

THE
Celtic Way
DIGITAL PILGRIMAGE JOURNAL



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Orientation



Introduction — ●●●

Peregrinatio in the Celtic tradition is a rooted wandering. As followers of Jesus left their homes, journeying from place to place as God led them, they chose into perpetual exile. God was the root of their wandering. Similar to the call of Abraham to leave his homeland, these Celtic pilgrims went out—some on foot, others in small boats on the sea—to share the story of the Triune God.

Entering our time of pilgrimage, you may not be leaving your home to trek to unknown lands, but it's likely that part of your story involves wandering. Maybe you've had to leave what is known and head into something that is unknown. Perhaps, you've felt the loss of control as plans for the future are uncertain. As you meet some of these ancient wanderers—Patrick, Brigid, Brendan, Kevin, and Columba—throughout this series of walks, our hope is that you experience a taste of what it is like to wander with the same God who wrote their stories and brought them into his bigger story.

Over our time together, we hope you won't simply learn information about some interesting religious figures and the culture from which they came, but that you'll see how their stories within the arc of God's story can speak to each of us today.

How to Use This Journal — ●●●

When embarking on pilgrimage, it is helpful to record and reflect on the places and people that you encounter, and, in particular, how God meets you along the way. This journal provides space to guide you in reflecting on each session: before, during, and after your walks. You are invited to play with this journal and use as much or as little as you find helpful. It is an interactive PDF, so you can use your device to type directly into it, or you are welcome to print out the pages in order to be able to hand write, draw, or color. The interactive boxes you may see on screen will *not* show up when you print the journal.

For each session, you will find a set of pages that highlight key elements of the walks, including background information about the saint, place, and spiritual practices mentioned in the audioguide. These pages also include the psalm and other scripture readings from the walk, along with reflective questions and space to record field notes. In the early Celtic tradition of manuscript copying, you are invited to illuminate the psalm and/or choose one verse from it, taking time to reflect on the words as you add color and other artistic elements to the printed page.

After every set of two walks, you will find an Optional Debrief section with activities and reflections to process the past year (more info on next page).

In the Appendix, you will find additional resources to accompany you along the Celtic Way.

Optional Debrief Sections — ...

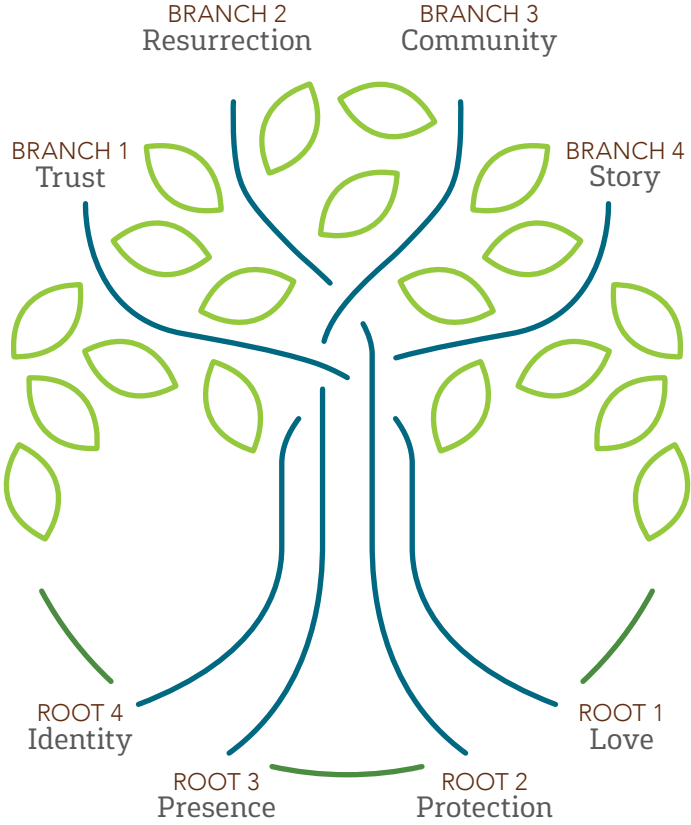
As we end an academic year unlike any other, many of us may feel like we have spent a year wandering in a strange land. With the prospect of returning to a post-pandemic “new normal,” we will likely experience much of the dissonance and adjustment of returning from an intense cross-cultural experience. When InterVarsity staff work with students excited to return from an extended stay in another culture, they remind these students that they are probably more tired than they realize and that, without care, their exhaustion may keep them from reengaging well. Doing the important work of pausing, resting, and taking the time to reflect and debrief their experience is critical to healing, learning, and growth.

And so, as this academic year comes to a close, we want to offer to you some of the resources that have helped students debrief and return well. We encourage you to carve out some time of reflection and journaling each week, and then to find at least one other person with whom you can pray and share what you are processing.

You’ll find these four optional debrief sections after every other walk.

Tree of Life — ...

As we look at the stories of Celtic Christians who embraced pilgrimage as a way of life, we are going to explore how they found their roots in the love, protection, and presence of God the Father, Son, and Holy Spirit. They were also rooted in their identity: who God called them to be. These roots led to lives that branched out into surrendered following, fruit of resurrection, community, and people whose healed stories are woven into God's bigger story.



Where We're Going — ...



How to Debrief in Small Groups _____ ...

With any significant experience, it's important to process in an external way and with others.

After every other walk or so, take time to reflect and share in a small group using some of the questions below, plus a question or two from each walk (found in the journal).

Encourage everyone in your group to speak. Notice if you haven't heard from someone or if one person is dominating the conversation, and if so, gently invite equal participation.

RECOGNIZE

Where did you go?

What did you see on your walk? (Feel free to share pictures.)

What did you think about while walking?

REFLECT

What stuck out to you from the audioguide?

Discuss a walk-specific question from Root 1 - 4 or Branch 1 - 4.

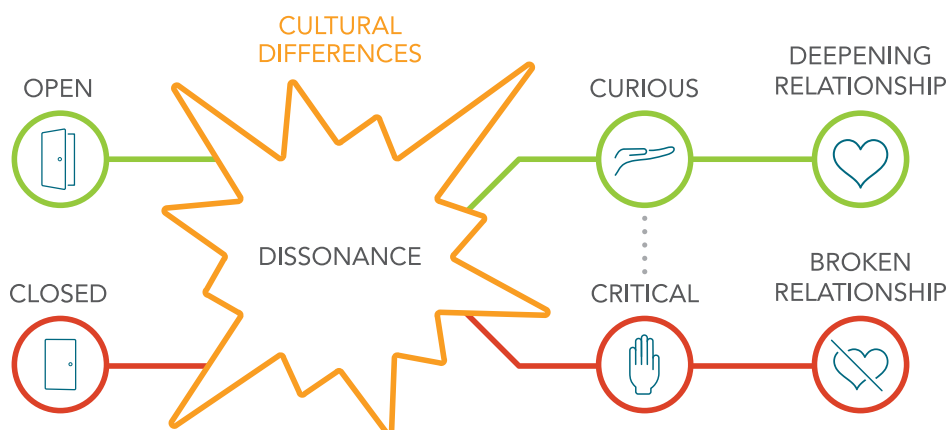
RESPOND

What have you been learning about a particular walk's theme that you want to remember?

Is there a next step you feel led to take in light of that walk's theme?

Approaching Differences _____ ...

Some things in our Celtic Way experience might stretch you: exercise, speakers at special events, things said in debrief, the repetitiveness of breath prayer or other spiritual practices you may not be familiar with. Any time you experience this dissonance, we invite you to view it as an opportunity for growth. Ask God what he is teaching. Be curious. Build relationships.



TYL
love

ROOT 1



Visio Divina



Patrick

HIS CONVERSION & CALLING

Even amidst slavery and harsh elements, God makes himself known to Patrick in profoundly personal and transformative ways. Years later, after escaping captivity, God would call Patrick to return to Ireland to minister to his oppressors.

Slemish Mountain



VISIO DIVINA REFLECTION QUESTIONS

Take a few deep breaths. Let your eyes move through the painting. What catches your eye? Focus on that portion of the work and sit with it for a minute.

Breathe in and out and let your body and mind slow down. Invite the Lord to speak to you about what you see.

What feelings does this painting evoke?

What do you notice about Patrick's current natural surroundings?

How do you sense God's love demonstrated here in this scene?

Become aware of God's loving presence toward you right now. Is there something God wants you to see? To hear?

What kind of prayer rises from within you as you ponder this work?

As you continue your day, what might it look like for you to be attentive to God's love even amidst harsh conditions here like Patrick? What might need to change in your heart posture in order to do this?



ield Notes

We invite you to experience the Celtic Way with your whole self. When we tune into our breath and all of our senses, we can become more present to our bodies, our surroundings, and to God. Use the space below to write or draw anything that you would like to remember about your walk. For example, what did you see, hear, smell, touch, taste?





Genesis 1

¹ In the beginning God created the heavens and the earth. ² The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters.

³ Then God said, "Let there be light," and there was light. ⁴ And God saw that the light was good. Then he separated the light from the darkness. ⁵ God called the light "day" and the darkness "night."

And evening passed and morning came, marking the first day.

⁶ Then God said, "Let there be a space between the waters, to separate the waters of the heavens from the waters of the earth." ⁷ And that is what happened. God made this space to separate the waters of the earth from the waters of the heavens.

⁸ God called the space "sky."

And evening passed and morning came, marking the second day.

⁹ Then God said, "Let the waters beneath the sky flow together into one place, so dry ground may appear." And that is what happened. ¹⁰ God called the dry ground "land" and the waters "seas." And God saw that it was good. ¹¹ Then God said, "Let the land sprout with vegetation—every sort of seed-bearing plant, and trees that grow seed-bearing fruit. These seeds will then produce the kinds of plants and trees from which they came." And that is what happened. ¹² The land produced vegetation—all sorts of seed-bearing plants, and trees with seed-bearing fruit. Their seeds produced plants and trees of the same kind. And God saw that it

was good.

¹³ And evening passed and morning came, marking the third day.

¹⁴ Then God said, "Let lights appear in the sky to separate the day from the night. Let them be signs to mark the seasons, days, and years. ¹⁵ Let these lights in the sky shine down on the earth." And that is what happened. ¹⁶ God made two great lights—the larger one to govern the day, and the smaller one to govern the night. He also made the stars. ¹⁷ God set these lights in the sky to light the earth, ¹⁸ to govern the day and night, and to separate the light from the darkness. And God saw that it was good.

¹⁹ And evening passed and morning came, marking the fourth day.

²⁰ Then God said, "Let the waters swarm with fish and other life. Let the skies be filled with birds of every kind." ²¹ So God created great sea creatures and every living thing that scurries and swarms in the water, and every sort of bird—each producing offspring of the same kind. And God saw that it was good. ²² Then God blessed them, saying, "Be fruitful and multiply. Let the fish fill the seas, and let the birds multiply on the earth."

²³ And evening passed and morning came, marking the fifth day.

²⁴ Then God said, "Let the earth produce every sort of animal, each producing offspring of the same kind—livestock, small animals that scurry along the ground, and wild animals." And that is what happened. ²⁵ God made all sorts of

wild animals, livestock, and small animals, each able to produce offspring of the same kind. And God saw that it was good.

²⁶ Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground."

²⁷ So God created human beings in his own image.

In the image of God he created them;

male and female he created them.

²⁸ Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."

²⁹ Then God said, "Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food. ³⁰ And I have given every green plant as food for all the wild animals, the birds in the sky, and the small animals that scurry along the ground—everything that has life." And that is what happened.

³¹ Then God looked over all he had made, and he saw that it was very good!

And evening passed and morning came, marking the sixth day.



salm 104

¹ Praise the Lord, my soul.

Lord my God, you are very great;
you are clothed with splendor and majesty.

² The Lord wraps himself in light as with a garment;
he stretches out the heavens like a tent

³ and lays the beams of his upper chambers on their waters.
He makes the clouds his chariot
and rides on the wings of the wind.

⁴ He makes winds his messengers,
flames of fire his servants.

⁵ He set the earth on its foundations;
it can never be moved.

⁶ You covered it with the watery depths as with a garment;
the waters stood above the mountains.

⁷ But at your rebuke the waters fled,
at the sound of your thunder they took to flight;

⁸ they flowed over the mountains,
they went down into the valleys,
to the place you assigned for them.

⁹ You set a boundary they cannot cross;
never again will they cover the earth.

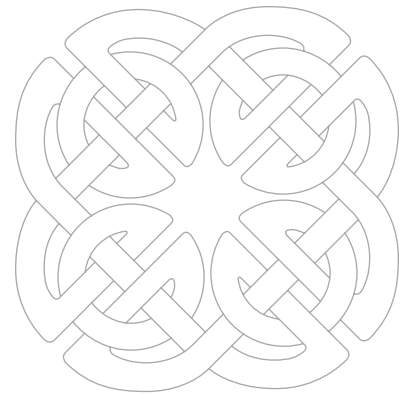
¹⁰ He makes springs pour water into the ravines;
it flows between the mountains.

¹¹ They give water to all the beasts of the field;
the wild donkeys quench their thirst.

¹² The birds of the sky nest by the waters;
they sing among the branches.

¹³ He waters the mountains from his upper chambers;
the land is satisfied by the fruit of his work.

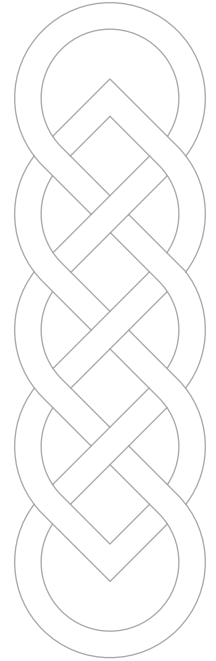
¹⁴ He makes grass grow for the cattle,
and plants for people to cultivate—
bringing forth food from the earth:



Praise
the
LORD,
my soul.



- 15 wine that gladdens human hearts,
oil to make their faces shine,
and bread that sustains their hearts.
- 16 The trees of the Lord are well watered,
the cedars of Lebanon that he planted.
- 17 There the birds make their nests;
the stork has its home in the junipers.
- 18 The high mountains belong to the wild goats;
the crags are a refuge for the hyrax.
- 19 He made the moon to mark the seasons,
and the sun knows when to go down.
- 20 You bring darkness, it becomes night,
and all the beasts of the forest prowl.
- 21 The lions roar for their prey
and seek their food from God.
- 22 The sun rises, and they steal away;
they return and lie down in their dens.
- 23 Then people go out to their work,
to their labor until evening.
- 24 How many are your works, Lord!
In wisdom you made them all;
the earth is full of your creatures.
- 25 There is the sea, vast and spacious,
teeming with creatures beyond number—
living things both large and small.
- 26 There the ships go to and fro,
and Leviathan, which you formed to frolic there.
- 27 All creatures look to you
to give them their food at the proper time.
- 28 When you give it to them,
they gather it up;
when you open your hand,
they are satisfied with good things.
- 29 When you hide your face,
they are terrified;
when you take away their breath,
they die and return to the dust.
- 30 When you send your Spirit,
they are created,



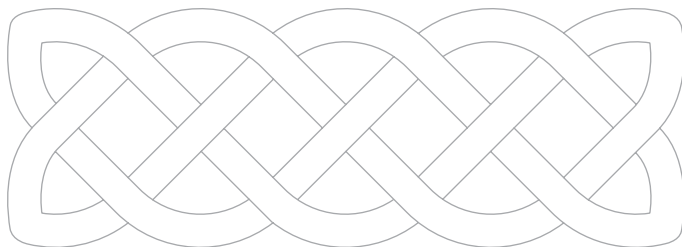
How
MANY
are your
WORKS,
Lord!

and you renew the face of the ground.

- ³¹ May the glory of the Lord endure forever;
may the Lord rejoice in his works—
³² he who looks at the earth, and it trembles,
who touches the mountains, and they smoke.
- ³³ I will sing to the Lord all my life;
I will sing praise to my God as long as I live.
³⁴ May my meditation be pleasing to him,
as I rejoice in the Lord.
³⁵ But may sinners vanish from the earth
and the wicked be no more.

Praise the Lord, my soul.

Praise the Lord.



I will
sing
to the
Lord
all my life



Illuminate a Psalm

Underline, circle, or note anything that stood out to you in this psalm. Are there any images that are particularly resonant?

How do you notice God's love in the ways he keeps the earth turning, the seasons changing, and life cycling in the rhythms he set for it all?

Choose a word, phrase, or verse from the psalm to creatively copy below; you might handletter it, add color or other artistic elements, or even draw images instead of using words.



● ● ●
● ● ●
● ● ●

REFLECTION QUESTIONS

Consider the current circumstances of your life: Where do you need to encounter the love of the Creator God? Where do you long for God to do something new?

What has God been saying to you personally through the stories in Genesis, and Patrick's life, or even Orlando's story?

What would it mean for you to put your feet back on difficult soil like Patrick did, to align yourself with God's redemptive purposes?

Protection

ROOT 2



Visio Divina

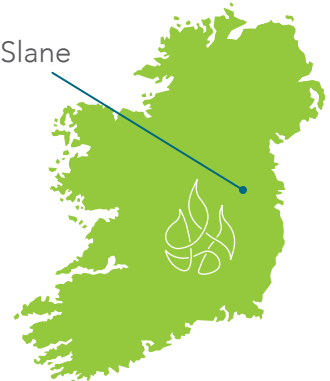


Patrick

HIS RIVAL FIRE

Defying the king, Patrick lights the easter fire symbolizing how Christ's light dispels death and darkness. It ultimately shows his God's protective power and the king grants him favor to preach the gospel.

Hill of Slane



VISIO DIVINA REFLECTION QUESTIONS

Take a few deep breaths. Let your eyes move through the painting. What catches your eye? Focus on that portion of the work and sit with it for a minute.

Breathe in and out and let your body and mind slow down. Invite the Lord to speak to you about what you see.

What feelings does this painting evoke?

Where do you see God's protective power and presence demonstrated in this work?

What kind of prayer rises from within you as you ponder this work?

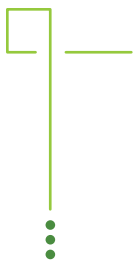
In what ways have you seen darkness present in your life or in our world today? How are you longing for the light of Christ?

What might it look like for you, like Patrick, to trust in Christ's light to overcome the forces of darkness?



Field Notes

We invite you to experience the Celtic Way with your whole self. When we tune into our breath and all of our senses, we can become more present to our bodies, our surroundings, and to God. Use the space below to write or draw anything that you would like to remember about your walk. For example, what did you see, hear, smell, touch, taste?



Genesis 16:1-16

Now Sarai, Abram's wife, had borne him no children. But she had an Egyptian slave named Hagar; so she said to Abram, "The Lord has kept me from having children. Go, sleep with my slave; perhaps I can build a family through her."

Abram agreed to what Sarai said. So after Abram had been living in Canaan ten years, Sarai his wife took her Egyptian slave Hagar and gave her to her husband to be his wife. He slept with Hagar, and she conceived.

When she knew she was pregnant, she began to despise her mistress. Then Sarai said to Abram, "You are responsible for the wrong I am suffering. I put my slave in your arms, and now that she knows she is pregnant, she despises me. May the Lord judge between you and me."

"Your slave is in your hands," Abram said. "Do with her whatever you think best." Then Sarai mistreated Hagar; so she fled from her.

The angel of the Lord found Hagar near a spring in the desert; it was the spring that is beside the road to Shur. And he said, "Hagar, slave of Sarai, where have you come from, and where are you going?"

"I'm running away from my mistress Sarai," she answered.

Then the angel of the Lord told her, "Go back to your mistress and submit to her." The angel added, "I will increase your descendants so much that they will be too numerous to count."

The angel of the Lord also said to her:

“You are now pregnant

and you will give birth to a son.

You shall name him Ishmael,

for the Lord has heard of your misery.

He will be a wild donkey of a man;

his hand will be against everyone

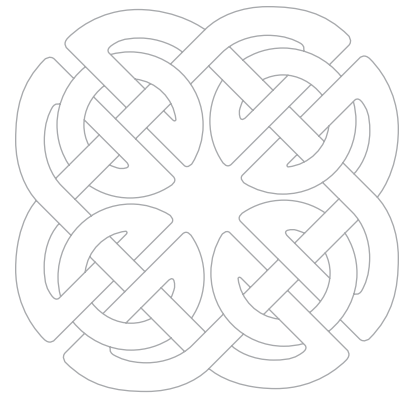
and everyone’s hand against him,

and he will live in hostility

toward all his brothers.”


She gave this name to the Lord who spoke to her: “You are the God who sees me,” for she said, “I have now seen the One who sees me.” That is why the well was called Beer Lahai Roi; it is still there, between Kadesh and Bered.

So Hagar bore Abram a son, and Abram gave the name Ishmael to the son she had borne. Abram was eighty-six years old when Hagar bore him Ishmael.



- ¹ God is our refuge and strength,
an ever-present help in trouble.
- ² Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
³ though its waters roar and foam
and the mountains quake with their surging.
- ⁴ There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.
- ⁵ God is within her, she will not fall;
God will help her at break of day.
- ⁶ Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.
- ⁷ The Lord Almighty is with us;
the God of Jacob is our fortress.
- ⁸ Come and see what the Lord has done,
the desolations he has brought on the earth.
- ⁹ He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.
- ¹⁰ He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."
- ¹¹ The Lord Almighty is with us;
the God of Jacob is our fortress.

God is
our
refuge
and
strength





Illuminate a Psalm

Underline, circle, or note anything that stood out to you in this psalm. Are there any images that are particularly resonant?

Choose a word, phrase, or verse from the psalm to creatively copy below; you might handletter it, add color or other artistic elements, or even draw images instead of using words.

St. Patrick's Breastplate

ADAPTED

I bind unto myself today
The strong Name of the Trinity,
By invocation of the same,
The Three in One and One in Three.

I bind this day to me forever.
By power of faith, Christ's incarnation;
His baptism in the Jordan river;
His death on Cross for my salvation;
His bursting from the spiced tomb;
His riding up the heavenly way;
His coming at the day of doom;

I bind unto myself today
The power of God to hold and lead,
His eye to watch, His might to stay,
His ear to hearken to my need.
The wisdom of my God to teach,
His hand to guide, His shield to ward,
The word of God to give me speech,
His heavenly host to be my guard.

...

Christ beside me, Christ before me;
Christ behind me, Christ within me;
Christ beneath me, Christ above me;
Christ to right of me, Christ to left of me;
Christ in my lying, my sitting, my rising;
Christ in heart of all who know me,
Christ on tongue of all who meet me,
Christ in eye of all who see me,
Christ in ear of all who hear me.

I bind unto myself the Name,
The strong Name of the Trinity;
By invocation of the same.
The Three in One, and One in Three,
Of Whom all nature hath creation,
Eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
Salvation is of Christ the Lord.

● ● ●
● ● ●
● ● ●

REFLECTION QUESTIONS

God's protection is needed most when we are most vulnerable. Where in your life do you need to know God as protector?

God often greets us with questions, inviting us into a truth-telling conversation, which can leave us feeling vulnerable. What truth do you need to share with God? Where do you need the suffering love of Jesus to set you free?

Consider who or what are the "high kings" in your life and world? What threatens those who are powerless in your communities?

Where are you afraid to light your fire of hope or worship?

Life Graph

- On the next page, create a line graph of what your life was like over the past year: physical, emotional, and spiritual. Spend a bit of time going month by month (or week by week) through the past year. To refresh your memory, you might look at photos or a journal, if you keep one.

PHYSICAL: This line might be low if you were sick or extremely tired, and high when you were healthy, active, or rested.

EMOTIONAL: This line might be low when you experienced hard or negative emotions and high when you experienced positive emotions. Or, this line could also be high when you were engaging in hard emotions in a healthy way, and low when you were avoiding or coping with hard or negative emotions in unhealthy ways.

SPIRITUAL: This line might be low when you couldn't hear God or resisted God's invitations or felt isolated from spiritual community, and high when you were hearing God and open.

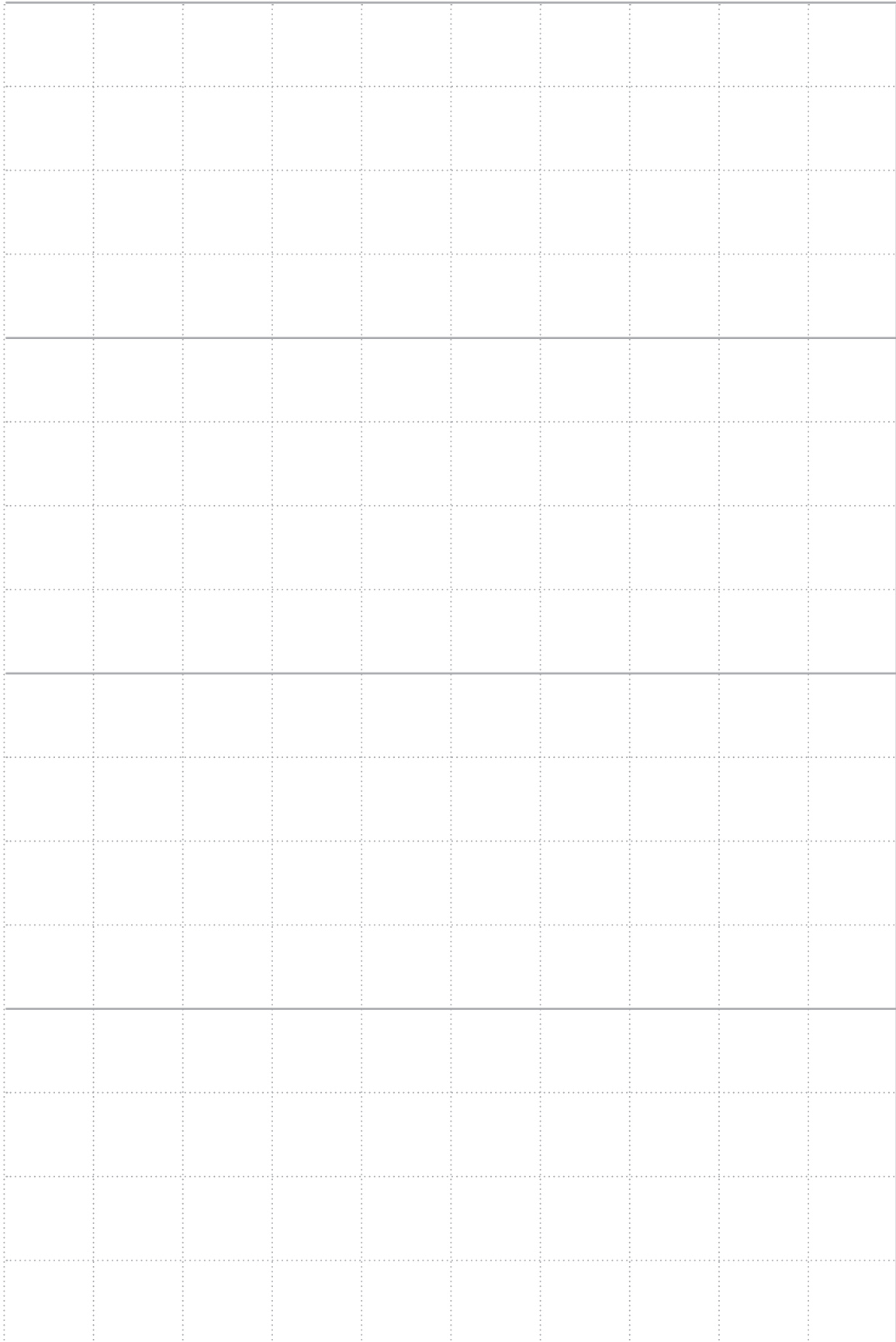
Of course, it's possible that any of the three lines could have hit highs, lows, and everywhere in between in any given week or day. It may be helpful to label certain points that were especially high or low as you draw your life graph.

LOOKING DEEPER

What stands out to you about your graph overall?

Are there months where two or three of the lines come together? What do you make of that?

Are there months where the lines are far apart from each other? What do you make of that?



High

SATISFACTION LEVEL

Low

TIME IN MONTHS

D esolation

- After a difficult year, marked for so many of us by loss, you may be eager to move on.
- However, after prolonged stress, trauma, and complex grief, the path to healing often starts with taking the time to name and grieve the particular challenges and losses.

How have you experienced loss this year? Make a list of the specific losses, both big and small.

As you look at your life graph, were there times that God felt absent? Were there times where you resisted God?

Are there any other things that you need to grieve?

WRITE: The Psalms teach us to be honest with God, which includes expressing grief, anger, wrestling, and doubt. Take the lists that you've made and write your own psalm of mourning and lament to God.

MOURN: Choose a tangible way to express your mourning and grief: journal, write a poem, draw or color, make a memorial using rocks, pictures, or candles. Go for a walk. Cry. Talk to a friend.

PRAY: Read aloud the psalm you wrote or psalms from the Bible to practice expressing your feelings through prayer. Psalms 5, 6, 10, 52, 69, 83, 109, and 137 might be helpful.



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onsolation

- Even in the midst of hard seasons, God continues to pour out grace and love to us. Against
- the odds, joy often intermingles with sorrow.

As you look at your life graph of the last year, what gifts, perhaps unexpected, have you experienced? For what things are you grateful?

Were there times when God felt especially present? Were there times when you felt receptive to God's invitations?

Are there any other things that you want to remember and celebrate?

WRITE: With Psalm 98 as a model, use your responses to the questions above to write your own psalm of praise and celebration. Thank God for the gifts of this year.

CELEBRATE: Choose a tangible way to express your gratitude: journal, sing, draw or color, make a memorial using rocks, picture, or candles. Go for a walk. Share with a friend.

PRAY: Read aloud the psalm you wrote or psalms from the Bible to practice expressing your feelings through prayer. Psalms 8, 33, 46, 85, 95, 100, 126, and 150 are all psalms of praise of God's creation, his word, and what he has done for his people.



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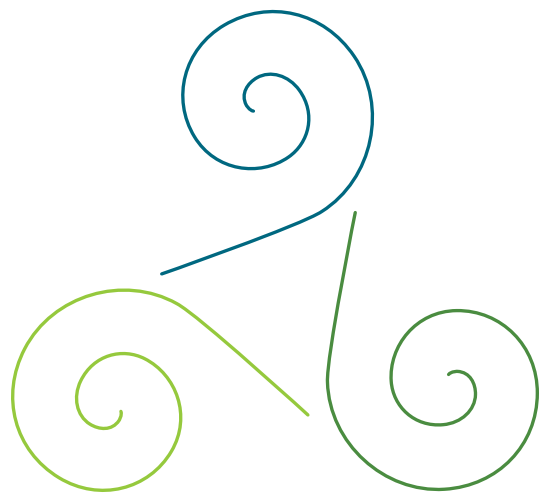


Part 2



Presence

ROOT 3



Visio Divina



Patrick

HIS MOUNTAINTOP ENCOUNTER

Patrick prayed and fasted on the mountain of Croagh Patrick for 40 days, engaged deeply in spiritual battle for the soul of Ireland. Renewed with God's presence, he descended the mountain to purposefully wander to preach Christ.

Croagh Patrick



VISIO DIVINA REFLECTION QUESTIONS

Take a few deep breaths. Let your eyes move through the painting. What catches your eye? Focus on that portion of the work and sit with it for a minute.

Breathe in and out and let your body and mind slow down. Invite the Lord to speak to you about what you see.

What feelings does this painting evoke?

How do you experience a sense of wandering in this work? How do you see the Spirit at work amidst the wandering?

How is the Spirit moving in you in this scene? In what ways have you felt like you have been wandering?

What kind of prayer rises from within you as you ponder this work?

What is one step you can take to embrace the non-linear, spiral way of journeying with God?

What might you need to let go of in order to follow God in this way of wandering? Control? Certainty? Invite the Spirit to put its finger on an area that needs surrendering.



ield Notes

We invite you to experience the Celtic Way with your whole self. When we tune into our breath and all of our senses, we can become more present to our bodies, our surroundings, and to God. Use the space below to write or draw anything that you would like to remember about your walk. For example, what did you see, hear, smell, touch, taste?





Exodus 33:12-17

¹² Moses said to the Lord, "You have been telling me, 'Lead these people,' but you have not let me know whom you will send with me. You have said, 'I know you by name and you have found favor with me.' ¹³ If you are pleased with me, teach me your ways so I may know you and continue to find favor with you. Remember that this nation is your people."

¹⁴ The Lord replied, "My Presence will go with you, and I will give you rest."

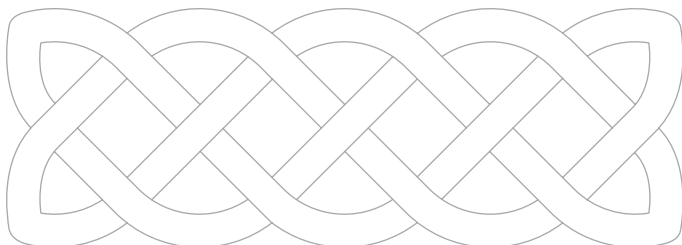
¹⁵ Then Moses said to him, "If your Presence does not go with us, do not send us up from here. ¹⁶ How will anyone know that you are pleased with me and with your people unless you go with us? What else will distinguish me and your people from all the other people on the face of the earth?"

¹⁷ And the Lord said to Moses, "I will do the very thing you have asked, because I am pleased with you and I know you by name."




psalm 121

- ¹ I lift up my eyes to the mountains—
where does my help come from?
- ² My help comes from the Lord,
the Maker of heaven and earth.
- ³ He will not let your foot slip—
he who watches over you will not slumber;
- ⁴ indeed, he who watches over Israel
will neither slumber nor sleep.
- ⁵ The Lord watches over you—
the Lord is your shade at your right hand;
- ⁶ the sun will not harm you by day,
nor the moon by night.
- ⁷ The Lord will keep you from all harm—
he will watch over your life;
- ⁸ the Lord will watch over your coming and going
both now and forevermore.



He will
not
let your
foot slip





Illuminate a Psalm

Underline, circle, or note anything that stood out to you in this psalm. Are there any images that are particularly resonant?

Choose a word, phrase, or verse from the psalm to creatively copy below; you might handletter it, add color or other artistic elements, or even draw images instead of using words.

St. Patrick's Breastplate Prayer

ADAPTED

I bind unto myself today
The strong Name of the Trinity,
By invocation of the same,
The Three in One and One in Three.

I bind unto myself today
The virtues of the starlit heaven,
The glorious sun's life-giving ray,
The whiteness of the moon at even,
The flashing of the lightning free,
The whirling wind's tempestuous shocks,
The stable earth, the deep salt sea,
Around the old eternal rocks.

I bind unto myself today
The power of God to hold and lead,
His eye to watch, His might to stay,
His ear to hearken to my need.
The wisdom of my God to teach,
His hand to guide, His shield to ward,
The word of God to give me speech,
His heavenly host to be my guard.

...

Christ beside me, Christ before me;
Christ behind me, Christ within me;
Christ beneath me, Christ above me;
Christ to right of me, Christ to left of me;
Christ in my lying, my sitting, my rising;
Christ in heart of all who know me,
Christ on tongue of all who meet me,
Christ in eye of all who see me,
Christ in ear of all who hear me.

I bind unto myself the Name,
The strong Name of the Trinity;
By invocation of the same.
The Three in One, and One in Three,
Of Whom all nature hath creation,
Eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
Salvation is of Christ the Lord.

● ● ●
● ● ●
● ● ●

REFLECTION QUESTIONS

What are the places in your life where your path feels foggy or unclear, perhaps because of an impending change, a pressing decision, or simply a shift in how you'd expected your path to be?

During difficult seasons, how do you tend to abandon God's presence like the Israelites did? What do you turn to instead of God's presence?

How do you sense God wants to be with you in your fear, questions, anxieties, or vulnerability?

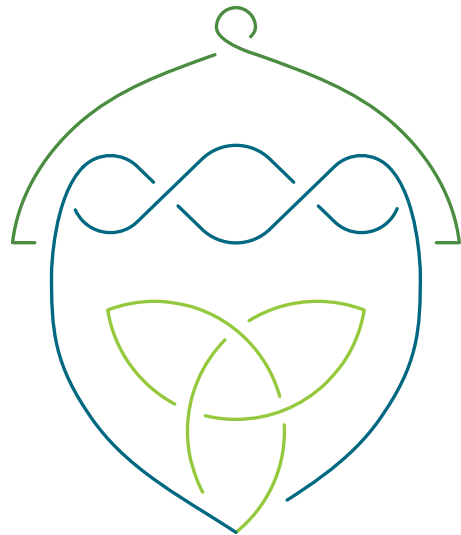
How are you being invited to move forward with God's presence?

Like Moses, is God inviting you to pray or advocate for others who need God's presence?



Identity

ROOT 4



Visio Divina



Brigid

HER ORDINATION & SOUL FRIENDSHIPS

Brigid was ordained as a bishop in a Spirit-led "mistake." She stewarded these leadership privileges by co-founding a coed monastic community with her soul friend Conleth.

Dundalk



VISIO DIVINA REFLECTION QUESTIONS

Take a few deep breaths. Let your eyes move through the painting. What catches your eye? Focus on that portion of the work and sit with it for a minute.

Breathe in and out and let your body and mind slow down. Invite the Lord to speak to you about what you see.

What feelings does this painting evoke?

How do you see the Spirit's hand at work in the anointing of Brigid here?

What are some ways her purpose and vocational calling emerge from this anointing?

What kind of prayer rises from within you as you ponder this work?

When you think about your identity, is there any area of pain Jesus needs to heal? Are there ways you are trying to be like someone else? Or trying to live up to the expectations of others? Or of yourself?

What is one step you can take to embrace the identity God has instilled in you?

Field Notes

We invite you to experience the Celtic Way with your whole self. When we tune into our breath and all of our senses, we can become more present to our bodies, our surroundings, and to God. Use the space below to write or draw anything that you would like to remember about your walk. For example, what did you see, hear, smell, touch, taste?





Ruth 1:16-22, 4:13-15

¹⁶ But Ruth replied, “Don’t urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. ¹⁷ Where you die I will die, and there I will be buried. May the Lord deal with me, be it ever so severely, if even death separates you and me.” ¹⁸ When Naomi realized that Ruth was determined to go with her, she stopped urging her.

¹⁹ So the two women went on until they came to Bethlehem. When they arrived in Bethlehem, the whole town was stirred because of them, and the women exclaimed, “Can this be Naomi?”

²⁰ “Don’t call me Naomi,” she told them. “Call me Mara, because the Almighty has made my life very bitter. ²¹ I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me.”

²² So Naomi returned from Moab accompanied by Ruth the Moabite, her daughter-in-law, arriving in Bethlehem as the barley harvest was beginning.

...

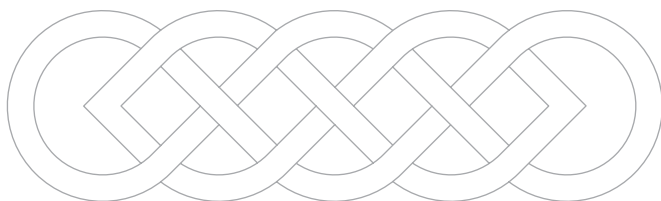
¹³ So Boaz took Ruth and she became his wife. When he made love to her, the Lord enabled her to conceive, and she gave birth to a son. ¹⁴ The women said to Naomi: “Praise be to the Lord, who this day has not left you without a guardian-redeemer. May he become famous throughout Israel! ¹⁵ He will renew your life and sustain

you in your old age. For your daughter-in-law, who loves you and who is better to you than seven sons, has given him birth.”



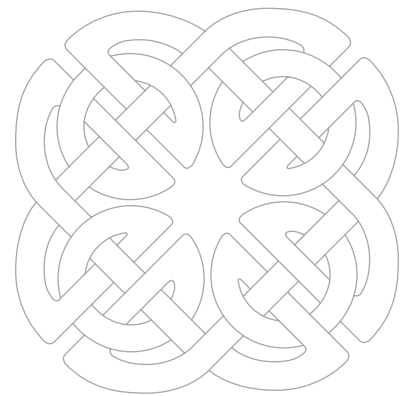
THE MESSAGE VERSION

- ¹ You have searched me, Lord,
and you know me.
- ² You know when I sit and when I rise;
you perceive my thoughts from afar.
- ³ You discern my going out and my lying down;
you are familiar with all my ways.
- ⁴ Before a word is on my tongue
you, Lord, know it completely.
- ⁵ You hem me in behind and before,
and you lay your hand upon me.
- ⁶ Such knowledge is too wonderful for me,
too lofty for me to attain.
- ⁷ Where can I go from your Spirit?
Where can I flee from your presence?
- ⁸ If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
- ⁹ If I rise on the wings of the dawn,
if I settle on the far side of the sea,
- ¹⁰ even there your hand will guide me,
your right hand will hold me fast.
- ¹¹ If I say, "Surely the darkness will hide me
and the light become night around me,"
- ¹² even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.



LORD,
you
know
me

- ¹³ For you created my inmost being;
you knit me together in my mother's womb.
- ¹⁴ I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
- ¹⁵ 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.
- ¹⁶ Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.
- ¹⁷ How precious to me are your thoughts, God!
How vast is the sum of them!
- ¹⁸ Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.
- ¹⁹ If only you, God, would slay the wicked!
Away from me, you who are bloodthirsty!
- ²⁰ They speak of you with evil intent;
your adversaries misuse your name.
- ²¹ Do I not hate those who hate you, Lord,
and abhor those who are in rebellion against you?
- ²² I have nothing but hatred for them;
I count them my enemies.
- ²³ Search me, God, and know my heart;
test me and know my anxious thoughts.
- ²⁴ See if there is any offensive way in me,
and lead me in the way everlasting.



How
precious
are your
thoughts,
God!



Illuminate a Psalm

Underline, circle, or note anything that stood out to you in this psalm. Are there any images that are particularly resonant?

Choose a word, phrase, or verse from the psalm to creatively copy below; you might handletter it, add color or other artistic elements, or even draw images instead of using words.

REFLECTION QUESTIONS

- Imagine yourself as a tree. What stage of growth are you in? How might God be inviting you to be more deeply rooted in God's love for you?

As God nurtures your tree—calling you to grow and become who you were created to be—is there anything that is stunting your growth that needs to be pruned or tended (e.g., unhelpful identities, lies, or expectations that have been spoken over you)?

Are there aspects of your identity or calling that you sense God inviting you to courageously engage?

What could the practice of Anam Cara—soul friendship—look like in your life? How would you like to pursue and nurture spiritual friendships that can point you to deeper relationship with Jesus?

Who Are You Now?

- Spend an extended time talking to God and journaling about how you've changed and
- stayed the same over the course of the past year. Consider any shifts in habits, language, ambitions, preferences, values, priorities, etc. Don't rush through the exercise. Ask God to show you the shifts and transformations he wants you to notice about yourself.

HOW I'VE CHANGED

HOW I'M THE SAME

Physical

Social/Relational

HOW I'VE CHANGED

HOW I'M THE SAME

Professional/Vocational

Emotional/Attitudinal

Spiritual

Other

● ● ● YOU HAVE CHANGED

● How do you feel about the ways that you've changed?

How do you anticipate others might respond to your changes?

What difficulties might you go through as a result of ways you've changed?

Do you see God's work in any of the ways you've changed?

Do you see God's work in any of the ways you've stayed the same?

●
●
●

OTHERS HAVE CHANGED

It's easy to expect that you will return to life just as it was before. But just as you've changed over the past year, the people and places that you encounter have changed, and you'll experience dissonance as a result.

What changes have you noticed in your friends and family?

What has happened in the places or in the lives of the people you've been away from that you're sad to have missed out on?

How can you make room for the ways others have changed this past year?

Critical Encounters

- It can be helpful to look at specific encounters that led to the ways you've changed over the past year.

Think of four to eight critical encounters—incidents, ideas, glimpses of God, and/or conversations—that occurred over the past year. Think about how each one influenced you and what potential it may hold for you in the future, be it in a month or years from now.

HOW IT INFLUENCED ME	POTENTIAL FOR THE FUTURE
Encounter 1:	
Encounter 2:	

HOW IT INFLUENCED ME

POTENTIAL FOR THE FUTURE

Encounter 3:

Encounter 4:

Encounter 5:

HOW IT INFLUENCED ME

POTENTIAL FOR THE FUTURE

Encounter 6:

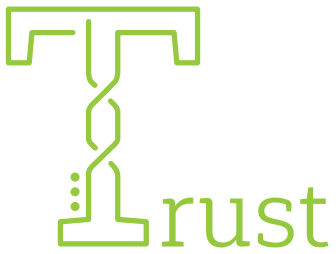
Encounter 7:

Encounter 8:

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Part 3



BRANCH 1



Visio Divina

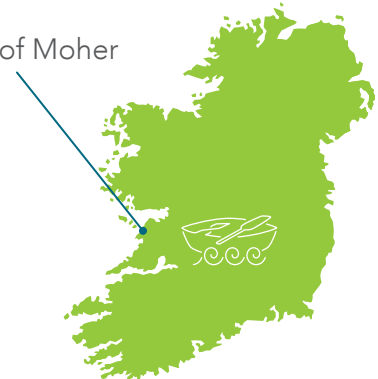


Brendan

HIS VOYAGE

Brendan set sail in a small rudderless boat with only the waves, wind, and will of God to lead him. Wherever God brought him, he preached the gospel and established monastic communities.

Cliffs of Moher



VISIO DIVINA REFLECTION QUESTIONS

Take a few deep breaths. Let your eyes move through the painting. What catches your eye? Focus on that portion of the work and sit with it for a minute.

Breathe in and out and let your body and mind slow down. Invite the Lord to speak to you about what you see.

What feelings does this painting evoke?

How do you see the Spirit at work in the midst of Brendan's journey? What inspires or challenges you as you consider Brendan's posture here?

What kind of prayer rises from within you as you ponder this work?

As you consider what is before you, what are some things you tend to cling to for security and direction?

Is there anything God is asking you to relinquish about your future?

What would it look like for you to have the same kind of openhanded posture of surrender Brendan has here?



Field Notes

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A large grid of dotted lines for writing or drawing, consisting of 20 columns and 25 rows.



Luke 5:1-11

¹ One day as Jesus was standing by the Lake of Gennesaret, the people were crowding around him and listening to the word of God. ² He saw at the water's edge two boats, left there by the fishermen, who were washing their nets. ³ He got into one of the boats, the one belonging to Simon, and asked him to put out a little from shore. Then he sat down and taught the people from the boat.

⁴ When he had finished speaking, he said to Simon, "Put out into deep water, and let down the nets for a catch."

⁵ Simon answered, "Master, we've worked hard all night and haven't caught anything. But because you say so, I will let down the nets."

⁶ When they had done so, they caught such a large number of fish that their nets began to break. ⁷ So they signaled their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink.

⁸ When Simon Peter saw this, he fell at Jesus' knees and said, "Go away from me, Lord; I am a sinful man!" ⁹ For he and all his companions were astonished at the catch of fish they had taken, ¹⁰ and so were James and John, the sons of Zebedee, Simon's partners.

Then Jesus said to Simon, "Don't be afraid; from now on you will fish for people."

¹¹ So they pulled their boats up on shore, left everything and followed him.



psalm 107:1-3, 23-32

THE MESSAGE VERSION

¹⁻³ Oh, thank God—he's so good!

His love never runs out.

All of you set free by God, tell the world!

Tell how he freed you from oppression,
Then rounded you up from all over the place,
from the four winds, from the seven seas.

...

²³⁻³² Some of you set sail in big ships;
you put to sea to do business in faraway ports.

Out at sea you saw God in action,
saw his breathtaking ways with the ocean:

With a word he called up the wind—
an ocean storm, towering waves!

You shot high in the sky, then the bottom dropped out;
your hearts were stuck in your throats.

You were spun like a top, you reeled like a drunk,
you didn't know which end was up.

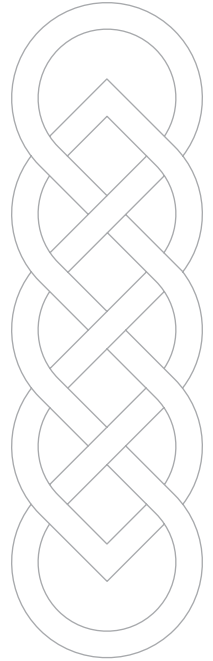
Then you called out to God in your desperate condition;
he got you out in the nick of time.

He quieted the wind down to a whisper,
put a muzzle on all the big waves.

And you were so glad when the storm died down,
and he led you safely back to harbor.

So thank God for his marvelous love,
for his miracle mercy to the children he loves.

Lift high your praises when the people assemble,
shout Hallelujah when the elders meet!



He
led you
safely



Illuminate a Psalm

Underline, circle, or note anything that stood out to you in this psalm. Are there any images that are particularly resonant?

Choose a word, phrase, or verse from the psalm to creatively copy below; you might handletter it, add color or other artistic elements, or even draw images instead of using words.



St. Brendan's Prayer

ASCRIBED TO BRENDAN BEFORE SAILING ACROSS THE ATLANTIC

Shall I abandon, O King of mysteries,
the soft comforts of home?

Shall I turn my back on my native land,
and turn my face towards the sea?

Shall I put myself wholly at your mercy,
without silver, without a horse, without fame, without honour?

Shall I throw myself wholly upon you,
without sword and shield, without food and drink, without a bed to lie on?

Shall I say farewell to my beautiful land,
placing myself under your yoke?

Shall I pour out my heart to you,
confessing my manifold sins and begging forgiveness,
tears streaming down my cheeks?

Shall I leave the prints of my knees on the sandy beach,
a record of my final prayer in my native land?

Shall I then suffer every kind of wound that the sea can inflict?

Shall I take my tiny boat across the wide sparkling ocean?

O King of the Glorious Heaven,
shall I go of my own choice upon the sea?

O Christ, will You help me on the wild waves?

A Prayer of St. Brendan

CELTIC DAILY PRAYERS FROM THE NORTHUMBRIA COMMUNITY

Christ of the mysteries, can I trust You
to be stronger than each storm in me?
Do I still yearn for Your glory to lighten on me?
I will show others the care You've given me.
I determine amidst all uncertainty always to trust.
I choose to live beyond regret,
and let You recreate my life.
I believe You will make a way for me
and provide for me,
if only I trust You and obey.
I will trust in the darkness and know
that my times are still in Your hand.
I will believe You for my future,
chapter by chapter, until all the story is written.
Focus my mind and my heart upon You,
my attention always on You without alteration.
Strengthen me with Your blessing
and appoint to me the task.
Teach me to live with eternity in view.
Tune my spirit to the music of heaven.
Feed me,
and, somehow,
make my obedience count for You.

● ● ●
● ● ●
● ● ●

REFLECTION QUESTIONS

Is there a way that Jesus is asking you to trust him and put out into deep water like Simon, or launch your boat like Brendan?

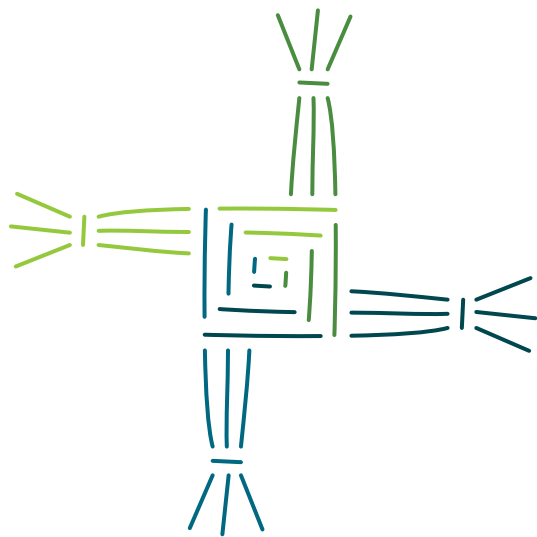
Is there anything that you are holding in your grip that keeps you from saying “yes” to the next thing that God has for you? Can you imagine releasing it in trust?

What partners or companions are with you on your journey?

What is exciting about trusting Jesus in your current circumstances? What’s difficult?

Resurrection

BRANCH 2



Visio Divina

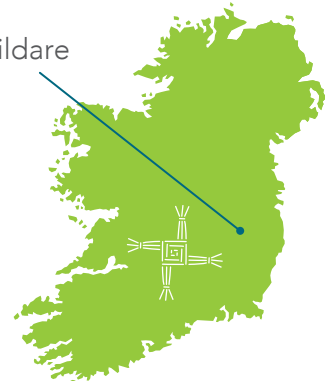


Brigid

HER CLOAK & CROSS

Brigid miraculously spread her cloak for miles to secure land as a safe haven for all kinds of people and animals. She ministered to a dying man, weaving reeds into a cross to share the story of Jesus' death and resurrection. She led a community that embodied shalom and a life woven together in the cross of Christ.

Kildare



VISIO DIVINA REFLECTION QUESTIONS

Take a few deep breaths. Let your eyes move through the painting. What catches your eye? Focus on that portion of the work and sit with it for a minute.

Breathe in and out and let your body and mind slow down. Invite the Lord to speak to you about what you see.

What feelings does this painting evoke?

What do you notice about how the Spirit is at work in this painting?

How do you see God's shalom present in the diverse community at home in her cloak?

What kind of prayer rises from within you as you ponder this work?

How does this painting and Brigid's story challenge you to live in community with others? Are there any relationships that need to be made right? Or people groups you tend to avoid, that God is challenging you to welcome and love?



Field Notes

We invite you to experience the Celtic Way with your whole self. When we tune into our breath and all of our senses, we can become more present to our bodies, our surroundings, and to God. Use the space below to write or draw anything that you would like to remember about your walk. For example, what did you see, hear, smell, touch, taste?





Luke 24:1-12

¹ On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. ² They found the stone rolled away from the tomb, ³ but when they entered, they did not find the body of the Lord Jesus.

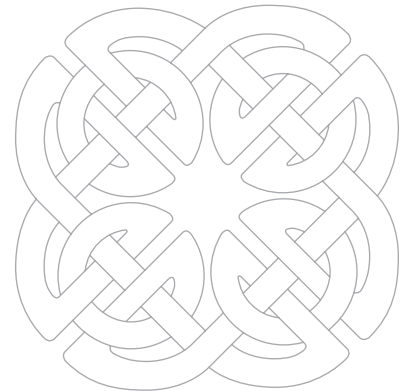
⁴ While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. ⁵ In their fright the women bowed down with their faces to the ground, but the men said to them, “Why do you look for the living among the dead? ⁶ He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: ⁷ ‘The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.’ ” ⁸ Then they remembered his words.

⁹ When they came back from the tomb, they told all these things to the Eleven and to all the others. ¹⁰ It was Mary Magdalene, Joanna, Mary the mother of James, and the others with them who told this to the apostles. ¹¹ But they did not believe the women, because their words seemed to them like nonsense. ¹² Peter, however, got up and ran to the tomb. Bending over, he saw the strips of linen lying by themselves, and he went away, wondering to himself what had happened.



salm 16

- ¹ Keep me safe, my God,
for in you I take refuge.
- ² I say to the Lord, "You are my Lord;
apart from you I have no good thing."
- ³ I say of the holy people who are in the land,
"They are the noble ones in whom is all my delight."
- ⁴ Those who run after other gods will suffer more and more.
I will not pour out libations of blood to such gods
or take up their names on my lips.
- ⁵ Lord, you alone are my portion and my cup;
you make my lot secure.
- ⁶ The boundary lines have fallen for me in pleasant places;
surely I have a delightful inheritance.
- ⁷ I will praise the Lord, who counsels me;
even at night my heart instructs me.
- ⁸ I keep my eyes always on the Lord.
With him at my right hand, I will not be shaken.
- ⁹ Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,
- ¹⁰ because you will not abandon me to the realm of the dead,
nor will you let your faithful one see decay.
- ¹¹ You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.



Fill me
○ with
JOY
in your
presence



Illuminate a Psalm

Underline, circle, or note anything that stood out to you in this psalm. Are there any images that are particularly resonant?

Choose a word, phrase, or verse from the psalm to creatively copy below; you might handletter it, add color or other artistic elements, or even draw images instead of using words.



● ● ●
● ● ●
● ● ●

REFLECTION QUESTIONS

Where in your life are you experiencing disappointment, grief, or anguish? What are the places of death that need resurrection in your life?

How is Jesus inviting you into hope and prayer as you wait for him to bring healing and restoration to unfinished or difficult strands of your story?

Where is there desolation in your community, society, field of study or work? How might God invite you to seek shalom there and carry life and resurrection into those places of desolation?



Iconic Moments

- You've likely heard the saying, "A picture is worth a thousand words." In certain religious traditions, icons are those pictures. People who paint icons are actually called writers, and they are said to write icons because the icons can visually convey complicated and numerous insights into Jesus and the kingdom of God. So, when you look at an icon, you are actually reading it.

The Holy Spirit is the Great Writer and is writing icons in your life all the time. Iconic moments can come in many forms, from intense to mundane. It's up to us to look for them and read them. Take time now to identify three iconic moments that the Great Writer wrote for you over the past year.

In the blank space, you can write a few key words, or draw a sample image, or paste in a photo that encapsulates what God was doing in that scene.

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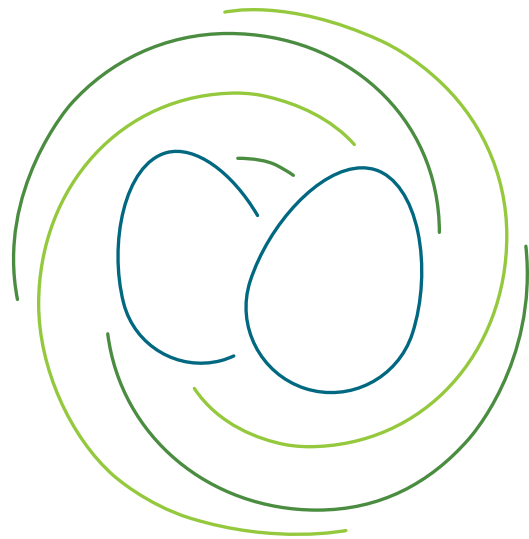


Part 4



Community

BRANCH 3



Visio Divina



Kevin

HIS CARE FOR THE BLACKBIRDS

Kevin lived in tension with his desire for solitude and his leadership responsibilities in the vibrant community he founded. Legend says that while he was deep in prayer, a blackbird roosted in his outstretched palm. His life of worship and solidarity compelled him to endure the discomfort and inconvenience of that posture until new life emerged.

Glendalough



VISIO DIVINA REFLECTION QUESTIONS

Take a few deep breaths. Let your eyes move through the painting. What catches your eye? Focus on that portion of the work and sit with it for a minute.

Breathe in and out and let your body and mind slow down. Invite the Lord to speak to you about what you see.

What feelings does this painting evoke?

How do you see the interplay between solitude and community working together here?

What do you notice about the ways the Spirit is at work in this scene?

How is your time in solitude with God critical to the call to steward your life in love toward others?

Pause now and ask, "God, what do you want to give me today that can bless others?"



Field Notes

We invite you to experience the Celtic Way with your whole self. When we tune into our breath and all of our senses, we can become more present to our bodies, our surroundings, and to God. Use the space below to write or draw anything that you would like to remember about your walk. For example, what did you see, hear, smell, touch, taste?





M Matthew 13:31-32

³¹ He told them another parable: “The kingdom of heaven is like a mustard seed, which a man took and planted in his field. ³² Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches.”

L Luke 1:46-55

⁴⁶ And Mary said:

“My soul glorifies the Lord

⁴⁷ and my spirit rejoices in God my Savior,

⁴⁸ for he has been mindful

of the humble state of his servant.

From now on all generations will call me blessed,

⁴⁹ for the Mighty One has done great things for me—

holy is his name.

⁵⁰ His mercy extends to those who fear him,

from generation to generation.

⁵¹ He has performed mighty deeds with his arm;

he has scattered those who are proud in their inmost thoughts.

⁵² He has brought down rulers from their thrones

but has lifted up the humble.

⁵³ He has filled the hungry with good things

but has sent the rich away empty.

⁵⁴ He has helped his servant Israel,

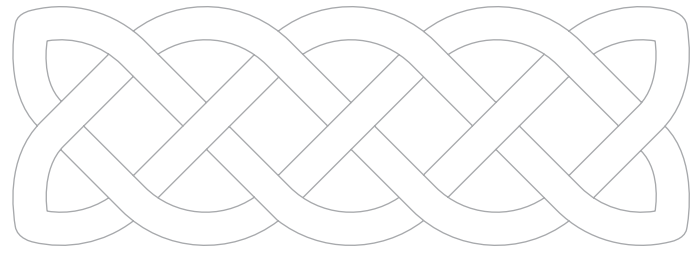
remembering to be merciful

⁵⁵ to Abraham and his descendants forever,

just as he promised our ancestors.”



salmon 84



- ¹ How lovely is your dwelling place,
Lord Almighty!
- ² My soul yearns, even faints,
for the courts of the Lord;
my heart and my flesh cry out
for the living God.
- ³ Even the sparrow has found a home,
and the swallow a nest for herself,
where she may have her young—
a place near your altar,
Lord Almighty, my King and my God.
- ⁴ Blessed are those who dwell in your house;
they are ever praising you.
- ⁵ Blessed are those whose strength is in you,
whose hearts are set on pilgrimage.
- ⁶ As they pass through the Valley of Baka,
they make it a place of springs;
the autumn rains also cover it with pools.
- ⁷ They go from strength to strength,
till each appears before God in Zion.
- ⁸ Hear my prayer, Lord God Almighty;
listen to me, God of Jacob.
- ⁹ Look on our shield, O God;
look with favor on your anointed one.
- ¹⁰ Better is one day in your courts
than a thousand elsewhere;
I would rather be a doorkeeper in the house of my God
than dwell in the tents of the wicked.
- ¹¹ For the Lord God is a sun and shield;
the Lord bestows favor and honor;
no good thing does he withhold
from those whose walk is blameless.
- ¹² Lord Almighty,
blessed is the one who trusts in you.

My
heart
& flesh
cry out
for the
living
God.





Illuminate a Psalm

Underline, circle, or note anything that stood out to you in this psalm. Are there any images that are particularly resonant?

Choose a word, phrase, or verse from the psalm to creatively copy below; you might handletter it, add color or other artistic elements, or even draw images instead of using words.

● ● ●
● ● ●
● ● ●

REFLECTION QUESTIONS

How have you been like the birds in Jesus' parable, finding a restful branch of welcome in the Kingdom community?

How do you need to be filled and refreshed by God?

What would help prepare you to care for your community?

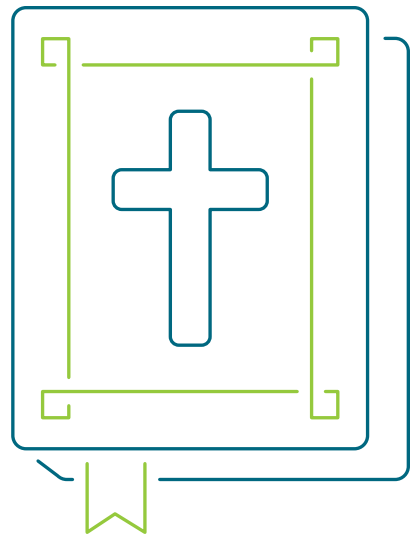
How is God inviting you to say "yes" to an "egg" God has placed in your hand?

If there is a situation where the needs of community feel overwhelming, how can you take a step toward the particular thing—big or small—where God is inviting you to care or act?

Are there things that you are taking on that God may want you to release? Or, are there ways that God may want to invite others to share in the burden of care you said "yes" to?

Story

BRANCH 4



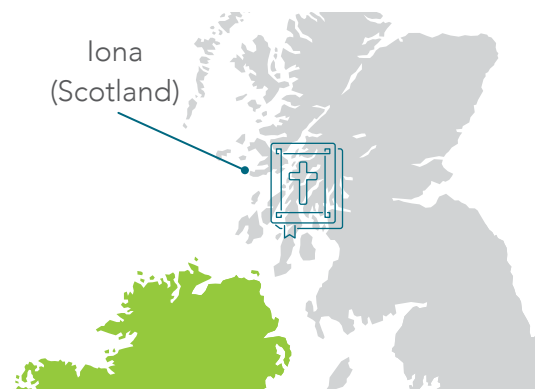
Visio Divina



Columba

HIS EXILE & LEGACY

Columba founded a monastic seminary in Scotland where monks later created the illuminated manuscript, the Book of Kells. His work as a pastor, scholar, scribe, poet, and hymn writer influenced church plants and missionary training schools.



VISIO DIVINA REFLECTION QUESTIONS

Take a few deep breaths. Let your eyes move through the painting. What catches your eye? Focus on that portion of the work and sit with it for a minute.

Breathe in and out and let your body and mind slow down. Invite the Lord to speak to you about what you see.

What feelings does this painting evoke?

What do you notice about how the Spirit is at work in this scene?

What kind of prayer rises from within you as you ponder this piece?

How has God been at work in and through your life story?

As you've been walking along the Celtic Way, how do you sense God shaping your story and inviting you to share it with others?



Field Notes

We invite you to experience the Celtic Way with your whole self. When we tune into our breath and all of our senses, we can become more present to our bodies, our surroundings, and to God. Use the space below to write or draw anything that you would like to remember about your walk. For example, what did you see, hear, smell, touch, taste?





John 8:2-11

² At dawn he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them. ³ The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group ⁴ and said to Jesus, “Teacher, this woman was caught in the act of adultery.

⁵ In the Law Moses commanded us to stone such women. Now what do you say?”

⁶ They were using this question as a trap, in order to have a basis for accusing him.

But Jesus bent down and started to write on the ground with his finger. ⁷ When they kept on questioning him, he straightened up and said to them, “Let any one of you who is without sin be the first to throw a stone at her.” ⁸ Again he stooped down and wrote on the ground.

⁹ At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. ¹⁰ Jesus straightened up and asked her, “Woman, where are they? Has no one condemned you?”

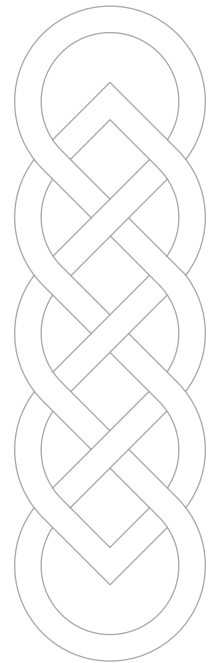
¹¹ “No one, sir,” she said.

“Then neither do I condemn you,” Jesus declared. “Go now and leave your life of sin.”

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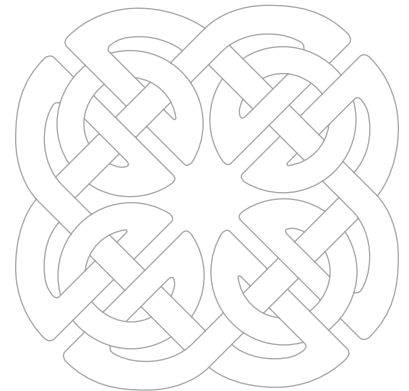
psalm 51

- ¹ Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
- ² Wash away all my iniquity
and cleanse me from my sin.
- ³ For I know my transgressions,
and my sin is always before me.
- ⁴ Against you, you only, have I sinned
and done what is evil in your sight;
so you are right in your verdict
and justified when you judge.
- ⁵ Surely I was sinful at birth,
sinful from the time my mother conceived me.
- ⁶ Yet you desired faithfulness even in the womb;
you taught me wisdom in that secret place.
- ⁷ Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
- ⁸ Let me hear joy and gladness;
let the bones you have crushed rejoice.
- ⁹ Hide your face from my sins
and blot out all my iniquity.
- ¹⁰ Create in me a pure heart, O God,
and renew a steadfast spirit within me.
- ¹¹ Do not cast me from your presence
or take your Holy Spirit from me.
- ¹² Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.



Your
unfailing
love

- ¹³ Then I will teach transgressors your ways,
so that sinners will turn back to you.
- ¹⁴ Deliver me from the guilt of bloodshed, O God,
you who are God my Savior,
and my tongue will sing of your righteousness.
- ¹⁵ Open my lips, Lord,
and my mouth will declare your praise.
- ¹⁶ You do not delight in sacrifice, or I would bring it;
you do not take pleasure in burnt offerings.
- ¹⁷ My sacrifice, O God, is a broken spirit;
a broken and contrite heart
you, God, will not despise.
- ¹⁸ May it please you to prosper Zion,
to build up the walls of Jerusalem.
- ¹⁹ Then you will delight in the sacrifices of the righteous,
in burnt offerings offered whole;
then bulls will be offered on your altar.



My mouth
will
declare
your
praise.



Illuminate a Psalm

Underline, circle, or note anything that stood out to you in this psalm. Are there any images that are particularly resonant?

Choose a word, phrase, or verse from the psalm to creatively copy below; you might handletter it, add color or other artistic elements, or even draw images instead of using words.

Columcille Fecit

ATTRIBUTED TO COLUMBA

That I might search the books all,
That would be good for my soul
At times kneeling to beloved Heaven;
At times psalm singing;
At times contemplating the King of Heaven
Holy the chief;
At times at work without compulsion
This would be delightful.
At times plucking duilisc from the rocks;
At times at fishing;
At times giving food to the poor;
At times in a Carcair
The best advice in the presence of God
To me has been vouchsafed.

REFLECTION QUESTIONS

Are there ways you notice yourself clinging to false narratives that are causing you to wither? Do you recognize ways that shame is making you believe you can never change?

What work may God, the Master arborist, the loving tree doctor, want to do in your life?

God invites us to lay down our attempts to shape, control, and make our stories perfect. Are there places where Jesus is inviting you to surrender parts of your story so that he can transform it with his love and mercy?

How do you see God's story playing out in certain areas of your life?

Who might be blessed to hear how God has been at work in your story? Are there particular people, places, or communities that come to mind?

As you think about taking a posture of discovering God at work in other peoples' stories, who are some people whom you would like to ask about their story?

D

ebriefing the Celtic Way

- Using your journal or just your memory, think back on the four Roots and four Branches
- walks that you have taken. Invite Jesus to bring to mind any key experiences, learnings, or promptings you had, and note them by the appropriate Root or Branch.

BRANCH 2
Resurrection

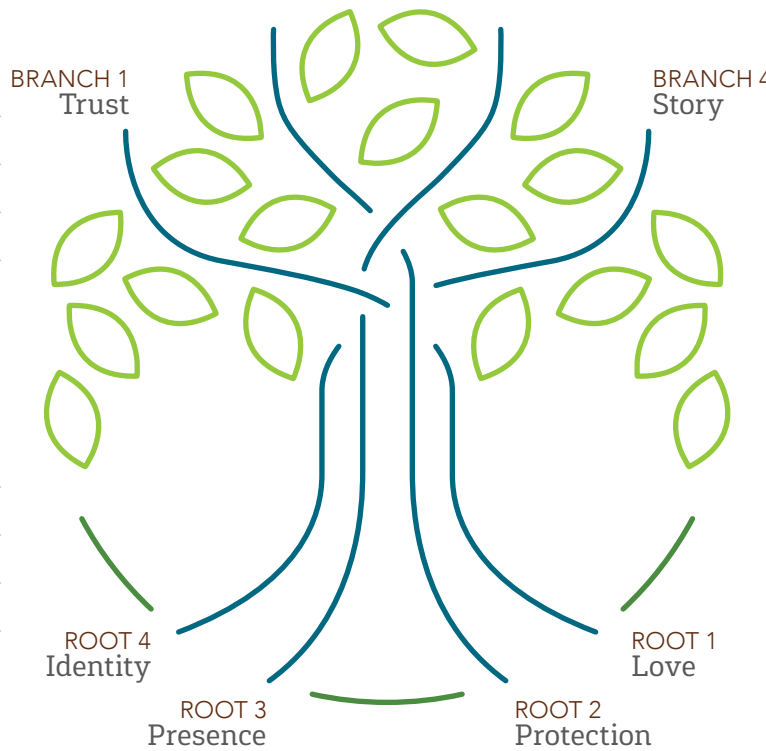
BRANCH 3
Community

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D

ebriefing the Celtic Way

- Was there a Root or Branch that particularly resonated with you? Why do you think a
- particular theme resonated with you at this time of your life?

Was there something that consistently drew your attention on your walks? Why might your attention have been drawn to that in this season of your life?

Was there a particular invitation from God to you? If so, what was it, and how will you respond?

A ppendix



Daily Examen

IGNATIUS OF LOYOLA

One of the central characteristics of Celtic Christianity is an awareness of God's presence in all of life. Being attentive to God's presence does not necessarily come naturally to us, so practices such as the Examen can help us stop during the day to look for the movement of God in the people and events of our lives. St. Ignatius of Loyola (1491-1556) detailed this prayer practice in *The Spiritual Exercises*, a collection of Christian meditations, contemplations, and prayers.

There are many ways to practice the Examen. Essentially in this prayer you are asking two questions: 1) where in my day was I most aware of God's movement? and 2) where in my day was I least aware of God's movement? It is not necessary or even desired to go over every detail of your day. Instead, during this time (perhaps 5-10 minutes), invite the Holy Spirit to bring to mind key moments.

Take time to quiet yourself with a few deep breaths.

Give thanks to God for the day.

Reflect on when you were aware of God's presence, perhaps by using one of the following sets of questions.

- For what moment am I most grateful? For what moment am I least grateful?
- What was the most life-giving part of my day? What was the least life-giving?
- When today did I have the deepest sense of connection with God? When did I have the least sense of connection?
- Where did I experience consolation? Where did I experience desolation?
- What brought me joy? What irritated me?

In light of this review, is God inviting you to respond in any way?

Offer up your day to God without judgement and rest in God's steadfast love and mercy.

And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God. - Philippians 1:9-10

Visio Divina & Lectio Divina

Lectio Divina—divine reading—is an ancient spiritual practice for listening to or reading a passage of scripture in a way that is different from Bible study as most of us are familiar with it. Instead of a more intellectual approach, Lectio Divina invites us to alleviate some of the *effort* that we might normally put in, and allow ourselves to lean more into a posture of *receiving* the words of scripture as we are in that moment. As Paul says in Hebrews 4:12, “the word of God is alive and active,” and Lectio Divina is another way to experience that.

As you’ve experienced at the beginning of each Root and Branch before our walks, Visio Divina—divine seeing—offers us the same way to connect with God through artwork.

We look and listen with the eyes and ears of our heart, as if we are in conversation with God, and God is suggesting the topic of discussion.

Here are four contemplative movements you can use with artwork or a scripture passage:

1. VISIO/LECTIO *Seeing/Reading*

Gently let your eyes move through the image or your ears listen.

What catches your eye or ear? Where do you notice Christ? Focus on that and sit with it for a minute.

2. MEDITATIO *Reflecting*

Breathe in and out, and let your body and mind slow down as you meditate on the image or scripture passage. Invite the Lord to speak to you about what you noticed.

What feelings does this image or passage evoke? Why might a particular aspect of the image or a certain word/phrase be resonating with you today?

3. ORATIO *Responding*

What kind of prayer rises from within you as you ponder it?

Enter into dialogue with God. Listen for what God might be saying to you.

What do you say to God?

What is God’s invitation to you?

4. CONTEMPLATIO *Resting*

Finally, when your prayer is finished, rest quietly in God’s loving presence, allowing the prayer to be absorbed into your heart.

Breath Prayer

Breath prayer invites us to let our physical body represent what's going on spiritually. We're involving our bodies in our prayer, you might even say letting our bodies pray.

In Genesis 2:7, the scripture says, "and the LORD God formed man of the dust of the ground and breathed into his nostrils the breath of life and man became a living soul." Right at the very beginning, we have this intimate inhale from God and exhale into our bodies. And the truth is, this hasn't changed, this wasn't a one-time deal in Genesis. This is a picture of the reality we live in: As you inhale, you're breathing in God's breath, the gift of life to you. And, as you exhale, you're expressing life and love back to God. Breathing becomes both a reminder of the God in whom we belong, and an embodied declaration that we are God's with every Spirit-filled, Imago-Dei breath that we breathe.

We can integrate our breathing with scripture and prayer using an ancient Christian practice called breath prayer. At its simplest, it involves repeatedly inhaling and exhaling a truth about God for several minutes.

Because breath prayer is repetitive and uses very few words, it helps us surrender and free us from having to figure out what to say to God. We don't need to say a lot to convince God to intervene. He knows our needs and can choose to respond whether we say a lot, a little, or nothing at all..

Considerations for breath prayer while walking or sitting:

- Allow a passage of scripture to inspire the phrase you choose to repeat as your prayer. Is there a particular name for God that feels meaningful? What is a simple truth about God you find in the passage?
- Find a comfortable rhythm to your breathing.
- As you breathe in, call on a biblical name or image of God.
- Breathe out a simple truth about God or a God-given desire of your heart.

Examples:

- Breathe in "Jehovah Jireh," breathe out "you provide" (Genesis 22:14).
- Breathe in "Good Shepherd," breathe out "lead me through this valley" (Psalm 23).
- Breathe in "Nothing can separate me," breathe out "from the love of God" (Romans 8:38-39).

Retreat Days

There is tremendous value in routinely setting aside a day to disconnect and be in solitude with God; InterVarsity staff are encouraged to do this monthly. Jesus himself took time regularly to distance himself from everything else in order to be alone with and renewed by the Father.

You might spend an extended time in scripture, or a book about spiritual growth, or revisiting your journal or calendar to process what has been happening since your last retreat.

Visit the following links from InterVarsity for more information:

- Guide to Spending a Day with Jesus
<https://learningandtalent.intervarsity.org/spiritual-formation-prayer/spiritual-formation-training/spend-day-jesus-guide>
- Days of Retreat in InterVarsity
<https://learningandtalent.intervarsity.org/spiritual-formation-prayer/spiritual-formation-training/days-retreat-intervarsity>
- Retreat of Silence Guides for InterVarsity Staff (login required)
<https://staff.intervarsity.org/retreat-silence>
- Seeds of Hope 4-Week Prayer Guide (\$10)
<https://www.bettedickinson.com/shop/p/seeds-of-hope-4-week-guide>
- Seeds of Hope 4-Day Guide through Loss & Disappointment (free)
<https://mailchi.mp/8b64efb4a659/seeds-of-hope>

Spiritual Direction

InterVarsity Press author and spiritual director, Beth Booram, says that “Spiritual direction helps us integrate our splintered lives.” These are people who are called and gifted in listening for the movements of God as they accompany you and listen to whatever seems important to you. All have been through a training program for spiritual direction.

Everyone: You can locate and interview a potential spiritual director through websites like <https://sdc Companions.org/>

InterVarsity Staff: A growing number of seasoned staff are available to accompany you in your spiritual journey. Find a list of InterVarsity spiritual directors at <https://learningandtalent.intervarsity.org/resources/spiritual-formation-support-list>

Journeys with InterVarsity Study Abroad

If a weeklong retreat sounds appealing, InterVarsity Study Abroad welcomes students, staff, and ministry partners to join an in-person pilgrimage in Europe.

Visit <https://studyabroad.intervarsity.org/get-involved/european-journeys> for descriptions and videos of the Journeys for study abroad students.

Email studyabroad@intervarsity.org if you would like to be notified about upcoming Journeys for staff/partner Journeys.

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