

AWESOME MYSTERY OF LIFE VIRTUAL VIDEO RETREAT

Opening Prayer:

Good and gracious God, you created the world and sent your own Son to live among us.
Made of the same stuff; Breathing the same air;
Marveling at sunrise and sunset, just as we do.

Help us to participate in the life around us, within us, as your life.
As you living in us and we living in you, and in each other.

God of life and love restore us to your peace. Renew us through your power.
Teach us to love all that you created, are creating this day, and will create tomorrow.
Teach us to care for the earth as your gift and our home. Amen

(Earth Community Church)

PSALMODY: Please read each psalm verse and then pause for about 30seconds to 1 minute and be aware of what images or thoughts come to mind.)

“The earth if full of God’s unfailing love.” Psalm 33:5

“I lift up my eyes to the mountains. From where does my help come? My help comes from God who made heaven and earth.” Psalm 121

“For you God created me in my inmost being. You knit me together in my mother’s womb. I praise you, I praise you, for I am wonderfully made. Your works are wonderful. I know that full well.” Psalm 139

INTRODUCTORY WRITTEN REFLECTION;

1. List 5 awesome animals or things in nature you have experienced with a brief sentence or two re-calling the experience.

A.

B.

C.

D.

E.

2. List 5 awesome things in life you may take for granted. (Ex. Family, health)

A.

B.

C.

D.

E.

3. KEEP this handy for the end of the retreat reflection!!!!

4. NOW Move to video watching component of the retreat. Just google you tube Cincinnati home safari videos and you will see an impressive list of videos. (Please watch 7 of these.) More if you like. Please watch the introduction to the zoo video listed below first Then select your other choices.

<https://youtu.be/H49OsWK2kO8>

5. Please take time now to review your initial reflections. Then think about what you just saw, experienced in the videos. What attracted you deeply, amazed you, or brought a deeper sense of awe? What brought you a deeper awareness of the inter connectedness of life? Did the experience bring a greater appreciation for nature, conservation, or ecological ways we can better care for mother earth? What brought you a sense of joy, appreciation or gratitude?
6. Flush out your answers on a chart, a list, an idea tree, concentric circles idea graph, Or just a rambling stream of consciousness writing on the back of this page or in this space.

7. Review those ideas and compose for me a 5 stanza poem, or song with refrain, or 7 Stanza prayer to God and send it to me at deby@st.xavier.org. in a word document.

8. CLOSING PRAYER OF THANKS AND GRATITUDE

Good and gracious God,
We thank you for the many great gifts you have given us.
Family, friends, St. Xavier High School, our spiritual communities.
We thank you for the awesome beauty of creation and its rich and varied textures.
We thank you for fresh air, clean water, food, shelter, and the rich earth.
We thank you for the lions, tigers, and bears, oh my!
We thank you for zebras, giraffes, elephants, rhinos, and okapis.
We thank you for the river otters, the muskrats, the beavers, and manatees.
We thank you for the birds and the bees and the flowers and the trees.
Transform our hearts and minds so that we learn how to care and share,
To touch the earth with gentleness respecting all living things.
Help us to respect all the rights of all peoples and all species,
So that we can willingly share your gifts today and always.
Amen