

Suggestions for a Pilgrimage around your Home



March 2020 will be remembered as the time when we became more creative in learning how to be new people in a strange land. To go on pilgrimage is to make a journey of intention which draws us closer to God and makes us aware of our relationship with him and with others. This pilgrimage may help you, young children or any member of your household to imaginatively to go on that journey of intention, to enter into prayer or to focus thoughts as you 'journey' around your home.

The idea is to set up a 'route' around your home for everyone to follow, pausing to reflect at each 'station' for 2/3 minutes. Or you can choose to sit in your chair and use the things you can see from there. Below are some suggestions as to what could be used and said/prayed at each 'station', but these will vary according to your own environment and the age and/or needs of the people taking part.

Kitchen/Dining Area:

Sit down for a moment and listen to the sounds of food preparation and take time to smell what's cooking or anything you are about to eat. Remember the people who have prepared the food and, in the quiet, reflect or pray for all who help to deliver such a variety of food for you to savour - those who are involved in shipping and haulage, those who work in supermarkets and shops and those who grow and prepare our food.



Information calendar/the post pile/mobile phone:

Turn to the people who live with you and tell them some news (or think about a recent event if you live alone). You can use this simple prayer: Thank you Lord God that we can talk to each other, write digital messages and read. Help us to keep in touch with those outside our home using the many ways of communication available to us.

Recycling bin:

What a load of rubbish! Think about all the things we just throw away. What will happen to the rubbish in the recycling bin? Dear Lord, help us to be more aware of how we can look after the world and show that we care about our environment by recycling and reusing.



Picture or photograph:

You may like to reflect on the scene in the picture or photo and ponder on the events they record as you say these words of prayer. We thank you Lord for creative minds and fingers. Give us opportunities to use them to make our world as colourful as possible and to make our homes bright, comforting places to be.

A view of the road:

Lord God, thank you for all the people who work hard behind all the doors we can see or who come to our door to help us. We ask you to bless all those who are travelling along the road to help us, especially those who work in our health service. (Wave to the people that you see or give them a smile as a thank you or find a way of showing your appreciation.)



Candle:

We remember that Jesus was called the Light of the World. Who is a light to you? Let us think or pray about how bright goodness can be: Shine in all the dark places of this world, where there is fighting or hunger, people without homes or those who are ill. Help us, in any way we can, to bring light to these places. (Name any people or situations you want to remember.)



If you have any outside space you can use the following:

Tree/garden:

Stand in the garden and look about you, below you and to each side. Think of all the activities that happen in this space (and not just yours!). In your own words thank God for the space. Look above you. The Space above your head is immense! Can you imagine how far it goes? In the quiet you may like to thank God for the wonder of such a marvellous universe.

We want to give thanks for this place. For the beauty we see and have enjoyed, for the amazing growth of the plants. When we look close, we marvel at the detail in the smallest petal and wonder at the strength of the tallest sunflower. We remember all your creatures, from the tiniest ant that scurries around in the undergrowth to the night-time visitors that we may never see. Help us Lord to look after this place of beauty.



Play equipment:

What is the most challenging move you have attempted on this equipment? Which muscle groups do you have to use to get across/round/on it? Think of the strength contained in your own body. Try to imagine what you would have to do to use up all the energy you have stored up inside you. In a moments quiet, reflect on or thank God in your own words for your amazing body.

Gates/ fences

Think about your safety in this place and say these words of prayer. Lord God, as we look at the boundary around our home, we ask you to keep us safe. Help us to look after each other, to be responsible as we leave this place remembering everything that will keep us and others safe.

