

## NEWS FROM THE LIVING SPIRITUALITY PARTNERSHIP SPRING 2013

Greetings at the season of the equinox, and as Holy Week and Easter approach.

### **This issue**

In this issue we include a healing body prayer which Jenny Sandler created in a situation of adversity in the late 1980's. Many people have found this prayer and its accompanying movements to be very unifying - of great help personally, as well as connecting them to both earth and cosmos. The words are overleaf and the illustrative drawings are in an attachment.

Easter is a season that many of us have struggled to come to terms with. I found myself unable to accept the story of salvation in the form in which it was put across in the chapels of my childhood. Over years at St James's Piccadilly, many conversations, talks, books recommended and sermons preached have helped me to engage with the great themes of Lent and Easter in a more fruitful way. I have included two of these life-giving inputs here (attached as PDFs). One is on the theme of finding rhythm and balance within frenetic urban lives, given as a Lent talk last year by Revd. Lindsay Meader. The other, given on Passion Sunday this year by Revd. Hugh Valentine, addresses the dynamics of love underlying the stories of a woman anointing Jesus with oil before the Passover and the events of Good Friday and Easter Sunday. It looks at the totally accepting love exhibited for people who felt excluded through social expectations and through

shame or guilt, but also at Jesus' capacity to fully receive from a person of no social status.

### **Progress with LSP leaflet**

We have attached our 6-column leaflet introducing people to the Living Spirituality Partnership. My thanks to our Steering Group members for batting the content of this around many times in order to make it clearer, and to Zac Sandler for the logo design. If there is anything in the leaflet that doesn't make sense to you, please alert us in the next few weeks, before it is printed in colour. A great deal more is said in the vision statements which we sent round in January. People will be able to link to those on our website, once it is there in embryonic form. We have purchased the domain name [www.livingspirit.org.uk](http://www.livingspirit.org.uk) in readiness.

### **Membership arrangements**

Thank you to the 12 who have donated £1050 to LSP so far (including some founding donations). This has enabled us to get started with our leaflet and website. We will need to build the number of contributing members in order to be able to continue to publicise our presence. We do hope you will consider making an annual or one-off donation to LSP. Please email me in order to get the standing order form, for those who are in a position to commit for more than one year - a greatly valued form of support. Thank you.

Your feedback is always appreciated by us.

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**Petra Griffiths, LSP Coordinator**

## **HEALING HAND PRAYER FOR INTERCESSIONS**

Music: Agnus Dei from the Missa Gaia by Paul Winter & his Consort. Choreography: Jenny Sandler 1988

Explanation for congregation before service begins

" We shall be using symbolic movements instead of words for our prayers today. The music is from the Missa Gaia 'Earth Mass' and you will hear the sounds of wales and wolves calling in this Agnus Dei.

Some people may prefer to meditate silently without movements, but for those who would like to use these gestures, I will show you what they are - 4 very simple movements which are repeated over and over again."

Demonstrate:

- 1) Indicate a Circle, a symbol of the Whole, ending by cradling this wholeness in your hands, whatever it is for us, - it could be the earth, a situation, another person or ourselves.
- 2) Cross Hands over chest and bow head, which is a gesture of our Relationship to the whole - it could be one of gratitude, humility, or if we see the whole as wounded, it may be contrition.
- 3) Open Both Arms out very wide to the side, opening out from our heart centre so that love flows out from the very tips of our fingers, (turning body slightly to the Right so we don't collide with others!)
- 4) Dip down into the Infinite Source to bring Healing back into the Whole again.

"As with an icon or picture, the more one gazes at it, the more one is drawn in. So with this prayer, the **slower**, more **sustained** and **more often** the movements are repeated, similar to a mantra, the deeper the meaning becomes.

It is unnecessary to keep together with the movements, as each one of us will need to move at different speeds and I would also suggest that you **Close your eyes**, so that the movement becomes primary"

The music lasts for 5 1/2 minutes to give you time to make this prayer your own.

### **Praying with our Body**

Other forms of body prayer can be found on the websites of two other leaders with links to LSP: author J. Philip Newell and Philip Roderick of Contemplative Fire. See <http://www.salvaterravision.org/component/k2/item/83-john-philip-newell-leads-body-prayer-at-grace-saint-pauls> & <http://www.contemplativefire.org/bodyprayer.htm>

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