

Session 5 - Humans

Nov 1 & 3

Materials List

Opening Litany

L: We adore you, O Creator, and we bless you

P: **Because by your holy word you have created the world**

Prayer

Bible Reading

Genesis 1: 26 -30

Psalm 139: 1-16

Silence

Readings on Topic

Hymn 732 - Morning Cry

https://www.youtube.com/watch?v=PqOFmE6r2OI&list=RDPqOFmE6r2OI&start_radio=1

“Hallelujah” by Samuel Menashe

Eyes open to praise
The play of light
Upon the ceiling -
While still abed raise
The roof this morning
Rejoice as you please
Your Maker who made
This day while you slept,
Who gives grace and ease,
Whose promise is kept.

‘Let them sing for joy upon their beds.’ Psalm 149

Invitation to Reading the Book of Creation

- Do something special for yourself.
- Do something special for someone else.

Neither has to be expensive or very time consuming. A cup of tea, a walk around the neighborhood, a trip to a park, museum, coffee shop. Sleeping late, a bath...

Further Readings - get to, not have to

Journaling Prompts

- How do the readings influence how you think about yourself? About others?
- Reflect on caring for yourself. Reflect on caring for someone else.
- Reflect on your experience over these sessions. What worked for you? What didn't work for you? What would you like to experience next? If there is anything you would like to share with Irmi, please do.