

Soul Space

Creation

We have been given a beautiful world; shining with colour; the green of trees and the blue of water and sky. Stop and listen. Even if there is noise from traffic, there will also be bird song and maybe the murmur of wind in the bushes. Even a tiny green space like this is teeming with life and beauty. There are insects and seeds waiting in the soil, buds and flowers that will become fruits by the autumn. Above us if we look up is sky space and every shape of cloud or brightness of star. Take time to notice and to wonder. Allow your mind to be still and your breath to slow down as you stand and look around you. Then let your heart expand to give thanks to God who made it all. Picture our world in the palm of God's loving hands, lovingly made and securely held. Promise to care well for this world. And then pray this blessing. Share it as you go on your way!

'In the beginning God created the heavens and the earth...And God saw all that he had made and it was very good.' Genesis 1, verse 1 and verse 31

Traditional Irish Blessing

*May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face;
the rains fall soft upon your fields and
until we meet again,
may God hold you in the palm of His
hand.*

