

1. Taste & Smell

	Running Order	Materials to Collect and Prepare
1	Setting Out 10	<p><i>The timings (in minutes) are for guidance only.</i></p> <ul style="list-style-type: none"> * CD player and CDs for background music. * refreshments - choose some interesting drinks and nibbles to set the scene for the evening. * Cards with the eight quotations for taste & smell. (page 8) * List of quotations ,if wanted, for the five senses. (page 9)
2.	Sense Aware 10	
3	Creative Exploration 15	<ul style="list-style-type: none"> * visual aids: a three-stand braid; three strands of different coloured wool tied together at one end. * different coloured wool cut into approx. 35 cm lengths <p>music : instrumental</p>
4	Relax & Enjoy 10	<ul style="list-style-type: none"> * music / or audio Track 1 * <i>See list of music available under heading “resources” on the web site.</i> * some pieces of chocolate with a high cocoa content. * an alternative to chocolate for any allergy sufferers. *
5	The Story 10	<ul style="list-style-type: none"> * Wine/ grape juice <p>The Wedding Box : containing</p> <ul style="list-style-type: none"> * hessian cloth about 75 cms. square * small stones * two small bunches of green grapes (if available two small pieces of vine.) * red cochineal - food colouring. * rich coloured piece of fleece about 30 cms. square * two rings to represent wedding rings * two small glasses * earthenware container with a few drops of cochineal inside * small jug/glass and large bowl of water
6	Response & Reflection 10	<ul style="list-style-type: none"> * music / or audio Track 2 * attractive small candle * an A4 envelope in which the participants will keep the various materials they will be collecting during the course

LEADERS' GUIDE

- ◆ These bullet points give instructions for the leaders.
- These bullet points are things the leader explains to the group. The words are given as a guide only. **Please do not read from the script - use your own words, it is much more effective.** Do share any personal illustrations.
- ◆ There is a list of quotations provided for each sense.



1. Setting Out & 2. Sense aware.

- ◆ Welcome everyone as they arrive and hand out the quotations for the senses of taste and smell.
- ◆ It is important to make people feel at ease so serve some strong smelling nibbles and drinks. This gives people something to do and it also sets the scene for the theme of the evening. (If you want you could have a variety of different glasses so people can choose a shape or colour that interests them. See the picture. Glasses like this can be found in charity shops quite cheaply.)
- ◆ Serve one drink in an anonymous bottle or jug. This should be a juice containing more than one flavour to make identification more complicated. Ask everyone to try the mystery drink.
- ◆ When everyone has arrived and has had something to eat and drink ask people to guess the flavours in the anonymous jug. Keep this very light hearted. The quotations for the senses of taste and smell could be discussed.

The leader explains:

- Welcome to this first session of sense and sensitivity. During these four sessions we will think about how our five senses might help or hinder us on life's journey, the power our emotions and thoughts can have to disrupt or bless our personalities and the part our spirits play. This session we are considering our senses of taste and smell.
- During the sessions various activities will take place. Some of you may be moving out of your comfort zone. Please flow with it and you will find it easier as the sessions go on. If anyone feels that a particular activity is not for them, feel free to opt out.
- Our sense of taste and smell are closely associated. I am sure most of you when tasting the mystery drink first took a sniff to check that it wasn't unpleasant and to try and identify what it was. Your sense of smell was being used here to discern what you were being asked to drink. To check it out.
- So I am asking you to take a sip of the ideas I will be sharing with you but you are also free to sniff out, to discern, the truth of these ideas for yourself.

3. Creative Exploration

- Before looking more closely at our senses of taste and smell I would like us to take a few moments to think about the different parts of our nature.
- We all have a physical part- our bodies. Inside that body is the thinking, feeling, willing part of us. You can't see it, but it's obviously there. I will call this part of us **the soul**.
- Even more hidden is our **spirit**. This is the part into which spiritual power can flow. So I am suggesting we are one person with 3 different functioning parts, a three-in-one nature: spirit, soul and body. (*A biblical verse to support this analysis is 1 Thessalonians 5::23 "Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again."*)

Hold up three strands of different colours knotted at one end.

- But they are not separate like this. *Begin to form a braid* : All the parts of us interrelate and together form the whole person. It is fairly obvious the connection between our bodies and souls. If you feel happy, your immune system is stronger, and you will recover more quickly from an illness or an operation. Also if you are physically ill for a long time it can affect your emotions and depression can easily set in.
- But if we are **only** operating with our body and soul, ignoring our spirit and its power source when we come under pressure we can easily fall apart, unwind. *twist two strands together and show how that unwinds.*
- We need this third part which has the ability to sustain and strengthen the body and soul and which for a Christian is a driver to act and feel in line with God's holy spirit. Of course the spirit can be open to other spiritual powers.
- "A cord of three strands is not easily broken. Ecclesiastes 4:12" - it can sustain pressure.

Show a completed braid. Shake it vigorously. The ends hardly come undone.

Making a braid

- ◆ Provide different coloured wools cut to about 30 cm long. Lay these on the floor. Invite people to choose three colours to represent their spirit, soul and body. Using two threads of each colour makes it easier. Tell them to take their time in choosing the colours.
- ◆ Help anyone who doesn't know how to braid but leave them to complete the braid when they understand what to do.
- ◆ Play some music for about 5-6 minutes. Nothing intrusive.
- Are there any two braids the same? Did anything influence the choice of colours?



4. Relax & Enjoy



- For the young baby developing in the womb its five senses of touch, taste, smell, hearing and sight are being used intuitively to discover the world around it. At the same time everything that the baby needs to grow and develop comes automatically through the umbilical cord. It is totally dependant on the mother.
- Then the baby is born, the umbilical cord is cut, and the baby no longer receives all it needs automatically. It may have to cry loudly to get what it needs.
- It also has a whole new world to discover through its senses. The smell of the mother, the sound of her voice, the touch of her skin, all help to bond the baby and parent.
- As the baby grows up it begins to differentiate between the tastes it likes and doesn't like, how good it feels to be held close, and how reassuring to see its mother's face. Already the baby is linking its emotions with its 5 senses.
- For most children this connection is part of a normal learning process. But if the child has suffered a deprivation of love, been abused or has received some other serious trauma in their early years their thinking may becomes distorted and they confuse their emotional and bodily needs.
- A child that is continually offered food as a means of comfort may continue this habit as an adult, turning to food when life is painful. The food has become its 'comfort blanket.' A person who is drinking to excess is often trying to anaesthetise painful and destructive memories.
- Unfortunately when *the body* is used to solve *emotional* problems it can become self destructive. When these habits lead to addiction there is the need of a greater power ; a power that the spirit can bring.
- Apart from being strengthened through our spirits, our senses themselves can strengthen us . Who does not find themselves uplifted by the smell of freshly baked bread or apple blossom or the taste of a really fine wine or whisky. Our created world is full of such delights.
- Often there are great memories built around food and drink. Consciously revisiting these memories can really help us.
- ◆ You could ask people what tastes or smells speak personally to them. You could share a personal memory here.

(e.g. Every time I eat a curry i think of the restaurant where I celebrated my engagement; a precious memory, and the smell of fried bacon reminds me of early Christmas morning breakfasts and the joy of watching my children tear open their presents.)

- ◆ Now a time of relaxation with some chocolate while at the same time listening to some music. Remember there may be someone who is allergic to chocolate so have an alternative.
- ◆ If there is the space people may like to lie down or at least find some private space.
- ◆ **Play some music for about 4-5 minutes. Or download audio track 1**

5. The Story: The Wedding. (pages 6-7)

- ◆ The story will have been prepared in advance and materials collected. This will include putting the cochineal in the earthenware jar / vase before the session begins and having a bowl of water and glass / jug ready to hand
- ◆ The storyteller kneels on the floor with the people in a semi-circle in front of him / her. It really helps people to be on the same level as the story teller.; that way they really participate in the story. If needed use cushions and furniture for support.
- ◆ Pour some wine or fruit juice into people's glasses before you begin.
- ◆ Open the box. Lay out the Hessian. This is the canvas on which the story teller will 'paint' the picture. This will focus people's attention and help them become ready to hear the story.

Do not rush the story



6. Response / Reflection.

- ◆ Allow some moments of silence, then begin playing some quiet music (**Audio Track 2** 'Ubi Caritas' from the Album 'God is love' - David Fitzgerald.) Allow a few moments of silence then move the objects into the final tableau (*the stones as an O.T altar, one glass filled with water, the water jug removed, small candle/night-light lit.*)
- "Many things have been transformed in this picture, the waste stones into an altar, the barren land becomes fruitful, two separate individuals become one, and the water becomes rich wine. Maybe there are parts of your life that you would like strengthened, transformed. If that is so then sip your wine, that once was grapes and sunshine, and know that this picture is for you.

Increase the volume of the music and play to the end.

- ◆ When the music has finished people may start speaking. Don't let that become a discussion. There may be a time of silent meditation. Don't be afraid of this. Be sensitive to the group.
- ◆ When it seems the right moment give out the A4 envelopes which can be used as folders for their braids and any other material they will be collecting during the course.

The Wedding

Materials :

Large box inside which is: brown Hessian approx. 75 cm square, stones, two bunches of red grapes, small square rich coloured fleece, two rings, large pottery jar. Also a bowl of water & small glass/ jug.

Check before you start the story that you have put the red colouring in the jar and you have a bowl of water and a small jug/glass nearby. Fill people's glasses (and your own) with wine or grape juice.

Kneel down

Open the box, pull out the hessian cloth, Spread it out roughly. . .

. . . Spill out the stones.

Poor, bare soil . . .
 . . . full of stones.

Press a hand down on the hessian.

The earth is hard as the summers are dry and the sun beats down relentlessly.
 Little grows here.

(If you can obtain them lay out two pieces of vine.)

There is one plant though that thrives in just such a soil.
 It seems to need so little and yet gives so much (pause)
The vine.

Lay out two bunches of red/black grapes.

Gnarled vines laden with bunches of luscious grapes in a dry and barren land speaks of mystery.

Slowly move the stones and grapes to both the left and right front sides of the Hessian. This is the part nearest to the people.

*Lay out the piece of fleece.
 Put out the two rings.*

There was a wedding in a middle Eastern village.

Put down the two small glasses,

Many guests had been invited and many more came including Jesus and his mother Mary.

<p><i>clash glasses as in a toast</i></p> <p><i>turn glasses upside down,</i></p> <p><i>Lay one down on the cloth</i></p> <p><i>hold the other horizontal</i></p>	<p>Everyone was enjoying the good food and drink,</p> <p>but halfway through the wine ran out.</p>
<p><i>Proffer this hand with the empty glass forward as if to symbolise offering Jesus the problem.</i></p>	<p>Mary went to find Jesus.</p> <p>“Why do you involve me ? He said,</p> <p>“My time has not yet come.”</p>
<p><i>Put the glass down.</i></p>	<p>But Mary trusted her son and said to the servants,</p> <p>“ Do whatever he tells you.”</p>
<p><i>Bring out the pottery jar</i></p>	
<p><i>Fill the jar with water from the large bowl with a glass or other object.</i></p> <p><i>Pour the red water into the two glasses.</i></p>	<p>Standing nearby were six stone water jars used for ritual washing.</p> <p>Jesus told the servants to fill them with water. To fill them right up to the brim.</p> <p>When the jars were full he told them to draw out some water.</p> <p>The water had become wine. (Pause)</p> <p>The very best wine.</p>
<p>Allow a few moments of silence then move the objects into the final tableau <i>(the stones as an O.T altar, one glass filled with water, the water jug removed, small candle/night-light lit.)</i></p> <p>Begin playing some music quietly and say, “Many things have been transformed in this picture, the waste stones into an altar, the barren land becomes fruitful, two separate individuals become one, and the water becomes rich wine.</p> <p>Maybe there are parts of your life that you would like strengthened, transformed.</p> <p>If that is so then sip your wine, that once was grapes and sunshine, and know that this picture is for you.</p> <p><i>Increase the volume of the music and play to the end.</i></p>	

Taste & Smell

1. Nothing takes the taste out of peanut butter quite like unrequited love.
Charlie Brown.
2. Fish, to taste right, must swim three times -in water, in butter, and in wine.
Polish proverb
3. An effective way to deal with predators is to taste terrible.
Stephen Potter.
4. The first law of dietetics seems to be: if it tastes good, it's bad for you.
Isaac Asimov.
5. Hay smells different to lovers and horses. *Stanislaw Jerzy*
6. Smell is a potent wizard that transports us across thousands of miles and all the years we have lived. *Helen Keller*
7. Hit a tripwire of smell and memories explode all at once.
Diane Acherman
8. An old woman found an empty jar which had lately been full of prime old wine and which still retained the fragrant smell of its former contents. She greedily placed it several times to her nose, and drawing it backwards and forwards said. " O most delicious! How nice must the wine itself have been, when it leaves behind in the very vessel which contained it so sweet a perfume! The memory of a good deed lives. *Aesop's Fable*

The Five Senses

1. The senses are a kind of reason. Taste, touch and smell, hearing and seeing, are not merely a means to sensation, enjoyable or otherwise, but they are also a means to knowledge – and are, indeed, your only actual means to knowledge.
St Thomas Aquinas.
2. Nothing exists in our intelligence that has not first passed via our senses.
Aristotle
3. All our knowledge begins with the senses, proceeds then to the understanding, and ends with reason. There is nothing higher than reason. **Immanuel Kant**
4. No-one makes better use of the five senses than wild, uneducated children.
Charles Alexandre Eastman
5. The senses deceive us from time to time, and it is prudent never to trust wholly those who have deceived us even once. **Rene Descartes.**
6. The kidnapping of our five senses by information technology is as serious as organ transplants that irrevocably separate the individual from his body.
Thierry Paquot
7. Of all the five senses that man possesses the most important is common sense!
Anon.
8. God Almighty is, to be sure, unmoved by passion or appetite, unchanged by affection; it is then to be added that He neither sees nor hears nor perceives things by any senses like ours; but in a manner infinitively more perfect.
Joseph Butler
9. The only time you really live fully is from thirty to sixty. The young are slaves to dreams; the old servants to regret. Only the middle aged have all their five senses in the keeping of their wits. **Theodore Roosevelt.**
10. Adolescence is a plague on the senses. **Henry Rollins**