



Prayers for times of change

Islands: a playful and soggy meditation

You will need: a water container; water; sand, playdough or stones; waterproof people figures; lolly sticks or twigs

Pour enough water into your container to cover the base. Use sand, stones or lumps of playdough to make an island in the middle.

Then have fun breaking the island into smaller islands, with water between them. Depending on the age of your group, you might want to put a person on each island – Playmobil or Lego, for example. Then read the following slowly and invite everyone to play with the seascape and share comments while you do so.

Look. The one island has broken off into separate islands. They were all together and now there's water between them. See how the water separates these islands, though they were all part of the same piece of land. They are the same... but they've changed.

Our planet is changing all the time, sometimes quickly like when a volcano happens (*make a splashy volcano appear*); sometimes slowly, like tectonic plates shifting. Sometimes lands move apart and sometimes they move closer together. (*Move one island further away from the others and one island closer to another.*)

Sometimes people put up fences and walls to separate themselves and sometimes they put up bridges and build boats to bring things together. (*Put a stick across one island to divide it, and put another stick between islands as a bridge.*)

An island can be a place to find freedom and it can be a place to be in prison. It can be a place to run away from or to run away to. It can be a place of safety or a place too fragile to survive.

A poet called John Donne (pronounced 'Dunn') wrote: 'No man is an island entire of itself; every man is a piece of the continent, a part of the main.'

Talk about what you think John Donne meant. Which of our islands do you like best? What's good about being on an island, and what's good about being all together? If things split up, do they have to stay apart forever?

