

INSTALLATIONS –Requirements

General

7 (1m square) tables, Eastern and Main long tables, 7 coloured table cloths, 14 candles in high holders (one per installation), 14 perspex A4 Menu holders for instructions, writing paper pads, A4 paper, pens, coloured pens or crayons, 2 copies of instructions per Menu holder. Bell. Floor lamps. Extension cords.

<p>1. PRAYER BEADS We make our own set of prayer beads like the one shown in the postcard “Dekhomai Prayer Cord”. As we make our set of prayer beads we pray as we add each of the five beads of different colour to a cord – a prayer for forgiveness, for mercy, for grace, for courage, for hard love, for wisdom... We add the beads in order - yellow, red, blue, green and purple. We tie a knot in the cord on either side of each bead to anchor them and finally tie the ends together to make a wristband to carry with us for meditation this week. We also take a “Dekhomai Prayer Cord” postcard with us.</p>	<p>Table, cloth and candle Bowls of Beads – red, yellow, blue, green, purple Thread cut to 35cm “Prayer Beads” Cards</p>
<p>2. BROKEN BRICK CONTEMPLATION Recall things precious to you that have been damaged or destroyed. Feel the rough edges of a piece of broken brick. Imaginatively re-enter the scene of destruction. Who else is in this picture? Who do I need to give and receive comfort and solidarity? Take the broken brick to journey with you this week.</p>	<p>Table, cloth and candle Pieces of broken brick in a bowl</p>
<p>3. PAIN KILLERS We lament the circumstances that contribute to the need to numb pain through overconsumption of alcohol, painkillers, anti-depressants, sleeping pills, petrol sniffing... We make shapes from the pipe cleaners that relate to our thoughts and feelings about these circumstances and leave them around the candle.</p>	<p>Table, cloth and candle Pipe cleaners</p>
<p>4. LAMENTATIONS 5 On the left hand side column of an A3 sheet</p>	<p>Table, cloth and candle Prepared A3 sheet of paper,</p>

<p>of paper, the verses of Chapter 5 of the Book of Lamentations are written. Space is provided in a right hand column to construct our own contemporary Lament as each of us visiting this installation writes in a verse or verses that relates to us.</p>	<p>with the verses of Chapter 5 of the Book of Lamentations</p>
<p>5. MENDING BROKEN THINGS There comes a time in grief when we need to “put our life back together”. Use the time of attempting to reassemble broken pieces to reflect on the “one step at a time” things you might need to be doing to build your life. Write these steps down and take the list with you to develop further positive steps for the future.</p>	<p>Table, cloth and candle Broken crockery on separate “Placemats”. Pen and paper</p>
<p>6. BITTERNESS A bowl of bitter leaves is provided for tasting. We identify what we might be bitter about. We write about it. We crunch up the paper into a ball. We hold the ball of paper over a rubbish bin. We let go. We apply hand crème to our hands. As we work the crème into our skin we imagine healing from the cause of this bitterness. We smell the fragrance that comes from the act of letting go and the beginning of inner healing. We savour a sweet mint in our mouth and imagine some kind act we may undertake this week.</p>	<p>Table, cloth and candle Bowl Bitter leaves Paper and pens Waste Paper Basket Quality Hand Crème Mints Bowl for mints</p>
<p>7. FORGIVENESS Forgiving others when we are hurt and forgiving ourselves when we have hurt others can be very hard. We take the card on Forgiveness to a safe space and experience the breathing exercise. We tie a ribbon on the “tree” as a prayer, in the tradition of Tibetan and Celtic prayer flags.</p>	<p>Main table candle “Forgiveness” cards Thin coloured ribbons Wrought-iron tree structure in pot</p>
<p>8. AN OFFERING BASKET Pilgrim Church supports many disadvantaged peoples, directly or indirectly and offers a place of hope in the City. We leave our offerings to support the work of Pilgrim Church in the baskets.</p>	<p>Main Long Table (centre) candle 2 shallow baskets</p>

<p>9. CONSOLATION AND DESOLATION</p> <p>We undertake one of the Spiritual Exercises of Ignatius of Loyola by asking ourselves: For what moment today am I most grateful? For what moment today am I least grateful?</p> <p>We take one of the “Examen” cards and find ourselves a safe place to engage in the reflection.</p>	<p>Main table candle “Examen” cards</p>
<p>10. PAIN AND DISCOMFORT MEDITATION</p> <p>We adopt an uncomfortable posture. (eg sit on one fist, or on the floor)</p> <p>We reflect on the gift of pain as an inner message to us.</p> <p>We think about those with disabilities and their carers. In our imagination, we let our hearts go out in compassion to them.</p>	<p>Eastern transept table candle</p>
<p>11. REMEMBERING CANDLES</p> <p>We light a candle to remember a lost one. We sit in a quiet place and lament the loss.</p>	<p>Eastern Transept Table (centre) candle Central candle/oil lamp Tea-light candles, tapers</p>
<p>12. FIST AND OPEN HAND MEDITATION</p> <p>Our first natural reaction to shock is often anger and then blame.</p> <p>We make fists of our hands and feel the tension. We hold the fists as tight as we can and reflect on what might be causing anger in our life.</p> <p>Holding the fist position, we uncoil our pointing fingers to point. We feel the tension. We think about where or to whom our fingers are metaphorically pointing. We reflect on the other fingers that point back at us. Can we find three aspects of a situation that caused us anger to which we might have contributed?</p> <p>We return our attention to the clenched fists. We maintain the tension and think about how we might redirect that energy positively.</p> <p>We unclench our fists and open our hands upwards. We are mindful of our feelings. We imagine what we might give to the situation we were considering. We hand over the situation to Divine grace.</p>	<p>Eastern transept table candle</p>

<p>13. WEAVING THE GRIEF We take some strands and use them to weave our thoughts and feelings.</p>	<p>Pedestal for instructions candle Large basket container Coloured reeds or rafia</p>
<p>14. AN AMNESTY PRAYER TOUR We take the Google-Earth tour of troubled places around the world. We use the newspaper cuttings for more information. We pray.</p>	<p>Table, cloth and candle Amnesty candle Prepared Google-Earth Tour on computer Related Newspaper cuttings Roll of calculator paper Pens Frame and pegs</p>
<p>OTHER TOOLS FOR LAMENT (in front of Main Table) Beside materials provided at the installations, paper and coloured pens are also provided for drawing, picturing, doodling, writing thoughts or poems. These may be offered as a prayer by placing them in the offering baskets on the central table or taken with you for further reflection during the week.</p>	