

At-Home Embodied Practice
October 1, 2023

Visio Divina Instructions

1. “Visio Divina” is latin for “divine seeing.” We’ll apply this practice to the piece of art printed on the back of this page. To prepare, spend a few moments focusing on your breath. Do not try to change the pace of your breathing. Just notice it. If your mind wanders, gently and mindfully return to your breath as a way to bring you back into the present moment. Notice your posture. Be sure that you are sitting comfortably. Feel your feet on the ground.
2. Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. Try to keep your eyes from wandering to other parts of the picture. Breathe deeply and let yourself gaze at that part of the image for a minute or so.
3. Now, let your eyes gaze at the whole image. Take your time and look at every part of the photograph. See it all. Reflect on the image for a minute or so.
4. Consider the following questions:
 1. What questions surface as you gaze?
 2. What emotions surface?
 3. What memories surface?
 4. Where is God at the table?

As you find yourself at various tables this week, allow for more intentional consideration of the food before you, the space around you, the people with whom you sit, the empty places at the table, and sense God’s presence.

Table Blessing by Jan L. Richardson

To your table
you bid us come.
You have set the places,
you have poured the wine,
and there is always room,
you say,
for one more.
And so we come.
From the streets
and from the alleys
we come.
From the deserts
and from the hills
we come.
From the ravages of poverty
and from the palaces of privilege
we come.
Running, limping,
carried,
we come.
We are bloodied with our wars,
we are wearied with our wounds,
we carry our dead within us,
and we reckon with their ghosts.
We hold the seeds of healing,
we dream of a new creation,
we know the things
that make for peace,
and we struggle to give them wings.
And yet, to your table
we come.
Hungering for your bread,
we come;
thirsting for your wine,
we come;
singing your song
in every language,
speaking your name
in every tongue,
in conflict and in communion,
in discord and in desire,
we come,
O God of Wisdom,
we come.

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The Best Supper by Jan Richardson

At-Home Embodied Practice
October 8, 2023

In worship on 10/8/23, we explored **scarcity** and **abundance** and where these emotions manifest in our bodies. After identifying their locations, we assigned each emotion a color. With God's help, we envisioned the color for abundance growing and spreading throughout our bodies and then ended our practice in gratitude. This week's at-home practice is similar in nature, and you may choose to continue to focus on scarcity and abundance, or choose from these other partnered emotions:

EMOTION 1	EMOTION 2
Fear	Love
Judgment	Curiosity
Despair	Hope
Resistance	Joy
Tension	Freedom

If you struggle to locate emotions in your body, a way of adapting this practice would be to draw each emotion on a piece of paper. What shape would you assign it? What color? Can you make the second emotion grow by filling the space with more of that color?

Instructions for Body Mapping Spiritual Practice:

- Find a quiet place and sit in an upright, comfortable position.
- Either close your eyes or soften your gaze.
- Take a couple of deep breaths.
- Call to mind the first emotion and ask yourself where you feel that emotion in your body.
- Can you describe its shape? Color? Intensity? Simply notice it with a spirit of curiosity, not judgment. You may wish to place one hand over the place where that emotion lives in your body.
- Now call to mind the second emotion and ask yourself where you feel that emotion in your body. Can you describe its shape? Color? Intensity? Simply notice it with a spirit of curiosity, not judgment. You may wish to place one hand over the place where that emotion lives in your body.
- Ask for God's help in growing the second emotion of abundance, love, curiosity, hope, joy, or freedom. Consent to the Holy Spirit at work in you with openness and trust.
- Trust your sense of time and allow the second emotion to grow for as long as it wishes.
- End your practice with a couple of deep breaths and offer an expression of gratitude to God for the gift of our bodies and the ability to feel and heal.

At-Home Embodied Practice
October 15, 2023

Music is incredibly powerful. It has the power to move us, to transform us, to comfort us, to challenge us, and to connect us with God and with others. This week, our embodied practice is to be more intentional and engaged with music.

Choose the music you listen to with care, focusing on that which is enriching to the mind and nourishing to the soul. Push beyond your comfort zone. Regardless of your perceived musical ability, sing along, tap your feet, and clap your hands.

Additionally, you're encouraged to choose a favorite or familiar hymn and, when you're alone, sing it out loud with only God as your audience. Here are some familiar hymns to get you started:

“Lord, Prepare Me”

*Lord prepare me
To be a sanctuary
Pure and holy
Tried and true
With thanksgiving
I'll be a living
Sanctuary
For you*

“Amazing Grace”

*Amazing grace how sweet the sound
That saved a wretch like me
I once was lost, but now I'm found
Was blind but now I see*

*'Twas grace that taught my heart to fear
And grace my fears relieved
How precious did that grace appear
The hour I first believed*

*Through many dangers, toils, and snares
I have already come
Tis grace that brought me safe thus far
And grace will lead me home*

*When we've been here ten thousand
years
Bright, shining as the sun
We've no less days to sing God's praise
Than when we first begun*

At-Home Embodied Practice
October 22, 2023

Most of the time when we pray, we close our eyes and form words in our minds. Occasionally, we speak our prayers out loud. The act of feeling something with our hands and shaping it into something new is another way of expressing ourselves and receiving inspiration and guidance in prayer.

This week's at-home embodied prayer practice involves the manipulation of a something tangible, like folding a piece of paper, shaping a pipe cleaner, or playing with clay or play-doh. If you do not have something to manipulate, you can use a finger to trace shapes onto the palm of your other hand.

Using paper, a pipe cleaner, clay, or some other manipulative, form the following shapes and follow the prayer prompts.

1. Create a shape that represents God. Reflect on why you chose that shape.
2. Create a shape that represents something for which you are grateful. Express your gratitude to God.
3. Create a shape that represents pain, confusion, or suffering. While creating the shape, call to mind the people and places in need of God's touch. Hold the shape in your hand with gentleness until it grows warm in your palm and ask for God's presence and provision.
4. Think of a need in your own life and create a shape to represent your need. Hold the shape in your hand with gentleness until it grows warm in your palm and ask for God's presence and provision.
5. To close, create once again the shape that represents God. Entrust your prayers to God's care. Amen.