPTS

Considering your reflections from Tuesday's journal layer, how would you visually represent these offerings? What might these reflections look like in color, shape, movement, texture, etc.? How might your journal offerings transform from words to image?

**Visual Creative
Expression Layer**



FRIDAY PRACTICE: 'Alter' Native Space Making

As you have been engaging with the contemplative and creative practices for this week, you are invited to consider what you have noticed and learned through your ponderings.

What has altered or transformed for you this week? What do you hope to remember from this time? What will you hold close to your heart? What wisdom will accompany you forward?

In considering these questions, what is something tangible that could represent your response? Maybe it is one of your creative expressions, a found paperclip, a special reading, or a leaf you found on a walk. Gather this item and place it by your candle or other special place you have designated for this practice. If gathering an item isn't possible, draw or write your response instead.

SATURDAY PRACTICE: Sabbath Keeping

"God looked at all of this creation, and proclaimed that this was good—very good. Evening came, and morning followed—the sixth day. Thus the heavens and the earth and all their arra were completed. On the seventh day God had finished all the work of creation, and so, on that seventh day, God rested. God blessed the seventh day and called it sacred, because on it God rested from all the work of creation."

-Genesis 1:31-2:3, The Inclusive Bible Translation

In this practice of paying attention and whole-person presence, you are invited to simply dwell with God in sabbath rest. Today's practice is about receiving; to pause in your reflective actions and creative expressions to just be. An option of practice is to find a comfortable and connecting body position and be in silence/stillness for as long as you desire (being attentive to your breath, easing any tension in your body, holding loosely to thoughts, emotions, memories that arise...). Beloved, God is with you on the journey and in your rest.

**Deep peace of the quiet earth to you,
who, herself unmoving, harbors the movements
and facilitates the life of the ten thousand creatures,
while resting contented, stable, tranquil.
Deep peace of the quiet earth to you!**

- A Traditional Celtic Prayer