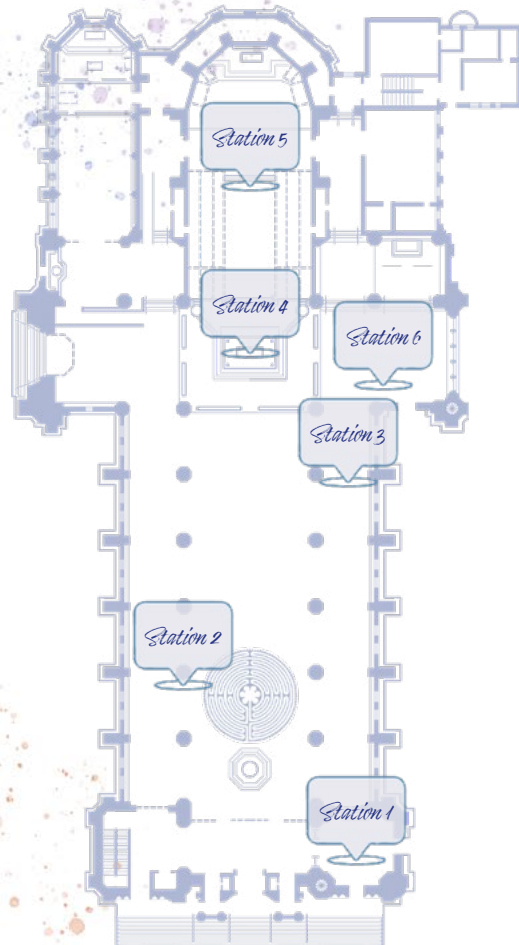


Artist theologians Yohana Junker and Cláudio Carvalhaes have designed a series of meditations and small rituals for you to engage throughout the Cathedral. At the heart of each ritual, the question that emerges is *how to intimate and love our places, our bodies, our communities, our land otherwise*. Glow slowly and move with your breath.

## ROOTED IN LOVE

### **Invocation: Tread Softly: We are (on) sacred grounds**

You have come from ten thousand places. You have walked ten thousand miles through deserts and mountains, waterways and cityscapes. You have communed with ten thousand beings. How has love encircled you in these journeys? What grounds you in love? Stand still. Pause. Maybe feel the soles of your feet planted on the ground. You have arrived. This is the fullness of your life. The following stations invite you to engage in small rituals to ground yourself as you experience love and art. And so it begins.



### *Station 1*

#### **En-rooting, Re-Rooting**

**Where:** AIDS Interfaith Memorial Chapel

**Ruminations:** As you enter the space of the cathedral, you are invited to step into the AIDS Interfaith Memorial Chapel. Within this space, there are many elements, including artist Keith Haring's *"The Life of Christ,"* portions of the AIDS Memorial Quilt, and symbols that invoke different world faiths. The chapel is dedicated to those who have been taken by and continue to fight

this dis-ease. Artists, images, and symbols tell stories that allow us to access our spiritual roots: histories, knowings, strengths, and struggles.

**Invitation:** As you let these symbols and images sink into your flesh, think about the texture and the condition of your spiritual life. Where have you planted your roots? What stories, dreams, ancestors, and spirits do they co-mingle with? What new worlding possibilities do they offer you? Roots call us and compel us to expand and deepen our levels of involvement, knowing, loving, relating. Ask yourself: do I feel grounded and well planted now? What stories do your roots tell? How will you care for your roots?

### *Station 2*

#### **Emergent Love: As Above, So Below**

**Where:** Around the edge of the Labyrinth

**Rumination:** You have thought about the texture of your root systems. Now you are invited to look up and ponder about the challenges and possibilities of lovingkindness. To look up begets a looking down. To look down begets a looking up. What have your root systems taught you about lovingkindness?

**Invitation:** "Lift up your hearts," as we hear from the prayer: *Sursum Corda*. Look up, what fruits have your trees yielded? What medicine do you carry in your leaves? As you stand before *The Striving* (or the top of your own tree), what perspectives, clarity, or understanding have you gained? As above, so below.

### *Station 3*

#### **Soterramento**

**Where:** DeRosén Mural

**Elements:** Two benches for sitting, observing, sensing.

**Ruminations:** Below the surface of our grounds there lies an amalgam of stories, histories, and memories of peoples, lands, desires, encounters, loves, and struggles. Though these stories may be submerged underneath our feet, they are not inert: they await the precise opportunity for their release. What memories, stories, and bodies press up against piles of symbolic debris waiting to be liberated from below? Which bodies, human and more-than-human have undergone a process of soterramento, that is, of being covered by soil or colonial debris?



**Invitation:** How can we uncover songs, lands, memories, histories, and peoples that have been submerged or forgotten? How can we lift the veil and take a closer look at what has been soterrado in our lives, this earth, and all our relations? In this process of reflection, how can we integrate our histories, memories, encounters with the land and one another with gestures of lovingkindness that honor those who came before us? As we listen and ponder about the past inscribed in our flesh, our ancestors who are still here, an invitation emerges: how can these memories and awareness help us connect and love in deeper ways with those around us? How can we strive toward connection, meaning, presence, and affection with those who are here in the now? Looking at the past and sensing the present, offer a simple gesture of reverence to someone you feel called to acknowledge. It can be someone from your past, someone around you, a loved one, a place, a being around you. You may say "I am here," "I see you," "I want to listen," "I honor you," "I want to learn how to better love you."

### *Station 4*

**Love: Re-seeding at the Table**

**Where:** In Front of the Altar

**Elements:** Table by the altar, clear plexi-glass stands with sachets of seeds (for looking, not taking)

**Ruminations:** As you approach the altar, you will identify seeds carefully spread on the altar, forming a mandala to represent

major world religions. What seeds compose the bountifulness of your table? The seeds carry the wisdom of the past, the sustenance of the present, the knowledge of our futures. In a world that strives for monocultures, plantations, and a lack of diversity, how do we strive to sustain bio, spiritual, and cultural multiplicity?

**Invitation:** Take a look at these seeds, the elements of this mandala, the circularity of this composition. Seeds carry so many stories, technologies, and spiritual wisdom. Their knowledge is within. Like seeds, you have been planted, nurtured, and transformed. Imagine yourself as a seed. What transformations have you undergone? What rituals of harvesting have helped you throughout these years? What seeds are present on your table? How will you commit to re-planting and diversifying your seeds?

### *Station 5*

**Sprouting, Blooming, Springing Forth: Love**

**Where:** Choir Section

**Ruminations:** Life is sprouting everywhere. It happens where we see and mostly where we don't see. There are unending symbiotic processes happening at each inch of the earth, within the waters, the land, and ourselves. The same way a variety of pollinators are taking seeds and spreading life in every field. We could call this love: Sprouting, Blooming, Springing Forth.

**Invitation 1:** As you move to the choir section of the church, you are invited to think

about what seeds have been planted in your bodyspiritplacetime today. How can you open your heart to blooming, to springing forth? Which gestures could you offer up in this space, that lets you incorporate, embody this movement toward sprouting? Listen to this music, sense your body in this space, the trajectory you just followed: what is the contour of your eco-poetic-spiritual-ancestral-embodied-political-cultural love-stories?

**Invitation 2:** As this journey begins to draw to a close, you are invited to think of a gesture that integrates these experiences with your bodyspiritplacetime. Maybe you want to raise your arms and reach for the skies. Maybe you are being called to curve your body, in reverence. Maybe you want to whisper words of love and affirmation into this space so as to incantate it. Maybe there is a prayer of love blooming in your heart. Silently externalize it. Surrender to it. Make a silent offering of blooming and springing forth: love.

### *Station 6*

**The Quieting**

**Where:** North Transept

**Rumination:** We have arrived. Not at the end but almost at the beginning again. After our journey, listening, seeing, touching, feeling, we have arrived at a place where now, we must quiet our minds and stop our thinking. We must hear the small voice within us so a different kind of knowledge might enter our lips.

Invitation: Pause, now, fully! Give yourself some time to breathe. Silently surrender to a process of quieting. You might have been alerted, encircled, and perhaps drenched in love. What invitations to pause does *The Quieting* pose to you?

### *Sending Forth*

Now that you have been through every station, go in love and in peace. Carry the roots, the seeds, the leaves, the medicine, the winds, the air, the images, the movements, the stations, the songs, the ancestors, the spirits, the blessings you received here. Go and take care of every bond of love, your human family, plant family, animal family, the rivers and patch of land you live in. May they come alive to you. May you come alive to them. May they love you, may you love them. Let love suffuse, cure, and expand you and yours.

