

Creating Sacred Space

All of life is lived in God's presence, yet sometimes we need to set aside a space or time to centre our lives on God, who gives us life and longs for us and all creation to enjoy life abundant.

You may wish to create a sacred space in your home or choose a place outdoors that nurtures your spirit

The intent in finding or creating a sacred space is to help us to feel our connection with Spirit, and to remind us that all of life is holy – a gift from God to be cherished.

Such a space needs to engage our senses and evoke emotion

Some things you might wish to include in the sacred space are: a bible or bible story book; fresh flowers or a plant; a book of prayers, a candle, items from nature, a prayer journal, something that reminds you to wonder

Being Centred

- rituals that help us to focus and be present in the moment
- include - Intention (Heart) – purpose of the ritual and Action (Hand) – what one does
- The goal of spiritual practices is to be fully present in the moment.
- Many rituals can lead us to the sacred

Prayer

- helps us to share our deepest thoughts/ feelings/ concerns/ issues with
- God and opening ourselves to God's presence and guidance in our lives.

Each month, this space will share one spiritual practice. Please remember that a spiritual practice is intended to enrich your life not add another burden, be gentle with yourself. Begin slowly celebrating each moment you take to nurture and cherish your relationship with God and with God's created world.