

INSTALLATIONS (Instructions.)

Two copies of A4, large print, for each installation to be put in clear Perspex menu holders

1. PRAYER BEADS

Look at the picture of the Dekhomai Prayer Cord on the postcard. As you add five beads of different colour to a cord, make the addition of each bead a prayer – a prayer for forgiveness, for mercy, for grace, for courage, for hard love, for wisdom...

Add the beads in order - yellow, red, blue, green and purple.

Tie a knot in the cord on either side of each bead to anchor them and finally tie the ends together to make a wristband to carry with you for meditation this week.

Also take a “Dekhomai Prayer Cord” postcard with you.

2. BROKEN BRICK CONTEMPLATION

Recall things precious to you that have been damaged or destroyed.

Feel the rough edges of a piece of broken brick. Imaginatively re-enter the scene of destruction. Who else is in this picture? Who do I need to give and receive comfort and solidarity?

Take the broken brick to journey with you this week.

3. PAIN KILLERS

Lament the circumstances that contribute to the need to numb pain through overconsumption of alcohol, painkillers, anti-depressants, sleeping pills, petrol sniffing...

Make shapes from the pipe cleaners that relate to your thoughts and feelings about these circumstances and leave them around the candle.

4. LAMENTATIONS 5

Read the verses of Lament from the last chapter of the Book of Lamentations in the Hebrew Scriptures, which reflect on the destruction of the Jewish Temple in 586 BCE.

In the right hand column, write a verse or verses that relate to us in our time.

5. MENDING BROKEN THINGS

There comes a time in grief when we need to “put our life back together”.

Use the time of attempting to reassemble broken pieces to reflect on the “one step at a time” things you might need to be doing to build your life.

Write these steps down and take the list with you to develop further positive steps for the future.

When you have finished, return the broken pieces to the container.

6. BITTERNESS

Taste one of the bitter leaves and think about what you may feel bitter about. Use the writing paper to write down your thoughts or to represent or express this bitterness.

Crunch up the paper into a ball. Hold the ball of paper over a rubbish bin. Let it go.

Apply hand crème to your hands. As you work the crème into your skin imagine healing from the cause of this bitterness.
Smell the fragrance that comes from the act of letting go and the beginning of inner healing.
Taste a sweet mint, savour it in your mouth and imagine some kind act you may undertake this week.

7. FORGIVENESS

Forgiving others when we are hurt and forgiving ourselves when we have hurt others can be very hard.

Take one of the “Forgiveness” postcards, find a comfortable and safe space and experience the breathing exercise.

Repeat the exercise if you like.

When you have finished, tie a ribbon on the “tree” as a prayer, in the tradition of Tibetan and Celtic prayer flags.

8. AN OFFERING BASKET

Pilgrim Church supports many disadvantaged peoples, directly or indirectly and offers a place of hope in the City.

Leave your offering to support the work of Pilgrim Church in one of the baskets.

9. CONSOLATION AND DESOLATION

Take one of the “Examen” postcards and find yourself a safe place to engage in the reflection:

For what moment today am I most grateful?

For what moment today am I least grateful?

10. PAIN AND DISCOMFORT MEDITATION

Adopt an uncomfortable posture. (eg sit on one fist, or on the floor)

Reflect on the gift of pain as an inner message to you.

Think about those with disabilities and their carers.

In your imagination, let your heart go out to them in compassion.

11. REMEMBERING CANDLES

Light a candle to remember a lost one.

Sit in a quiet place and lament the loss.

12. FIST AND OPEN HAND MEDITATION

Our first natural reaction to shock is often anger and then blame.

Make fists of your hands and feel the tension. Hold the fists as tight as you can and reflect on what might be causing anger in our life.

Holding the fist position, uncoil your pointing fingers to point. Feel the tension.

Think about where or to whom your fingers are metaphorically pointing. Reflect on the other fingers that point back at you. Can you find three aspects of a situation that caused you anger to which you might have contributed?

Return your attention to the clenched fists. Maintain the tension and think how you might redirect that energy positively.

Unclench your fists, opening you hands upwards. Be mindful of your feelings. Imagine what you might give to the situation you were considering. Hand over the situation to Divine grace.

13. WEAVING THE GRIEF

Take some strands and use them to weave your thoughts and feelings.

14. AN AMNESTY PRAYER TOUR

Play the movie on the computer and take the Google-Earth tour of troubled places around the world.

Use the newspaper cuttings for more information.

Pray for these situations by writing on a piece of calculator paper (tear off a piece to the length you want) and peg it to the “tree”.