

Creative lament

This bag includes several resources that we hope will allow everyone space to lament.

- Wooden teardrop
- Wooden prayer beads
- Plain paper for drawing, writing, origami...
- Colouring page
- Prayer post its
- Prayer card
- Biscuits

The pens on the table are suitable for drawing on wood as well as paper. There are wipes if you wish to wipe pens and pencils before and after you use them.

Wooden tear drop

This is for you to decorate in representation of the things you feel you have lost through the pandemic. Once decorated we ask you to place it on the table around the side of the room, to be added to everyone else's to form a mobile.

Wooden beads and prayer card

These are for you to create a reminder of this morning along with the prayer card. Please make these into prayer beads or a bracelet. The pens can be used to decorate them if you wish.

Colouring page

For those who wish to meditate quietly.

Prayer post its

Please write your prayers for the future and stick on the church at the side of the room.

Plain paper

This can be used in any way you wish, but here are a couple of suggestions

Writing your own Psalm

The Psalms are a rich and diverse set of writings, even the idea that we could write our own feels presumptuous. Yet, these were written by faithful people of God, often during the most difficult times of their lives. Looked at from this perspective it seems reasonable that we might try our hand. What follows is necessarily a very brief outline.

Biblical poetry does not have a rhyme or even a fixed metre. Its distinctive feature is short, two- or three-part sentences. These parts are known as clauses and may only be two or three words each. To inform the audience, whether readers or listeners, that the second or third clause was a continuation of the first and not a new beginning the writers used several devices. It might be done by making later clauses dependant on the first e.g. by omitting a verb; through repetition, or through commonly linked items being in the different clauses e.g. sun, moon and stars or night and day.

In his *Spirituality of the Psalms* Walter Brueggemann suggests that Psalms can be broadly divided into three types. It would seem natural to skip straight to psalms of disorientation or re-orientation given the experiences of the last sixteen months but let the Spirit lead your writing.

Psalms of orientation – these are Psalms that tell of life when it is happy and people are confident.

They structured like this:

- Recognition of God's goodness
- Expression of thanks
- Recognition of Gods power in our lives
- Acknowledgment of the blessings God offers
- Affirmation of the goodness of God

Psalms 1, 8 and Psalm 145 are examples.

Psalms of disorientation – these are psalms when things have gone wrong, there is failure, uncertainty and suffering. These are songs of lament, protest or even complaint.

They are structured like this:

- Speaking to God
- A complaint or problem
- A turning point – in spite of this we will, nevertheless...
- A request or call for help
- A response of praise, trust and hope

Psalms 13, 32 and 88 are examples.

Psalms of Re-orientation – these are Psalms for when we have gone through a tough time and come through to find new possibilities. They recognise that we cannot go back but we can look forward.

They are structured like this:

- A call to praise
- A reason for praise – telling of the change and difference God has made
- A new call to praise, to God and people, with this deeper appreciation

Psalms 23, 30 and 103 are examples

Psalms are addressed to God, so begin by thinking what it is you want to say to God. Write it in no more than two short sentences.

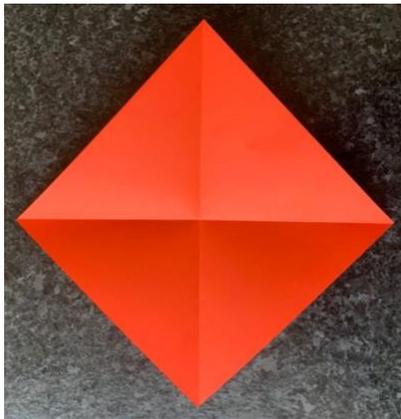
What emotions are you feeling right now? What words would you use to describe them? Write them all down and choose the ones that reverberate in you.

Use these to identify the type of psalm you are writing.

What images are coming to mind? You could use these to link your clauses.

Using the sentences you wrote in step one, the emotions words, images, and structures above and write from the heart.

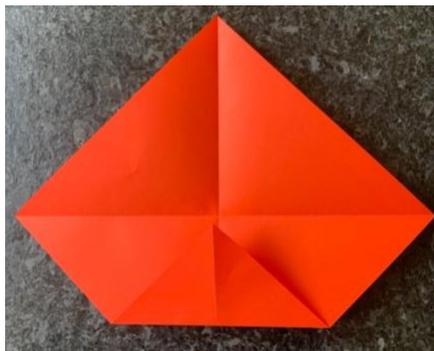
Origami hearts



Before you start folding, write the names of people, places, or situations you would like to pray for on the side of the paper facing you. These will be folded into the centre of your heart.

Starting with a square of paper, fold in half diagonally, corner to corner, then unfold.

Repeat the fold, using the opposite corners, and then unfold.



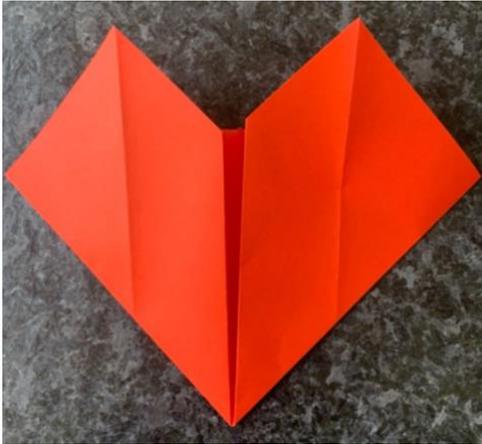
Fold one corner up to the centre line.



Now fold the opposite corner to the bottom fold created in the last step.



Rotate the paper 180° and fold so that the bottom fold meets the centre line



Repeat the last step with the other side



Turn the heart over and fold the four sharp triangles in.



Origami heart.

Spares are available if the instructions were lacking!

But remember, God knows what is on your heart no matter how crumpled.

Please place your heart on the table at the side of the room to be added to the mobile with the teardrops and other hearts.