

**TURNING OF THE SEASONS,
4 DIRECTIONS PRAYER. Intergenerational
As conceived by Kathy Harwood Long**

For solstices and equinoxes--you, or someone facing in each of the directions becomes the visual example to follow. Lead the prayers starting in the east, clockwise full circle. To vary this, I've created a large circle around the sanctuary. We still turn in the four directions with the prayers, but we move the circle one quadrant for each prayer. Music options: "Turn, Turn, Turn"--or "Here Comes The Sun"--or....go outside!

BOWING TO THE LIGHT OF THE EAST:

We bow in the direction of the east where we see the first glimpse of the sun's rays. The direction of newness: our new day, new light, and fresh starts. "Let there be light!"

We open our hands above our head, receptive to the goodness of now.

Resting our hands on our hearts, we gather this light into loving gratitude.

Moving our hands before us, and out in every direction, including behind us, we radiate this light for the good of all. Thank you beloved creation that we call the body of God.

BOWING TO THE LIGHT OF THE SOUTH:

We bow in the direction of the south where we experience the fullness of the sun's light--the great Divine light that powers life; our source of healing and revealing.

We open our hands above our head, receptive to the goodness of now.

Resting our hands on our hearts, we gather this light into loving gratitude.

Moving our hands before us, and out in every direction, including behind us, we radiate this light for the good of all. Thank you beloved creation that we call the body of God.

BOWING TO THE LIGHT OF THE WEST:

We bow in the direction of the west where we experience the last glimpse of the sun's light...honoring the ebbing light of day, the ebbing experiences of life when the physical gives way to mystery, the medicine of transformation.

We open our hands above our head, receptive to the goodness of now.

Resting our hands on our hearts, we gather this light into loving gratitude.

Moving our hands before us, and out in every direction, including behind us, we radiate this light for the good of all. Thank you beloved creation that we call the body of God.

BOWING TO THE LIGHT OF THE NORTH:

We bow in the direction of the north where we see no sun yet experience light--the direction of Wisdom and Strength, revealing our ability to see light when there is darkness and mystery.

We open our hands above our head, receptive to the goodness of now.

Resting our hands on our hearts, we gather this light into loving gratitude.

Moving our hands before us, and out in every direction, including behind us, we radiate this light for the good of all. Thank you beloved creation that we call the body of God.

AS ABOVE, SO BELOW; AS WITHIN, SO WITHOUT. AMEN.