**POSSIBLE PROGRAMME FOR THE QUIET DAY TOGETHER WITH QUESTIONS OR THOUGHTS FOR THE PERIODS OF QUIET TIME**

Introduction

Thank you for participating in this online Quiet day. As it is online you will have the opportunity to choose how you follow it but if it helps I have suggested a programme below. Do not feel obliged to follow it or even to do it all on one day and you may even like to return to parts on subsequent days!

Also in this document are thoughts and questions to "lubricate" the periods of silence which you may find helpful and I have also separately provided some images which I hope you will be able to access.

May God bless you and come close to you this day as we rejoice in the healing power of his creation.

**Suggested programme**

10.00 a.m. Morning Prayer

10. 45 a.m. **Session 1:** St. Francis' Canticle of the Sun/Creatures; *Sun, Moon, Wind.*

Quiet time with suggestions below if helpful.

1.30 p.m. **Session 2:** St. Francis' Canticle of the Sun/Creatures; *Water, fire, Earth*

Quiet time with suggestions and/or images of creation

3.30 p.m. **Session 3:**St. Francis' Canticle of the Sun/Creatures; *Humanity*

Compline

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**Ideas for the times of silence**

**BROTHER SUN**

In what ways does the heat and light of the sun speak to you of the radiance of The Son?

In the Nunc Dimittis in Luke 1 Simeon proclaims

"because of the tender mercy of our God, by which the rising sun will come to us from heaven". How do you react to this?

 BROTHER **WIND**

What forms of wind or breath do you most associate with? How do you find God speaking to you through them?

Walk on a windy day and notice how your body or emotions react to the movement of the wind around you.

Write a psalm or prayer of praise involving the wind.

**SISTER WATER**

Are you in touch with the natural rhythms of your life?

Where in your life do you find meaning or inspiration from water?

Meditation on St. John 4: 5-15 The Samaritan woman at the well.

 or St. John 13 - Jesus washes the disciples' feet.

**BROTHER FIRE**

What is the invitation of fire for you this day?

What is blazing in your heart?

Meditate on St. Luke 3:16: ".....He will baptise you with the Holy Spirit and with fire".

**SISTER MOTHER EARTH**

What aspect of creation do you find God speaks to through most?

Perhaps go for a leisurely walk and allow God to lead you to something and spend time with it listening for his voice.

Ponder on what your inner garden might look like.

Meditation - try St. Luke 12: 27-32 : "Consider how the lilies grow"

 or read the creation story in Genesis 1 and stop to praise God between each verse finishing with Psalm 104.

**HUMANITY**

"Be praised, my Lord, through those who forgive for love of you; through those who endure sickness and trial. Happy those who endure in peace, for they will be crowned.”

Where or from where have you received healing?

Where or to whom might you offer healing?

**FINAL VERSES**

Praised be You, my Lord,
through our Sister Bodily Death,
from whom no living man can escape.

Woe to those who die in mortal sin.
Blessed are those who will
find Your most holy will,
for the second death shall do them no harm.

Praise and bless my Lord,
and give Him thanks
and serve Him with great humility.

SISTER BODILY DEATH - a prayer

As the gold sun of morning scatters the shadows of night, a new day begins. As our Lord Jesus Christ reaches out to take our hand at the gate of death, so a new life begins. A new life after life and so we pray that when that times comes we may find ourselves stepping on a shore, and finding it heaven.

Taking hold of a hand, and finding it God’s hand. Breathing a new air, and finding it celestial air. Feeling invigorated, and finding it immortality. Passing from storm and tempest to an unbroken calm. Waking up, and finding it Home.

(*Anon. Adapted)*