



Food for the Journey

April 2013

*Produced by Members and Friends of Evergreen Christian Church
Evergreen, Colorado Rev. G. Duncan Miller, Pastor*

Vol. II Issue 4

**O Lord,
our
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eign,
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FINDING GOD IN NATURE

For the April 2013 *Food For the Journey* publication, all the readings and prayers are centered on God's creation. You are invited to use these readings and prayers as you physically engage with nature, whether it be a gentle walk in the woods or sitting quietly under the stars. Choose a time in the day or week to allow yourself to become aware of God's presence in creation. Sit with God in nature as God sits with you.



Psalm 8

¹ O Lord, our Sovereign,
how majestic is your name in all the earth!

You have set your glory above the heavens.

² Out of the mouths of babes and infants
you have founded a bulwark because of your foes,
to silence the enemy and the avenger.

³ When I look at your heavens, the work of your fingers,
the moon and the stars that you have established;

⁴ what are human beings that you are mindful of them,
mortals that you care for them?

⁵ Yet you have made them a little lower than God,
and crowned them with glory and honor.

⁶ You have given them dominion over the works of your
hands;

you have put all things under their feet,

⁷ all sheep and oxen,

and also the beasts of the field,

⁸ the birds of the air, and the fish of the sea,

whatever passes along the paths of the seas.

⁹ O Lord, our Sovereign,
how majestic is your name in all the earth!



Praying to God Through Nature

Contemplating creation is a significant way to open our hearts to God's revelation of love. Through letting our exterior sense and imaginations become absorbed in something in creation, we create the interior space to be attentive to God's presence.



Spend time praying with creation. Ask God to reveal divine love to you through the gifts of creation. The following are two suggestions for praying with creation. Try one or both of these ways of praying.

Awareness of Creation

During the week whenever you are outside, try to be aware of creation. Try to go outside as often as you can. Notice the various realities of creation – the sky, the sun, etc. Look at, listen to, smell, touch, and taste. Let your senses become aware and involved. Thank God for gifts of creation.

Become Absorbed in Creation

Take a walk or just sit and look. Notice the various aspects of creation – the sky, the sun, the clouds, trees, plants flowers, grass, sand, rocks – whatever is there.

Let yourself be attracted to one reality of creation. Spend time looking at that, noticing various little things about it. Touch it or listen to it, if you can. For example, your attention may be drawn to a tree. Notice the leaves, the branches, the bark. Feel the leaves and the bark. Listen to the leaves rustling in the breeze.

Ask God to reveal His presence to you and through the reality of creation you are contemplating. What does God reveal to you about God? About His Love? About creation? About you?

Go back to that creation reality five or six times during the week. Just keep letting it reveal itself to you.



Canticle of Creation

Be praised Good Lord for Brother Sun
who brings us each new day.

Be praised for Sister Moon: white
beauty bright and fair, with wandering
stars she moves through the night.

Be praised my Lord for Brother Wind,
for air and clouds and the skies of every
season.

Be praised for Sister Water: humble,
helpful, precious, pure; she cleanses
us in rivers and renews us in rain.

Be praised my Lord for Brother Fire:
he purifies and enlightens us.

Be praised my Lord for Mother Earth:
abundant source, all life sustaining;
she feeds us bread and fruit and gives us
flowers.

Be praised my Lord for the gift of life;
for changing dusk and dawn; for touch

and scent and song.

Be praised my Lord for those who
pardon one another for love of thee,
and endure sickness and tribulation.

Blessed are they who shall endure it in
peace, for they shall be crowned by Thee.

Be praised Good Lord for Sister Death
who welcomes us in loving embrace.

Be praised my Lord for all your
creation serving you joyfully.



Be
praised
my
Lord
for all
your
creation
serving

Prayers for Creation

*God, I thank you for the healing rain that
washes the curving hills bright green. I
thank you for the sunlight that
beams of fall softly on a child's
face. I thank you for the
for butterflies, stars
flowers, fish, stars
all of these beautiful
things you created for
us. I pray that all of
your children
and wonder at these, and that the joy of
these follows them through their lives
now and forever. In your name we pray,
Amen.*



Infinite Spirit,

*When I pray each day for shelter for the homeless,
let me not ignore the pet without a home;*

*As I ask for protection for those in areas of turmoil and
unrest, let me not forget endangered species of life;*

*When I pray that the hungry be fed, let me be mindful
that all God's creatures have need of sustenance;*

*As I ask Divine assistance for those afflicted by fire,
flood, earthquake, storm or drought,
let me remember that this includes every living thing;*

*In seeking miracle cures for human disease,
may I also speak for the well-being of the planet
itself.*

*Let the words of my mouth, the meditations of my
heart and the actions of my life be as one,
that I may live each day in harmony with Mother
Earth.*

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A Loving,
Witnessing,
& Serving

Community of Faith

Lectio Divina (Sacred Reading) for Spiritual Growth

"*Lectio Divina*", sometimes called "*Sacred Reading*" is a special type of reading. The aim of *Sacred Reading* is to allow the printed word to open your heart to the heart of God. When practicing the spiritual discipline of *Sacred Reading* you might want to find a quiet place, become attentive to the presence of God within that place, and ask God to open your heart to God's life-giving word.



You are invited to use this *Food for the Evergreen Journey* for such reading. Leave the publication somewhere with easy access. God might move you to receive its blessings at different times during the day, week, or month. Perhaps you will want to go back and read its offerings several times. Each time, God may reveal something new to you. Perhaps there will be a word or a phrase within this publication which moves you deeply and opens you to the fruit of the Spirit: ***love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.***

Pay attention to those words and phrases. They are God's word for *your life* today.

If you would like to contribute to this publication, please write or call Rev. Miller. The only requirement is that all submitted items be uplifting and convey some quality of the fruit of the Spirit as found in Galatians 5: 22-23.

Hymn For The Month

For the beauty of the earth,
For the beauty of the skies,
For the love which from our birth
Over and around us lies,
Lord of all, to thee we raise
This our grateful hymn of praise.

For the beauty of each hour
Of the day and of the night,
Hill and vale, and tree and flower,
Sun and moon and stars of light,
Lord of all, to thee we raise
This our grateful hymn of praise.

For the joy of human love,
Brother, sister, parent, child,
Friends on earth, and friends above,
Pleasures pure and undefiled,
Lord of all, to thee we raise

This our grateful hymn of praise.

For each perfect gift of thine,
To our race so freely given,
Graces human and divine,
Flowers of earth and buds of heaven,
Lord of all, to thee we raise
This our grateful hymn of praise.

For thy Church
which evermore
Lifteth holy hands
above,
Offering up on every
shore
Her pure sacrifice
of love,



Lord of all, to thee we raise
This our grateful hymn of praise.