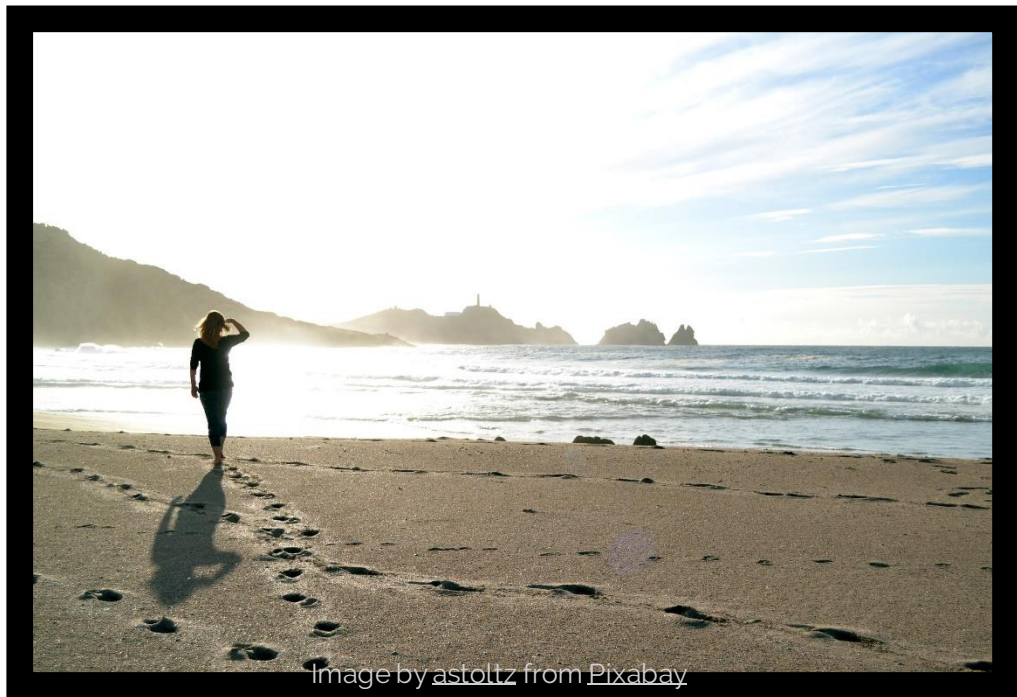


An Aboriginal Spirituality - Walking in Peace



Going Deeper

An Aboriginal Spirituality - Walking in Peace

Prayer Opportunity One

We Reflect

Dr Miriam-Rose Ungunmerr (AO) is an Aboriginal elder from Nauiyu (Daly River), where she served for many years as the principal of the local Catholic primary school. She is a renowned artist, activist, writer and public speaker.

Divide her reflection into two parts – firstly for Prayer Opportunity One, and secondly for Prayer Opportunity Two.

[Dadirri_Handout.pdf \(miriamrosefoundation.org.au\)](http://miriamrosefoundation.org.au/Dadirri_Handout.pdf)

We Listen

A reading from Matthew 11:28-30 (NRSV)

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

We Respond

Take a moment to slowly reread the verse from Matthew .

- Highlight the words or phrases which speak to you.
- What is Jesus' message for you in this verse?

Contemplative Prayer

The word contemplative brings to mind thoughts of a reflective attitude, quiet, silence, and solitude. Contemplative prayer does not require words, rather it is about getting in touch with the presence of God.

It can be as natural as sitting in your favourite place, a moment of reflection on a good friend or watching your children play.
It reminds us of God's greatness and love.

It is not about talking to God but about becoming aware of God's presence around us.

Contemplative prayer takes practice.

(Sometimes a lot of practice.)

Try this simple prayer activity as a starting point .

Prayer Through Silence

Find somewhere quiet where you won't be interrupted.

Decide how long you will spend in contemplation.

Get comfortable and remain as still as possible.

Imagine that with each breath, you are breathing in the peace of God.

Each breath out blows out any negative feelings which have built up for you.

Control your breathing – be mindful and deliberate with it.

As you breathe, draw each breath into the centre of your body.

As you breathe out feel Gods' spirit and peace relaxing and soothing your body.

As you relax, allow your thoughts to be guided towards the things you can see around you.

Allow them to remind you of God's presence about you.

Do this until you have reached your time limit.

End your contemplation with a prayer of thanks.

An Aboriginal Spirituality - Walking in Peace

Prayer Opportunity Two

We Reflect

Dadirri. - Miriam-Rose Ungunmerr-Baumann ...

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*Miriam - Rose Ungunmerr- Baumann -
Ungunmerr Baumann M. [online]; Available from URL:
<http://liturgyplanningcom.ozhosting.com/liturgies/72.pdf>*



Image: Sunrise – by skeeze from Pixabay

We Listen

A reading from Matthew 6:25-26 (NRSV)

"Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?"

We Respond

Take a moment to slowly reread the verse from Matthew.

- Highlight the words or phrases which speak to you, or raise questions in your mind.
- Jesus says "Don't worry about your life". What are the things you have found yourself worrying about lately?
- What would Jesus say if you asked him to help you find more peace and less worry.

Contemplative Prayer

When we are trying to seek God's presence, contemplative prayer techniques suggest it is often useful to watch an object and to think of it as a window on the other side of which is God.

Simply looking at the object without thinking or trying to put a meaning on it often allows for contemplative awareness of God to surface.

Contemplative Prayer through Art

Choose an item of art on which to focus.

It may be a painting, a picture, a religious icon , a cross/crucifix.
It doesn't matter what image you use.

Find a comfortable place to sit and look into your chosen item.
Decide how long you will spend in contemplation.

Allow your breathing to slow as your body calms and settles.

As you look into your item explore it with your eyes, look into every corner and detail.

Think of your item as a window. On the other side is God looking out at you as you look in.

Allow God to communicate with you by way of your item.
Don't worry about how or when - simply continue to allow your heart to be open.

Continue this until you have reached your time limit.

End your contemplation with a prayer of thanks.

From: Blyth TA. 50 Ways to pray, practices from many traditions and times. Nashville (TN): Abingdon Press; 2006.

The Dreaming Prayer

Creator of all, you gave us the Dreaming.
You have always spoken to us through our beliefs.
You then made your love clear to us in the person of Jesus.

We thank you for your care.
You own us, you are our hope.
Make us strong as we face the problems of change.
We ask you to help all the people of Australia
To listen to us and respect our culture.

Make the knowledge of you grow strong in all people,
so that you can find a home in us,
and we can make a home for every one in our land.
this we pray through Jesus Christ our Lord.
Amen.

*Prepared by a national committee of Indigenous people
for the Visit of Pope John Paul II to Australia in 1986*