

## **A Contemplative Prayer Reel**

*This prayer activity was inspired by a Scottish dance which includes a reel of three whereby three dancers weave around each other in a figure of eight. Here the Trinity is understood as three persons interwoven together in a constant movement, rather like a dance, in which we, our community and the whole of creation are invited to participate.*

1. Mark out a figure of eight on the floor with rope, string or ribbon – make this as large as space will allow.
2. Walk the reel following the rope quietly and reflectively three times focusing your thoughts on the relationships within the Trinity.
3. Then walk the reel three more times but by stepping first one side of the rope and then the other and repeating this around the reel, the first time focus your thoughts on your participation within the Trinity as a child of God, the second time focus on the people around you as children of God and the third time focus on the whole creation as caught up in God.

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