

3. Sight

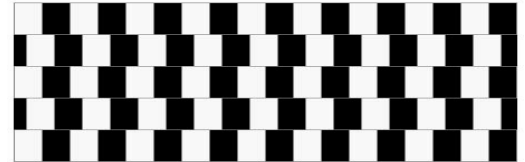
	Running Order	Materials to Collect and Prepare
1	Setting out 10	<ul style="list-style-type: none"> ◆ 7 optical illusions¹ cut up and put in an envelope for each person. ◆ blue tack ◆ CD player and CD's ◆ Quotations
2	Sense Aware 5	<ul style="list-style-type: none"> ◆ the face of ...? ¹
3	Telling the stories Creation Story 10 The Two gardens 15	<p>creation box. -</p> <ul style="list-style-type: none"> * green felt * pictures of the days of creation¹ * cut out pictures of plants, fish, animals, birds¹ snake * two trees¹ cut outs / models of Adam and Eve¹. ◆ Music CD / Audio Track 6 -I kneel down by David Fitzgerald play about two and a half minutes? <p>The two gardens</p> <ul style="list-style-type: none"> * green felt * Adam and Eve¹ * the serpent¹ * Brown or black felt strips * kneeling Jesus * two pictures of Jesus¹ * cut outs of plants, animals,¹ ◆ Discordant music / Track 7 Holst The planets - Neptune. ◆ Audio 8 Further extract from - I kneel down by David Fitzgerald - up to 6 more minutes.
4	Response & Reflection. 10	<ul style="list-style-type: none"> * Music 4 min + or Audio 2 Ubi Caritas
5	Relax & Enjoy 20 Creative Exploration 10	<ul style="list-style-type: none"> ◆ craft materials e.g. crayons, pens, paper, card, scissors, tissue paper, felt tips, gummed shapes etc. ◆ Triquetras 1, 2 & 3 <p>¹ In the Visuals for Sight file in Resources.</p>

LEADERS' GUIDE:

1. Setting Out.

- ◆ Cut up the seven illusions putting one of each in as many envelopes as participants.
- ◆ Welcome everyone as they arrive and invite any feedback about listening in the silence.
- ◆ If using them give out the list of quotations and ask for comments about these. This week they are more serious and are worth some considering.

- This session we shall consider our sense of sight. Of all the senses sight can mislead us the most. Or rather the interpretation of what we see is often different from reality. The art of illusion depends on this.



- ◆ Give out the envelopes and invite people to look at the seven illusions. After a little time ask people which they find the most intriguing?

2. Sense Aware

- ◆ Finally give them all the face illusion without instructions. Everyone does this at the same time with the leader giving the instructions:-
 1. Concentrate on the four dots in the middle of the picture for about 30 seconds.
 2. Then close your eyes and tilt back your head. Keep them closed.
 3. You will see a circle of light. Continue looking at the circle... What do you see?
- ◆ A middle-eastern face should appear. This is quite startling. Some people see it as the face of Jesus. Give the explanation. White has indeed become black!

3. Telling the story

- We heard how our souls can be bruised through the words we hear. We can also be deeply affected by the things we see. Extremely graphic images seriously destabilise the emotions. Many soldiers returning from war suffer from post traumatic stress syndrome caused by the horrific things they have seen.
- To protect children films are classified for their content. But with the increased availability of the internet on smart phones and tablets many children can watch material totally unsuitable for them. The sense of sight is now another sense that can be hijacked by the needs of the soul.
- How is it that our human nature can be so at odds with itself? How does it so often go wrong?
- ◆ Show **triquetra 1**
- Here we see how good it was at the beginning of life. *“God looked at all that he had made and it was very good.”* ... So come and listen to another story told in 3 parts.

Part 1. In the beginning

- ◆ Invite people to sit in a semi-circle for the story. Tell the creation story.
- ◆ Begin to play some music on the words 'full of the works of creation.'



Instrumental Music or Audio track 6

(Note. If anyone raises the evolution/creation question or the 'days' of creation, the best is to ask them to put this question on the shelf for the moment. The purpose of this session is to give 'the big picture'.)

- Let's go back to that question. How is it that our human nature can be so at odds with itself?
- Show **Triquetra 2 — The soul ruling.**
- Too often our souls becomes the driving force of our lives. Lets continue.

Part 2. The First Garden :

- ◆ Tell this story
- ◆ While the animals are leaving the garden play a short piece of music 2 min? Discordant music would be good. **Music CD or audio Track 7**
- So a second questions— if our senses have been hijacked who is going to pay the ransom to set them free? Let's go on with the story

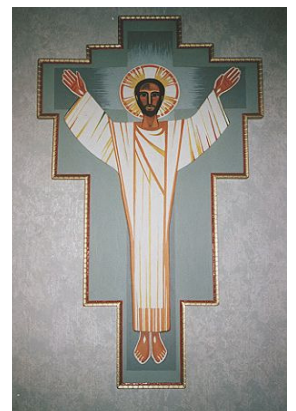
Part 3. the Second Garden :

- ◆ Tell the story
- ◆ At the end of the story play some music that is very positive. Or **audio Track 8** 'I kneel down.' about 6 minutes.
- ◆ All the animals and plants return to the garden and are arranged in the shape of a cross.
- ◆ When this music has finished allow some time of silence.
- ◆ Play **S & S Track 2** Ubi Caritas quietly



- ◆ Everything happens here at the cross. There was a ransom to be paid to set us free and it was paid here at the cross. But more than that it was the place where the **power** of sin over us was broken.
- ◆ We bring to the cross our pain, our hurt, our brokenness and God meets us there with acceptance, love and forgiveness. Having done that, God pours out his Holy spirit with the power to transform us body, soul and spirit from within. If we let God's holy Spirit guide the way we use our senses, what we should look at, listen to, eat, and touch we will be better protected in a world often at odds with the qualities of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control.

◆ Show the **Triquetra no 3. Living in the spirit.**



- He promises us his kingdom life, a life in all fullness. A life that begins here and continues after death. As we get to know Jesus more and more it is His spirit through our spirit that becomes the driver/ the controller in our lives.
- And it isn't just us humans but the whole of God's creation included in this image. *"But with eager hope the creation looks forward to the day when it will join God's children in glorious freedom from death and decay."* (Romans 8 vv20b & 21)
- Take a few moments to listen to what God might want to say to you. What might He want to whisper into your soul.
- ◆ Silence or play some very quiet music for 2-3 minutes.

4. Relax & Enjoy

- We are now going to play with the creativity God has placed in all of us. And I mean ALL! It does not have to be drawing it could be a poem or piece of prose.
- Anything that gives thanks for the wonders of creation, including yourself and your talents.
- Remind yourselves of how good God's world is, so something positive



a
in-

- ◆ Provide plenty of art and craft material, pens, paper, crayons, paints, tissue paper, sticky shapes, etc.
- ◆ Try to encourage everyone to take part. It can be a poem or piece of prose. (As a last resort they could decorate their envelope!)
- ◆ Allow 20? minutes for this activity playing some music.
- ◆ Allow anyone who wishes to comment on what they have created. If a poem to read it. If a picture to display it.

➤ Before we finish this session I want to share with you one very concrete way in which we can strengthen our spirits. It is to discover the activity or the still moment during which we feel the most alive. Something, that when we are involved in this gives us the greatest ‘buzz’. This will be specific to each individual.



- When you find what this is, make time for it. Prioritise it. Why ? Because experiencing that buzz nourishes our whole being and strengthens us.
- Why do I think that? Let me give you an example. When I first started thinking about this idea I asked an older man what it was in his life that gave him the greatest buzz. He thought for a moment and then replied that it was when he went sailing. What interested me was what he went on to say. “When I go sailing I sense God and I playing together and sometimes he plays a bit rough!” I had not mentioned God at all. But he was aware that he met God in the wind.
- I believe that we have this ‘so alive’ feeling because the creator God is sharing this moment with us. His Spirit is there and our spirit knows it. There is contact.
- For next time I would like everyone to consider what gives you the greatest buzz!
- ◆ Close the session with this blessing.

May the Creator bless you with sensitivity to the wonders of his world. May the fruits of the earth bring sustenance and healing to your body; the beauties of the earth bring refreshment to your soul; and the goodness in the essence of all created things bring peace to your spirit.

In the Beginning

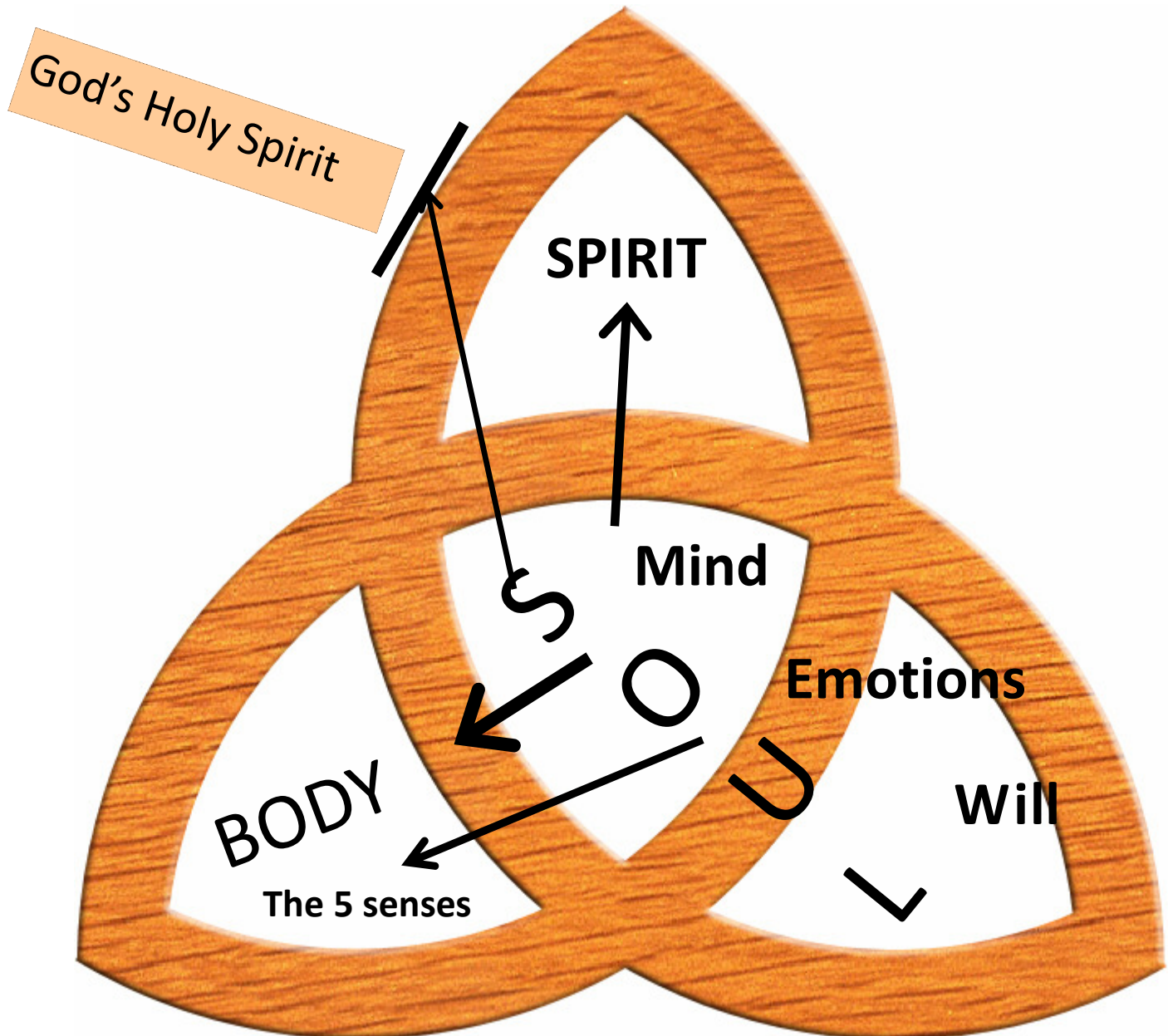
<p><i>Lay out the green felt and then when you are ready look around the group gathering them in and then move your gaze down onto the cloth.</i></p>	<p>In the beginning . . . God spoke.</p>
<p><i>Lay the black and white picture in the middle of the felt.</i></p> <p><i>One by one lay the 5 circular pictures around the outside of the felt. As you bring each one out of the box hold it tilted towards the group so everyone can see the picture clearly before laying down on the felt.</i></p> <p><i>Move the black and white picture to the side of the felt just in front of you.</i></p> <p><i>Pick up the two human figures. Hold them lovingly on the palm of your hand and breathe over them. Then lay them gently in the middle of the felt.</i></p>	<p>Light from the darkness, and the universe was born.</p> <p>On one small planet the waters divided to form the sky and the sea.</p> <p>Dry land separated from the sea and produced plants and trees.</p> <p>The sun, moon and stars were revealed in the sky and so began the rhythm of day and night / night and day.</p> <p>Then came all the creatures of the sea and all the creatures of the air.</p> <p>And after them the creatures of the land.</p> <p><i>Pause.</i></p> <p>But there was one more work of creation to be done. <i>Pause</i></p>
<p><i>Add the pictures of the two trees and bushes.</i></p> <p><i>Lay your hand over Adam and Eve as a blessing.</i></p> <p><i>Begin Playing Music</i></p> <p><i>Add all the other plants and animals</i></p>	<p>Adam and Eve lived in a fertile place.</p> <p>. . . . full of the works of creation,</p> <p>nurtured and guided by the Creator's spirit.</p>
<p><i>Look around at the six pictures and all the animals and plants. .</i></p>	<p>God looked at all that he had made and it was very good. Track 6 <u>Play for 2 1/2 min. of total.</u></p>

	The First Garden
<p><i>Touch in turn the tree of life and then the tree of the knowledge of good and evil.</i></p>	<p>In the centre of this garden were two special trees: the Tree of Life and the tree of the knowledge of good and evil.</p> <p>Adam and Eve were free to enjoy everything God had made except the fruit of the tree of the knowledge of good and evil. If they ate that they would die.</p>
	<p>Adam and Eve lived and worked with open hearts and minds, nurtured and guided by the Creator’s spirit.</p>
<p><i>With a slithering action move the serpent from the top of felt, near you, to next to Adam and Eve.</i></p>	<p>Into this circle of trust moved the serpent. It spoke and sowed the seeds of doubt.</p> <p>“ Did God really tell you not to eat that fruit? Surely you will not die?</p> <p>But you will be like the Creator, knowing good and evil. Making your own choices.</p>
<p><i>Move the serpent away.</i></p> <p><i>Move the figures up close to the tree of the knowledge of good and evil.</i></p> <p><i>Split apart the two figures</i> <i>Cover them with the two small bushes on the word shame.</i></p>	<p>The serpent’s words found a home in the soul of Adam and Eve. Desiring wisdom and knowledge they ate the fruit.</p> <p>But the serpent lied. They did not gain wisdom.</p> <p>In the place of trust came isolation, fear and shame.</p> <p>When the Creator came to the garden Adam and Eve hid. The circle of trust had been broken. No longer could the Spirit of God flow freely into the spirit of the people he had made.</p>
<p><i>Move Adam and Eve out of the garden . Put them on opposite sides outside the felt.</i></p> <p><i>Move the tree of life towards you and fold top of cloth over it.</i></p> <p><i>Put 2 brown felt strips to bar the way.</i></p> <p><u><i>Slowly</i></u> <i>place all the plants animals etc outside the felt .</i></p>	<p><i>Begin music</i></p> <p>Adam and Eve were banished from the garden.</p> <p>Barred from the life giving Tree the rule of death began.</p> <p>Audio Track 7</p>

The Second Garden

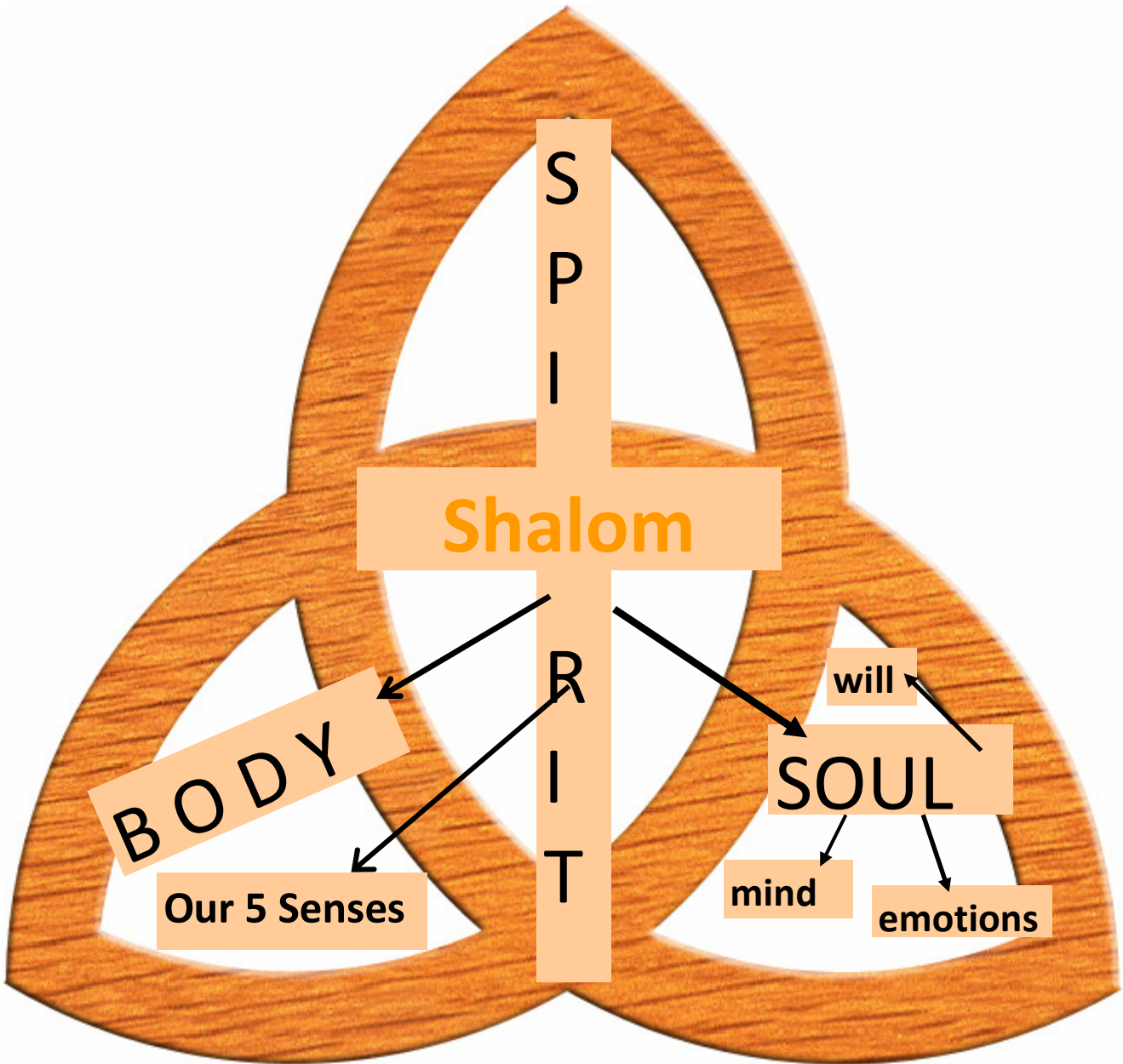
<p><i>When the music finishes. . .</i></p> <p><i>Jesus kneeling down to pray—alone</i></p> <p><i>Bring in the serpent. and move it close to the kneeling figure.</i></p>	<p>In a second garden walked a man. Burdened by what lay ahead he knelt down to pray. Soon he would be arrested and put to death.</p> <p>Surely there was a way out. He knew he had great power. Hadn't he fed the multitudes, stilled the storm, healed the sick.</p> <p>"You don't have to die - use your power - lead a rebellion against the Romans," said a soft, persuasive voice in his soul.</p> <p>The serpent was still around.</p>
<p><i>Lay a hand as in a blessing.</i></p> <p><i>Then cup your two hands around the figure.</i></p> <p><i>Then push serpent away off the cloth as the hands open up.</i></p>	<p>But the voice in the man's spirit spoke of a different way. He was being asked to choose ... death.</p> <p>It was so hard. The desire to save himself so strong.</p> <p>A battle raged.</p> <p>In the midst of this agony God sent his angels to strengthen him. The choice could now be made.</p> <p>"Not my will, but yours be done," said Jesus.</p> <p>The serpent's words had not found a home in the soul of this man.</p>
<p><i>Remove the kneeling Jesus.</i></p> <p><i>Lay the picture of crucifixion in the middle of the material.</i></p>	<p>Jesus stood up, and went to meet his enemies.</p> <p>They arrested him, falsely accused him, tortured and humiliated him. And when they found they could not destroy his soul or spirit, they crushed his body to death in the cruellest manner . . .</p> <p>Crucifixion. <i>Pause</i></p>
<p><i>Turn over the picture to show a risen Jesus.</i></p> <p><i>Take away the two felt strips to reveal the Tree of Life.</i></p> <p><i>Place these strips to form a cross and begin to bring the animals back into the garden..</i></p> <p><i>See picture</i></p>	<p><i>Begin playing</i> some music. Further extract Audio Track 8 - 6 1/2 min.?</p> <p>But three days later Resurrection Day dawned.</p> <p>The rule of death was ended.</p> <p>The way back to the Tree of Life was open.</p> <p>The ransom had been paid.</p> <p><i>(Say this once some of the animals have been brought back into the garden.)</i> And all creation rejoiced.</p>
<p>Take your time.</p> <p><i>Place the Risen Jesus above the Tree of Life. Return the animals and plants to the garden and lay them out along the dimensions of the Cross. Screw up or break up the serpent and put it under the feet of the risen Jesus Prop up the top of the picture so people can see the risen Christ clearly.</i></p>	

2. The soul ruling . . .



When the senses have been hijacked the triquetra looks rather like this. The will, the mind and the emotions have pushed out the spirit from that central place and the soul is now the driver. It demands to have it's needs met regardless of the cost to the individual.

3. Living in the Spirit



Now God's spirit and our spirit are working together to bring our whole being into harmony.

Sight

1. We see things not as they are but as we are. **John Milton**
2. Two men look out through the same bars one sees the mud and one the stars. **Rev. Fred Langbridge**
3. Vision is the art of seeing the invisible. **Jonathon Swift**
4. The eye is the window of the human body through which it feels its way and enjoys the beauty of the world.
Leonardo de Vinci
5. One sees great things from the valley only small things from the peak. **G. k. Chesterton.**
6. The bravest sight in the world is to see a great man struggling against adversity. **Lucius Annaeus**

1. We see things not as they are but as we are. **John Milton**
2. Two men look out through the same bars one sees the mud and one the stars. **Rev. Fred Langbridge**
3. Vision is the art of seeing the invisible. **Jonathon Swift**
4. The eye is the window of the human body through which it feels its way and enjoys the beauty of the world.
Leonardo de Vinci
5. One sees great things from the valley only small things from the peak. **G. k. Chesterton.**
6. The bravest sight in the world is to see a great man struggling against adversity. **Lucius Annaeus**