

Agenda for St Placid Priory Oblate Meeting on October 11, 2020

Read Chapter 2 “Earth as Original Scripture” in advance of the meeting

Suggested Practices from Chapter 2 to try on your own and consider sharing with large group during “Optional Sharing:”

- **Contemplative walk** – take a walk and pay attention to the signs of Autumn with all your senses
- **Herbal Bath** – add herbs or essential oils to a warm bath or a foot bath and be present to your connection back to the earth, being in the water, the warmth of the water and candles you may have burning and notice the rhythm of your own breathing
- **Visio Divina** – take your own photos of nature or return to other landscape images you have and spend time meditating on a particular photo as you would a holy text
- **Journaling** (Ways of Circle of Response: see page 29 in book for more explanation) – Start by taking a few deep breaths and reflect on the Summer Season of 2020 that is now in the past. Write for five minutes in a journal on each of the three question below:

- 1. How does this make you feel? What aspect of your life does this reflect?**
- 2. How might you learn to speak the language of this thing from nature? Pause after this free writing and see if anything surprised you.**
- 3. Take this thing you were drawn to and bring it inside of you. Write: The [thing] in me knows . . . and then keep writing to explore your response. Again pause after this free writing to see what surprised you.**

Meeting Agenda

12:15 – 12:30 **Log into Zoom meeting** (meeting request will be sent separately)

12:30 – 1:15 **Oblate Don Cairns will present Chapter 2 “Earth as Original Scripture”** (45 min)

- Review of the Oblate meeting for today (5 min)
- Opening Prayer: Ps 100 “Cry out with joy to the Lord, all the earth” with contemplative visual images (5 min)
- Overview of Chapter 2 (10 min)
 - Scripture found in Nature
 - Rhythm of liturgical calendar with the Seasons
 - Contemplative walks in nature
- Contemplative meditation session (20 min)
 - Overview of Centering Prayer Practice
 - Four elements of nature woven into meditation
 - Scripture Reflection Ps 46:10 “Be Still and know that I am God”
 - Sitting time about 10 minutes
 - Reflective journaling
- “Wild Geese” by Mary Oliver is a beautiful reminder of how nature inspires and humbles us with its sacred text (5 min)

1:15 – 1:30 **Transition to Small Group and Break** (15 min - Sr. Raphaela will explain the transition)

- 1:30 – 2:15 **Guided Lectio** (45 min)
- Start with introductions then Lectio
 - Lectio from Scripture for today is below (Isaiah 25:6-8)
 - Conclude with journaling on the Lectio
- 2:15 – 2:20 **Transition from small group back to large group** (5 min)
- 2:20 – 2:45 **Optional Sharing of Suggested Practices from Chapter 2** (25 min)
- 2:45 – 3:00 **Sister Anna-Camille’s Announcements** (15 min)

WILD GEESE by Mary Oliver

You do not have to be good.
 You do not have to walk on your knees
 For a hundred miles through the desert, repenting.
 You only have to let the soft animal of your body
 love what it loves.
 Tell me about despair, yours, and I will tell you mine.
 Meanwhile the world goes on.
 Meanwhile the sun and the clear pebbles of the rain
 are moving across the landscapes,
 over the prairies and the deep trees,
 the mountains and the rivers.
 Meanwhile the wild geese, high in the clean blue air,
 are heading home again.
 Whoever you are, no matter how lonely,
 the world offers itself to your imagination,
 calls to you like the wild geese, harsh and exciting —
 over and over announcing your place
 in the family of things

Lectio for Today: October 11, 2020 First Reading

On this mountain the Lord of hosts / will provide for all peoples / a feast of rich food and choice wines, / juicy, rich food and pure, choice wines. / On this mountain he will destroy / the veil that veils all peoples, / the web that is woven over all nations; / he will destroy death forever. / The Lord God will wipe away / the tears from every face; / the reproach of his people he will remove / from the whole earth