

Saturday 27th

A day of "Gratitude within me in silence". Silence is always a great gift and this day is appreciated by everyone as an opportunity to reflect, to come to ourselves, to refocus, especially if the priorities of our vocation have become vague, and gain new strength.

The day began with centering prayer, bodywork and Morning Prayer. During the morning and afternoon many of our members offered their gifts to provide a rich variety of spiritual impulses and for that alone we can be most grateful. For myself this was an opportunity simply to walk and reflect. After the intense input of the previous two stays - combined with much sitting! - it was so refreshing to enjoy walks in the forest with its moist undergrowth after the recent thaw, the smells, the birdsong, surrounded by huge pine trees, and in contrast the clearings where wood had been cut for logging. Be attentive and be grateful! We are a part of a universe which can sustain us and if we could but see it there is all that we need - which is different from all that we want. Then there was the possibility of walking by the lakeside into the town, passing the church which we visited yesterday. A quiet town is Rättvik, small but spread out, though no doubt the camping site, caravans and chalets will be bustling with life in the impending summer season. Gorgeous sunlight, the first we had seen, glistened on the lake and kissed our faces. The pier, stretching a good way out into the lake, made a tempting walk with a number of photo opportunities.

The eucharist, presided over by Maike, assisted by Josip, at which we reflected on Psalm 139 and danced the Trisagion - Agios o theos, agios ischuros, agios athanatos, eleison emas.

And finally a special festive supper to celebrate our 25th anniversary. The chef had done us proud with a special celebratory cake. Then afterwards, to wind down the day, more fellowship at the social.