



PRECIOUS WATER MEDITATION

Priest Marianna Gronek created the following Meditation for a recent Epiphany Vestry retreat. May it bring you joy and draw you closer to the Creation and the Creator.

*If you are near a body of water, wonderful!
If not, you might use a pitcher of water as your representative.
Try to imagine deepening your connection to the flowing energy that water brings.*

Invitation

“We praise You, Creator God, for Sister Water,
so useful, humble, precious and pure.”

[St Francis of Assisi]

Glory be to the Creator, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be. Amen.

Opening Prayer

Gracious God, present everywhere, may your love, like water, pour over our thirsty spirits, cleansing, refreshing, and renewing us. Be present as we seek to know you, to love you, and so respond to your unconditional love for us. Amen.

Take a handful, or handfuls of the water, and sprinkle it over you.

Meditation by Linda Gibler: From The Beginning to Baptism

Creation is water-drenched. All living beings on Earth are born of water – in oceans or ponds, within eggs, seeds, or wombs. In even the most arid climates on Earth, all living beings rely on water.

Water surrounds and fills the cells of every living thing. It is the circulation of water throughout a being that sustains its life. Even nonliving beings are shaped by water. As we shall see, water cools stars and planets. Mountains are eroded and valleys molded by water’s persistent presence. Without water there is no life; there are no stars, no living planets, no clouds, no mountains, no prairies, and no children of any species.

Water is sacred. Our Bible overflows with stories of water. The significance of water in baptism is told most dramatically in the stories of creation, the great flood, the crossing of the Red Sea and the Jordan River, and in Jesus’ own baptism. Water’s sacredness has been acknowledged in the Christian mysteries since the earliest days of the church.

Take a few moments to imagine the water flowing around you. Imagine the water is moving through the molecules of your body, cleansing and taking all that does not serve you into its oneness with your Loving Creator.

Psalm 42 Adapted from Nan Merrill

As a deer longs for flowing streams, so longs my soul for you, O Beloved.
My soul thirsts for the Beloved, for the Living Water.

When may I come and behold your face?

Tears have been my only nourishment day and night, while friends ask continually, "Why do you seem so lost and forlorn?"

All this I remembered, as I poured out my soul; how I knew your presence within me, as I went out among the throng; with loud voice we gave you praise and acclamation, a multitude proclaiming gratitude and joy.

Why are you cast down, O my soul, and why are you disquieted within me? My hope is in the Beloved, my strength and my joy, O my soul, open the door to Love!

My soul is cast down within me, yet I remember you from my mother's womb to maturity, through all the days of my life. Deep calls to deep at the thunder of your waterfalls; all the waves and your billows have washed over me.

By day you lead me in steadfast love; at night your song is within me, prayer from the Heart of my heart.

O my soul, let not the quagmire of injustice keep me from radiating your peace, your love and light to the world. My hope is in you, O Spirit of Truth; be my strength and my guide. O my soul, let us celebrate the Oneness of all Creation.

Closing Prayer

Thank you, Lord, for carrying me through this day. Forgive me for all the impurities I allowed to enter my mind and heart. Make me as pure as water once again. Cleanse me of thoughts that did not live up to your love. Wash away all the desires that went against your will. Purify my mouth of the words spoken out of haste, anger and thoughtlessness. Have mercy on me for my poor decisions and failure to act from your Spirit. May I lie down and sleep in your peace. Make me pure as water. Cleanse me of everything that is not of you. So be it. Amen.

<https://www.osms.org/ye/water/prayer.html>

<https://sleepingwithgod.org/water-prayer>