

"Let the winter wrap you round..."

A winter meditation



"Let the winter wrap you round

Know yourself as winter's guest

Feel the touch of gentle rest

Hibernation is profound"

Marian McClelland (in *Cosmic Sparks* by Margie Abbott rsm p 25)

Take a moment to sit outside or beside a window.
Breathe the cool winter air for three minutes,
contemplating these questions:

What is my relationship with winter?

What does winter mean for me?

What are my best memories of winter?

A litany of lament – Arctic melts June-July 2020

In the Northern hemisphere, devastating heatwaves in the Arctic have caused catastrophic ice melts over the past month. Temperatures have been 4-8 degrees Celsius warmer than average and in June, sea ice declined by 64,300 square kilometres. Let us be attentive as we witness Earth's unravelling at this time.*

Leader: For Arctic Tern, Reindeer, Narwhal and Polar Bear

All: We remember, we lament.

Leader: For Arctic mosses, lichens, sedges and woody shrubs

All: We remember, we lament.

Leader: For all Indigenous peoples of the Arctic whose way of life is changing

All: We remember, we lament.

A moment of silence.

Leader: We pray...

"A flourishing humanity on a thriving planet, rich in species in an evolving universe, all together filled with the glory of God: such is the vision that must guide us at this critical time of Earth's distress, to practical and critical effect".
(Elizabeth Johnson, *Ask the Beasts* p 286).

To this vision we commit our enduring hope. Amen.

* Source: National Snow and Ice Data Centre <http://nsidc.org/>