

Growth - Leaders Guide (Christian)

A service/guided session to take time to plant intention, hope and gratitude into the coming season.

This service was originally created to mark Rogation for St James's Piccadilly, London UK, monthly 'Creative Spirit' service, in May 2018 by artist Amy Diana Poole.

There are three versions of this pack:

- This document is based on the original service around 'Rogation',
- For a 'Christian' version generalised around growth, prayer and intention, but not rogation specifically, remove the **red text** below from your service.
- Or a 'Standard' version looking at the same themes without religious affiliation.

All resources needed to conduct this service are in this guide (or the 'standard' versions dependent on your preference).

There is a list of poems/passages at the end of this document, which should be printed and presented separately.

Image sources can be found here:

<https://www.pinterest.co.uk/adpoole93/creative-spirit/>

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Introduction to be read by leader: 5 mins

The word rogation comes from the Latin verb *rogare*, meaning "to ask".

In former times this occasion was used to bless the fields, praying for a good harvest.

Today we are taking this time to plant intention, hope and gratitude into the coming season.

Take your time to read the passages around the space and reflect on the images. Meditate on what you need, what you want to grow in your life, or of the lives of those around you.

When you are ready, join me in making seed bombs, we will plant our intention and prayers to God into this soil.

You can then take them home or release them into an open space of your choice, to grow, bloom and multiply through the grace of God.

1. Reflection

Give the attendees time to reflect on the images and read the passages before making the seed bombs together.

When doing this service I created a corner of images and passages on one side of the space and then a circle on the floor at the other end of the space for making the seed bombs. This way attendees could come and go from the session, taking time away for reflection, or sitting together in a circle for making.

2. Instructions to make seed bombs.

Mix 10 parts soil to 1 part flour. (I recommend teaspoon measures)

Slowly add water and mix slowly until the mixture becomes sticky like dough.

Roll into a golf-ball size ball.

Fill a tray with wildflower seeds.

Roll your mud balls around until covered in seeds.

Leave to dry, when they're ready to throw in your garden or public space.

(They will be better for throwing if you let them dry overnight)

3. Planting Intention.

The list below gives the meaning or intentions behind each plant. You may have different seeds, but I have included this in case it is useful. Some people may wish to use the meaning associated with the plants as a sign of their intention rather than creating their own.

Forget Me Not Flower

- True and undying love
- Remembrance
- Fidelity and loyalty

Cornflower

- Being happy with what you have (Contentment)
- Love and attraction

Poppy Flower

- Restful sleep and recovery
- A lively imagination
- Peace in death, Resurrection and eternal life
- Beauty, success, extravagance and luxury

Foxglove

- Healing
- Fertility
- Resurrection

Chamomile

- Abundance (Attracting wealth)
- Patience

Daisy

- Innocence and purity
- New beginnings
- True love
- Secrecy

Candytuft Snowflake

- Joy
- Indifference
- Adaption

I am a seed.
In darkness I have lain,
Where it is cold and wet.
Hearing the patter of life above me, life moving past me.
Waiting.

I have been the seed on dry ground.
Blinded by light,
Consumed in heat.
Burning too fast with nowhere to root,
Being swept away on a slight breeze or under foot.
Shrinking, cracking.

Please guide me to soft soil,
To a womb from where I can grow.

Lead me towards silken sunlight,
Smooth enough to drink its gold.

Cleanse me with pure water,
A well of eternal life through you.

I wish to thrive.
For my roots to break concrete,
And my branches to bear fruit.
My bloom to inspire poetry,
And my breath to give life.

I am a seed.
I thank you, and hold my trust in you,
For now my journey begins.
Now I will grow.

- Amy Diana Poole

Mark 4: 26-29 The Parable of the Seed Growing

And he said, "The kingdom of God is as if a man should scatter seed on the ground. He sleeps and rises night and day, and the seed sprouts and grows; he knows not how. The earth produces by itself, first the blade, then the ear, then the full grain in the ear. But when the grain is ripe, at once he puts in the sickle, because the harvest has come."

Mark 4: 30-32 The Parable of the Mustard Seed

And he said, "With what can we compare the kingdom of God, or what parable shall we use for it? It is like a grain of mustard seed, which, when sown on the ground, is the smallest of all the seeds on earth, yet when it is sown it grows up and becomes larger than all the garden plants and puts out large branches, so that the birds of the air can make nests in its shade."

Psalm 97:11

Light-seeds are planted in the souls of God's people, Joy-seeds are planted in good heart-soil.

Psalm 126

Those who sow in tears shall reap with shouts of joy! He who goes out weeping, bearing the seed for sowing, shall come home with shouts of joy, bringing his sheaves with him.

1 Timothy 6: 18-19

They are to do good, to be rich in good works, generous, and ready to share, thus storing up for themselves the treasure of a good foundation for the future, so that they may take hold of the life that really is life.

Mark 4:20

The ones on whom seed was sown on the good soil; and they hear the word and accept it and bear fruit, thirty, sixty, and a hundredfold.

Psalms 65: 5-13

By awesome deeds you answer us with righteousness, O God of our salvation, the hope of all the ends of the earth and of the farthest seas; the one who by his strength established the mountains, being girded with might; who stills the roaring of the seas, the roaring of their waves, the tumult of the peoples, so that those who dwell at the ends of the earth are in awe at your signs. You make the going out of the morning and the evening to shout for joy. You visit the earth and water it; [2] you greatly enrich it; the river of God is full of water; you provide their grain, for so you have prepared it. You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth. You crown the year with your bounty; your wagon tracks overflow with abundance. The pastures of the wilderness overflow, the hills gird themselves with joy, the meadows clothe themselves with flocks, the valleys deck themselves with grain, they shout and sing together for joy.

2 Corinthians 9: 6-11 The Cheerful Giver

The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully [4] will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that having all sufficiency [5] in all things at all times, you may abound in every good work. As it is written, "He has distributed freely, he has given to the poor; his righteousness endures forever." He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness. You will be enriched in every way to be generous in every way, which through us will produce thanksgiving to God.

Psalms 147 1-9

Praise the LORD! For it is good to sing praises to our God; for it is pleasant, [1] and a song of praise is fitting. The LORD builds up Jerusalem; he gathers the outcasts of Israel. He heals the brokenhearted and binds up their wounds. He determines the number of the stars; he gives to all of them their names. Great is our Lord, and abundant in power; his understanding is beyond measure. The LORD lifts up the humble; [2] he casts the wicked to the ground. Sing to the LORD with thanksgiving; make melody to our God on the lyre! He covers the heavens with clouds; he prepares rain for the earth; he makes grass grow on the hills. He gives to the beasts their food, and to the young ravens that cry.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law

Romans 8:18-25

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in* hope we were saved. Now hope that is seen is not hope. For who hopes* for what is seen? But if we hope for what we do not see, we wait for it with patience

Deuteronomy 11:10-15

For the land that you are about to enter to occupy is not like the land of Egypt, from which you have come, where you sow your seed and irrigate by foot like a vegetable garden. But the land that you are crossing over to occupy is a land of hills and valleys, watered by rain from the sky, a land that the Lord your God looks after. The eyes of the Lord your God are always on it, from the beginning of the year to the end of the year.

If you will only heed his every commandment* that I am commanding you today—loving the Lord your God, and serving him with all your heart and with all your soul— then he* will give the rain for your land in its season, the early rain and the later rain, and you will gather in your grain, your wine, and your oil; and he* will give grass in your fields for your livestock, and you will eat your fill.

Psalms 107

O give thanks to the Lord, for he is good :
for his loving mercy is for ever.
Let the Lord's redeemed say so :
whom he has redeemed from the hand of the
enemy,
And gathered in from every land,
from the east and from the west :
from the north and from the south.
Some went astray in the wilderness and in the
desert :
and found no path to an inhabited city;
They were hungry and thirsty :
and their heart fainted within them.
Then they cried to the Lord in their distress :
and he took them out of their trouble.
He led them by the right path :
till they came to an inhabited city.
Let them thank the Lord for his goodness :
and for the wonders that he does for the
children of men;
For he satisfies the thirsty :
and fills the hungry with good things

Psalm 104

Bless the Lord, O my soul :
O Lord my God, how great you are!
Beside them the birds of the air build their nests:
and sing among the branches.
You water the mountains from your dwelling on high:
and the earth is filled by the fruits of your work.
You cause the grass to grow for the cattle :
and all green things for the servants of mankind.
Man goes out to his work :
and to his labour until the evening.
Lord, how various are your works :
in wisdom you have made them all,
and the earth is full of your creatures.
There is the wide, immeasurable sea :
there move living things without number,
great and small;
There go the ships, to and fro :
and there is that Leviathan
whom you formed to sport in the deep.
These all look to you :
to give them their food in due season.
When you give it to them, they gather it :
when you open your hand
they are satisfied with good things.
When you hide your face, they are troubled :
when you take away their breath,
they die and return to their dust.

When you send forth your spirit they are created:
and you renew the face of the earth

Milk and Honey by Rupi Kaur

Stay strong through your pain
Grow flowers from it
You have helped me grow flowers out of mine so
Bloom beautifully
Dangerously
Loudly
Bloom softly
However you need
Just bloom

- To the reader

Milk and Honey Rupi Kaur

The universe took it's time on you
Crafted you precisely
So you could offer the world
Something distinct from anyone else
So when you doubt
How you were created
You doubt an energy greater than us both

When I Am Among the Trees, Mary Oliver

When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and daily.

I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.

Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.

And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."

Praying, Mary Oliver

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
small stones; just
pay attention, then patch

a few words together and don't try
to make them elaborate, this isn't
a contest but the doorway

into thanks, and a silence in which
another voice may speak.