

rend

/ˈrend /

verb

- TO SPLIT OR TEAR APART OR IN PIECES
- TO TEAR AS A SIGN OF ANGER, GRIEF, OR DESPAIR
- TO FRAY
- AN EXPRESSION OF EMOTION AND INDIGNATION

her

"... AND A WOMAN WAS THERE WHO HAD BEEN SUBJECT TO BLEEDING FOR TWELVE YEARS. SHE HAD SUFFERED A GREAT DEAL UNDER THE CARE OF MANY DOCTORS AND HAD SPENT ALL SHE HAD, YET INSTEAD OF GETTING BETTER SHE GREW WORSE ..."

Mark 5:25-26

Imagine this bleeding woman.

Imagine her suffering, her pain, her discomfort.

Imagine her relentless requests for help.

Imagine all her resources depleted.

Imagine her emotional, physical and mental state.

Imagine *her*.



you

IN WHAT WAYS DO YOU FEEL FRAYED,
OVERWHELMED, AND/OR WORN?

HOW HAVE YOU BEEN GIVING OF YOURSELF IN
HOPES OF REMEDY, IN WAYS THAT ONLY MAKE
YOU FEEL WORSE?

IN WHAT WAYS DO YOU FEEL LET DOWN BY
FAMILY, PROFESSIONALS, COLLEAGUES, PEERS,
OR GOD?

WHAT EMOTIONS ARE YOU ABLE TO GET IN
TOUCH WITH RIGHT NOW?

Jesus

- Choose a piece of cloth to rend.
- Find your own space to contemplate this adapted prayer from Psalm 13:

HOW LONG, LORD?

HOW LONG WILL YOU HIDE YOUR FACE FROM ME?

HOW LONG WILL I WRESTLE WITH MY THOUGHTS

HOW LONG WILL I HAVE SORROW IN MY HEART?

HOW LONG WILL MY ENEMY TRIUMPH OVER ME?

WILL YOU FORGET ME FOREVER?

LOOK ON ME AND ANSWER, LORD MY GOD.

- When you are ready, tear your cloth as a visible engagement of your emotions; frustration, indignation, anger, overwhelm, etc..
- Trust that this rending is a precursor to mending
- Weave this rent piece of cloth into your burlap

release

/rə'lēs/

verb

- ALLOW OR ENABLE TO ESCAPE FROM CONFINEMENT; SET FREE
- TO ALLOW MOVEMENT AND ACTION
- TO HAND OVER TO THE DIVINE THAT WHICH IS TOO TANGLED AND COMPLEX
- TO GIVE OVER THAT WHICH IS KNOTTED

her

"... AND NO ONE COULD CURE HER." Luke 8:43

Imagine her bound by a religious system that deemed her impure.

Imagine her bound by cultural norms that deemed her unfit to live within city limits.

Imagine the knots of dehumanizing laws and traditions that entangle her.

Imagine her bound to isolation, no identity in the world. Unattached to husband, brothers or father.

Imagine the knots of disempowerment.

Imagine the knots of shame.

Imagine her tired hands, trying to untie all these knots.

Imagine *her*.



you

WHAT KNOTS IN YOUR LIFE DO YOU FIND
IMPOSSIBLY TANGLED?

Perhaps it's a knot of fear

Perhaps it's a knot of distrust

Perhaps it's a knot of systemic oppression

Perhaps it's a knot of illness

Perhaps it's a knot of loss of identity or belonging

Perhaps it's a knot of not knowing what to do any more

Perhaps it's a knot of not wanting to do anything more

HOW WEARY ARE YOU FROM TRYING TO UNTIE?



Jesus

The icon, "Our Lady Untier of Knots", is revered in Argentina and Brazil. She offers an invitation to release all the knotty things in our lives that we can't solve.

- Choose TWO pieces of rope.
- Find your own space and make a knot for each area you identified as being too entangled.
- When you are ready, release one piece of knotted rope to Our Lady Untier of Knots.
- Weave the second knotted rope into your burlap.
- At any point, consider this prayer as you release:

"OUR GOOD GOD, KNOWN TO US IN THIS POWERFUL IMAGE OF THE MOTHER, WITH YOUR SON AND MY LIBERATOR, JESUS, TAKE INTO YOUR HANDS TODAY THESE KNOTS, AMEN."

reorient

/ˌrēˈôrēənt/

verb

- CHANGE THE FOCUS OR DIRECTION OF
- TO REACQUAINT ONESELF WITH A SITUATION, ENVIRONMENT, THE DIVINE
- TO CAUSE TO TURN
- TO DISCOVER AGAIN

her



SHE THOUGHT, "IF I JUST TOUCH HIS CLOTHES,
I WILL BE HEALED." Mark 5:28

Imagine how long it's been since she's had a conversation with anyone.

Imagine how long it's been since she's touched or been touched.

Imagine the condemnation she's internalized from her society, religion, and God.

Imagine her diminished sense of self, and the orientation of her inner dialogue:

"If I just stay hidden, then I will survive."

"If I just keep my gaze downcast, then I'll be ok."

"If I just declare myself 'unclean', then I'll be safe."

Imagine the reorienting it took her to entertain this different thought: "If I just touch his clothes, then I will be healed."

Imagine *her*.



you

IN WHAT WAYS HAVE YOU INTERNALIZED
MESSAGES ABOUT YOURSELF FROM OTHERS?
SOCIETY?

IN WHAT WAYS DO YOU ORIENT TO THESE
VOICES?

IN WHAT WAYS DO YOU EXERCISE THE
"IF...THEN" CLAUSE WITH YOURSELF? WITH GOD?
FILL IN YOUR OWN:

IF I JUST _____ THEN I WILL BE _____

IF I JUST _____ THEN I WILL BE _____

IF I JUST _____ THEN I WILL BE _____



Jesus

"Love is not something you can bargain for, nor is it something you can attain or work up to—because love is your very structural and essential identity—created in the image of God. God is forever united to this love within you; it is your soul, the part of you that always says yes to God. Your True Self, God's Love in you, cannot be exhausted." Richard Rohr

Try reacquainting yourself to this truth:

**GOD'S LOVE FOR YOU CANNOT BE
BARGAINED FOR OR EXHAUSTED**

- Slide the gold ribbon out of this card.
- Weave this gold ribbon into your burlap as a reminder to reorient to God's constant love and presence.

restore

/rə'stôr/

verb

- TO REINSTATE, TO BRING BACK
- TO RETURN TO A PREVIOUS CONDITION, PLACE OR SITUATION
- TO REST

you & Jesus

"GOD IS A MENDER. GOD TAKES WHAT THE WORLD CONSIDERS DISPOSABLE, CURLS UP IN A LARGE CHAIR AND LOOKS WITH PATIENCE TO REPAIR WHAT IS BROKEN IN EACH OF US. GOD SEES OUR TEARS AND TENDERLY STITCHES US UP. IT IS AN AFFIRMATION OF WORTH." Laura Everett

- Curl up with God in a chair now.
- Eat some chocolate!
- Read an article or two of Laura's recommending,
- Listen to the "Reservoir Retreat" playlist tinyurl.com/Sturbridge2019 or use this QR code

"REST ITSELF IS NOT INDULGENT, TO REST IS TO PREPARE TO GIVE THE BEST OF OURSELVES, AND TO PERHAPS, MOST IMPORTANTLY, ARRIVE AT A PLACE WHERE WE ARE ABLE TO UNDERSTAND WHAT WE HAVE ALREADY BEEN GIVEN." David Whyte



resilience

/rə'zilyəns/

noun

- THE CAPACITY TO RECOVER QUICKLY FROM DIFFICULTY
- LAYERS UPON LAYER OF PERSISTENCE, DETERMINATION, GRIT AND HOPE
- TO THRIVE IN THE FACE OF CHALLENGE AND THREAT

her



"SHE HAD HEARD ABOUT JESUS, AND SHE CAME UP BEHIND HIM IN THE CROWD AND TOUCHED THE FRINGE OF HIS CLOTHES." Luke 8:44

Imagine her fear.

Imagine her physical worry of making someone else unclean as she brushed by them in the crowd.

Imagine her heart worry of making Jesus unclean with her touch.

Imagine her determination to press pass the legal prescription of her religion.

Imagine her perseverance to press through the layers of stigmatization and social taboos.

Imagine her strength to push, to stretch, to take action.

Imagine what she is reaching for as she extends herself to Jesus.

Imagine *her*.



you

WHAT LAYERS CAN YOU IDENTIFY, THAT HAVE SHAPED YOUR OWN RESILIENCE?

CONSIDER THE LAYERS WHERE YOU'VE HAD TO PUSH, FIGHT AND FACE FRICTION

CONSIDER THE LAYERS THAT HAVE BEEN SMOOTH, BOLSTERED BY MENTORS, FRIENDS AND OTHERS

CONSIDER THE LAYERS THAT HAVE BEEN DIVINE AND MYSTERIOUS, DEPOSITING SHEER AND MIGHTY DROPS OF HOPE AND PEACE IN YOUR HEART

- Take time to walk around the canopy and feel the selection of hanging textiles.
- Select 3 that resonate as layers in your life.
- Layer them on top of one another and weave them into your burlap.



Jesus

It is possible that Jesus was wearing a *tallit*, or a prayer shawl. Jewish men wore these as a visible sign of devotion to the commandments of God, and in times of prayer to cover their heads, to be covered in the presence of God. At the hem of this shawl would have been many fringes and tassels.

- Please take one tassel home with you.
- When you are feeling weary, alone or overwhelmed, may this tassel be a tangible reminder that Jesus' presence and love binds to every layer of your being; seen, unseen, fragile, rough, smooth and yet to come.
- Take in this resiliency prayer from God to you:

"BE STRONG AND COURAGEOUS. DO NOT BE TERRIFIED; DO NOT BE DISCOURAGED, FOR THE LORD YOUR GOD WILL BE WITH YOU WHEREVER YOU GO." Joshua 1:9

reclaim

/rə'klām/

verb

- TO RETRIEVE OR RECOVER
- TO BRING UNDER CULTIVATION
- TO RESCUE FROM A DEEMED UNDESIRABLE STATE
- TO BE BROUGHT INTO NEW LIGHT

her



HE SAID TO HER, "DAUGHTER, YOUR FAITH HAS MADE YOU WELL; GO IN PEACE." Luke 8:48

Imagine the names to which she answered, "impure, outcast, unworthy, unkempt, homeless, despicable."

Imagine the name, "her."

Imagine the power of names.

Imagine the power of names to reclaim honor, health, identity, belonging.

Imagine the power of the name to create new names; "worthy, strong, adored, seen, invited, welcomed, loved."

Imagine the power of name, to empower.

Imagine the power of the names within the name, "daughter."

Imagine Jesus' voice, in a whisper or raised above the crowd, naming her "daughter".

Imagine *her*.



you

WHAT NAMES HAVE POWER OVER YOU?

WHAT NAMES EMPOWER YOU?

WHAT NAMES HAVE BEEN GIVEN TO YOU?

WHAT NAMES HAVE YOU CREATED?

BY WHAT NAMES DO YOU CALL YOURSELF?



Jesus

"To name something is part of the project of being human. God from the very beginning creates and names, creates and names. To be named is to be summoned into being, and to name is to participate in this project of living."

Pádraig Ó Tuama

THE PROJECT OF BEING HUMAN AND THE PROJECT OF LIVING ARE BIG, CHALLENGING, ADVENTUROUS PROJECTS. WHAT HELPFUL NAMES DOES JESUS WHISPER OR SHOUT TO YOU THESE DAYS?

- Write these names on the shiny side of the white strip. (*Press hard with a pencil).
- When you are ready, tear the paper from the shiny fabric.
- Keep the paper side if you'd like.
- Weave the sheer, shiny fabric into your burlap.

reorder

/rē'ôrdər/

verb

- TO REARRANGE IN A DIFFERENT WAY
- TO CHANGE OR DISRUPT THE KNOWN STRUCTURE OR SYSTEM
- TO DE-CENTER
- TO GIVE OVER POSSESSION OR CONTROL OF AUTHORITY, POWER, STATUS, PRIVILEGE

her



"IMMEDIATELY HER HEMORRHAGE STOPPED; AND SHE FELT IN HER BODY THAT SHE WAS HEALED OF HER DISEASE. IMMEDIATELY JESUS WAS AWARE THAT POWER HAD GONE FORTH FROM HIS BODY." Mark 5:29,30

Imagine yourself in her body at this moment.

Imagine what it felt like to have a repaired body.

Imagine what filled the sudden absence of pain .

Imagine what was felt in pain's place.

Imagine Jesus' power flowing into a body that was only previously seen for having blood flow out of it.

Imagine what power feels like in her body.
Like a stranger? Welcomed? Like living?

Imagine *her*.



you

IN WHAT WAYS HAS POWER KEPT YOU
HIDDEN OR SILENT?

IN WHAT WAYS HAS POWER GIVEN YOU
VOICE AND STATUS?

IN WHAT AREAS DO YOU HAVE POWER?
Family? Relationship? Vocation? Education?

IN WHICH AREAS DO YOU LONG FOR POWER?

WHAT WOULD IT LOOK LIKE TO REORDER
POWER, INCLUDING YOUR POWER IN THESE
SPHERES?



Jesus

Jesus transposes his power, re-centers worthy attention and disrupts the scripted narrative of this marginalized woman.

With Jesus there is no power *over* someone there is only power *with* someone that invites a giving away, a sharing, and a receiving.

Jesus does the hard, radical work of reordering power and invites us to do so as well.

- Take a strip of burlap/ribbon cloth.
- If you are eager to reorder your power, to share or let go of it in some way, weave the burlap side up into your burlap.
- If you are longing for empowerment, for your voice and presence to be visible, weave the vivid ribbon side up into your burlap.

reinforce

/rēin'fôrs/

verb

- STRENGTHEN OR SUPPORT (AN OBJECT, A SUBSTANCE, A PERSON), ESPECIALLY WITH ADDITIONAL MATERIAL.
- TO BELIEVE IN
- LAYER UPON LAYER UPON LAYER OF DARKNESS AND LIGHT, ENCOURAGEMENT AND ACCOMPANIMENT



aj

YOU HAVE WOVEN INTO YOUR BURLAP THE STORY OF YOUR MENDING - A MYRIAD OF KNOTS, POWER, PAIN, INSTABILITY, RESILIENCE, AND BEAUTY.

THE VISIBILITY OF THIS WEAVING IS HONEST AND VULNERABLE.

- LAY YOUR MENDING STORY ALONG THE MANY STORIES OF MENDING IN THIS RESERVOIR COMMUNITY.

AS YOU DO, OFFER A PRAYER OF GRATITUDE FOR ALL THE WAYS GOD HAS ENGAGED YOUR BODY, SOUL, AND MIND TODAY.

- PIN THE CORNERS WITH SAFETY PINS.

re-member

/rə'membər/

verb

- RECALLING THINGS BACK TO THE MIND, THAT ONE HAS SEEN, KNOWN OR EXPERIENCED IN THE PAST
- BRINGING BACK TOGETHER PIECES, FRAGMENTS FROM A SPREAD OUT, DISCONNECTED STATE
- THE EUCHARIST, COMMUNION