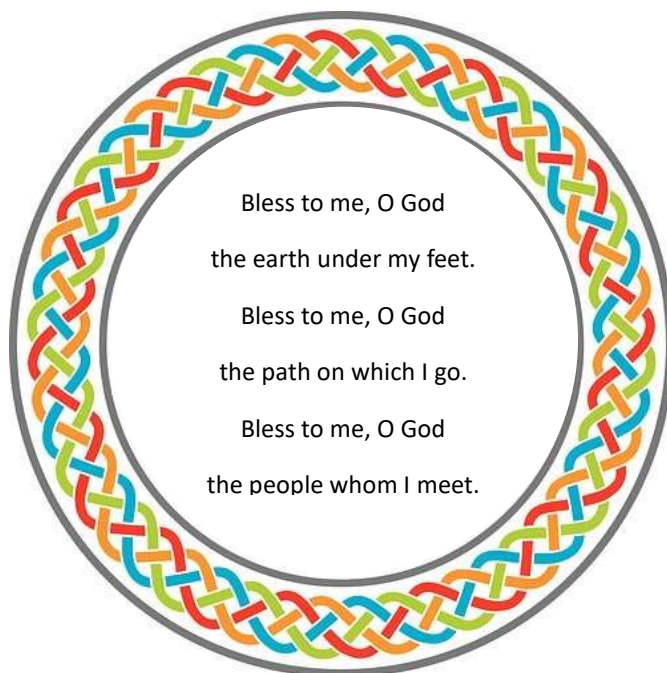


Finding yourself in knots . . .

The intricate patterns found in the artwork of The Book of Kells or the Lindisfarne Gospels are vivid, visual examples of the Celtic peoples love for creation, and of their profound understanding of the inter-connectedness of all that is living. These “illuminations”, as they are known, are often made up of individual strands interwoven to form a compelling image that speaks of wholeness and interdependence. Just as a strong cord is made up of many strands, so too is the fabric of our lives woven out of many strands. Faith, family, friends, vocation, community, lifestyle, gifts, and challenges all intersect, giving shape to who we are. These ancient designs can be seen as metaphors for our Christian journey. As the individual strands meander back and forth, they may follow paths we might not have expected them to go. Some parts of the path may seem predictable, dull even, but we may also encounter some surprises. The blessing for us is that there are no dead-ends, for if we follow the path, it will always lead us back to the Source. The following exercise is intended to help you to reflect on your journey thus far.

Begin by saying this prayer:



Choose a starting point and begin colouring, following the “road” - it is important to keep following the same line, although you can change direction! As you colour,

- * Reflect on the inter-connectedness of the events of your life.
- * How have you connected with other people? With Creation? With the unexpected?
- * Ask yourself: Who have been my companions on the journey?
- * Ask yourself: How do I experience "the Word made flesh" in the Stranger? Who are the Christ-bearing strangers in my life?

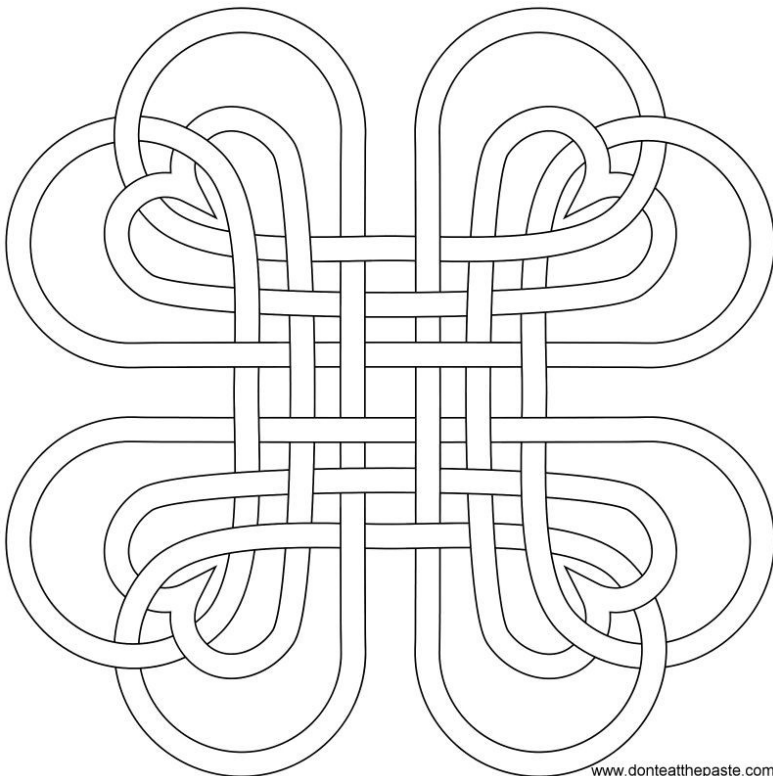
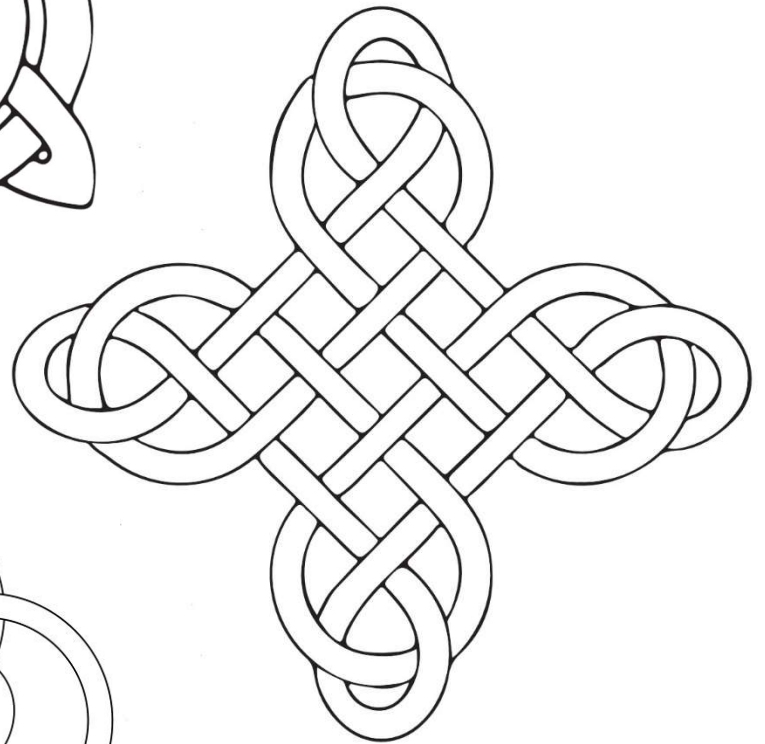
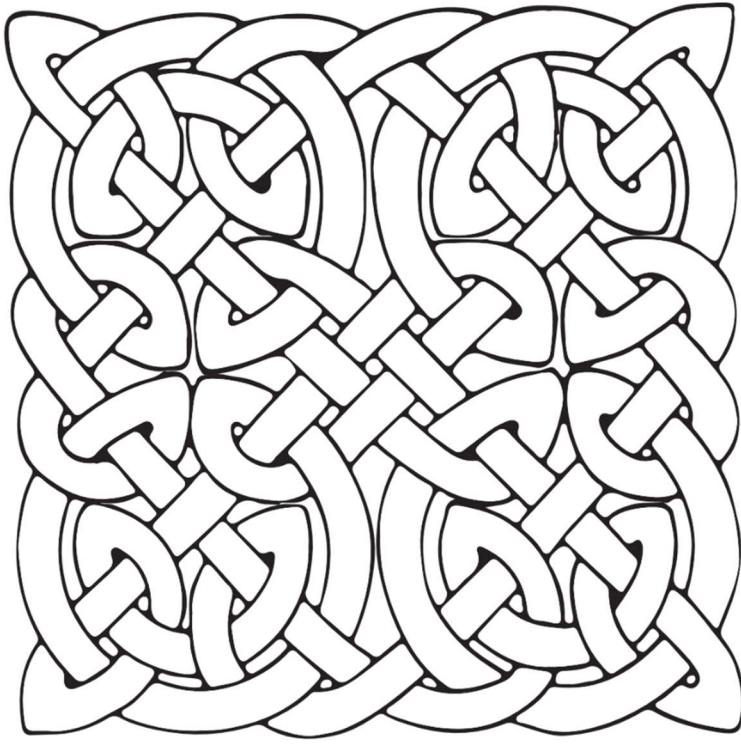
When you feel you've finished, end your time with this prayer:

Bless to me O God the thing
Whereon is set my mind.
Bless to me O God the thing
Whereon is set my love.
Bless to me O God the thing
Whereon is set my hope
O Thou King of Kings
Bless thou to me my eye.

Travelling Prayers from Each Day and Each Night by J. Philip Newell, Wild Goose Publications, 1994

Creative Prayer: It's in you to use! Frances Drolet-Smith prayasyoucan3@gmail.com

Finding yourself in knots



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