

Gilly's Quiet Garden

Inner strength
for the outer journey

Turmoil and Peace.

*This reflection is based around a
prayer space I created in the
chapel at Foxhill in 2019.*

I painted this while attending a retreat at Foxhill, 'Creative Pathways to Wholeness' led by Keith and Maggie Hilditch, which I had booked onto to further explore the link, in my own life, between creativity and spirituality. Maggie had suggested that I needed to 'free up' and break out from my instinct to do neat tiny pictures. At just over 40cms sq it's still not all that large but gave me a sense of freedom as I worked with the acrylic paint.



Jonathon Green, the director of Foxhill, commented that it reminded him of 'turmoil and peace', thus the title of the next chapel prayer space was decided upon!

Jesus says:

"Peace I leave with you; my peace I give you.
I do not give to you as the world gives.
Do not let your hearts be troubled and do
not be afraid."

John 14:27

We live in times of turmoil:

turmoil in ourselves,
in our families,
in our communities,
in our country,
and throughout the world.



I had recently come across these two prayers written by Andrew Rudd; they meant a lot to me so I incorporated them into my picture and also used them in the prayer space

But Jesus is our peace.

An invitation to bring order from the turmoil:

You may like to hold your hands, palms uppermost, in an attitude of 'receiving', as you say the following prayer:

**Creator Spirit
come and bring light
come and bring order
come and pour
the love of Christ
into our hearts.**

Andrew Rudd

Bring your concerns to God; concerns about those you love, situations that trouble you, and leave them with Him.

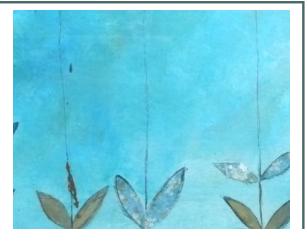
You may like to hold your hands, palms uppermost, as you say the following prayer, turning them over (to 'let go') as you say the last line:

**And so all these things
I cannot hold**

**I entrust them
to the mystery
to the love of God
And let them go.**

Andrew Rudd

I encourage you to treat these reflections prayerfully, taking time to consider the thoughts and questions within the context of your own life. If you are in the habit of keeping a journal do use that to help your responses.





Foxhill Chapel Prayer
Space Oct/Nov 2019
'Jesus is our Peace'



On a personal note...

Although I am generally at the 'creative end of life', I am generally less than confident around art materials, and so it was a big thing for me to use a piece of my own work as the centre of the prayer space on this occasion.

As participants on Keith and Maggie's retreat we had all given feedback on each others' art work. I was delighted at the positive response that I had, and wrote this prayer/reflection...

Lord

You took me beyond my comfort zone
Encouraged by Keith
Inspired by Maggie
Admired by others
(much to my surprise)

As I worked through the words which have
meant so much to me in recent weeks
I felt your hand take mine
Moving the brush strokes outwards
Helping me to 'let go'
Helping me to know your presence

Thank you
Thank you for the encouragement
for the knowledge that you can use my uncertainty
to bless others

Thank you for blessing me.