

retreat



Day 5

Every moment is precious

Instructions - Find a quiet 15 minutes in your day to come together as a couple. Bring a baby photo of each of you. Find a candle and some matches. Sit together near each other.

The one partner holds the candle. The other lights the candle. Place the candle in the centre.

Opening Prayer

Dear God,
We light this candle as a sign of our presence with each other. We light this candle and invite God to be with us. We light this candle so that our lives may draw closer.
Amen.



Blessing

Sit behind your partner. Place your hands over their eyes.

Recite this blessing

You may not see me, but may you know me.
You may not seek me always, but may you find me.
You may not realise my love, but may you feel my love.
God Bless our hiddenness.
God Bless our awakefulness.
God Bless you for you are sacred.
God may your shadow ever be our guide.

Amen.
Swap roles

Pause

Close your eyes. Sit together in silence and breath loudly in rhythm with each other 20 times.

Reading

“In the 1950s people with epilepsy had a bad time because the medications had not been developed. A man called Penfield found that an operation could be used to help the more severe cases. By making small cuts on the surface of a person's brain, he could sometimes reduce or even halt the 'electrical storms' which cause epileptic seizures.

The interesting part was that patients were required, for safety reasons, to be conscious, and the operation was done only under a local anaesthetic. The surgeon removed a small piece of the skull, made the cuts and then put back the piece and sewed up the skin.

During the operation, the patients experienced something very surprising. As the doctor, using a fine probe, delicately touched the surface of the brain, the patient would suddenly have vivid recollections - watching *Gone with the Wind* years earlier, complete with cheap perfume in the cinema and the beehive hairstyle of the person in front! When the doctor moved the probe to another spot, the person would see before him his fourth birthday even though he was wide awake and sitting in the operating chair. It was the same with every patient, though of course the memories were different.

Subsequent research backed up with this remarkable discovery: that everything - every sight, sound and spoken word - is stored forever in our brain, along with emotions we felt at the time.” *From Steve Biddulph's book “Happy Children”.*

Question to discuss

Answer the following questions. Think about this question for 1 minute then discuss –

- Why is every moment important?
- What moments do you struggle to be present to your loved ones?
- What does the statement mean – “from little things, big things grow?”

Common Prayer

In turns you are invited to share a prayer.
Say your prayer...“Dear God, I pray for... Lord hear us”.
Respond together “Lord hear our prayer”

Conclusion

Say together –
Dear God,
Bless each moment we live. Bind us as a sign on your hand.
Bind us together in our home. May you awaken in us an ever presence of each other. Amen.