

**Keeping Peace in a Violent World: Intergenerational Spiritual Centers**  
**Sunday, May 22, 2022**

The invasion of Ukraine and the ongoing violence in that country as well as the violence that continues to erupt or continue at home and around the globe leaves us

- Aching
- Angry
- Confused
- Alone
- Impotent

We cry out with the Psalmist:

Psalm 6:3 - "My soul is in deep anguish. How long, LORD, how long?"

Psalm 130:1-2 - "Out of the depths I cry to you, LORD; Lord, hear my voice. Let your ears be attentive to my cry for mercy."

Psalm 40:17b - "You are my help and my deliverer; you are my God, do not delay."

We lament with our brothers and sisters around the globe.  
 And we wait for God, with God, in God.

Centering Space developed a series of spirituality centers designed to offer opportunities for contemplation, action, renewal, and expression as we walk through these violent times as peacemakers. We invite you to participate in these stations in any order using this guide. Following today's nurture time, the stations will once again be placed upstairs in Centering Space. You are invited to continue to use these stations as individuals or as small groups. If you would like to schedule a time to use the Centering Space, please contact the church office at [office@trinitypresbyterianharrisonburg.org](mailto:office@trinitypresbyterianharrisonburg.org).

Station	Brief description of activity	Resources for activity
Settling in	Sometimes we just need a quiet, comfortable space to catch our breath and settle into a comfy chair. We may want to have a little chat with a few friends. So, settle down, get comfy, enjoy some refreshments alone or with others.	1. You may want to go online to review some of the materials that are currently available in the Harbor Room.  Chittister, Joan (2021). <i>The Monastic Heart: 50 Simple Practices for a Contemplative and Fulfilling Life</i> . Convergent: New York. Keating, Thomas (2017). <i>From the Mind to the Heart</i> . Peter C. Jones: USA. Newell, John Philip (2021). <i>Sacred Early, Sacred Soul</i> . HarperCollins: New York.
Light a candle	Light a candle as you talk with God about your joys, sorrow, worries, cares and concerns.	
Pray with scripture	Using one of the passages from the Introduction, read through it three	Select a passage of scripture from:

	times very slowly. Each time notice what catches your attention. Talk with God, asking God to open your heart to how God is speaking to you through the scripture.	<ul style="list-style-type: none"> <li>• Psalm 6:3 - "My soul is in deep anguish. How long, LORD, how long?"</li> <li>• Psalm 130:1-2 - "Out of the depths I cry to you, LORD; Lord, hear my voice. Let your ears be attentive to my cry for mercy."</li> <li>• Psalm 40:17b - "You are my help and my deliverer; you are my God, do not delay."</li> </ul>
Small labyrinths	Use the labyrinth's pathway to guide you on a contemplative journey as you move towards the center and then wind your way back out into the world.	<ol style="list-style-type: none"> <li>1. View Mary Lou's video</li> <li>2. Choose one of the printable labyrinths, download and print. (<a href="#">Printable Labyrinths</a>)</li> <li>3. Begin your journey to the center of your labyrinth with <a href="#">this prayer</a>.</li> </ol>
Scrabble	Add faith words or prayers to the board. Add a word about the work God calls you to, or a word about how you notice God working in the world. Then say a prayer about the word you chose or pray about the words others have added.	<ol style="list-style-type: none"> <li>1. View Gwen's video</li> </ol>
Pray in color	According to Sybil MacBeth, "praying in color is an active, meditative, playful prayer practice." In this activity, start by drawing a shape, add the name or a person or a concern inside the shape, embellish the shape and add color until you have created an icon of who/what you're praying about.	<ol style="list-style-type: none"> <li>1. View Mary Lou's video</li> </ol>
Fingerpaint	Let your thoughts and feelings flow out through your fingertips as you select and mix colors in the finger paint tray, praying for those who live in and among violence.  <a href="https://faithandleadership.com/roger-hutchison-how-finger-painting-became-communal-christian-practice">https://faithandleadership.com/roger-hutchison-how-finger-painting-became-communal-christian-practice</a>	<ol style="list-style-type: none"> <li>1. View Teresa's video</li> <li>2. You may choose to use a tray or cookie sheet and add some hand lotion for a purely sensory experience.</li> <li>3. A simple recipe for making your own <a href="#">fingerpaint</a></li> </ol>
Out of the ashes	What do you hope for? Who is helping those in need?	<ol style="list-style-type: none"> <li>1. View Gwen's videos</li> <li>2. Read "<a href="#">Will You Meet Us?</a>" by Jan Richardson</li> </ol>

	<p>What might rise out of the ashes of the destruction of war?  How will this conflict change the world?  How will renewal happen?  Where do you notice signs of God’s resurrection power in this situation?</p> <p>You are invited to look at the pictures, read the poem and write your hopes to add to the prayer frame or</p>	<ol style="list-style-type: none"> <li>3. <a href="#">View images in the PP</a></li> <li>4. Share your prayers of hope for our prayer frame by submitting your prayers to <a href="mailto:office@trinitypresbyterianharrisonburg.org">office@trinitypresbyterianharrisonburg.org</a> to be added to the prayer frame at the church house.</li> </ol>
<p>Action resources</p>	<p>Informational resources for responding to the war in Ukraine are available at the Presbyterian Disaster Assistance website.</p>	<ol style="list-style-type: none"> <li>1. View the informational resources for action here:  <a href="https://pda.pcusa.org/situation/ukraine/Emergency Aid for Ukraine">https://pda.pcusa.org/situation/ukraine/Emergency Aid for Ukraine</a></li> </ol>