

A River Pilgrimage from Celtic Daily Prayer

Beginnings:

Stop

Through this place flows three silent rivers. Use one of the rivers as a way to still your thoughts and begin to listen to your heart

Watch the movement of the water for a few minutes

Become increasingly aware of all distractions

Become increasingly aware of the deep flowing silence within your own heart.

Look ...

Spend a few minutes looking at the landscape around you.

Focus on one building or landmark in particular, or on something on the river or its banks.

Silently call to mind those who play a part in the life of this place, e.g those who work in trade or industry, businesses, health & welfare, education, finance & administration, justice & government.

Pray a blessing on each one

See the face of God in each one.

Listen ...

Spend some time listening to the characteristic sounds of this locality.

Be thankful for all the sounds that you can hear and begin to hear the voice of God in them.

Begin to hear the peaceful silence at the centre of your own heart.

Respond using this liturgy

Xxxxx is where I am. How then shall I be in it?

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Blessed are the pure in heart

May we see God

Streams of living water will flow from your heart

We believe in you

Your heart is where your treasure is.

May we store up treasure in heaven.

Love the Lord your God with all your heart

Show us where we are half-hearted.

When you speak it's easy to see what's in your heart.

Give us a new heart.

Declaration of Faith

We believe in the Father who looks at the heart

We believe in the Son who knows what is in our hearts

We believe in the Holy Spirit who searches our hearts.

Meditation by George Macdonald

Jesus looked at me, and then said just one thing, 'Our Father!' and then I could not see Him anymore... But it did not seem to matter the least tiny bit. There was a rock near me and I sat down upon it, feeling as if I could sit there without moving forever, I was so happy. And it was because Jesus' Father was touching me everywhere. My head felt as if He were counting the hairs of it. And He was not only close to me but far and far and farther away, and all between. Everywhere was the Father! I couldn't see or feel or hear Him, yet I felt I was one with Him.

It was God, God everywhere, and there was no nowhere anywhere. All was God, God. And I felt I could sit there forever, because I was right in the middle of God's heart. That was what made everything look so right that I was anxious about nothing and nobody.

After a while, I seemed to see a black speck somewhere. And I could not understand it. I did not like it, and it made me miserable. *But*, I said to myself, *'Whatever the black speck may be, God will rub it white when He is ready!'* For you know, He couldn't go on forever with a black speck going about I His Heart.

I started to cry. But with that, the black speck began to grow dim, and it grew dimmer and dimmer till all at once I could see it no more.

Blessing

Blessed be God of the rivers and our lives
Blessed be God of the tides and our thoughts
Blessed be God of the wind and our motives.
Bless these steps I have taken.
You have walked in my shoes. Amen

Moving on

The next phase of the journey is back into your everyday life.
Attempt to carry whatever you have heard, in your heart and into the lives of those around you.
Remember the struggle we all have trying to carry a peaceful heart back into the hustle and bustle of our lives.
Ask for God's help to continue to walk in the stillness of His presence.
Meditate again for a few moments on the constantly flowing river before departing.

A prayer for journeying from Carmina Gadelica

God and Jesus and the Holy Spirit be shielding and saving me, as three and as One, by my knee, by my back, by my side, each step of the stormy world.