

# Deep Incarnation

*"Everything that exists is a caress of God ..."*

*The entire material universe speaks of God's love, God's boundless affection for us.*

*Soil, water, mountains: everything is, as it were, a caress of God.*

*Laudato Si para 84*

## Gathering Rite:

**Connect**—As you gather take some time to greet each other.

**Acknowledge Country**—paying respect to those who have been present to the sacredness and wonder of creation and cared for it.

**Share**—landscapes and places in nature that have spoken to your soul.

## A Call to Prayer:

**Pause and share silence** - focusing for a few moments on what you felt in your body and heart when you were in your special places in nature. Open yourself to 'God's boundless affection' and desire to be receptive to the 'caress of God' in this time of prayer.



*When you feel still ritually light a candle or pour and savour a cuppa.*

## Opening Prayer: *Canticle of Creation*

*St Francis of Assisi*

O Most High, all-powerful, good Lord God,  
to you belong praise, glory,  
honour and all blessing.

Be praised, my Lord, for all your creation  
and especially for our Brother Sun,  
who brings us the day and the light;  
he is strong and shines magnificently.

O Lord, we think of you when we look at him.  
Be praised, my Lord, for Sister Moon,  
and for the stars  
which you have set shining and lovely  
in the heavens.

Be praised, my Lord,  
for our Brothers Wind and Air  
and every kind of weather  
by which you, Lord,  
uphold life in all your creatures.

Be praised, my Lord, for Sister Water,  
who is very useful to us,  
and humble and precious and pure.

Be praised, my Lord, for Brother Fire,  
through whom you give us light in the darkness:  
he is bright and lively and strong.

Be praised, my Lord,  
for Sister Earth, our Mother,  
who nourishes us and sustains us,  
bringing forth  
fruits and vegetables of many kinds  
and flowers of many colours.

Be praised, my Lord,  
for those who forgive for love of you;  
and for those  
who bear sickness and weakness  
in peace and patience  
- you will grant them a crown.

Be praised, my Lord, for our Sister Death,  
whom we must all face.  
I praise and bless you, Lord,  
and I give thanks to you,  
and I will serve you in all humility.

**For Reflection:** *Soil, water, mountains: everything is, as it were, a caress of God.*

'... the great river of mercy ... is a spring that will never run dry, no matter how many people draw from it ... because the mercy of God never ends.'

Pope Francis, *Misericordiae Vultus* #25

## A Time of Meditation:

Jesus teaches us that the Divine Presence in all created things has been at work from the beginning of time and will continue to the end of time.

*Contemplate the elements of creation and let them awaken you to the call and presence of mercy... Then ... hold the questions gently and listen for a response..*

### A Meditation with the Elements

Adapted from: Christine Valters Paintner: *Earth, Our Original Monastery*, Ch 4

#### The Element of Air

All praise be Yours, my God, through Brothers  
Wind and Air,  
And fair and stormy, all the weather's moods,  
By which You cherish all that You have made.  
St Francis of Assisi, *Canticle of Creation*

*"You ride on the wings of the wind,  
You make the winds your messengers."  
Psalm 104:3-4.*

Air invites us to tend to our own journey of awakening as we draw in each breath ... imagine your breath linking you to the breath of all ...

**Where are you experiencing your own awakening?**

#### The Element of Earth

All praise be Yours, my God, through Sister Earth,  
our mother,  
Who feeds us in her sovereignty and produces  
Various fruits and coloured flowers and herbs.  
St Francis of Assisi, *Canticle of Creation*.

*I am the vine, you are the branches.  
John 15:5*

Earth invites us to let go of our need to understand everything... to rest ... to remember that we are of the earth and will return there ...

**How will you live today knowing you will one day return to the earth?**



#### The Element of Fire

All praise be Yours, my God, through Brother Fire,  
Through whom You brighten up the night.  
How beautiful he is, how gay!  
Full of power and strength.  
St Francis of Assisi, *Canticle of Creation*.

*"I am the light of the world. Whoever follows  
me will never walk in darkness  
but will have the light of life."  
John 8:12*

Fire invites us to claim the passions that burn brightly in our hearts. Reconnect with your heart ... bring compassion to yourself and all ...

**What sustains your inner fire?**

#### The Element of Water

All praise be yours, my God, through  
Sister Water,  
So useful, humble, precious and pure.  
St Francis of Assisi, *Canticle of Creation*.

*Let anyone who is thirsty come to me, and  
let the one who believes in me drink. As the  
scripture has said: "Out of the believer's heart  
shall flow rivers of living water."  
John 7:38*

Water invites us to release into life's flow rather than forcing our will upon it ... To yield to the flow and let our lives be organic...

**Where is the flow of your life calling you to go?**

**"We should be as the compass that goes round its circle without stirring from its centre.  
Our centre is God, from whom all our actions should spring as from their source"** Catherine McAuley

*Return your awareness to your own sacred centre and offer gratitude for the gifts of wind, fire, water and earth ...  
brothers and sisters on the journey.*

**Which element attracted and called to you today?** Share or journal.

**Closing Song suggestion:** Love Peace and Wisdom by Bliss

[https://www.youtube.com/watch?v=sp\\_Ewn6iQSM&ab\\_channel=777loveisall](https://www.youtube.com/watch?v=sp_Ewn6iQSM&ab_channel=777loveisall)

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