

## The Great Lent, Holy Week - Mon 6/4/20

Hi everyone,

I have compiled and I am forwarding this themed retreat for anyone who would like to engage and pray with some or all of it during this year's Holy Week.

The inspiration for it has come from discussions with friends, butterflies and having attending 2 interfaith events in Glasgow.

I would suggest reading through it first of all just to familiarise yourself with the content. I have suggested some you tube videos to watch but please do not be put off by the adverts as not all can be skipped. Hopefully you will find it worthwhile watching them.

You can either spread it over a few days taking a page a day or by spending 20 minutes for each part on one day. It is entirely up to you what you do but please do not feel you have to do all or any of it, for the Spirit will guide you.

Also, if you know of anyone who might find this helpful during this time please feel free to share/forward on. I feel staying connected has taken on such deep meaning.

Before you begin you might like to gather the following items:-

- A candle to light.
- A pair of Scissors
- Blue material
- Butterfly template – separate email.
- Journal & pen

### Opening Prayer

Begin by lighting your candle and welcoming our Creator's presence with you at this time.

Blessed Trinity

I receive your love,

Your presence and this time, as a precious gift from you.

May I open my mind and heart to listen to Your voice.

May Your transforming love be ever present in my life.

May I stay focused on your divine beauty.



Now you may like to listen to the following -

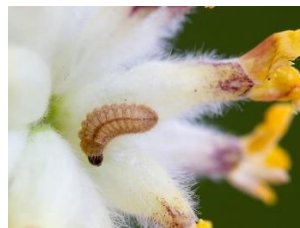
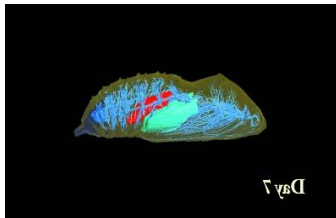
[https://www.youtube.com/watch?v=JW\\_RpWbnJXQ](https://www.youtube.com/watch?v=JW_RpWbnJXQ)

"Godspell" Cast Takes It "Day By Day" in the Recording Studio

The life cycle of a butterfly has been used in Christianity as a symbol of radical transformation, growth, evolution and resurrection. I started thinking about the Small Blue butterfly as a sign of hope during this time of climate chaos and injustice, and of course, COVID -19 and its associated major changes we are living through at this time.

There is no doubt how interconnected the whole of creation is and how precious our relationships are during these uncharted and uncertain times.

## *Life Unfolding*



<https://www.youtube.com/watch?v=RzdaXDO8szQ> - Inside the Cocoon: 3-D Views of a Butterfly's Metamorphosis

<https://www.facebook.com/bbcsof/videos/501125270546512/>

Celebrated artist PJ Crook spent 15 years creating an altarpiece for her church. And when she was painting Mary, she felt a real sense of divine inspiration.



In the image, the young Mary gazes into the future. Around her head is a circle of butterflies, symbol of Resurrection, whilst the caterpillar in the above image makes its way along the rail at the bottom. The infant Christ reaches up towards the Dove, symbol of the Holy Spirit and more latterly of peace.



## *Why the Small Blue butterfly?*

About 3 years ago I heard about the very beautiful Small Blue as having been reintroduced in the North Ayrshire area.

It is the UK's smallest butterfly and became extinct in south west Scotland in the early 1980s. In 2007 it was added to the UK Biological Action Plan (BAP) species list after suffering a significant decline in distribution as its small size makes it particularly vulnerable to local climatic and habitat changes.

Small Blue colonies in Scotland are now mostly found on sand dunes and other coastal grasslands, with only two or three inland sites remaining. So it is vitally important to maintain their habitat in as good a condition as possible.

In 2013 the butterfly was re-introduced at Gales Marsh nature reserve near Irvine, Ayrshire. The Scottish Wildlife Trust continues to lead this work, in conjunction with Dundonald Links, to expand its habitat in the hope that it will survive in Scotland.

In Scotland, adults can be on the wing from late May/early June through to July, depending on weather conditions. A small second brood may be seen in August/September in exceptional years.

I like the idea that it is small and might be thought of as insignificant yet it has an important job as a pollinator. It is such a gift that the efforts of some committed individuals' actions have resulted in us being able to enjoy its presence here on earth.

## *Meditation Activity – Everywhere there is Hope.*

You are now invited to use the attached template and your fabric to cut out a blue butterfly which you can decorate/personalise to be included in a Loving Earth textile panel. Alternatively you can knit or crochet a butterfly using one of the templates as a guide for the approximate size to make. NB the panel is 30cm by 30cm so is quite small.

I have already started making the panel as a way of engaging positively and creatively with environmental issues for the love of creation. I would love to include your butterfly on this panel.

It is anticipated on completion it would be our group panel and will be included in an exhibition for COP26 in Glasgow due to take place in November this year. I have started this and would like to incorporate your butterflies in it.

More information about the project can be found at <http://lovingearth-project.uk/>

As you undertake the above task you may wish to listen to Julian Lloyd Webber - A Gift of a Thistle or a piece of music of choice which you enjoy listening to or remain in silence.

<https://www.youtube.com/watch?v=sLRgHhPV8WY>

Take a few moments in silence to sit holding your butterfly.  
Consider the following :-

The poet Manley Hopkins says; “...nature is never spent”.

Think about something, someone or somewhere that you know and love which is threatened at this time.

Is there anything you are doing which may be contributing to that threat ?

What are you doing, or what tiny step could you do, either individually or collectively to help reduce that threat? This could be within your own home, local parish/ community and workplace. What do you think could be a national or global response that could contribute to the change you want to see happen.

What is God inviting you to let go of at this time?

What action, if any, are you being drawn to consider taking?

You may like to take 5 minutes to note down some of your thoughts and feelings, create a simple prayer or write down a new commitment that you could share & send via email with our group.

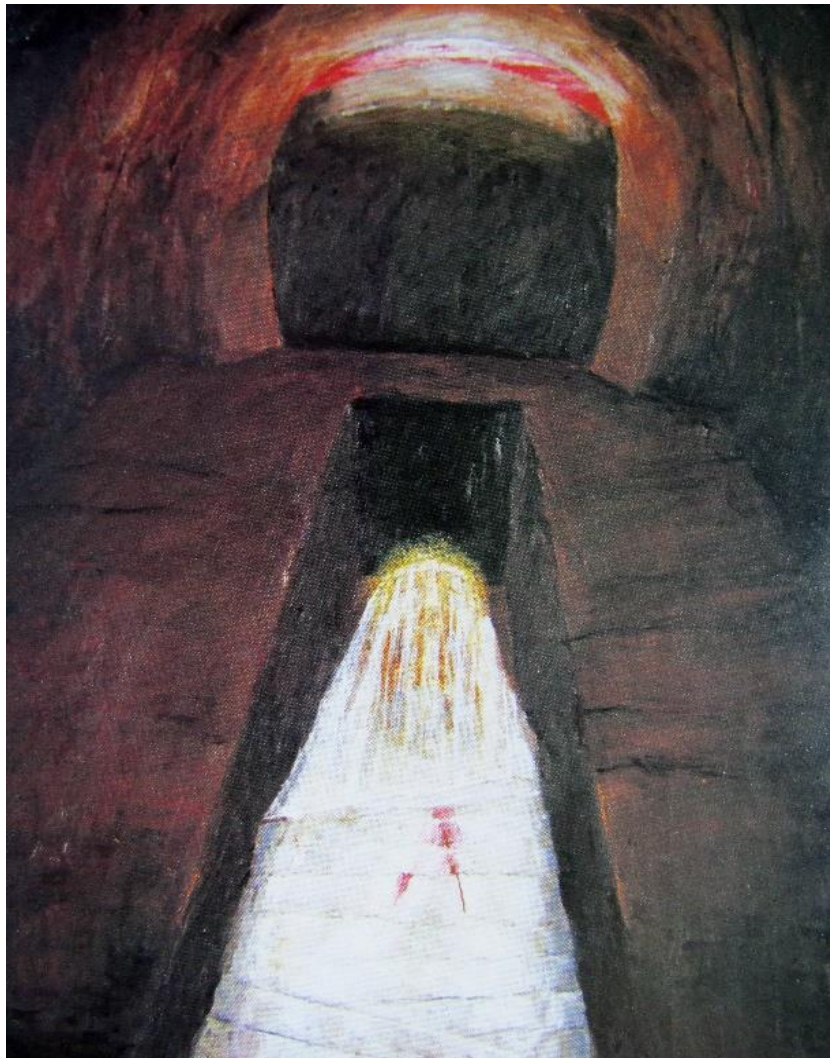
# *Love Unfolding*

## *John 12: 24*

Music:- Bernadette Farrell Unless A Grain Of Wheat Shall Fall

<https://www.youtube.com/watch?v=Z2fR9fUD5bM>

Chrysalis – Sieger Koder



The burial cloth  
Translucent  
Revealing  
A body at rest.  
The face at peace.  
Wounded hands  
Marked with red blood.

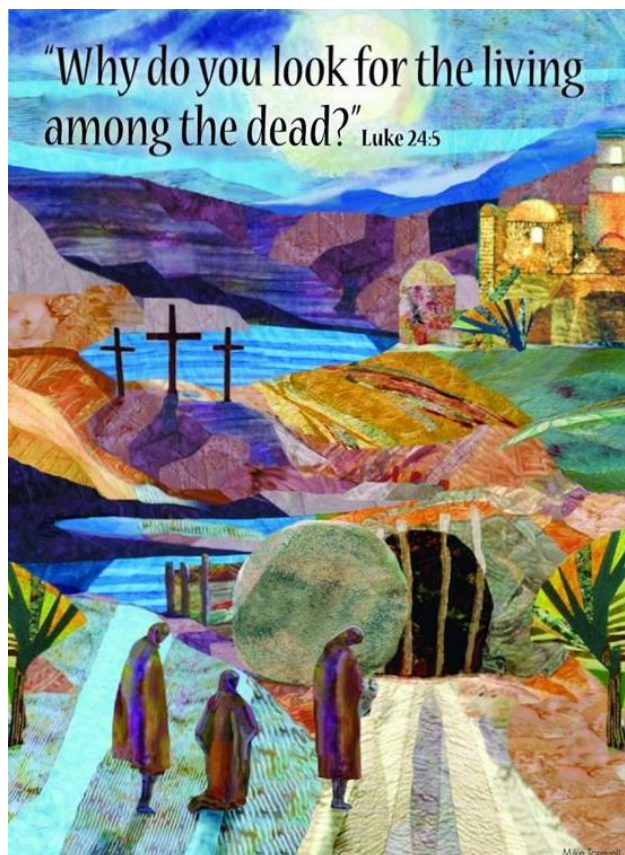
Inside, the tomb is dark and spacious.  
Outside, the promise of a bright warm morning.

The light is breaking  
Through the stone  
Which seals the entrance.  
Within the linen cloths  
The body dazzles,  
Like –  
A pearl in the oyster shell  
A chrysalis in its cocoon  
A seed in germination  
An embryo in the womb  
The inexplicable  
Untouchable  
Invisible  
Recreating energy  
Into the soil,  
Swollen with new life.

## Scripture Mark 15: 42 -47

It was now evening, ..... there came Joseph of Arimathea .... he boldly went to Pilate and asked for the body of Jesus.

.....he granted the corpse to Joseph who bought a shroud, took Jesus down from the cross, wrapped him in the shroud and laid him in a tomb which had been hewn out of the rock. He then rolled a stone against the entrance to the tomb. Mary of Magdala and Mary the mother of Joset were watching and took note of where he was laid.



Take time to relax and in silence, rest with whatever resonates with you.

How are you feeling?

What would you like to give thanks for?

Is there anything that challenges you?



## *Blinded by Your grace*

The movement of clouds altered the light,  
and all across the valley,  
the butterfly skin of the world transfigured in response,  
opening all the wings at once to the sun.  
A lifting brightness swept the land,  
Flowing up the mountainside in a wave.

Barbara Kingsolver, Flight Behaviour, p.g. 74

Watch YouTube video - <https://www.youtube.com/watch?v=ciy7XqZZmY0>

**The Kingdom Choir - Blinded By Your Grace, Pt.2 (Official Video)**

### **Final Prayer - An Easter Blessing**

*May you awaken to the mystery of being here and enter the quiet  
immensity of your own presence.  
May you have joy and peace in the temple of your senses.  
May you receive great encouragement when new frontiers beckon.  
May you respond to the call of your gift and find the courage to follow  
its path.  
May the flame of anger free you from falsity.  
May warmth of heart keep your presence aflame and may anxiety  
never linger about you.  
May your outer dignity mirror an inner dignity of soul.  
May you take time to celebrate the quiet miracles that seek no attention.  
May you be consoled in the secret symmetry of your soul.  
May you experience each day as a sacred gift woven around the heart  
of wonder.*

–John O’Donohue, *Eternal Echoes: Celtic Reflections on Our Yearning to Belong*.

Easter message

Keeping you and your loved ones in my prayers during this Lenten period and Holy Week.

Sending you Easter Blessings and a socially- distanced hug.

There are many different ways we can share, support and stay in contact during the challenging times ahead. Take care, stay safe and rejoice.

Pax Christi,

J&P supporter xxx