

Meditation on Land Acknowledgements For FCC UCC Team and Committee meetings

Lectio Divina is a practice that invites the reader into prayerful conversation with a sacred text, often the Bible. In this case, you will be invited to meditate on an excerpt of a Land Acknowledgement. During this brief meditation, you are encouraged to pay close attention, and notice how the statement speaks to you, how it comforts, surprises or challenges you, and how it may be calling you to respond.

NOTE: Choose a text that is relatively brief – no more than ten to twelve lines. It may be a portion of a longer Land Acknowledgement.

*Share with the group the above introduction to *Lectio Divina*, and the source of the Land Acknowledgement you have chosen (ie, “This is from the Cape Elizabeth Land Trust,” for example).*

Then proceed with these or similar words:

Leader: I invite you to settle in your seat. Close your eyes, if you are comfortable doing so, or just take a soft focus. Inhale and exhale, and find the ground beneath your feet.

I am going to read a passage. I invite you to listen, and focus on one word or phrase that catches your ear.

When I finish reading, we will take a few breaths of silence, during which you are invited to dwell on that one word or phrase. Then I’ll invite you to speak that word or phrase out loud, for others to hear.

READ THE TEXT.

Take 5-6 breaths of silence, then ask:

Leader: What did you hear? What words or phrases caught your ear?

Remain in the quiet and allow a few people to say their words. Then say:

Leader: I'm going to read the text one more time. As you listen, I invite you to ask yourself: "How are these words speaking to us at First Congregational Church, in this season? How might we be called to respond?"

READ THE TEXT A SECOND TIME.

Take 6-10 breaths of silence.

Then say,

Leader: I invite you to open your eyes or refocus on the people around you. And let's take a few minutes to respond: What did you hear? How is this text speaking to our church right now? How might we be called to respond?

Allow 3-5 minutes for discussion.

Offer a brief closing prayer:

Leader: God of all land and all peoples, bless our reflections and all our faith-filled responses. Amen.