

FOLLOW THE EXAMPLE

IN WELCOMING

***A range of activities for exploring the
Brigid Liturgy***



INTRODUCTION:

The Easter Workshop gatherings have always been important annual events in the life of the Northumbria Community. At these 'schools of creativity', we have been able to express our togetherness and to listen to and learn from each other. The Community's expansion across continents presents us with both amazing opportunities and challenges. How do we foster a sense of togetherness? How do we learn from and listen to each other across cultures and miles? How do we provide a means to hear all the voices? How do we express both the privilege and responsibility of being in Community together? What does availability and intentional vulnerability look like at a whole Community level?

This booklet is the fourth in a series based on some of our existing liturgies, in particular those in the 'Follow the example' section of Celtic Daily Prayer. The idea is not that we try to imitate any particular Saint or to attain to some unrealistic image of a saint! Rather, that by reflecting on these liturgies inspired by their lives and witness, we may learn something more of Christ and reflect him in our own lives, alone and together. In this booklet, our focus is St. Brigid of Kildare.

As we embark on this journey together, our prayer is that it will help us to consider how we can better express and develop our togetherness, and strengthen the common heart and vision of our Community. In particular, we pray that we may open ourselves to God and to others, to be genuinely hospitable, recognising that Christ often comes to us in the stranger's guise.

We would value hearing from you about how you used the booklet, any ideas and creativity it may have inspired, and any constructive feedback on the activities themselves. It would be really encouraging if you were willing to write a brief article for Caim too!

We hope you enjoy journeying with Brigid this Easter, and beyond, and look forward to hearing back from you.

HOW TO USE THIS RESOURCE:

This booklet includes a wide range of activities to choose from, suitable for different ages and learning preferences. The activities can be done individually or in groups. These are offered as starting points so please feel free to amend and adapt as appropriate.

Following an introductory section entitled '*Journeying with Brigid*', this booklet is structured around a six sections of the Brigid liturgy, with an additional seventh section focused on the workplace. Each section encourages discussion and reflection on specific phrases or themes in the text. The opening activity introduces the key themes which are explored more fully in the subsequent sections of the resource. The activities draw on songs, film clips and animations, scripture, artwork, poems and stories to inspire thought and action.

There are over 60 suggested activities in this booklet. The aim is not that you try and attempt all in one short period! Rather it is intended that individuals or groups select those sections they feel are most pertinent to their own context. However, it is hoped that whichever activities you choose initially, you will be inspired to continue using the booklet and to create your own ideas as you journey with Brigid.

CONTENTS:

The booklet is divided into the following sections:

1. **Journeying with Brigid** - introducing the key questions and themes.
2. **At the doorway** – foundations and boundaries in home and community life.
3. **In the living room** – welcoming others and creating space for them.
4. **At a warm place** – offering sanctuary.
5. **In the kitchen** – showing generosity and honouring others.
6. **In the bedrooms** – showing love and care for different family/household members.
7. **At the cross** – final reflections.

Additional material:

8. **In the workplace** – promoting positivity and collaboration.

JOURNEYING WITH BRIGID

Aim:

- To think about the key themes in the Brigid liturgy and to consider which of these are of particular importance to us at the moment.

Resources:

- Access to internet
- Printed copies of the Brigid Liturgy
- Highlighter pens/pencils

Introductory Activity

1. Read the introduction to the Brigid liturgy and/or watch the short video retelling St. Brigid's story: <https://www.youtube.com/watch?v=4bG-1oDu3w8> . (This video was produced by Trinity Senior Living, a non-profit senior housing and long-term care organization in Michigan, whose patron saint is Brigid.) What key values are highlighted in the video that speak of hospitality?
2. Prayerfully read the Brigid liturgy, if possible with others. Allow space for the words to settle.
 - Re-read the words slowly and thoughtfully, asking God to draw to your attention particular words and phrases that are important for you to think more about. What strikes you most?
 - Highlight or circle these words and phrases on a print out of the liturgy.
 - Reflect on these phrases. What are the main themes that they express?
 - Sit quietly and offer these thoughts to God, asking that His Spirit may guide you as you begin this journey of reflection with Brigid.
 - Pray for all those who are journeying with Brigid across the Community that we may give space for God to speak, and that our hearts may be open to receive and respond.

BRIGID – IN WELCOMING

BRIGID OF KILDARE (C. 450 – 523)

A Call to Recklessness

Many legends and few facts survive about this Irish woman who founded a community at Kildare primarily for women. Famed for her generosity and hospitality, her influence was widespread; but she remained eminently practical.

As a young woman, Brigid was in the habit of giving freely of her father's possessions and food to the poor and needy. Her father became so frustrated he decided to sell her to the king and bundled her into his chariot. He left her at the castle gate while he consulted with the king, and Brigid was approached by a beggar asking for alms. She gave him her father's sword. Brigid's father and the king were amazed, and the king said he could not buy her from her father: 'She is too good for me – I could never win her obedience.'

Once Brigid was the guest at a house when lepers came begging for food. Brigid could find no one about but a young dumb boy. So she asked him for the key to the kitchen. He turned to her and was able to say, 'I know where it is kept,' and together they fetched food and attended to the guests.

Brigid led a group of women who had decided to become holy nuns, and asked Bishop Mel to bless their taking of the veil. Brigid held back out of humility, but the bishop saw the Spirit of God descend upon her and called her forward. Laying hands upon her, he said, 'I have no power in this matter. God has ordained Brigid.' And so it came to pass that by the intervention of the Holy Spirit the form of ordaining a bishop was read over Brigid.

A poor leper came to Brigid one day and asked her for a cow. Brigid looked at him and asked, 'Which would you rather, to take a cow or be healed of your leprosy?' The man chose: 'I would rather be healed than own all the cows in the world.' So Brigid prayed, stretched out her hand, and the leper was made whole.

'May God our Father, our strength and light bless you with what you most need beyond even all you would ask. For the weather is always right for the sowing of good seed.'

This form of prayer may be used:

- *on Brigid's day (February 1) to pray a blessing on the home – a group of friends or neighbours may even go from one house to the next*
- *whenever a Brigid's cross or other cross is put up by the door or on the wall*
- *on moving into a new house or blessing a house at any time (the prayers can be taken out and used singly as often as you like)*

*The prayers take us round the house, beginning outside the **doorway**, then into the **living room**, and to a **warm place** where there is an open fire or wood-stove, or a cosy corner. Next we move to the **kitchen**. There are blessings for **bedrooms**; including special blessings for use in a single person's room, a couple's room, a guest-room, a young child's room, or the room of an older son or daughter. Finally we pray a blessing at the **door** or at any place where a cross or St. Brigid's cross may be. There are additional prayers of blessing the **workplace**.*

The leader, who may be the householder, reads the parts in ordinary type, and everyone reads together the sections in bold type.

Part A: At the doorway

May God give His blessing to the house that is here.
God bless this house from roof to floor,
from wall to wall,
from end to end,
from its foundation and in its covering.

In the strong name of the Triune God
all evil be banished,
all disturbance cease,
captive spirits freed,
God's Spirit alone
dwell within these walls.

**We call upon the Sacred Three
to save, shield and surround
this house, this home,
this day, this night
and every night.**

Part B: In the living room

There is a friend's love
in the gentle heart of the Saviour.
For love of Him we offer friendship
and welcome every guest.

Lord, kindle in my heart
a flame of love to my neighbour,
to my enemies, my friends, my kindred all,
from the lowliest thing that liveth
to the name that is highest of all.

Part C: At a warm place

Come to a warm place in this house
come in the name of Christ.
My heart and I agree,
welcome in the name of the Lord.

**There is a fiery power
in the gentle heart of the Spirit.
Our hearts are agreed
as we kneel by the hearth,
and call on the Sacred Three
to save, shield and surround
us and our kin,
this house, this home
this day, this night
and every night,
each single night.**

Part D: In the kitchen

I would welcome the poor
and honour them.

I would welcome the sick
in the presence of angels
and ask God to bless and
embrace us all.

Seeing a stranger approach,
I would put food in the eating place,
drink in the drinking place,
music in the listening place,
and look with joy for the blessing of God,
who often comes to my home
in the blessing of a stranger.

**We call upon the Sacred Three
to save, shield and surround
this house, this home,
this day, this night,
and every night.**

Part E: Bedrooms

**Peace be here in the Name of the King of life;
the peace of Christ above all peace,
the Lord's blessing over you.**

For the bedroom of a single person:

**Peace be here in the name of the King of life;
the peace of Christ above all peace,
the Lord's blessing over you.**

May God the Father be the guardian of this place
and bring His peace,
that fear may find no entry here.
May Christ be a chosen companion and friend.
May loneliness be banished.

May the Spirit bring lightness and laughter,
and be the comforter of tears.
Courage be at each going out;
rest be present at each return;
each day, each night,
each going out and each returning.

For the bedroom of a married couple:

**Peace be here in the Name of the King of life;
the peace of Christ above all peace,
the Lord's blessing over you.**

Peace between person and person;
peace between husband and wife.
The peace of Christ above all peace,
peace between lovers
in love of the King of life.

For a guest room:

**Peace be here in the Name of the King of life;
the peace of Christ above all peace,
the Lord's blessing over you.**

May all be welcomed here
as the Christ-child at the stable:
in simplicity and joy,
and as Brigid welcomed the poor,
may the smile of the Son of Peace
be found here
whenever the door is opened.

In the room of a young child:

**Peace be here in the Name of the King of life;
the peace of Christ above all peace,
the Lord's blessing over you.**

They say nothing is given birth without pain.
I have a secret joy in Thee, my God,
for, if Thou art my Father,
Thou art my Mother too,
and of Thy tenderness, healing and patience
there is no end at all

I pray for (Name).
(Name), may the joy and peace of heaven be with you.
The Lord bless you.

In the room of an older son or daughter:

**Peace be here in the name of the King of life,
the peace of Christ above all peace;
the Lord's blessing over you.**

Son of my breast... or ... Daughter of my heart...
the joy of God be in thy face,
joy to all who see thee.

The circle of God around thee,
angels of God shielding thee,
angels of God shielding thee.
Joy of night and day be thine;
joy of sun and moon be thine;
joy of men and women be thine.
Each land and sea thou goest,
each land and sea thou goest,
be every season happy for thee;
be every season bright for thee;
be every season glad for thee.
Be thine the compassing of the God of life;
be thine the compassing of the Christ of love;
be thine the compassing of the Spirit of grace:
to befriend thee and to aid thee
(Name), ... thou beloved son of my breast, **or** ...thou beloved daughter of my heart.

Part F: At the door or at a cross

**Christ, in our coming
and in our leaving,
the Door and the Keeper;
for us and our dear ones,
this day and every day,
blessing for always. Amen**

Additional Prayers

*All the above prayers could be adapted as appropriate for use in different locations.
For example, the following adaptations are for use in the workplace.*

- *denotes change of reader.*

In the workplace:

Outside the doorway

* May God give His blessing on this place.
God bless it from roof to floor,
from wall to wall, from end to end,
from its foundation and in its covering.

In the strong name of the Triune God:
all evil be banished,
all disturbance cease,
captive spirits freed.
God's Spirit alone
dwell within these walls.

**We call upon the Sacred Three
to save, shield and surround
this place
this day, and every day.**

In the entrance or reception room

* May all be welcomed here,
friend and stranger, from near and far.
May each be blessed and honoured
as they enter.

**There is a friend's love
in the gentle heart of the Saviour.
For love of Him we offer friendship
and welcome every guest.**

In each room and work-area

**Peace be here in the name of the King of life,
the peace of Christ above all peace;
the Lord's blessing over all.**

* May God the Father
be the guardian of this place
and bring His peace.

* May His love be shared,
and His will be found here,
and peace between all people.

* May the Spirit bring lightness and laughter here.

* May He be the strengthener and comforter
in times of difficulty.

* May the Lord give peace
but never complacency.

* Here may encouragement be found
and relationships strengthened.

**Each day, every day,
each going out, and each returning,
the Lord bless you and keep you.**

* Peace between person and person;
peace between all who work here;
the peace of Christ above all peace;
peace between friends
each day and every day.

* I pray for all who work here: *(Names)*.
May the joy and peace of heaven
be with you and around you.
The Lord bless you.

At the door

**Christ, in our coming
and in our leaving,
be the Door and the Keeper
for us
and all who work within this place,
this day and every day,
ever and always.
Amen.**

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AT THE DOORWAY

Aim:

To think about what is foundational to our home and community relationships, and the boundaries and opportunities we create within them.

Resources:

- Brigid Liturgy – Part A
- Bible
- Jenga game (or equivalent Building Blocks game)
- Access to the internet
- Cardboard sheets, card, large paper, thick marker pens, felt pens, glue, scissors
- Photos of front doors (personal or from magazines)
- Sticky notes
- Bishop Thomas Ken's doorway prayer (Appendix 1)
- Doorway prayers (Appendix 2)

Read:

Brigid Liturgy – Part A

Activities

Foundations

1. Play the game '*Jenga*', or similar. How tall a tower can you build?
 - What strategies did you use to try and keep the tower standing? What eventually made it topple?
 - What kinds of 'life towers' do we build? What is at the root of trying to build them? What makes them topple? When they crash, what is the impact on us, our family and friends?
2. Read Matt.7: 24-27, and/or watch an animated version of Jesus' Parable of the Wise and Foolish Builders.
 See: https://www.youtube.com/watch?v=CXWHLB1f6_U
 - What does it mean to found our lives, homes and relationships on Christ?
 - What daily choices can strengthen or erode our family and community foundations?
3. Use old cardboard boxes to create a series of interlocking foundation stones. On each 'stone' write a value that you consider foundational to a Christ-centred home/community. Use your foundation stones as prayer stops. As you stand on a 'stone', ask for God's blessing on your own home, and the Community houses across the globe.

Thresholds	<ol style="list-style-type: none"> 1. Create a collage using photos of participants' front doors, or a selection of doorway images from magazines and display over or around a doorway. On sticky notes, add your hopes and dreams for your home and its place in your local community. Share: <ul style="list-style-type: none"> • How do/could you make your home more available to God and others? • Name and give to God any fears or concerns you may have about opening up your home. • Pray together for your home(s) using the last stanza of Part A of the Brigid liturgy, <i>'We call upon the Sacred Three...'</i> 2. Doorways are thresholds. Points of transition and also of demarcation. Doors open to welcome, and close to protect. Read Bishop Thomas Ken's prayer (Appendix 1) noting the reference to smooth and rough thresholds. Reflect: <ul style="list-style-type: none"> • Who do you 'dread' opening the door to? (Specific individuals and/or particular types of visitor) • How do we balance the <i>'call to exercise hospitality'</i> (Community Rule) with the concern to protect our hearts, homes and loved ones? • Is it important to have smooth and rough threshold boundaries? 3. Think of any 'threshold' moments you and members of your household are facing, such as moving home, starting a new school/ job, retirement, marriage/divorce, etc. Mark out a line on the floor to represent a threshold. <ul style="list-style-type: none"> • On one side name or write down your feelings and concerns about the changes to come. • Then, cross over the threshold line, asking Jesus to be your companion as you enter this new phase. 4. Read the Doorway prayers from Hebridean Altars (Appendix 2). Reflect on the words. Make and decorate a card in the shape of a door, gate or keyhole. Inside the card, write your own prayer of invitation to Christ to enter. 5. Hold an 'Open House' event. Invite your neighbours and colleagues to drop in for drinks and snacks. You could even design some 'open door' invitation cards!
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PART A: AT THE DOORWAY

MAY GOD GIVE HIS BLESSING TO THE HOUSE THAT IS HERE.
GOD BLESS THIS HOUSE FROM ROOF TO FLOOR,
FROM WALL TO WALL,
FROM END TO END,
FROM ITS FOUNDATION AND IN ITS COVERING.

IN THE STRONG NAME OF THE TRIUNE GOD
ALL EVIL BE BANISHED,
ALL DISTURBANCE CEASE,
CAPTIVE SPIRITS FREED,
GOD'S SPIRIT ALONE
DWELL WITHIN THESE WALLS.

WE CALL UPON THE SACRED THREE
TO SAVE, SHIELD AND SURROUND
THIS HOUSE, THIS HOME,
THIS DAY, THIS NIGHT
AND EVERY NIGHT.

IN THE LIVING ROOM

Aim:

To think about how we make space for others so that they feel genuinely welcomed.

Resources:

- Brigid Liturgy – Part B
- Bible
- Access to the internet
- Paper and pens
- Unity quotes (Appendix 3)
- Henri Nouwen quotes about hospitality (Appendix 4)

Read:

Brigid Liturgy – Part B

Activities

Welcome

1. As a demonstration of the desire to *‘offer friendship and welcome every guest’*, make some friendship bracelets to give away to guests who come to visit. Several on-line tutorials show you how to make these. For example, <https://www.youtube.com/watch?v=dTZ58HliYLS>
2. Research how to say ‘welcome’ in different languages, including sign language. See: <http://www.freelang.net/expressions/welcome.php>
Use your findings to create a ‘wordle’ (word collage.) Free on-line sites are available to design these automatically. See: <http://www.wordle.net/create>
3. In many cultures, welcome ceremonies are important events to honour visitors and guests. Community companions, Martin and Bekah Neil, have many stories of such events. See: www.voicesfromthenations.org
 - Listen to their recordings of
 - *Karibu*, a welcome song from Tanzania. See: <http://www.voicesfromthenations.org/product/sing-well-tanzania-digital-downloads/>
 - *Chayam*, welcome dance music from Cambodia. See: <http://www.voicesfromthenations.org/product/garlands-ashes-cambodia-digital-downloads/>
 - Compose your own welcome song, poem, instrumental or prayer to honour your guests.

Unity	<ol style="list-style-type: none"> Living rooms are communal shared areas, spaces to be together. <ul style="list-style-type: none"> What things cut across developing a sense of unity and togetherness? Working as a team, create a 'Unity alphabet' of attributes, qualities and actions that promote togetherness within families and communities. Choose 3 words from your list to compose a 'unity motto'. Read Psalm 133, or listen to a sung version such as <i>Behold, how pleasant it is</i> by Malaysian singer/song-writer, Esther Mui. See: https://www.youtube.com/watch?v=kOQ9FM5gtjU. <ul style="list-style-type: none"> How can we allow each other space to be ourselves and live together in unity? Read the quotes about unity (Appendix 3) <ul style="list-style-type: none"> Which do like you most? Which challenges you most? What is the difference between unity, uniformity and unanimity?
Giving Space	<ol style="list-style-type: none"> In pairs, take turns to listen to each other talk for 2 minutes about something that really motivates or inspires you. Resist the temptation to question, interrupt, judge or analyse your partner's speech! Discuss: <ul style="list-style-type: none"> What thoughts came to mind while your partner was talking? How easy did you find it to stay silent and remain focused on your partner's perspective, rather than consider your own views or responses to what was being said? How easy is it to listen without an agenda – whether to God or others? Read the Henri Nouwen's remarks about true hospitality. (Appendix 4). <ul style="list-style-type: none"> What does it mean to create space or make room for someone? To what extent is it possible to make someone feel 'at home' if we are not at home with ourselves? How does genuine hospitality enable transformation and growth, both for the guest and the host? Read about Jesus' encounter with the Samaritan woman in John 4. <ul style="list-style-type: none"> How did Jesus create space for the woman and show a willingness to receive from her? How open are we to receive from those we consider to be 'outsiders' or 'enemies'?

PART B: IN THE LIVING ROOM

THERE IS A FRIEND'S LOVE
IN THE GENTLE HEART OF THE SAVIOUR.
FOR LOVE OF HIM WE OFFER FRIENDSHIP
AND WELCOME EVERY GUEST.

LORD, KINDLE IN MY HEART
A FLAME OF LOVE TO MY NEIGHBOUR,
TO MY ENEMIES, MY FRIENDS, MY KINDRED ALL,
FROM THE LOWLIEST THING THAT LIVETH
TO THE NAME THAT IS HIGHEST OF ALL.

AT A WARM PLACE

Aim:

To think about how our homes can be sanctuaries – places of safety, healing and worship.

Resources:

- Brigid Liturgy – Part C
- Newspapers, scissors, glue
- Bible
- Lyrics to Sanctuary (Appendix 5)
- Pentecost art by Mary Fleeson, available from Lindisfarne Scriptorium. Visit: <http://www.lindisfarne-scriptorium.co.uk/gallery/pentecost-print-p-155.html>
- A large candle and smaller candles
- Materials for creating prayer pots (recycled food pots, card strips, decorative beads etc)
- A smooing prayer (Appendix 6)
- Ingredients for making campfire cupcakes

Read:

Brigid Liturgy – Part C

Activities

Sanctuary

1. What thoughts and feelings do you associate with the term 'sanctuary'? Find images and headlines in newspapers and magazines to create a collage of your ideas.
2. The dictionary gives three main definitions for 'sanctuary': a safe place of refuge and protection, a healing place of care and restoration, and a holy place of worship.
 - In what ways should our homes reflect these three aspects of sanctuary?
 - Pray for those in our communities for whom home is not a safe or a healing place, and in which God seems absent.
3. Listen to/read the lyrics of the song 'Sanctuary' (Appendix 5), taken from the CD, Celtic Roots and Rhythms 3 – Haven.
 - How is 'hiding' in God different to running away from life's demands?
 - What makes you want to 'run away' emotionally or spiritually (or even physically) at the moment?
 - Write your own *caim* (encircling) prayer asking God to enfold and strengthen you in the face of these challenges.

Fiery power	<ol style="list-style-type: none"> 1. Display a copy of Community Companion, Mary Fleeson's 'Pentecost' artwork. <ul style="list-style-type: none"> • Read the explanatory information and note the words, 'Here I am, Lord' at the top of the image. • Meditate on the image. • In what areas may God be prompting you to demonstrate greater openness and acceptance within your home, workplace or community? 2. Gather around an open fire or large candle representing the fire of God's Spirit. Give each person a smaller candle. <ul style="list-style-type: none"> • Prayerfully read Acts 2:1-4 • Light one person's candle from the central flame, and pass the light around the circle. • Pray for each other to be emboldened to reach out to others • Pray for those known to you in need of God's saving and shielding love. 3. Using recycled materials, create and decorate prayer pots with a fiery design. On thin strips of card, write the names of family, friends and neighbours to place in the pot. Develop a daily routine of drawing out 2-3 names, and asking God's spirit to guide your prayers for each person. 4. Over the centuries, Hebridean Isles folk used scented peat as fuel. It was important to 'smoor' a fire so that it did not go out, as many isles were treeless with little wood to kindle a new flame. Smoothing was a daily ritual carried out while praying God's blessing on the fire. <ul style="list-style-type: none"> • Read a traditional Smoothing prayer (Appendix 6) or listen to it being sung: https://www.youtube.com/watch?v=RNczYoYSIDw • How can daily mundane household chores become opportunities for prayer and transformation? • What practical daily steps can we take to keep Christ's flame alight in our own hearts and homes? 5. Make some Campfire Cupcakes with family and friends and enjoy eating them together in a warm cosy place! For a simple recipe, see: http://www.bbcgoodfood.com/recipes/13374/campfire-cupcakes Alternatively, enjoy toasting marshmallows over an open fire!
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PART C: AT A WARM PLACE

COME TO A WARM PLACE IN THIS HOUSE
COME IN THE NAME OF CHRIST.
MY HEART AND I AGREE,
WELCOME IN THE NAME OF THE LORD.

THERE IS A FIERY POWER
IN THE GENTLE HEART OF THE SPIRIT.
OUR HEARTS ARE AGREED
AS WE KNEEL BY THE HEARTH,
AND CALL ON THE SACRED THREE
TO SAVE, SHIELD AND SURROUND
US AND OUR KIN,
THIS HOUSE, THIS HOME
THIS DAY, THIS NIGHT
AND EVERY NIGHT,
EACH SINGLE NIGHT.

IN THE KITCHEN

Aim:

To think about how we can honour others and be generous hosts.

Resources:

- Brigid Liturgy – Part D
- Modelling clay or plain two-handled cups/soup bowls and ceramic paints
- Ingredients for making the ‘Hermann’ Friendship cake
- Bible
- *Something Else* by Kathryn Cave & Mark Riddell
- Various art materials and fabrics , scissors, glue
- Copy of the legend of St. Brigid’s cloak

Read:

Brigid Liturgy – Part D

Activities

Honouring others

1. A Quaich is a traditional Scottish drinking cup. Its two lugs (or handles) symbolise its role in welcoming guests in friendship. It derives from the Scottish Gaelic word 'cuach', which is translated as 'cup'. See: http://www.rampantscotland.com/know/blknow_quaich.htm
 - Either make and decorate your own friendship cup from clay, or buy plain two-handled mugs/soup bowls and decorate using ceramic paints.
2. The ‘Hermann friendship cake’ originates from an Amish tradition. The aim is to make a sourdough, part of which is used to bake a cake; and the remaining dough is shared between three other friends or neighbours for them to do the same. How far will Hermann travel in friendship?! See: <http://www.bbcgoodfood.com/recipes/2148638/herman-friendship-cake>
3. Share experiences of being new – at school, work, church, to a locality. How did it feel? Read the children’s story, *Something Else* by Kathryn Cave & Mark Riddell. Discuss:
 - Have you ever felt like Something Else?
 - What makes it difficult to welcome those who are different to us? Why?
 - Which people today are often made to feel unwelcome or treated without honour? Why?
 - Reflect: “*Seeing the stranger approach, I would...*” What does it mean to genuinely welcome the stranger and honour the poor?

Generosity	<ol style="list-style-type: none"> 1. The word '<i>generous</i>' derives from the Latin word '<i>generosus</i>' meaning '<i>of noble birth</i>', and described wealthy persons with the resources to be lavish. To what extent is lavish generosity a hallmark of our lives individually and corporately as God's children 'born of the Spirit'? 2. Read Luke 7:36-50 where a 'sinful' woman anoints Jesus while he dines at the home of Simon the Pharisee. <ul style="list-style-type: none"> • Consider the roles of host, guest and stranger. Who actually plays these roles in Luke's account? Is it whom we might expect? • How does the woman's lavish generosity demonstrate true hospitality? • What is the link between our capacity to receive forgiveness, and to give? 3. Make some table decorations to honour your guests: <ul style="list-style-type: none"> • Create some decorated tablemats from A4 paper, then laminate. Alternatively, use fabric paints to decorate a plain tablecloth or tablemats. • Create some decorative name cards for each guest's place at table. • Make personalised napkin rings for your guests to take away. 4. Draw up a 'Menu of Kindness' - starters, main courses, and desserts - and commit to doing a daily act of kindness for someone at home, school, work, church, in the neighbourhood, or anywhere! For ideas, see: https://www.randomactsofkindness.org/rak-week or: http://www.buzzfeed.com/jessicamisener/101-easy-ideas-for-random-acts-of-kindness#.uk699ZB7B 5. Read Hebrews 13:2. Share stories of strangers you have encountered or welcomed into your home, who have blessed you. What would be the impact if we treated everyone we encountered as if each were Christ? 6. Read the story of St. Brigid's cloak. See: http://www.brigidine.org.au/about-us/index.cfm?loadref=35 <ul style="list-style-type: none"> • What does the legend teach us about generosity, even when our giving is reluctant or measured? • Using fabric remnants, work together to create your own Brigid's cloak. • Offer to God your handiwork as a symbol of your intention to give willingly of your time, talents and resources in His service.
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PART D: IN THE KITCHEN

I WOULD WELCOME THE POOR
AND HONOUR THEM.

I WOULD WELCOME THE SICK
IN THE PRESENCE OF ANGELS
AND ASK GOD TO BLESS AND
EMBRACE US ALL.

SEEING A STRANGER APPROACH,
I WOULD PUT FOOD IN THE EATING PLACE,
DRINK IN THE DRINKING PLACE,
MUSIC IN THE LISTENING PLACE,
AND LOOK WITH JOY FOR THE BLESSING OF GOD,
WHO OFTEN COMES TO MY HOME
IN THE BLESSING OF A STRANGER.

WE CALL UPON THE SACRED THREE
TO SAVE, SHIELD AND SURROUND
THIS HOUSE, THIS HOME,
THIS DAY, THIS NIGHT,
AND EVERY NIGHT.

IN THE BEDROOMS

Aim:

To think about how we show love and care for different household members and guests.

Resources:

- Brigid Liturgy – Part E
- Bible
- Wool and crochet or knitting needles
- Wooden spoons, paints, glue and decorative shapes
- *Love bade me welcome* poem (Appendix 7)
- Print of Sieger Koder's art, *The Washing of Feet*
- Felt squares, beads, thread and a Celtic cross pattern

Read:

Brigid Liturgy – the relevant part of Part E depending on your chosen focus.

Activities

Single

person:

Courage and comfort

1. This section of the Brigid liturgy prays that '*fear may find no entry*' and that '*loneliness be banished*'. What fears may assail those who live on their own? How might we support one another in times of loneliness?
2. Meditate on Jesus' words in John 14:16. What is 'comfort'?
3. Knit or crochet a prayer shawl to encourage someone in need of comfort or companionship. Pray as you knit or crochet for the Spirit '*to bring lightness and laughter and be the comforter of tears.*'

Married

couples:

Partnership and peace

1. The Hebrew word '*shalom*' means completeness, wholeness, peace. A Christian marriage is often described in terms of a united whole; 'two becoming one flesh' (Matt.19: 5-6). Practically, how can we balance the need to safeguard our marital unity, while creating space for each other to express our individuality?
2. Pray for those whose marriages are under stress and whose sense of 'shalom' is shaken: '*Peace between lovers in love of the King of life.*'
3. Love spoons are traditional Welsh love tokens, carved with various symbols. Using wooden kitchen spoons, paints and decorative shapes, create your own love spoon to give to someone special. For ideas, see: <http://www.childminderruncorn.com/welsh-lovespoons>

<p>Guests:</p> <p>Appreciation and acceptance</p>	<ol style="list-style-type: none"> 1. Create a welcome basket for your guest room containing useful items and treats. eg: mini toiletries, chocolates, tea bags, magazine etc. For ideas, see: http://stuffedsuitcase.com/make-welcome-basket-house-guest-gifts/ 2. Read George Herbert's poem, <i>Love bade me welcome</i> (Appendix 7). <ul style="list-style-type: none"> • Who is the host? Who is the guest? What is the setting? • What qualities does the host display? What is the impact on the guest? • A 'companion' is literally someone with whom we share bread. How might we model companionship to those who feel unsure or unworthy as the guest in the poem? 3. Meditate on Sieger Koder's painting, <i>The Washing of Feet</i>. Note how Jesus' face is reflected in the water. How is Jesus reflected in the way we treat our guests? How easy is it to show humility, especially when our guests seem needy or demanding?
<p>Children:</p> <p>Rest and reassurance</p>	<ol style="list-style-type: none"> 1. Bedtimes can sometimes be occasions when people, especially children, feel anxious. <ul style="list-style-type: none"> • Read Psalm 121, perhaps with your own children. Note that ancient peoples not only saw the effects of the sun's fierce rays, but also believed the moon's light could cause mental disorders. • What sorts of things bother us at night? What do we worry about? • Why does the Psalmist 'lift' his eyes when he feels worried or fearful? • Write your own Psalm and name your night time worries before God. Ask for his encircling protection and peace. 2. Some parents use 'worry dolls' and 'dream catchers' when their children struggle with nightmares and bedtime fears. To help your child (or remind yourself!) to focus on God, the Source of all peace, create a decorated Celtic cross using different coloured felts and beads. This can be placed under the pillow after bedtime prayers.

PART E: IN THE BEDROOMS

PEACE BE HERE IN THE NAME OF THE KING OF LIFE;
THE PEACE OF CHRIST ABOVE ALL PEACE,
THE LORD'S BLESSING OVER YOU.

FOR THE BEDROOM OF A SINGLE PERSON:

MAY GOD THE FATHER BE THE GUARDIAN OF THIS PLACE
AND BRING HIS PEACE,
THAT FEAR MAY FIND NO ENTRY HERE.
MAY CHRIST BE A CHOSEN COMPANION AND FRIEND.
MAY LONELINESS BE BANISHED.

MAY THE SPIRIT BRING LIGHTNESS AND LAUGHTER,
AND BE THE COMFORTER OF TEARS.
COURAGE BE AT EACH GOING OUT;
REST BE PRESENT AT EACH RETURN;
EACH DAY, EACH NIGHT,
EACH GOING OUT AND EACH RETURNING.

FOR THE BEDROOM OF A MARRIED COUPLE:

PEACE BETWEEN PERSON AND PERSON;
PEACE BETWEEN HUSBAND AND WIFE.
THE PEACE OF CHRIST ABOVE ALL PEACE,
PEACE BETWEEN LOVERS
IN LOVE OF THE KING OF LIFE.

FOR A GUEST ROOM:

MAY ALL BE WELCOMED HERE
AS THE CHRIST-CHILD AT THE STABLE:
IN SIMPLICITY AND JOY,
AND AS BRIGID WELCOMED THE POOR,
MAY THE SMILE OF THE SON OF PEACE BE FOUND HERE
WHENEVER THE DOOR IS OPENED.

IN THE ROOM OF A YOUNG CHILD:

THEY SAY NOTHING IS GIVEN BIRTH WITHOUT PAIN.
I HAVE A SECRET JOY IN THEE, MY GOD,
FOR, IF THOU ART MY FATHER,
THOU ART MY MOTHER TOO,
AND OF THY TENDERNESS, HEALING AND PATIENCE
THERE IS NO END AT ALL

I PRAY FOR (NAME).
(NAME), MAY THE JOY AND PEACE OF HEAVEN BE WITH YOU.
THE LORD BLESS YOU.

IN THE ROOM OF AN OLDER SON OR DAUGHTER:

SON OF MY BREAST ... OR ... DAUGHTER OF MY HEART...
THE JOY OF GOD BE IN THY FACE,
JOY TO ALL WHO SEE THEE.
THE CIRCLE OF GOD AROUND THEE,
ANGELS OF GOD SHIELDING THEE.

JOY OF NIGHT AND DAY BE THINE;
JOY OF SUN AND MOON BE THINE;
JOY OF MEN AND WOMEN BE THINE.
EACH LAND AND SEA THOU GOEST,
EACH LAND AND SEA THOU GOEST,
BE EVERY SEASON HAPPY FOR THEE;
BE EVERY SEASON BRIGHT FOR THEE;
BE EVERY SEASON GLAD FOR THEE.
BE THINE THE COMPASSING OF THE GOD OF LIFE;
BE THINE THE COMPASSING OF THE CHRIST OF LOVE;
BE THINE THE COMPASSING OF THE SPIRIT OF GRACE:
TO BEFRIEND THEE AND TO AID THEE
(NAME), ... THOU BELOVED SON OF MY BREAST, OR ...THOU
BELOVED DAUGHTER OF MY HEART.

AT THE CROSS

Aim:

- To reflect on what God has been saying to us individually and corporately through this journey with Brigid.

Resources:

- Any resources used and created throughout this journey with Brigid
- Rushes or other suitable materials for weaving a Brigid cross.
- Community Rule (Appendix 8)
- Brigid Liturgy – Part F

Activities

1. Make a Brigid Cross. There are several on-line resources to show you how to do this. For example, <https://fisheaters.com/stbrigidscross.html> .
 • Reflect on the symbolism of the cross's form – single rushes woven together, radiating out from a central point like the sun's rays, to the four 'corners' of the earth. You may like to use this traditional prayer:

*May the blessing of God and the Trinity be on this cross,
 and be on the home where it hangs,
 and on everyone who looks at it."*
2. Standing by a doorway, consider the many 'comings' and 'goings' of life. Consider its different stages and the many people who cross our paths. Allow God to weave these life experiences together to enable you to be a sign of His welcoming presence for others.
3. Prayerfully and quietly re-visit the different stages of your journey with the Brigid liturgy and consider which aspects of the journey are particularly significant for you at the moment.
 - Pause where you feel prompted and ask God to help you over the coming days and weeks to develop a deeper sense of what this means for your journey personally, and/or as part of the Community.
 - You may wish to review any artwork, writing, objects, music etc. that you have created.
4. Look back to the introductory activity and the stanzas and phrases of the liturgy that you highlighted then. Has the journey with Brigid confirmed or altered your focus?
5. Revisit the Community Rule, especially noting our call '*to exercise hospitality, recognising that in welcoming others we honour and welcome the Christ Himself*' (Appendix 8) How does being hospitable require us to be available and intentionally vulnerable?

6. Pray for God's blessing on our Community as we seek to model Christ's love and humility, whether as host or guest.
7. Close by thanking God for the journey you have made and are still making. End by saying Part F of the Brigid Liturgy.

PART F: AT THE CROSS

CHRIST, IN OUR COMING
AND IN OUR LEAVING,
THE DOOR AND THE KEEPER;
FOR US AND OUR DEAR ONES,
THIS DAY AND EVERY DAY,
BLESSING FOR ALWAYS. AMEN

ADDITIONAL MATERIAL: IN THE WORKPLACE

Aim:

To think about how we can promote positivity and collaboration in our workplaces.

Resources:

- Brigid Liturgy – Additional Prayers
- Paper & pens
- Bible
- Team role-play cards (Appendix 9)

Read:

Brigid Liturgy – Additional Prayers

Activities

Positive attitudes

1. Draw two overlapping circles. Label one circle '*Circle of Concern*', and the other '*Circle of Influence*'.
 - Inside the first circle, list all the things at work that concern you over which you have no influence.
 - Inside the second circle, list all the things at work which you have the power to influence but about which you are not unduly concerned.
 - In the overlapping space, list those things that both concern you and about which you can take positive action.
 - Reflect: which list do you expend most time and energy on? How does this impact on your attitudes to your colleagues and your job?
 - Pray the Serenity prayer:

*God grant me the serenity to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.*
2. Make a conscious effort over the next few weeks to thank people at work for tasks they do that are often taken for granted, especially where their work is in the background or 'mundane'.
3. Staffrooms can easily become negative, cynical places that undermine morale. Laughter releases strong endorphins into the bloodstream, bringing a sense of exhilaration ten times more powerful than morphine!
 - Find ways to be a channel for God's spirit '*to bring lightness and laughter*' in constructive, affirming ways. eg: talk about your blessings rather than your gripes, share a funny story, bring in some home-made cake!

Teamwork	<ol style="list-style-type: none"> 1. Distribute the team role-play cards (Appendix 9). Tell people not to divulge their roles. The group(s) must try to build the tallest tower possible in 3 minutes from materials given (eg: dominoes, playing cards, paper cups). They must do so while playing their assigned role. <ul style="list-style-type: none"> • Discuss what made the task difficult? What helped? • Introduce the six team roles (leader, team player, evaluator, specialist, finisher and shaper). Who played what? What are the pros and cons of each type of team role? • How might this help you to better understand your colleagues? • Reflect: what sort of team player am I at home, at work, in the community? 2. In pairs, sit back to back. Partner A is given a simple picture of an object (eg; flowers in a vase, goldfish in a bowl). They must describe this to Partner B without naming the object(s), but describing shapes etc. Partner B should attempt to draw what is described in a 3 minute time limit. <ul style="list-style-type: none"> • What helped/hindered completion of the task? • Reflect – how well do I communicate with colleagues? How well do I listen? 3. Draw a life-size labelled outline of an ‘ideal colleague’. Note: the focus is on the person’s inner qualities and how these are displayed in attitudes and actions. <ul style="list-style-type: none"> • Reflect: which of these qualities do I possess? What responsibilities do I have as a colleague and as a disciple of Christ? • Read Romans 12:18. • Pray a blessing on your colleagues by name or silently (as appropriate), especially where relationships are strained or cool. You may like to use the last stanza of the liturgy: <i>‘I pray for all who work here ... The Lord bless you.’</i>
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ADDITIONAL PRAYERS:

IN EACH ROOM AND WORK AREA:

PEACE BE HERE IN THE NAME OF THE KING OF LIFE,
THE PEACE OF CHRIST ABOVE ALL PEACE;
THE LORD'S BLESSING OVER ALL.

- MAY GOD THE FATHER
BE THE GUARDIAN OF THIS PLACE
AND BRING HIS PEACE.

- MAY HIS LOVE BE SHARED,
AND HIS WILL BE FOUND HERE,
AND PEACE BETWEEN ALL PEOPLE.

* MAY THE SPIRIT BRING LIGHTNESS AND LAUGHTER HERE.

* MAY HE BE THE STRENGTHENER AND COMFORTER
IN TIMES OF DIFFICULTY.

*MAY THE LORD GIVE PEACE
BUT NEVER COMPLACENCY.

*HERE MAY ENCOURAGEMENT BE FOUND
AND RELATIONSHIPS STRENGTHENED.

EACH DAY, EVERY DAY,
EACH GOING OUT, AND EACH RETURNING,
THE LORD BLESS YOU AND KEEP YOU.

- PEACE BETWEEN PERSON AND PERSON;
PEACE BETWEEN ALL WHO WORK HERE;
THE PEACE OF CHRIST ABOVE ALL PEACE;
PEACE BETWEEN FRIENDS
EACH DAY AND EVERY DAY.

*I PRAY FOR ALL WHO WORK HERE: (NAMES).
MAY THE JOY AND PEACE OF HEAVEN
BE WITH YOU AND AROUND YOU.
THE LORD BLESS YOU.

Appendix 1

A prayer of Bishop Thomas Ken (1637-1711)

Dear Lord,
Make the door of this house wide enough to receive
all who need human love and fellowship;
narrow enough to shut out all envy, pride and strife.
Make its threshold smooth enough to be
no stumbling block to children, nor straying feet
but rugged and strong enough
to turn back the tempter's power.
Father, make the door of this house
the gateway to your eternal kingdom.
Amen.

Appendix 2

Doorway prayers

1.

There is a door to which Thou hast the key
Sole keeper Thou.
There is a latch no hand can lift save Thine.
Not crowned brow,
Nor warrior, thinker, poet famed in time,
But only Thou.
O heart, make haste and bid Him to thy hearth;
Nay, urge Him in.
So shall thy night be gone with all thy dearth,
So shalt thou win
Joy such as lovers know when love is told,
Peace that enricheth more than miser's gold.

2.

I wait with love's expectancy.

Lord Jesus, trouble no to knock at my door.

My door is always on the latch.

Come in, dear guest, and be my host

And tell me all Thy mind.

From Hebridean Altars, by Alistair Maclean,

Hodder & Stoughton, 1937, pp.9-10

Appendix 3

Unity Quotes

<p>Unity is strength ... when there is teamwork and collaboration, wonderful things can be achieved.</p> <p><i>Mattie Stepanek, American poet (1990 – 2004) Died aged 13 from Muscular Dystrophy</i></p>	<p>No doubt unity is something to be desired, to be striven for, but it cannot be willed into being by mere declarations.</p> <p><i>Theodore Bikel, Austrian actor, (b.1924)</i></p>	<p>Even if a unity of faith is not possible, a unity of love is.</p> <p><i>Hans Urs von Balthasar, Swiss theologian (1905-1988)</i></p>
<p>You don't get unity by ignoring the questions that have to be faced.</p> <p><i>Jay Weatherill, Australian politician poet (b.1964)</i></p>	<p>War is not the only arena where peace is done to death.</p> <p><i>Aung San Suu Kyi, Burmese activist (b. 1945)</i></p>	<p>Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.</p> <p><i>Chief Seattle, Duwamish leader (1760-1866)</i></p>
<p>The reason why the world lacks unity, and lies broken and in heaps, is, because man is disunited with himself.</p> <p><i>Ralph Waldo Emerson, American poet (1803-1882)</i></p>	<p>If we have no peace, it is because we have forgotten that we belong to each other.</p> <p><i>Mother Teresa, Albanian nun, (1910-1997)</i></p>	<p>A new command I give you: Love one another. As I have loved you, so you must love one another.</p> <p><i>Jesus Christ</i></p>

Appendix 4

Hospitality and Giving Space

When our souls are restless, when we are driven by thousands of different and often conflicting stimuli, when we are always 'over there' between people, ideas, and the worries of this world, how can we possibly create the room and space for someone else to enter freely without feeling himself an unlawful intruder?

The Wounded Healer

Listening is much more than allowing another to talk while waiting for a chance to respond. Listening is paying full attention to others and welcoming them into our very beings ... Listening is a form of spiritual hospitality by which you invite strangers to become friends, to get to know their inner selves more fully, and even to dare to be silent with you.

Bread for the Journey

Hospitality means primarily the creation of free space where the stranger can enter and become a friend instead of an enemy. Hospitality is not to change people, but to offer them space where change can take place.

Reaching Out

Good relationships are hospitable. When we enter into a home and feel warmly welcomed, we will soon realise that the love among those who live in that home is what makes that welcome possible.

Bread for the Journey

Appendix 5

Sanctuary

You are my sanctuary
My hiding place
You are my sanctuary
With you I am safe
And I will hide myself in you
Under the shadow of your wings
And in the shelter of your love
My heart will sing, will sing again

You are my sanctuary
My refuge from the storm
You are my sanctuary
With you there is calm
And I will hide myself in you
In the enfolding of your arms
And in the comfort of your love
My peace will come, will come again

*Nick and Anita Haigh,
Celtic Roots & Rhythms 3 – Haven,
© 2006 Break of Day Music/Daybreak Music*

Appendix 6

Smoothing The Fire

I smoor the fire this night
As the Son of Mary would smoor it;
The compassing of God be on the fire,
The compassing of God on all the household.

Be God's compassing about ourselves,
Be God's compassing about us all,
Be God's compassing upon the flock,
Be God's compassing upon the hearth.

Who keeps watch this night?
Who but the Christ of the poor,
The bright and gentle Brigit of the kine,
The bright and gentle Mary of the ringlets.

Whole be house and herd,
Whole be son and daughter,
Whole be wife and man,
Whole be household all.

Traditional Hebridean Prayer, anon.

Appendix 7

Love bade me welcome: yet my soul drew back
 Guiltie of dust and sinne.
But quick-eyed love, observing me grow slack
 From my first entrance in
Drew nearer to me, sweetly questioning
 If I lack'd anything.

A guest, I answered, worthy to be here:
 Love said, You shall be he.
I the unkinde, ungratefull? Ah my dear
 I cannot look on thee.
Love took my hand , and smiling did reply
 Who made the eyes but I?

Truth, Lord but I have marr'd them: let my shame
 Go where it doth deserve.
And know you not, sayes Love, who bore the blame?
 My deare, then I will serve.
You must sit down, says Love, and taste my meat:
 So I did sit, and eat.

George Herbert (1593-1633)

Appendix 8

The Rule of the Northumbria Community

This is the Rule we embrace.

This is the Rule we will keep: we say YES to AVAILABILITY; we say YES to VULNERABILITY.

We are called to be AVAILABLE to God and to others:

Firstly to be available to God in the cell of our own heart when we can be turned towards Him, and seek His face;

then to be available to others in a call to exercise hospitality, recognising that in welcoming others we honour and welcome the Christ Himself;

then to be available to others through participation in His care and concern for them, by praying and interceding for their situations in the power of the Holy Spirit;

then to be available for participation in mission of various kinds according to the calling and initiatives of the Spirit.

We are called to intentional, deliberate VULNERABILITY:

We embrace the vulnerability of being teachable expressed in:

a discipline of prayer;

in exposure to Scripture;

a willingness to be accountable to others in ordering our ways and our heart in order to effect change.

We embrace the responsibility of taking the heretical imperative:

by speaking out when necessary or asking awkward questions that will often upset the status quo;

by making relationships the priority, and not reputation.

We embrace the challenge to live as church without walls, living openly amongst unbelievers and other believers in a way that the life of God in ours can be seen, challenged or questioned. This will involve us building friendships outside our Christian ghettos or club-mentality, not with ulterior evangelistic motives, but because we genuinely care.

Appendix 9

Team Role-Play Cards

Leader

You make sure that everyone understands the aim, keeps to task and has a job to do.

Team Player

You are co-operative, diplomatic and listen well. You don't like conflict or tension and try to avoid this.

Evaluator

You weigh up all the options carefully and think of the pros and cons of each approach.

Specialist

You are single-minded and knowledgeable. You are concerned with details and technicalities.

Finisher

You are concerned that things are done properly and on time. This makes you reluctant to delegate or share tasks.

Shaper

You like to get things done and are not afraid to challenge or question viewpoints and decisions.

Based on Belbin's Team Model