

# CREATING SACRED SPACE

October 29, 2020



Recently I was reading *The Presbyterian Outlook*, and my eyes were directed to an article about *Celebrating the Holidays While Sheltering at Home*. After finishing it, I felt the need to share some of its essentials with you.

My prayer for each of you is that Covid-19 has NOT isolated you and caused you to struggle with the lack of community and connecting with God. My plan is to share a **Thought for the Week** each week during the middle of the week to help you persevere until we gather, either in-person or online, for worship on Sundays.

I would suggest considering creating a **sacred space** in each of your homes. Some of you may have done something like this in previous years for Advent, maybe having a family Advent wreath, or a space decorated for Lent/Holy Week. Why not make a space in your home to commune with God and intentionally choose to spend time there each week, or even every day.

You could drape a cloth (using the appropriate liturgical color), place a candle, have a Bible and/or devotional materials available, and maybe a cross or another religious symbol. The main point is to create a space to be quiet, meditate, read scripture, and pray. And it is always important to **listen** to what God wants to say to you.

For those who are unable to attend worship with your church family this might be essential. And yet, we ALL want you to know that we have not forgotten you, and we think and pray for you regularly. So, when you sit quietly in your own **sacred space**, never doubt that you are cared for by God and your church family. And we encourage you to add your voice to the praise we offer God during our Sunday morning worship service, no matter when or where you may choose to worship. Consider this scripture as you meditate:

*With all the company of heaven, we laud and magnify thy glorious name.*

Some of you may not be physically present with us in worship, but we give thanks that you are with us spiritually! And remember that connecting with God doesn't just take place in the sanctuary on Sunday mornings. Seek God anywhere and anytime, including in your home's **sacred space**. We just want to make sure that each of you has a space where you worship comfortably and peacefully with God and your church family.

You may wonder **where** and **how** to create such a space. I've known friends who have transformed an upstairs nook or draped a table in a spare room with the appropriate liturgical color fabric - **green** for Ordinary Time; **royal blue** for Advent, **white** for Christmas,



Epiphany, Baptism of the Lord, Transfiguration of the Lord, Easter, All Saints' Day and Christ the King Sunday; **purple** for Lent; **gray/black** for Maundy Thursday/Good Friday; **red** for Pentecost etc. Maybe a candle would help you to focus your attention, and it would signify that Christ is the light of the world. Consider entering your space by speaking Psalm 122:1 - *I was glad when they said unto me: We will go into the house of the Lord.* And don't forget that you can "worship" anytime you want, any day that you want. God wants you to feel connected and cared for ALL THE TIME.

In order to help you know what the dates are for each of these liturgical seasons, here is a calendar for the rest of 2020:

All Saints' Day (white) – November 1<sup>st</sup>  
Christ the King (white) – November 22<sup>nd</sup>  
1<sup>st</sup> Sunday of Advent (blue) – November 29<sup>th</sup>  
2<sup>nd</sup> Sunday of Advent (blue) – December 6<sup>th</sup>  
3<sup>rd</sup> Sunday of Advent (blue) – December 13<sup>th</sup>  
4<sup>th</sup> Sunday of Advent (blue) – December 20<sup>th</sup>  
Christmas Eve (blue/white) – December 24<sup>th</sup>  
Christmas Day (white) – December 25<sup>th</sup>



Carl Jung built a Tower House Retreat in the village of Bollingen on Lake Zürich. It is on a lakeside and he built it as a place where he could nurture his spiritual life. It was a sacred space where he retreated from the world so that he could reconnect to his dreams and hopes, and 70 years later, Thomas Moore, an American psychotherapist who was influenced by his writings, became a bestselling author with the publication of "Care for the Soul." Most of us are not in a position to build a stone tower to combat soul exhaustion, but creating our own **sacred space** to retreat might bring us comfort and joy. In any case, in some form or fashion, find a way to nurture your soul.

The holidays are right around the corner and not having our regular family gatherings due to the virus may bring sadness and loneliness. Advent is a season of waiting and it may feel like we've been in that season for months, wondering when we can get back to "normal." But it begins on the 5<sup>th</sup> Sunday of November, so use the time before Nov. 29<sup>th</sup> to create your personal **sacred space** so that you will be prepared. Consider having your own Advent wreath with a candle for each Sunday of Advent, and light a candle each week, remembering that you are part of a community of faith.

The Advent/Christmas seasons are full of emotions, and our hope for each of you is that you have a space where you will feel Christmas in your heart! There are many familiar smells, foods, music, etc. that we associate with the season. Savor all that you can, and I believe your **sacred space** will help you do so.

**God bless each of you,**

*Carol*