





## Introduction

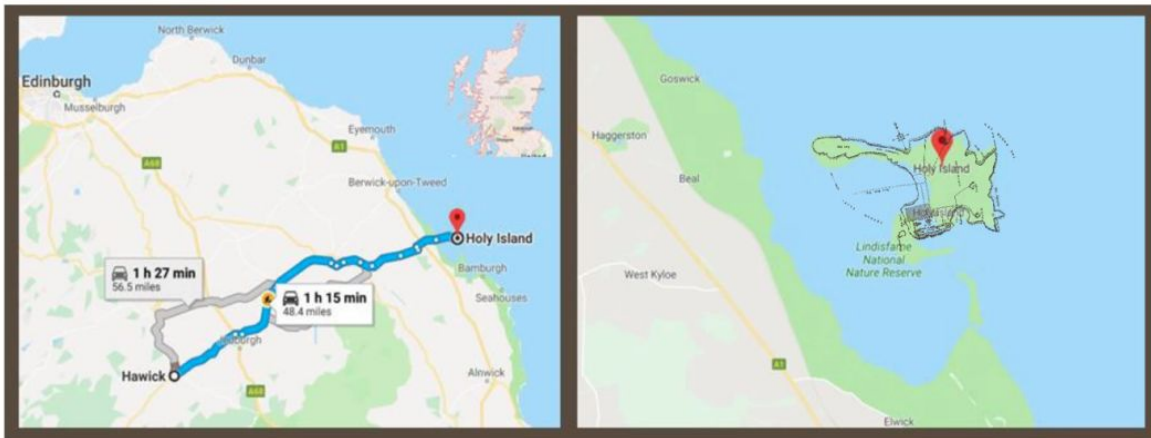


### Stepping Stones on the Celtic Way

My name is Mark Condry, I don't claim to have all the answers in the area of Celtic Christian Spirituality. I have had a fascination with the subject for years. I do feel more like a weary traveler on a quest. I get invigorated when a new or old way is rediscovered; I'm on a search for different facets of ancient truth. These I believe when discovered can enhance my life journey and others who care to join me.

This all began in my teenage years when I visited Lindisfarne two or three times a month taking the drive with a friend from my border hometown of Hawick, in Scotland. It would take a little more than an hour to drive to Holy Island. These visits left a lasting impression. I'm grateful to my travel companion Margaret Stenhouse who initiated this place of discovery, unknown to me at the time. These times would birth a love of the Celts, and Celtic Christian Spirituality. She would check the tide tables and if the tides were in our favor we would enter the car and go on an adventure.





The tides have to be right as Holy Island is able to be accessed by car along the causeway. As the sea water recedes there is a road that appears to allow any who desire to get onto this Holy Site. Crossing that road is like an invitation to enter a different dimension, inviting anyone who cares to go. It is an opportunity to touch the past, to experience and explore a bygone era. It's knowing that many Pilgrims have taken this path before us, and we enter an ancient tradition, that many have taken. A quest of discovery as the Spirit leads, you become part of the history. Entering a way of life told through many who are called Saints today, these men and women inspire possibilities of us living a similar holy and dedicated life. The inspiration to live like them was brought back to life in me each time Margaret and I went onto this Holy Island.

We would be following in the footsteps of men and women who have trod this path before, who are looking to escape for a moment, to draw nearer to the God or sacred of the Celtic monks. They having done this enter a richer experience for their spiritual walk. They desire to bring others who they encounter toward a deeper experience of faith in the Divine.

### **A Journey of Discovery**

This is when we enter the quest, of a holy longing, or pilgrimage, comes into play, and a wanderlust begins to surface. We enter the world of longing, searching, desiring to know and understand our role in the world, that sacred role for which the Monarch of the Universe has purposed for us

to play out and fulfill. (The Monarch of the Universe is my God figure the Divine taken from my book that is a work in progress).

The following is an extract from that book:

I[] knew, and I don't know why I knew, that this beach was the same beach, that I had walked with my family, when we were together. I hadn't been told it was the East coast of Scotland, near Holy Island.

The wind was exceptionally sweet, warm and comforting, not a bitterly cold wind, that I had experienced, that can be the usual experience at this location. It was a beautiful sunny day and the wind was blowing the foam off the sea onto the beach where I was walking. This froth was dancing along the sand, being blown along, its destination unknown, having no control. A lot like my life until recently, until my encounter with Bren and now the opportunities that have opened; now I realize the work of the Monarch of the Universe.

I remember Bren telling me a scripture story I hadn't heard before about the wind, of not knowing where it comes from, or where it is going, just see the effects. It was a parallel of my life, blown along not knowing my destination, but trusting the Guide and now Issidore, my Anam Cara, I was seeing with spiritual eyes, this would be a projection of my future. Pg 31. The Anam Cara; A Celtic Tale of Tobar's Transformation. ~ By Mark Condry.



## **Pilgrims on a Journey called Life**

We don't know what the future holds, but I believe there is a longing in all our hearts to take a Pilgrimage, we are all weary travelers, because of the pressures of life. There is a need to get away if only for an hour, even this may be difficult. It is beginning with small steps, taking 15 minutes to pause, that could amount to an hour of needed silence, and enter into prayer and meditation. One day you may take the adventure to a foreign land for a Pilgrimage. For most people presently and also in medieval times, it was a luxury and could not be taken for a week or two, far less a month. This was unthinkable, and this was only attainable for the affluent who had the wealth to go on such a trip.

The solution to accommodate the pilgrim need, rather than going to a distant land was to go to a local shrine or walk a labyrinth that was provided by the church. Going on a symbolic walk this was an act of pilgrimage, to given opportunities for silence, to be still before the Lord. For Christians our model is Jesus, he withdrew on a regular basis to spend time with his heavenly father. We need to do likewise, draw near to God. To seek a word, and council, from the Lord, to seek the meaning of our life, to seek the sacred. It is not solely Christian, many different faith persuasions take a pilgrimage, to dig deep into the recesses of their soul, to come to terms with the inner longings, searching to find the spiritual treasure that will add meaning to their lives.

This is what the Lord says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls." Jeremiah 6:16 NIV

What we are to look for is to find the local "Thin Space" and to walk where holy ones walked before us, and discover theses "Ancient Paths" and sacred spaces. A practice to enhance this would be to find local places of spiritual significance and spend a day going to these different locations of meaning.

It is about boundary crossing, leaving behind for a moment the comfortable and familiar to experience something out of the norm, that which is

stretching you out of your comfort zone, that will stretch you spiritually, and with this taking this risk because we have the confidence in the guide. God is the way maker and our pilgrim companion throughout our life. Not allowing us to grope around in the darkness but giving us light to illuminate the way. There are times we get frustrated with old patterns, then there are times we can learn from a past practice like a light of insight and inspiration. "The Celtic monk or druid standing in the light of the risen sun was in his mind bathing in God's luminescence. It is this concept of the sacred sun that reveals the true significance of the Celtic cross, whose characteristic structure is a cross and a ring. The ring is the sun, the revelation of the divine in and through nature prior to the manifestation of God's love and mercy in Christ."

<http://decodedpast.com/light-sun-nature-celtic-spirituality/14400> Accessed 2/19/19

## **The Journey of the Heart**

"To live as a Pilgrim, all you need to do is see your life as a Journey, and your role as a seeker of the sacred." ~ A Sacred Journey, Lacy Clark Ellman.

This is her wonderful website: <https://www.asacredjourney.net/begin/>

"Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope."

~ Maya Angelou

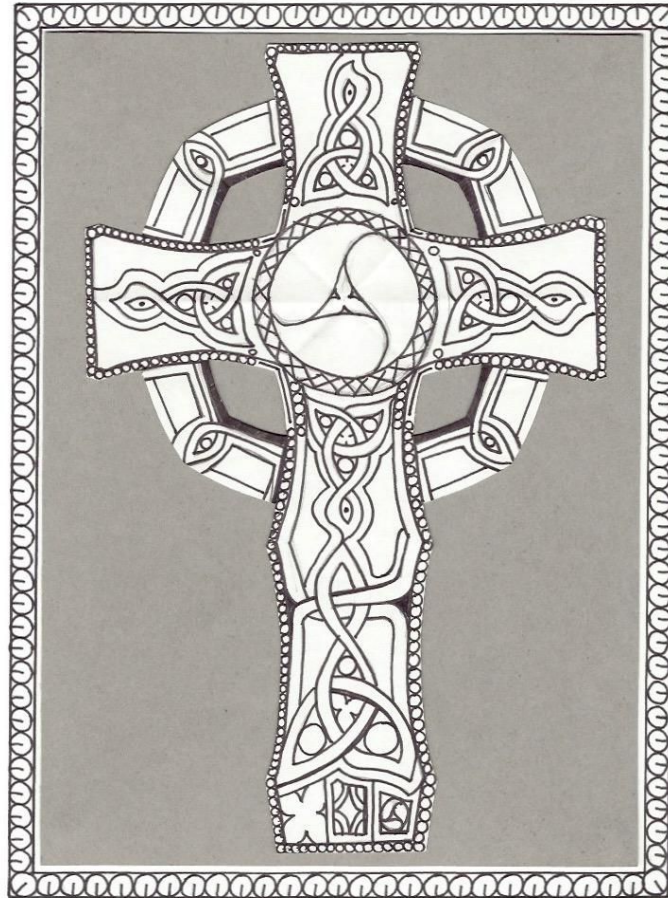
"The most important pilgrimage is the interior one to G-d." [or the Divine.]

~ Gregory of Nyssa

"The difference between a pilgrim and a tourist is the intention of attention and openness to God. This transforms a trip into a pilgrimage, and the result is that the self that sets out on pilgrimage will not be the same as the self that returns." ~ David G. Benner



Christ as a light, illumine and guide me. Christ as a light, guide us. Amen.

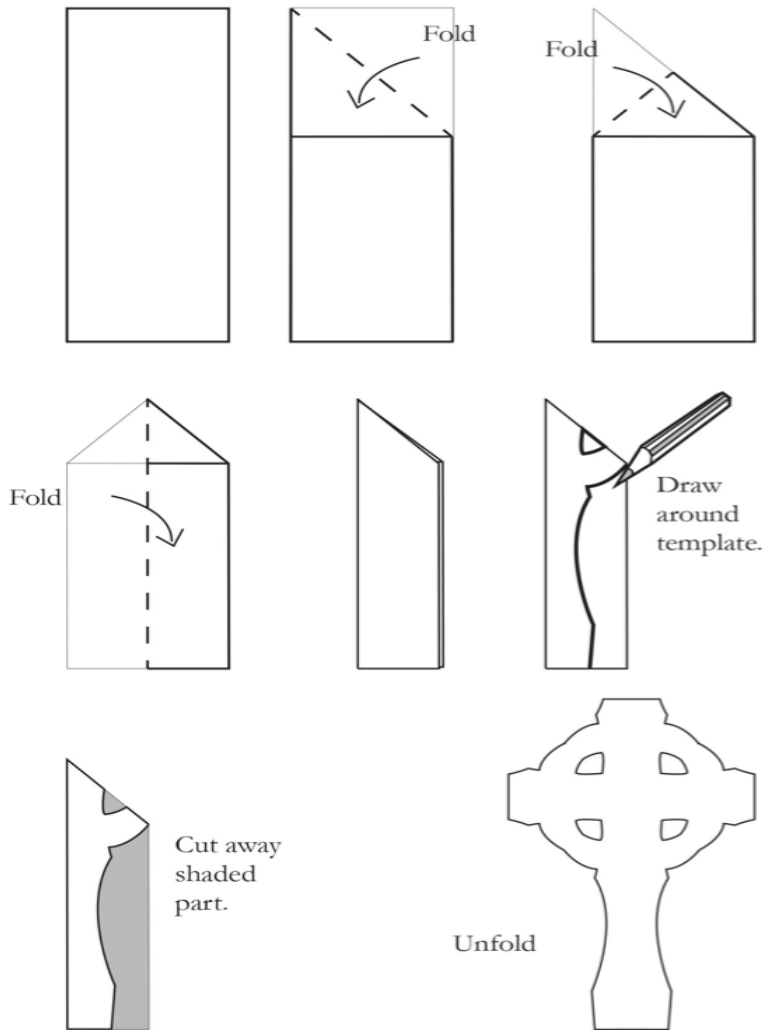


The Celtic Cross is also called a wheel cross, and it is a visual reminder to ask the question who is steering your life?

Activity: Cross folding exercise.

I love the process of doodling within the confinement of the paper folded cross. I desire this paper cross becomes your canvas, which you start designing within and see what unfolds.

## How to make a paper cross



“The Celtic cross combined the ancient Pre-Christian symbolism of the sun wheel, the sacred circle quartered by the four directions, with another layer of meaning: the cross on which Christ died, creating the intersection between Heaven and earth, God and humans.” pg 82 Water from an ancient well, Kenneth McIntosh.

The Celtic cross stood in the center of the community as a constant reminder of what needed to be central in their lives. The equivalent today is wearing of a cross, unfortunately, has become more of a fashion accessory but can be used in the same way, as a symbol of our remembering and giving the focus of devotion in our busy lives.



The Cross became a central teaching tool because it was central to their beliefs.



“Hilary Richardson suggests that the circle surrounding the cross arms which gives the Celtic cross its distinctive ringed appearance represented a halo, wreath or crown further emphasizing the *Christus Victor* theme. It has also been suggested the wheel cross is an adaptation of the *ChiRho* monogram, formed from the first two letters of Christ in the Greek language, which was also the symbol that Constantine saw in the sky and ordered to be displayed on his soldiers’ shields.” Pg 75 Following the Celtic Way, Ian Bradley.

One book talked about the Druids having a standing pillar with a circle at the top, symbolic for the sun, which was a major divinity for them. “The message of the Celtic missionaries was simple: We have not come to deny the importance of the sun. Indeed, without it, we would have no heat, no light, no life. Rather we have come to introduce you to the one who is behind even the sun, moreover has revealed himself in the person of Jesus. Hence the pillar with the circle at its head simply developed into the Celtic cross with the arms of the cross superimposed or extended from the central orb.” pg 112 The Celtic Resource Book, Martin Wallace.



### **Main differences between the Celtic cross and the Sun cross:**

- The sun cross is a circle divided into four equal quadrants by a horizontal and a vertical line. Neither of the two lines extends beyond the circumference of the circle.
- The four quadrants may be taken to represent the four seasons of the year or the four stages of the day – morning, midday, evening and midnight.
- Whereas a Celtic cross is typically wider at the base than where it meets the point.

- **Basically**, the Celtic cross looks more like an actual cross than a sun cross(ironically). Accessed 1/26/19  
<https://irisharoundtheworld.com/celtic-cross/>



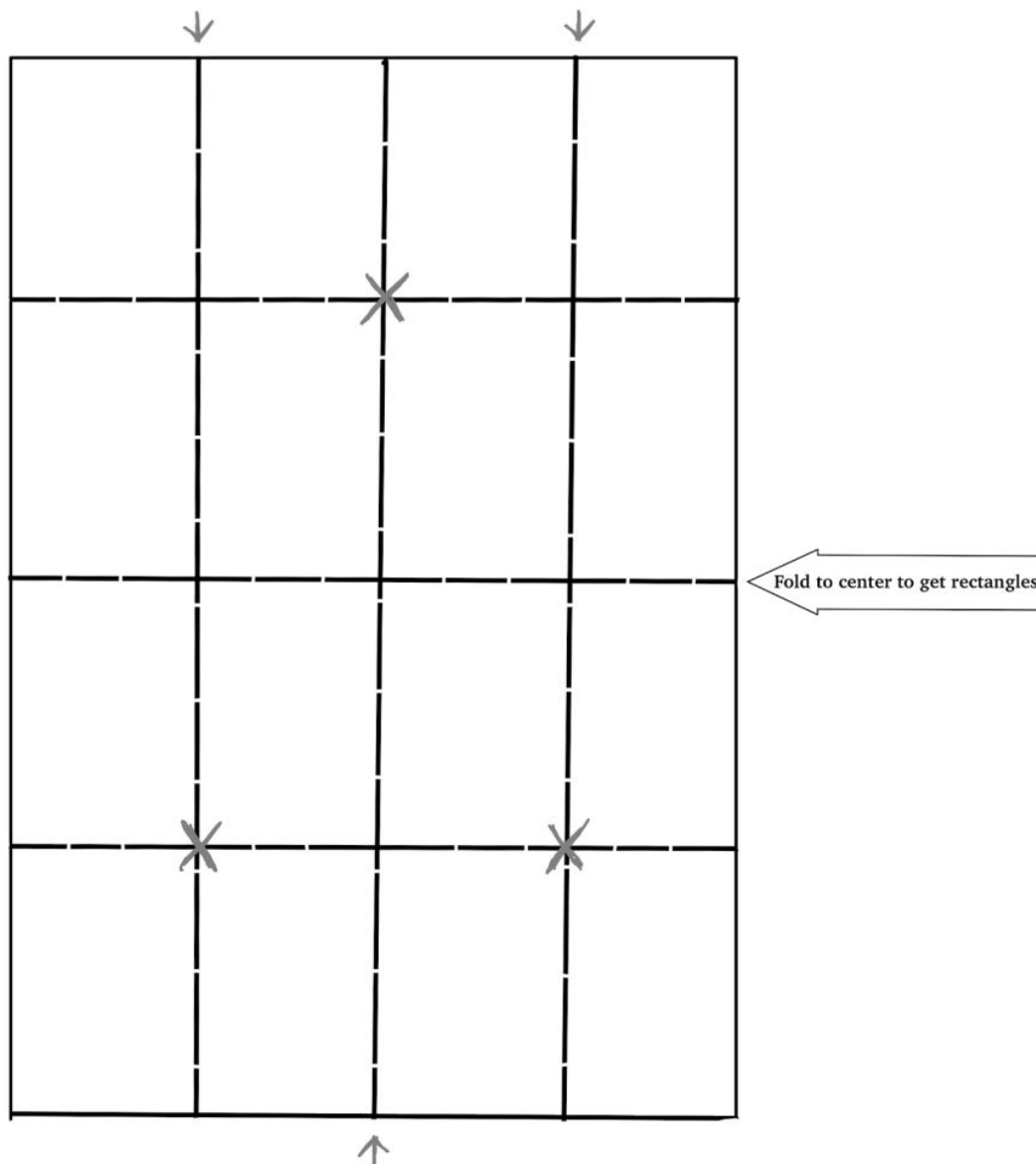
**You know the way for me, you know the time. Into your hands I trustingly place mine, your plan is perfect, born of perfect love, you know the way for me, that is enough. Amen**  
~ schoenstatt.

## Journal The Journey



Above are some samples of the miniature journals I like to make with folded paper. The size of the book is determined by the size of the paper that is used.

Make a Journal from a sheet of paper, buy a lined notebook, or a fancy journal to Journal the journey of your life. Whatever it takes to create a desire to put pen, brush, or pencil to paper. To begin pondering your life, your dreams, the struggles and your spiritual temperature. Are you full of passion, or going through a dark night of the soul. Do you want to be captivated, brought to a place of first love. There are times we need to draw near to the Lord, to rest, to take a moment to get out of the business of life. Taking hope in the promise, that those who wait upon the Lord will renew their strength.



### **A basic Journal from folded paper**

Fold paper to center landscape and portrait until you have a evenly folded sheet of paper creating rectangles on your piece of paper. Then with a pair of scissors cut from center edge to where X on diagram indicated where to cut, then stops, then repeat step two more times.

Hold the paper up and see how it naturally falls, fold back and forth until the booklet is formed to create a basic small book for a journal, the larger the paper the larger the Journal booklet.

What is Journaling? Written notes and thoughts, or drawn and painted entries of feelings, that are recorded reflections of the journey. This is a tool to help with the unfolding of life's mysteries, so as not to feel lost, aimless, and alone.

Journal the journey.

The process of drawing near to God. To reflect in writing, to seek the assistance of the Spirit, to make notes of the signs, jotting down your thoughts, desires, dreams, and to be still and converse with the Lord. The process of working through the steps toward the plan the Lord has for me, for you.

Here is an adaption of Mark Vicklers process of hearing God's Voice

1. Quiet yourself down: Be Still.
2. Fix eyes on Jesus, the Father, or Holy Spirit: Visualise in imagination if this helps a vision / picture.
3. Turn to spontaneity: deny self, resist devil, go into the flow.
4. Write, Journal: believing you are receiving a word from the Lord.

Invite God to speak to you, asking the question. What do you want to say to me today Lord?

You might have a pleasant surprise and God speaks with a word so encouraging it blows you away, filling you with thankfulness and joy.

Here is a extract from my Journal using this process:

“Dear Mark, I have so many plans for you that I want to accomplish in and through your life. The limitations are those that you place upon yourself you are not limited to theses earthly laws that I have created, there is a whole spiritual dimension for you to enter into. Let me teach you, do not lean to your own understanding, this is what is limits you entering into all I have for you. You have a teacher the Holy Spirit, you need to yield to His instruction. The Holy Spirit is the best teacher, because He knows what you need, specific to your gifts and call on your life. Mark yield to the guide as you call him in your book.” Journal entry 7 Nov, 2011.



There is a danger for me if I don't have a sense of belonging, toward God and people I start to look elsewhere. I only belong as long as I feel I belong, and if I don't feel or perceive connection this begins to harm me and thus those around me.

We need each other, this is why there is the body of Christ, the church. To help, encourage, give discernment and leading by the leaders, who are anointed and appointed over us.

We can't fully engage and be our best self. This is why we need connection with people to bring out the best in you and me. There is also a need for introspection and contemplation to muse and reflect, to think, and ask the what is an alternative point of view that is needed in the moment.

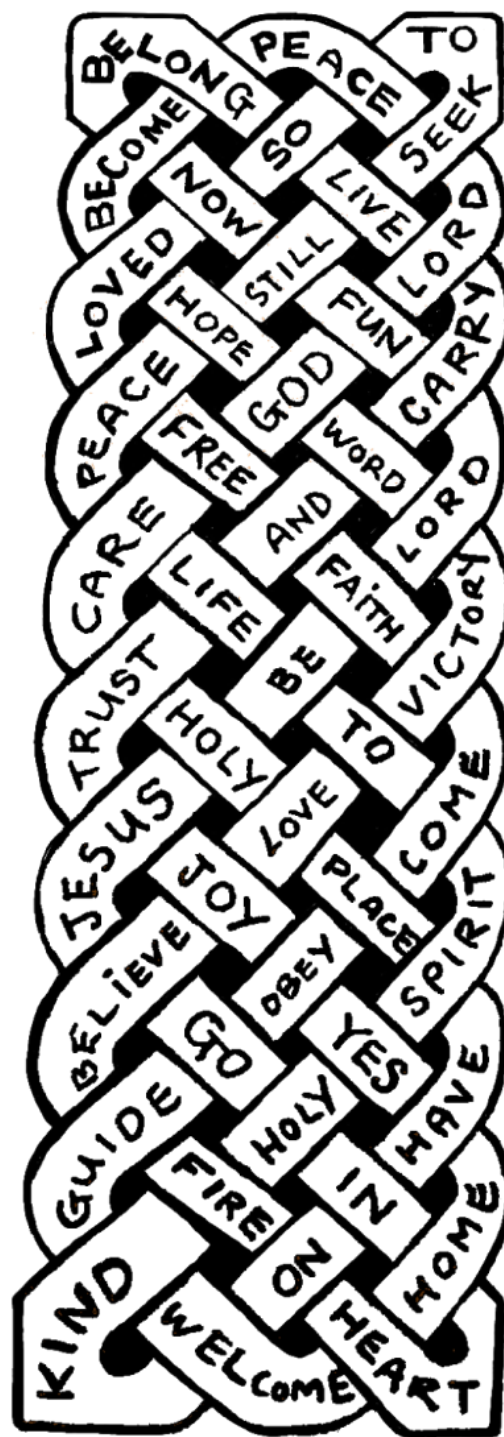
### **Being Present in the moment**

Celtic Christian Spirituality is about being present in the moment, being open to the Wild Goose or the Holy Spirit as we may be more familiar of knowing the third member of the Trinity. We are to be open to the flow of blessing that has been given, we have a choice to choose from blessing or curse, and this is why there are many prayer or blessings open to the positive, but there was also the negative supernatural forces. Thus the reason for the lorica or caim prayers for protection against evil and the reason for the feeling of melancholy in their music, having an awareness of the mix of darkness and light seen in their art, because of the hardships and harsh conditions in life. This will be looked at in a later section.



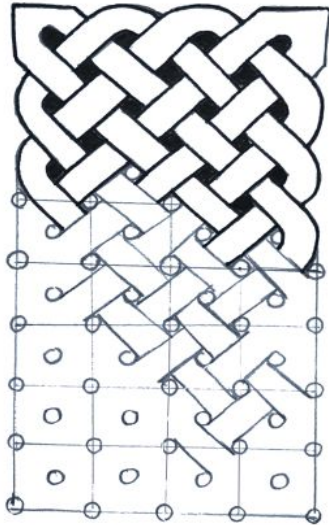
**In the following design, close your eyes, relax, slow down, be still for a moment, then look at the knot-work design with words. Take note of the first three words that you are drawn or attracted toward and ponder why you are having a connection with these words.**

**Share with Group or break into pairs and discuss the words. or journal your connection. What is God or the Spirit saying to you.**



MARK CONDY © 2018

“I wait quietly before God, for my hope is in Him.” Psalm 62:5 NLT



During Lent 2018, I discovered a nice way of drawing knotwork.

Celtic knotwork has intrigued me for years it symbolizes our lives, symbolize the interweaving of our spiritual and physical world, the twists and turns that our lives take. The past and the present weaved together the lacing together of all our life experiences, those positive and negative experiences, these are the very things that form us as individuals and corporately together, making us into the men and women that God desires. The

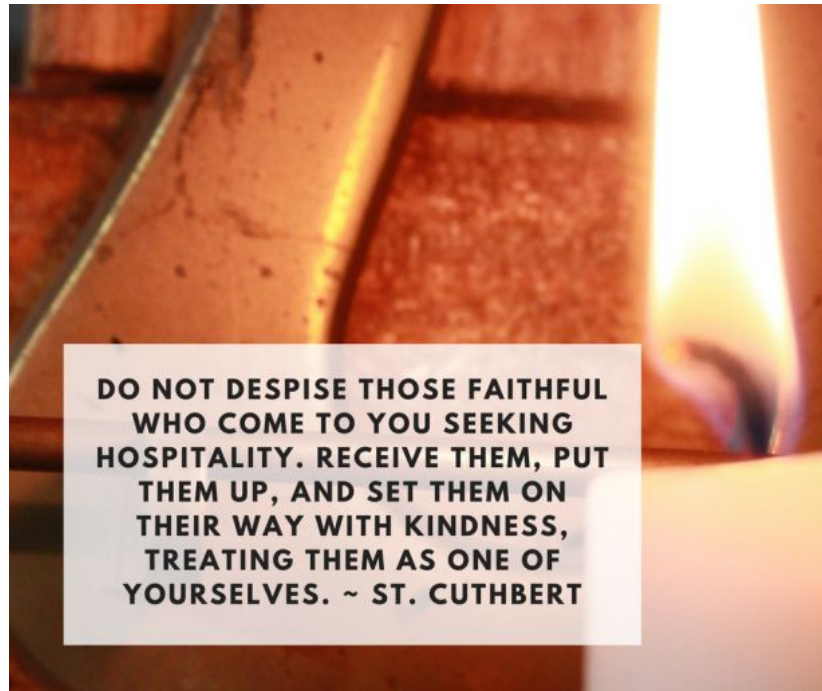
Lord has need of us and desires us to be involved in this sacred work, for the building of his kingdom of righteousness, peace, and joy in the Holy Spirit. What does the Lord require of you as Micah 6:8 states [The Lord] has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.

I believe this is a ministry, but for most, it is probably not going down the ordination track. It is served in a manner that is led by the Holy Spirit, as He is the best teacher, because He knows what you need, specific to your gifts and calls on your life. It is about yielding to the Holy Spirit who is guiding you to enter into all that the Lord has for you to enter



Help me /us, journal the journey toward knowing our self and our role in this your world Lord. To uncover the purpose and plan you have for us to fulfill. To enter into the life call, to help me know your purpose and plan, and help me help others discover their role. May journalling be the way to uncover the deepest secrets of the heart, trusting the process as if talking to a close friend.

Through the writing process, may we be writing as if to you  
my/our Lord and friend?



DO NOT DESPISE THOSE FAITHFUL  
WHO COME TO YOU SEEKING  
HOSPITALITY. RECEIVE THEM, PUT  
THEM UP, AND SET THEM ON  
THEIR WAY WITH KINDNESS,  
TREATING THEM AS ONE OF  
YOURSELVES. ~ ST. CUTHBERT

March 20, 687 AD is when Cuthbert died and this is the Feast day of this man of God.

Patron Saint of Northumbria.

Saint Cuthbert. Although tradition says that Cuthbert was the son of an **Irish** king, it is most likely that he was born in the vicinity of Melrose, in present day Scotland, of poor parents. Certainly we know that he tended sheep on the hills above the abbey when he was older.

Symbol: the head of St. Oswald, which Cuthbert carries in his hands, the eider duck or cuddy, then the Cuthbert Cross, or Durham Cross.

<https://www.britainexpress.com/History/saxon/cuthbert.htm>

Feast Day of St Cuthbert

<https://www.spiritualityandpractice.com/practices/naming-the-days/view/22529/feast-day-of-st-cuthbert>

Happy St Cuthbert Day

<https://www.artfund.org/news/2012/03/20/happy-st-cuthberts-day>



St Cuthbert

<http://www.armchairanglophile.com/st-cuthbert/>

Celebrate St Cuthbert

<http://unfrozenscavemandicechucker.blogspot.com/2013/03/celebrate-feast-of-st-cuthbert.html>

### **St. Cuthbert**

This person has intrigued me for years and it all began with my first church. St. Cuthbert Episcopal church back in Scotland. It was more with the association of the building rather than the man. This was the church I worshiped at and the symbolism in the building, began the interest with symbolism. Cuthbert's significance as only become apparent recently, as I have begun to explore and learn more about Celtic Spirituality, and these men and women led of God, by the Spirit. I have much more to learn from this man of God and the virtues of his life. There are many hidden benefits still to be unearthed. I like what Pat Robson says he calls these people 'men and women afire with the Spirit of the living God.' Cuthbert has stories attributed to him that demonstrate the supernatural power at work when he was alive and also when he was dead.

Stories that connect us to them, that help us to resonate with ordinary people who did daily activities in their life, just like we do. They, like us are in need of friendship and connection brought to my attention by David Cole "Herbert was the anam chara (soul friend) of Cuthbert of Lindisfarne for many years Herbert would leave his hermitage every year to visit bust Cuthbert and hear him teach, and the two were accustomed to sit together for lengths of time, having discussions and refreshing each other with draughts of heavenly water." pg 82 Cole 40 Days with the Celtic Saints.

Cuthbert had a heart for the people those who he saw were overlooked. Can we imagine being Cuthbert being aware of the overlooked, open our eyes, look, and see, who and what do we overlook, dismiss?

## **God created life, and created us in the divine image of the creator**

Cuthbert shared what was important in his life, this was God because he really believed in a God of love, and wanted to demonstrate this with his life!

Cuthbert visited plague-ridden villages to serve those in need.

It is this abandonment to divine providence, this surrender to Christ, moving forward toward a God-centered life, turning away from sin or a self-centered life.



Signs and wonders accompany Cuthbert everywhere he went.

This openness to the Lord's leading was not immediate for Cuthbert, but after a few percussive holy encounters with the living God, in supernatural ways. Having a theophany through the authoritative words of a child, angelic visions and visitations, miracles of healing, provision of food, and the list can go on and on.

Cuthbert's body did not decompose after a number of years, this being discovered after a raid by Nordic invaders. As a result of this, he becomes known as St. Cuthbert. He was a shepherd in the border hills surrounding Melrose, he had been a soldier and a shepherd. One evening while tending the sheep, he saw ablaze with light some angels taking a person to heaven. He would later discover was Aidan. He believed this was a sign that he was to be Aidan's successor. This vision or theophany was the turning point of his life and he went to the monastery of Old Melrose for his formal training and became a monk. He was assigned the role of hospitality at the monastery, caring for the guest who visited.

## **Hospitality**

"In all things Cuthbert seemed to excel. Boisil passed on to Cuthbert a deep love for St John's Gospel. Cuthbert not only studied the Gospel but learned great portions of it off by heart in sheer joy. Both Eata And Boisil were sure that Cuthbert would become a leader of others. He was a man with a future. After a few years, the community was offered land for another monastery at Rippon in Deira. Eata went to to see to its management , taking Cuthbert with him, and in due course Cuthbert

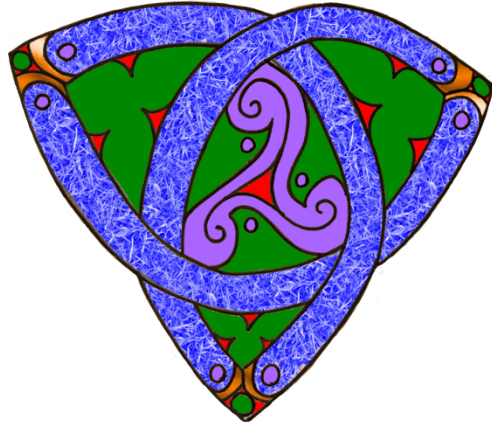
became guest master there. His duties included caring for all who called on the monk's for help, and it was while at Ripon that he met with an angelic visitor in the guise of a poor man seeking food and shelter.” pg 50 The Holy Island of Lindisfarne, David Adam.

### **Prayer of St. Cuthbert**



**Everliving God, who didst call thy servants Aidan and Cuthbert to proclaim the Gospel in northern England and endued them with loving hearts and gentle spirits: Grant us grace to live as they did, in simplicity, humility and love for the poor; through Jesus Christ, who came among us as one who serves, and who liveth and reigneth with thee and the Holy Spirit, one God, now and forever. Amen.**

<https://www.cathedralatl.org/Blog/a-prayer-for-st-cuthbert/>

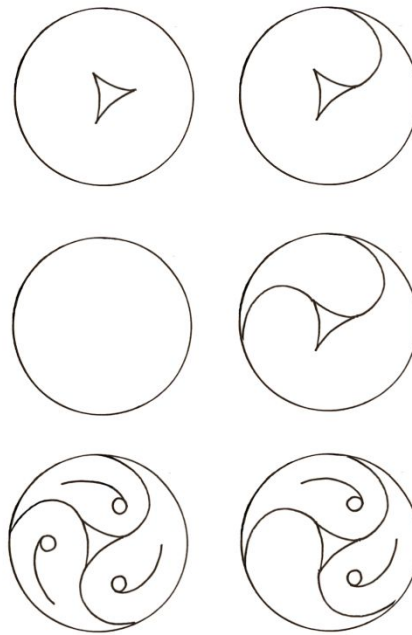


We bind to ourselves the strong name of the Trinity, entering into community, unity, interaction, and having interconnection with their interdependence. We thank you for being invited to approach and experience this hospitality. Let us remember and know that we are welcomed by the Trinity: Father, Son, and Holy Spirit. ~ Mark Condry



## The Celtic triskele

This symbolizes forward motion:



Another symbol I like is the triskele. It has a flowing and free feel to the shape. it is believed to represent forward motion toward reaching understanding. However, this is not the only meaning; it is also believed to represent the three Celtic worlds; the present world, the supernatural world, and the celestial world.

Creation magnifies the creator, we at times can't get our head around the three in one, the Trinity. I think this is why God gave us creation to enjoy to point us to a creator who loves us and gave us a beautiful place to enjoy.

Do you find the concept of the Trinity hard to comprehend?

One of the stories of Patrick was that concerning the high king at Tara in



Ireland asked for an explanation of the Trinity. How could God be Three and One at the same time? Without saying a word. Patrick bent and plucked a single clover from the grass. Holding it up before the King. Three leaves, yet only one clover. Some say this may not have actually happened because the Irish already thought in terms of threes, triads, or trinities. In any case, it shows the strong orthodox Nicene Trinitarian beliefs of Patrick.

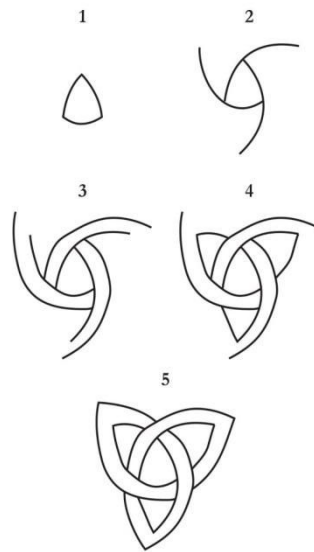
“When we are in discernment about next steps in our lives, no is as vital as yes. Knowing where we do not want to put our energy and attention is as important as where we do want to direct them.” pg 72 Christine Valters Paintner. *The Soul’s Slow Ripening*.

Write your thoughts.

Ian Bradley talks about the “themes that are very powerfully expressed in these most characteristic features of Celtic Christian art. It is the principle of constant movement. The endlessly intertwining ribbons that make up the Celtic knot, like the swirling curves and spirals of the illuminated manuscripts, suggest a world and a faith which is in a state of perpetual motion. This is not the wildly chaotic and rather frenzied activity that so much modern abstract art seems to suggest. It is much more ordered and controlled with an intricate symmetry, a definite pattern and the constant sense of being circumscribed within clearly defined bounds. But the overwhelming sense is one of movement and progress with the lines traveling ever onwards, even if they are constantly doubling back on themselves, ducking under or crossing over each other and ultimately always coming back where they started.” Pg 63, Ian Bradley, *Following The Celtic Way*,

The Trinity symbol is a reminder that we are always being welcomed into the community of the Triune God. Let us do this next activity.

# How to draw a Trinity Symbol



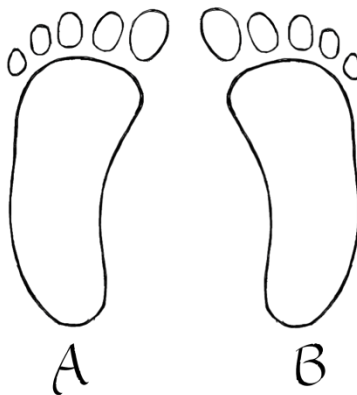
In the name of the Father,  
and of the Son, and of  
the Holy Spirit. Amen



Color the design for 15 minutes and enjoy the moment and the process. Do this as a means of slowing down and contemplating the steps you have taken in your life.

This is what the Lord says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, ‘We will not walk in it.’ Jeremiah 6:16 NIV

**A Journey begins with the first step you take!**



What is the first step to take?

Foot (A) What motivates and excites you?

Foot (B) What holds you back and discourages you?

Question to discuss or ponder in your journal:

What path are you on; and is it the path you desire to be walking on?

A step to be taken or step you have taken, How difficult are these to take?

How much easier is it with a friend by your side?

First steps: Sometimes they are small baby steps and not giant steps. Let us not despise the day of small beginnings. Just take the next step of action.

The Celtic Way is a journey – a path – a mindful way of walking gently on the earth.

As we walk out our individual dreams. May we be a means or an answer for what the world needs.

One small step at a time. This is doing the loving thing of doing unto others as you would have them do to you. Luke 6: 31.

God is a way maker and is our journey companion

Pilgrimage is about forward motion and we will learned about this in a previous session.

Physically stand up, and step forward and step back, this creates a rocking sensation, it feels like you are moving forward but you are stationary and have not actually moved forward.

This happens when you don't have a focus or goal for your life to accomplish.

The pilgrimage of the heart, discovering, remembering, learning who we are, and from where you as an individual have come from, the ancestors, and the history, the family tree, the ancestry who makes you the person that is here today.

?

**What will you and I leave behind as our heritage that will have a lasting impact today, tomorrow, and forever?**

It is ultimately about being led by the Holy Spirit who leads and teaches, who guides us into the truth we need in the present moment.



God, grant me the serenity to accept the things I cannot change. Courage to change the things I can. Wisdom to know the difference. Amen.



Anam  
Cara

MOMENTS OF  
THE SACRED



The Anam Cara: Two pilgrims, who are committed to travel together, who are companions on the way, what is the way? The process of knowing God, Self, and others on this journey we call life, as we are made into the likeness of Christ. ~ Mark Condy.

“Indeed we each need one special friend, who may be called a friend of the soul. We must open our souls completely to this friend, hiding nothing and revealing everything. And we must allow this friend to assess and judge what he [she] sees.” ~ Pelagius The Letters of Pelagius: Celtic Soul Friend

?

Who do you turn too, when life feels out of control? Do you turn to self; going inward. Then getting depressed and feel blue. We turn to friends, loved ones, a spouse, or do you turn to God? I don't know if you noticed but I put God last. As we tend to go to God last and not first! WHY DO WE DO THIS?

St. Brigid of Kildare: said: “anyone without a soul friend is like a body without a head.”

A journal is like a living Anam Cara, a constant pilgrim by your side, who you can go to and open your heart into its pages, unraveling those mysteries, entering the labyrinthine mind, working through the twists and turns, through the changes on the path of life, you can come confidently, having a vulnerability to become more transparent, clear and focused, to live our lives to our fullness, to enter all the possibilities and our potential, to overcome our doubt and fears.



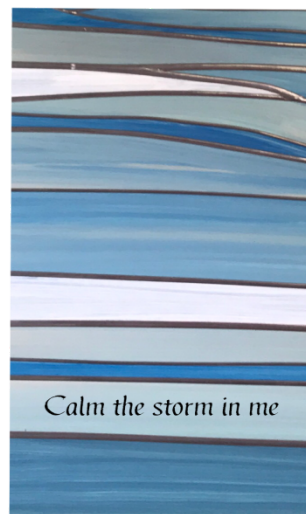
What is God speaking to your heart about right now, this very moment in your life?

Who do you have who brings out the best in you?

Alone it is difficult, we all need a journey companion an (Anam Cara) a soul friend. A comrade of support, one who comes alongside us giving encouragement on the journey! Lord bring that person along. However, until that day comes we entrust our lives into your care.

Life can be busy, even Jesus had to take some time to recharge. Our example is that of Jesus going to a quiet place to have quality time with his Father in heaven. But Jesus often withdrew to lonely places and prayed. Luke 5: 16.

Jesus knew he had to hear a word and sought the council of the Lord.



Calm the storm in me, speak a word. One word from you can transform and restore order and this will amaze like the disciples of old, because of Jesus' mercy and love.

Jesus asks: where is your faith?

I was given prayer beads by a friend a number of years ago and the experience of running the beads through my fingers as I prayed and repeated a phrase was very therapeutic and calming. It had a rhythm to the process I liked.

I focused on Jesus when I touched the cross

Breathed in and out three times

Occasionally I would say calm the storm in me, Jesus.

Father – Son – Holy Spirit

Be Still and know that I am God

Be Still

It is out of this being still and slowing down enough to hear the still small voice that you can receive a word from Jesus that can change your life forever.

In my devotional time a couple of weeks ago the above words dropped into my spirit from reading Luke and a few verses further this insight was also given a few days later.

Don't be afraid, just believe and she will be healed" Luke 8:50

Don't be afraid, ..... just believe! Put your name in the blank.

Don't be afraid, Mark just believe!

Fear not I'm with you, and faith cometh by hearing, yes, your work is to believe in Jesus, simply Jesus. As a word from Jesus can change your life forever.

Make prayer beads and then use them.

Even in the storms he was secure in the love of his Father in heaven. They were going to the other side of the lake when a storm arose, the disciples found him asleep. Read: Luke 8:22

"On you I wait all the day" Psalm 25: 5b

### Silence

"Silence is the very heart of a retreat. We get away from the distractions of talking, interaction, and business. We sink into our soul where God's voice is heard. Without silence around us, the inward stillness in which God educates and molds us is impossible. We come to rest before God, to find space for brooding and recollection in which we possess our souls and learn His will" ~ pg 50 Evelyn Underhill The Ways of the Spirit.

"You will learn more from an hour of silence than you can in a year from books." pg 181. Matthew Kelly. Rediscovering Catholicism.

*Be* 

Be still and know that I am God  
Be still and know that I am  
Be still and know that I  
Be still and know that  
Be still and know  
Be still and  
Be still  
Be



The Caim prayer or lorica is a Celtic prayer of protection, called a circling prayer.

Celtic Christians had many prayers and customs for calling on the protection of God. David Adam describes one of the most common forms of prayer – the caim. When one felt under attack, people would extend the index finger of their right hand and, turning slowly in a clockwise (sun-wise) direction, draw around themselves a full circle, all the while chanting or reciting a prayer for protection.

Circle me O God  
Keep hope within  
Despair without.  
Circle me O God  
Keep peace within  
Keep turmoil out.  
Circle me O God

Keep calm within  
Keep storms without.  
Circle me O God  
Keep strength within  
Keep weakness out.  
(David Adam)

“In Celtic monastic tradition, a lorica is a type of prayer seeking protection, invoicing the power of God to safeguard us against darker forces. The word Lorica means ‘shield’... A Lorica prayer allows one to call on the presence of Christ, in whom ‘all things hold together’ (Col 1:17). Likely the prayer is rooted in the precarious sense we often have of our own existence. Travelers would have especially faced dangers at night from thieves or wild animals, when only fire and prayer would have been their protection. People are faced with the realities of illness, war, poverty. Every culture seems to have a sense of the conflict between powers of good and evil.”  
Pg 69 The Soul’s Slow Ripening. Christine Valters Paintner.

It is important to say this was not an attempt to manipulate God and get him to provide protection He would not otherwise be willing to grant; rather, it was a remembering through word and action of the constant presence of God who always gives us His protection and the making of a conscious choice to step within the circle of that protection. It was, as David Adam puts it a process of “tuning into” this encircling presence of God. In this way, Celtic Christians turned toward the Divine and, drawing from this source of sacred energy, faced the fears and dangers surrounding them and within them.

The caim is a reminder to us of our need to make a similar act of faith and turn towards God when we are threatened or facing difficulties within or without. In doing so, we open ourselves to His grace which, as St. Paul tells us, is always enough (2 Cor 12:9). “God never refuses grace to those who ask for it” (Catherine McAuley). How often do we ask for grace? Do we, perhaps, forget or think that we don’t need it or don’t deserve it? Celtic spirituality reminds us to ask, and ask again, remembering the words of Jesus – “Ask and you shall receive” (Matt 21:22).

<http://www.glendaloughhermitage.ie/glendalough/celtic-spirituality/dark-forces-and-the-need-for-protection/>

The basic structure of a caim prayer looks like this examples:

Simply insert the name of the person you are praying for and change the wording to suit the circumstances.

Circle (name), Lord. Keep (name the good you want revealed) near and (name the evil you want removed) afar.

Circle (name), Lord. Keep comfort near and discouragement afar. Keep peace within and turmoil out.

Circle (name), Lord. Keep hope within and despair without.

Have you ever tried this type of prayer—where action and words combine to give voice to your heart? Share your caim prayer with us in the comment section below. In Him together. ~ Susan Gaddis.

### **God surround us with your love**

The “origin [of these]prayers stretched back beyond living memory. These prayers, usually sung or chanted rather than simply said, were recited as a rhythmic accompaniment to the people’s daily routines, at the rising of the sun and at its setting, at the kindling of a fire in the morning and at its covering at night. They were chanted individually while sowing the seeds in the fields and collectively by women weaving cloth together. These prayers in the most ordinary context of daily life and not within the four walls of the church on Sunday, but Carmichael detected in many of them a liturgical character and tone. He believed they had come down in the tradition of the old Celtic church, and the chanting that accompanied them was reminiscent of its ancient music.” Pg 40 listening to the heartbeat of God, J.Philip Newell.

“There are a variety of practices of Circle prayers. One of the simplest can be used by individuals in their own home or outdoors, in small groups or by



a church congregation. Firstly stand up, then turn in a circle to the right, as you do this pray, 'Circle me Lord...' and remember all those people and events that you seek God's blessing upon. Secondly, after a few moments of silence, turn gently to the left. Again begin with the words, 'Circle me Lord...' but this time ask that all the things that you wish to be protected from be kept away from you. Lastly, again after a time of silence, move for the third and final time to the right, say 'Circle me Lord...' and use this time to praise God. It is a simple method of praying but it is a form that can be very helpful and meaningful."

[http://www.reflectretreats.co.uk/documents/prayer/Caim\\_Prayer.pdf](http://www.reflectretreats.co.uk/documents/prayer/Caim_Prayer.pdf)

Accessed February 2019. This article by Rev Cameron Butland, the Bishop's chaplain in the Carlisle diocese.

The Circle / Caim prayers or the lorica tradition was to invoke the protection of the Lord, who is an all powerful God, petitioning the aid of the Lord, because we are a needful and weak people, in that era and still today.

"The context for these prayers is the fragility and uncertainty of life in the Middle Ages which has already been highlighted in the last section. Disease, pestilence, natural disasters and the violence endemic in a tribal society still dominated in many places by warlords conspired to make life for many people nasty, brutish and short. It is hardly surprising that in the face of such dangers and uncertainties God's protective power should be so strongly emphasized and invoked. Father, Son and Holy Spirit, the Trinity as a whole, with the Saints, the faithful and even on occasions the physical elements, were all enlisted as shields and defenders against misfortune, evil, and sudden death. Once again, the inspiration behind this was clearly the biblical. St Paul's list in Ephesians 6. 14 -16 of the protective armour available to Christians - specifically the breastplate of righteousness, the shield of faith, the helmet of salvation and the sword of the Spirit - inspired a whole genre of Irish prayers and poems."pg 78. Ian Bradley, Following The celtic Way.

GOD with me lying down,  
God with me rising up,  
God with me in each ray of light,  
Nor I a ray of joy without Him,

Nor one ray without Him.  
Christ with me sleeping,  
Christ with me waking,  
Christ with me watching,  
Every day and night,  
Each day and night.  
God with me protecting,  
The Lord with me directing,  
The Spirit with me strengthening,  
Forever and for evermore,  
Ever and evermore, Amen.  
Chief of chiefs, Amen.

<http://www.sacred-texts.com/neu/celt/cg1/cg1005.htm> Accessed February 2019.

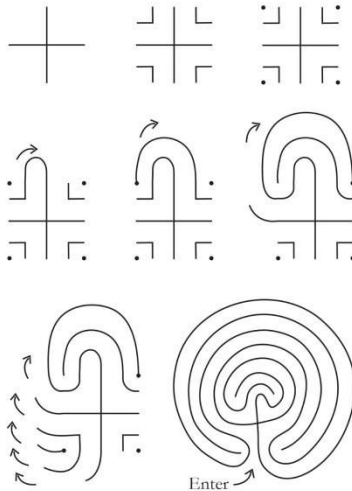
#### *Caim Prayer*

*Within this Caim of the Holy Three  
May we meet as one mind with The Trinity.  
In the strength of God may we rest,  
Leave the world of worries for a while,  
In the company of Christ may we jest,  
Refreshed with the healing effects of a smile,  
And may The Holy Spirit fill us anew  
With the wonder of things, we all know to be true.  
May we leave our divisions outside,  
Talking from the Love of God, not of pride,  
And when we differ in matters of Dogma,  
Irreconcilable as sometimes this is,  
May our differences carry no stigma -  
Remembering the last word is His!  
And when leaving to go our own ways  
May we do so accepting God's Grace.  
by LitterAli 29th December, 1998*

## Labyrinth



How to draw a basic Labyrinth



## The Labyrinth

Another reflective tool is a Labyrinth; some say to solely look upon the design is relaxing and an aid as a meditative tool.

I find drawing the basic Labyrinth a relaxing practice, and then when completed, it can be used as a finger Labyrinth. This is a tool to help you focus and relax while drawing, putting yourself into the right frame of mind to pray and be still.

The body is bound to rebel when we try and be still after the push and shove of life, driven and pressured, we then think we can try get into a place of prayer easily, after such rush! Jesus does instruct us like his disciples,

“come away by yourselves to a lonely place, and rest awhile” – Mark 6:31  
NASB.

To go, to wait, to rest for a while, to pray and be still before the Lord.

Drawing, Coloring, with this and hands-on activity, gives the mind something to do, distracting, and appeasing its desire to do. It is by giving the mind something to do kinetically, dealing with the movement issue, having the need to be doing has to be addressed by a gentle undoing by purposely giving a substitute focus.

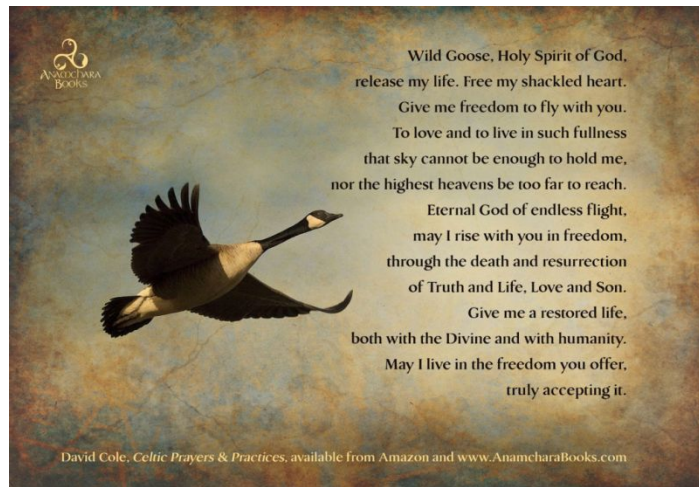
The Labyrinth is a tool of focus, to pray and an alternative to walking is to use a finger labyrinth.

What path are you on; and is it the path you desire to be walking on?

When we are walking through the twist and turn of life, we can at times we feel isolation and fear. Then the doubts, flood in asking the question. Will there be an end to this dark night of the soul? The rhythm of walking can be soothing to the soul. Let me walk with the confidence that you God are my way maker and my journey companion.



**The following are the three areas I want to address during the pilgrimage/retreat they resonated with me. These three areas I want to pursue further so as to discover more with regard to Celtic Christian Spirituality, and how it can enhance my life and others.**



### 1) Embraced by God/Christ through community.

Embracing Celtic Christian Spirituality through the awareness of the sacred through creation and hospitality. To welcome the stranger, welcome the new, look for new experiences and opportunities as if viewing with the eyes of a child for the very first time. Being Loved, accepted, and welcomed by people, who are the hands and feet of Christ today. You and I represent God to humanity, allowing for connection to spirit, and to be touched in a real tangible way through belonging to community, giving a sense of connection.

Hospitality and the welcome are the heartbeat of the Celtic Christian model of approaching people. “The biggest obstacle to hospitality is not the state of the world. it is the state of our minds and hearts. it is the comfort we crave so badly that we will do almost anything for it...hospitality requires no grand gesture, but open hearts. When I let a stranger into my heart, I let a new possibility approach me” pg 16. radical hospitality,

“Celtic community differed from an Eastern cloistered monastery it would have been obvious to any sojourner. The visitor would first pass beyond a circular outer wall and through a gate that signified one was entering hallowed ground. The wall did not signify an enclosure to keep out the world; the area signified the alternative way of life, free

of aggression and violence and devoted to God's purpose that the community modeled for the world. Philip Sheldrake tells us that this enclosure, or termon, was to be a place free from all aggression. Violence was legally and absolutely excluded by the precinct ... Monastic settlements were an anticipation of paradise in which the forces of division, violence and evil were excluded. Wild beasts were tamed and nature was regulated. The privileges of Adam and Eve in Eden, received from God but lost by the fall, were reclaimed. The living out of this vision of an alternative world involved all people who were brought within the enclosed space." The Celtic Way of Evangelism George G Hunter III, pg 29.

It is the restoration of community, hospitality, and embracing a life that is unshackled, and free to be guided by the wild goose, open to the Holy Spirit's promptings. Open to Divine encounters, to be a conduit of the good that can surface, being a support to allow that divine spirit and gifting to be realized once more. We are placed here on earth to be a voice of encouragement, to give a word in season that motivates and then gives a boldness to explore life with a new found courageousness, looking for our weakness and all the strengths, finding our gifts and fanning into flame the possibilities that life offers. We become ready to be expecting all, embracing all, enjoying all. To enjoy the journey and this is hard at times when life takes an unexpected turn, we all face hardships and trials that is why we are in need of community to be given the words and support, to be encouraged with every step we take.

Song: Welcome to the circle

So I need connection with people to bring out the best in me, but I also need alone time for introspection and contemplation to muse and reflect, to think, and ask the what if? Or alternative view that is needed in the moment.

Celtic Christian Spirituality is about being present in the moment, being open to the Wild Goose or the Holy Spirit as we may be more familiar of knowing the third member of the Trinity. We are to be open to the flow of blessing that has been given, we have a choice to choose from blessing or curse, and this is why there are many prayer or blessings open to the

positive and there was also the negative supernatural forces, thus the reason for the lorica or caim prayers for protection against evil and the reason for the feeling of melancholy in their music, having an awareness of the mix of darkness and light seen in their art, because of the hardships and harsh conditions in life.



We are invited and welcomed to take the journey of change and transformation. To bring about a restoration, this is a process that can be messy and very emotion filled. This is why we need fellow pilgrims to walk with us, to come by our side. We are touched and influenced by many things, but people are the catalyst for many areas of spiritual formation in our lives. We need a touchstone, a person to listen, walk with us, and be a comfort and support in the roller-coaster of emotions that we possibly will encounter in the different stages of our lives.

We get excited and motivated by many sources, books, blogs, videos, people, inspiring us, and filling us with aim and focus. Then there are times of disappointment and disillusionment that rise and stand strong like guards at the door of our dreams, not allowing us to pass, not allowing entry. We don't understand why we are not allowed entry and question what is God doing, but we know it is for our good. The closed-door or the way not passable, is a sign for us to read, it may not be no, but not at this time. It may not be the right season, and these barriers are signs that ultimately change and transformation us. They inform us that we are being prepared, and entry into our dream is nearer than we thought and we are standing at the threshold in anticipation.



## Misplaced

The lost coin (looking frantically, you know what that feeling like when you have misplaced something)

In the right Place (peace, order, it just feels right, and joy, contentment, being in the right place)

Being in the right place

## Belonging

Being and feeling a connection, to be.

The overcoming of being: Displaced, misplaced to place or placed, belong to belonging, to be.

We only belong as long as we feel like we belong; being made to feel welcomed, loved, and embraced. To feel and heal from isolation, knowing you are contributing and making a difference in people's lives and thus contributing toward a better world.

what makes you feel like you belong?

In the book *The Celtic Way of Evangelism: How Christianity Can Reach the West*. George Hunter III. Hunter, describes the difference between what he describes as the evangelism approach in Roman and Celtic Christianity. Celtic Christianity is the tradition of mission and ministry that was first developed by St. Patrick in Ireland and then journeyed into Scotland. Roman Christianity is the tradition of mission and ministry that was practiced by missionaries from Rome that sought to Christianize the people of England.

These differing approaches influence the church and the following by

Hunter, bluntly stated, the Roman model for reaching people (who are civilized enough) is:

- (1) Present the Christian message;
- (2) Invite them to decide to believe in Christ and become Christians: and
- (3) If they decide positively, welcome them into the church and its fellowship.

The Roman model seems very logical to us because most American evangelicals are scripted by it! We explain the gospel, they accept Christ, we welcome them into the church! Presentation, Decision, Assimilation.

In contrast, this is the Celtic model for outreach:

- (1) You first establish community with people, or bring them into the fellowship of your community of faith.
- (2) Within the embrace of community, you engage in conversation, ministry, prayer and worship.
- (3) As people discover their gifts and faith, you invite them to commit to discipleship.

The two models can be simply charted as such:

### **Roman Model**

Presentation  
Decision  
Fellowship

### **Celtic Model**

Fellowship  
Ministry and Conversation  
Belief, Invitation to Commitment

“Belonging comes before belief.”<sup>1</sup> Hunter.

---

<sup>1</sup> The Celtic Way of Evangelism: How Christianity Can Reach the West....Again, George Hunter III, Abingdon Press, Nashville, TN, 2000, p.53 - 54.

The Celtic Way of Evangelism: How Christianity Can Reach the West....Again, George Hunter III, Abingdon Press , Nashville, TN, 2000, p.53 - 54.

The longing for connection and community, I perceive that this has been the longing of my heart to have a richer connection. Looking and taking steps toward reclaiming our ancient ways, those lessons that have been lost and forgotten. I think I have unknowingly been searching for these sacred practices, and looking for a deeper way unconsciously, or even consciously looking for, meaningful connection with some difficulty. Those who long for this fellowship found in community, and desire to have a simpler way of living, and have practices that accommodate this.

George Hunter. Brought to my attention more clearly for me my longing for community. Hunter, demonstrates the starting point of the Celtic tribe began with fellowship, connecting ministry and conversation, was the process toward belief. Then an invitation to commitment, it was the belonging that precedes the believing. I also realized that I need this sense of connection and belonging. There has to be a reason for you belonging, you only belong as long as you feel you belong. There has to be a connection to give the sense of belonging to anything, family, church, a group, giving a sense of love, acceptance and welcome.



**“Wild goose, who is Holy Spirit of God, release my life. Free my shackled heart. Give me freedom to fly with you. To love and to live in such fullness that sky cannot be enough to hold me, nor the highest heavens be too far to reach. Eternal God of endless flight, may I rise with you into freedom, through the death and resurrection of Truth and Life, Love and Son. Give me a restored life, both with the Divine and with humanity. May I live in the freedom you offer, truly accepting it.” David Cole, Celtic Prayers and Practice.**



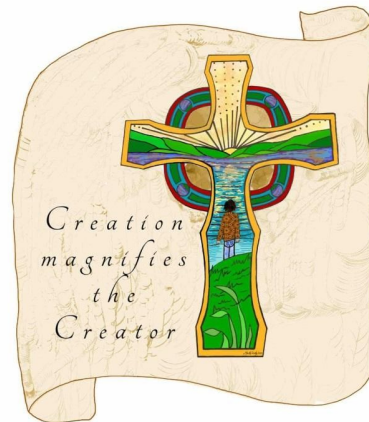
## **2) Environment and the arts (to stop long enough to look, enjoy, and appreciate).**

Embracing the connection of mystery and the ordinary. Seeing with new eyes because of the connection we as humans have with the divine. Comprehending with spiritual eyes, looking, listening, and sensing the need to appreciate and care for creation, and acting on this.

As we become more aware, being able to see because there is more to appreciate that we actually can see. By looking closer, to magnify, look through a magnifying glass the object looked at is enlarged; looking at creation magnifies our appreciation of the creator. This inspires us to co-create with the creator, communicating this through art and action, through community art initiatives that bring awareness of how we are stewards and have to tend to and look after this beautiful world we have been given. We need to live in appreciation rather than degrade, pollute, and consume, the is a gift that God has given for our good, we have to be a people of transformation and rejuvenation, recycling and repurposing, and redeeming for the purpose of pleasing God and the earth.

We are asked to be overseers of the creation given to us as a gift. However, before this there is a delight in the heart of God to relate with us, and give to us. Genesis 3:8 when they heard the sound of God strolling in

the garden in the evening breeze, the man and his wife hid in the trees of the garden, hid from God. The Message Bible.



“People try to put a shroud over truth. But the basic reality of God is plain enough. Open your eyes and there it is! By taking a long and thoughtful look at what God has created, people have always been able to see what their eyes as such can’t see: eternal power, for instance, and the mystery of his divine being. So nobody has a good excuse. What happened was this: People knew God perfectly well, but when they didn’t treat him like God, refusing to worship him, they trivialized themselves into silliness and confusion so that there was neither sense nor direction left in their lives. They pretended to know it all, but were illiterate regarding life. They traded the glory of God who holds the whole world in his hands for cheap figurines you can buy at any roadside stand.” Romans 1: 20 - 23 The Message Bible.

There is a natural connection with creation, or the created in Celtic Christian Spirituality, a oneness with the earth, as it provides beauty to view and appreciate, food to eat that sustains us and given to keeps us alive. Sustained Physically, Emotionally, Spiritually. A trinity of wellbeing. The Tri reminds us of the community we are welcomed into, to have fellowship with Father, Son, and Holy Spirit. Triads are mentioned in the Enneagram. Instinctive, Thinking, Feeling, or Body, Head, Heart.

We tend to be in and out of buildings, surrounded by city life, in the cubical of our existence, there is a need to reconnect with the beauty of the gift of creation given to us for our pleasure.

“The great Irish teacher John Scotus Eriugena taught that God speaks to us through two books. One is the little book, he says, the book of scripture, physically little. The other is the big book, the book of creation, vast as the Universe.”<sup>2</sup>

In Celtic Spirituality, there is a “practice of listening for the living Word of God in nature as well as in scripture. This was the conviction of the ninth century philosopher John Scotus Eriugena, perhaps the greatest teacher the Celtic brand of the church ever produced. His name, a complicated one to the modern ear, simply means ‘John the Irishman from Ireland’. Eriugena taught that Christ moves among us in two shoes, as it were, one shoe being that of creation, the other that of scripture, and stressed the need to be as alert and attentive to Christ moving among us in creation as we are to the voice of Christ in scripture.”<sup>3</sup>

“To know the creator, we need only look at the things he has created. The way to learn about God, Eriugena believed, is through the letters of Scripture and through the species of creation. He urges us to listen to these expressions of God and to conceive of their meaning in our soul.”<sup>4</sup>

“The spirituality of the early Irish monks is well reflected in the words of St Columbanus:- “All of life, all of nature, pulsates with the life-force of creation, and there is nowhere where the Creator is not”.<sup>5</sup>

“They were creationists – they saw the hand of God everywhere and in everything. They lived a life of stark simplicity, close to nature, with a deep consciousness of the immanence of the Creator in their daily lives.”<sup>6</sup>

---

<sup>2</sup> Listening for the Heartbeat of God A Celtic Spirituality By Philip Newell, p50.

<sup>3</sup>Newell, p35.

<sup>4</sup> Newell, p35.

<sup>5</sup>website:<http://www.oscailtmagazine.com/Unitarian%20Magazine/THE%20CELTIC%20CHURCH.html>  
!

<sup>6</sup>  
website:<http://www.oscailtmagazine.com/Unitarian%20Magazine/THE%20CELTIC%20CHURCH.html>

Art and nature has a way that “instills a sense of wonder and awe of the creator”<sup>7</sup> not the artist but the divine artist that we are co-creators with. With the aid of the Holy Spirit, creativity, inspiration, and transformation can take place. This necessitates the change associated with having an encounter with the creator of creation. Many an artist is inspired by nature, and this connection surfaces as artist connect with the ultimate creator. The Divine artist who shaped and spoke and made the good and pleasing space that we appreciate and live in on a daily basis. We the artist are inspired and begin to co-create or more try to imitate or copy that which has been given to motivate, encourage, and inspire.

“We therefore respect nature and are committed to seeing it cared for and restored. We aim to be ecologically aware, to pray for God’s creation all his creatures, and to stand against all that would seek to violate or destroy them. God has given human beings authority to you to look after the earth and all that lives upon it. Genesis 1:28. The term dominion in the text means authority to manage creation as God desires. God desires us to live in right relationship with the earth and all that lives upon it.”<sup>8</sup>

This earth is our dwelling place, for this generation and the next. It is a beautiful gift given, let us not exploit this precious gift. “To harm the earth is to heap contempt on its Creator.”<sup>9</sup> We need to nourish the earth as the earth nourishes us. There is this draw to go back to our primal instincts or roots to a simpler way of living, being attracted to country style living. The natural calendar offers the seasons, as a pattern of being sustainable, having a connection to nature, and having a connection with the seasons, and a desire to get back to nature and creation.

The seasons do relate well to the different seasons of our lives. We need to enter into the given seasons and it rhythm, having connection to the earth and creation/and earthiness. This being rooted in looking to our heritage and looking to following in the footsteps of the generations of

---

<sup>7</sup> Taking it to the streets, using the arts to transform your community. J. Nathan Corbitt And Vivian Nix-Early. (Baker Books: Grand Rapids, Michigan, 2003).Pg 25

<sup>8</sup> New Celtic Monasticism , for everyday people. Ray Simpson. (km publishing: Great Britain, 2005).Pg 164

<sup>9</sup> Simpson, pg 164.

people before us, our ancestry and genealogy. To have a curiosity and fascination with our family ties to the Celtic nation and what shaped the nations spirituality. These Celtic roots give us a sense of connection to the past to a better way of living, or maybe a simpler way. For some the ancient history is the draw or the attraction, looking to find identity and connection, bringing a sense of belonging that can bring a richness into our lives for today, and leaving a lasting impression.

If we are not contributing to the well-being of the earth, we are responsible for its demise and fall.

The Celtic Way is a journey – a path – a mindful way of walking gently on the earth.

As we walk out our individual dreams. May we be a means or an answer for what the world needs.

### **How we break the world!: Reflection by Mark Condry**

How we Break the world!

We exploit, abuse, and consume, strip the earth to fill the void.  
We strip the earth because of the inner ache, there is a gnawing in our being.

**We need to give the earth a time of refreshing, we don't allow this for our self.**

**Why would we give it to the earth.**(write down in journal and reflect on these words, their meaning to you personally)

Allow rest and refreshing, resting in creation, being embraced by being in nature.

**What we don't give our self spiritually we don't give to the created order, and to one another.**



(write down in journal and reflect on these words, their meaning to you personally)

Does our heart ache for the lack of care and stewardship of the gift?  
Do we have remorse for the way we exploit the earth!

We are asked to watch over the garden, it was given for our pleasure.  
Will it be a blessing and pleasure for our children, and our children's children?

This is only possible if we make a change and see to it that we care for and restore the damage we have done.

This begins with awareness of the small things we can do to make a difference.

### **What can we do?**

- Contemplate the wonder of God in the trees and in the park, make a promise to yourself and the Lord to walk for 10 mins a day.
- Develop hobbies which emphasise creativity and the enjoyment of God's creation, because creation magnifies the creator.
- Reflect on how to take care of creatures and creation write down ways you can care for God's gift to us for a future generation.



### **3) Passion for God/Christ and life.**

Connection to God, comes out of our passion and purpose, and a connection to people and nature. Scripture states that the Lord has plans to prosper you not harm, plans to give you hope for the future (Jeremiah 29:11). There has to be a connection with the Celtic saints or one or two particular people that are Christ-centric / focusing on Jesus, having him at the center of every aspect of their life. If you are not Christian, find a role model who you aspire to be like, and who is a good example that allow your passions to surface.

The Lord desired to be with Adam and Eve and came to enquire at the end of the day, a loving enquiry out of desire to communicate and this was out of care for that which God created. Knowing even when a sparrow falls, and even knowing our sitting, standing, and when we even sleep, and we cannot run and hide from God. The Divine being is one who knows and wants to know us intimately and delights for us to have a passion, to have a joy filled and fulfilled life. This full of joy life is to be lived, enriched daily, this comes from being aware of our spiritual needs, aware of our personal growth, looking to see if transformation and restoration is taking place in our lives.

Are we seeking after the Spiritual the things of the Spirit? This “for the Celt Christian, Rodney Newman suggests, salvation is not a matter of changing human beings into different people, from worthless to worthy. Salvation is the restoration, or recovery of the person God created us to be in the first place.” Pg 103 David Cole Lent Book

There has to be an encounter that is experiential and meaningful, that touches the persons at their present need, by allowing for the passion and presence of the Spirit to be tangible to allow for a life transformation to occur. This begins by drawing close to the divine, having a heart that seeks for the spiritual. A modern translation states that blessed are those who recognize their spiritual need... for the kingdom of heaven belongs to them. Matthew 5: 1-10. Manga Bible.

We are all needy people, needing a connection with each other and with the divine. This connection will encourage us into righteousness, peace, and joy in the Holy Spirit, this is the kingdom of God. To feeling right about your life being purposeful, having a peace, and as a result of this, a joy about life will surfaces, as we walk out our purpose.

Life is a pilgrimage, a journey that you take, and you take you with you. You can't leave yourself behind. Know yourself, what is going on in your life at this present moment.

All the inner stuff of the heart is carried with you there is no escaping yourself, you have to come to terms with who you are and what you are to be about, who you will hang out with, for those you hang out with are what you will become like, just with association with them, are they your encouragement and cheerleaders as you walk through life?

Celtic Christian Spirituality is about being present in the moment, being open to the Wild Goose or the Holy Spirit as we may be more familiar of knowing the third member of the Trinity. We are to be open to the flow of blessing that has been given, we have a choice to choose from blessing or curse, and this is why there are many prayer or blessings open to the positive and there was also the negative supernatural forces, thus the reason for the lorica or caim prayers for protection against evil and the reason for the feeling of melancholy in their music, having an awareness of the mix of darkness and light seen in their art, because of the hardships and harsh conditions in life.

There are the dangers that are present in the world, the uncertainties, and the vulnerability, and the threat of attack, the possibility of failed crops, these being some of the very reason for the need of prayers of protection. Seeking the favor, blessing, and protections from the trinity, to allow that which is separating them and us today from presence of the divine, to draw close and push away what is hindering and re-establish connection and blessing once more. There was an interconnection with the physical and spiritual realm and sacred places and spaces, knowing there was places that were known to be hallowed ground and location that were known as “Thin Places” where the connection was palpable and real, this intersection with the divine and the human.

“For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.” Ephesians 2:10 NRSV

Can you imagine you have walked and talked with God in heaven agreeing on your role to play, and that it was recorded in your book of life? Is it possible that every moment was laid out before us before a single day had passed, we agreed on this journey together, and now it is our quest to remember, we get glimpses given by the Lord, God knows the outcome! These glimpses we record in our journal, to remember, as we can so easily forget. We at times do forget, not remembering to believe, to have faith, and remind ourselves, that all things are possible for those who believe, we do need a friend to bring things to mind, this is the wild goose, helping us to enter into what we are destined to accomplish.

We can have confidence in the knowledge that, we can say. You Lord go before me and ahead and also follow me. You place your hand of blessing on my head, you know my thoughts, and are familiar with all my ways, you discern my every action, we can't flee from the Lord. Look further into Psalm 139. Reflect on the whole Psalm sometime, here is a segment to contemplate.



My frame was not hidden from you  
when I was made in the secret place, when I was  
woven together in the depths of the earth.  
Your eyes saw my unformed body;

all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God!

How vast is the sum of them! Psalm 139: 15 - 17.



**God to enfold me,  
God to surround me,  
God in my speaking,  
God in my thinking.**

**God in my sleeping,  
God in my waking,  
God in my watching,  
God in my hoping.**

**God in my life,  
God in my lips,  
God in my soul,  
God in my heart.**

**God in my sufficing,  
God in my slumber,  
God in mine ever-living soul,  
God in mine eternity.**

(Ancient celtic oral traditions - carmina gadelica) Read more  
at:[http://www.faithandworship.com/Celtic\\_Blessings\\_and\\_Prayers.htm#ixzz5bMqslInuz](http://www.faithandworship.com/Celtic_Blessings_and_Prayers.htm#ixzz5bMqslInuz)



<https://markscelticchristianspirituality.com/about/>



**Intention or objective of booklet and its content, is that of giving stepping stones toward an understanding of Celtic Christian Spirituality!**

- ☐ To develop confidence that God is a way maker and is a journey companion!
- ☐ To have a rest bite, to overcome business in our lives, to have time to be still and know God. Cease striving and know God, and be still in the Lord's presence.
- ☐ Give back to society, to ponder and then take an action step of contribution.

**Agenda / outline**

- ☐ Breakfast
- ☐ The Compass Cues Reflection: To daily start day with a thought before getting caught up in our day in Edinburgh.
- ☐ Morning Devotions (Journal) Reflection exercise?
- ☐ Silent walk
- ☐ Spiritual activity on Holy Island as a group
- ☐ Lunch together
- ☐ Explore the Island together or choose to do things by yourself?
- ☐ St Cuthbert
- ☐ Cairne building
- ☐ Build something together in silence on beach
- ☐ Evening Meal at Mary Gate
- ☐ Reflection time of sharing of the days happenings
- ☐ Art activity, e.g. prayer flags, cross reflection, etc
- ☐ Do with evening as you desire. Go to local Pub, or have the evening in at Retreat House, explore the beach at night etc.

**Why am I pursuing Celtic Christian Spirituality and Pilgrimage, and to also be a Retreat Facilitator?**

It gives my life meaning and purpose. I see this as a means of touching people's lives in an alternative way to know Christ, that is not found in traditional mainline Christianity. The root from John the disciple of Jesus, that tradition says he was the beloved disciple, the one who leaned up against the chest of Jesus and could hear the heartbeat beat. This heartbeat was the beat of love for his Father in heaven, and as a result Jesus was only about his Father's business. This was kingdom work: to bring about Righteousness and Peace, and Joy in the Holy Spirit.

God willing I will be a retreat and pilgrimage leader, facilitating individuals and groups toward entering their quest for their spiritual destiny. I desire that I use my artistic gifts in the retreat and pilgrimage context. All this is ultimately to draw people to God and give encouragement toward their God - given dreams and role. To enhance this experience, my intent is to take people to those places of historic significance to experience these sacred spaces, going in the footsteps of past pilgrims. To go to those thin places to encounter a personal touch of God, and to be met at the point of their need.