



- ◆ “Heart to Heart for Real” is a meditative installation enabling people to spend time having a “heart to heart” with God. For some people this time was the best part of the day.
- ◆ This installation is best set up in a quiet, attractive room or church building. There needs to be enough space for 5 separate areas - stations - with room to sit or kneel beside them. The more space between the stations the better. This allows for privacy.
- ◆ Each area will have a table covered with a coloured cloth on which is placed a few objects and two A5 cards. On one is written a bible verse and on the other there are reflections and questions. At some of the stations there is an activity.
- ◆ Each leader is free to choose the objects and/or the activities. They know their group.
- ◆ Here is what we chose.

Blue - Picture of baby in the womb, tiny booties, a pair of baby shoes; a bib, a newborn size baby-grow and a rattle.

Green - Childhood toys, toy train, jigsaw puzzles pieces; toy musical instruments and a mask.

Red - Broken toys and smashed toys, a cross, a water feature – large bowl, stones, water, a shell, and an electric motor for ponds.

(We also used two ‘made to look like’ Jewish prayer shawls, one normal, the other torn and bloodied with red paint – If you like this idea then do make copies, don’t use real prayer shawls.)

Gold - Lit candles; tea lights & small candles, matchboxes and a sand pit.

White Quotation from John Main, bunches of white freesias and two paper golden crowns.

- ◆ As people arrive give them the introductory card, and tell them they can take as long as they want/need. Play some instrumental music. Something that will cover the silence but not loud enough to be intrusive.