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Opportunities

PRAYING OUR GOODBYES

Buy a copy of this book by Joyce Rupp which also includes questions for reflection and prayers for certain loss situations.



OFFERING GIFTS

When people have lost something or someone they often appreciate receiving something or someone to fill the gap. Listen to this short [reflection](#) - what can you offer?



LECTIO 365

Download this daily devotional app on your phone and listen to the pilgrimage series on Aidan's Way starting 11 June.

NOTICE

Please note the new email address above for correspondence with Retreats.

Katafiyio continues to operate at Angel's Hills, so please do consider booking your retreat there. Individually Guided Retreats can now be arranged on-line with qualified Spiritual Directors.

Praying our Goodbyes

As was announced in April, I will be ending my service with the Diocese as Retreats Facilitator at the end of June, and moving to London to take up a new ministry. This will be another goodbye, one of many, that have been a part of my life.

Everyone in life faces goodbyes. Maybe the goodbye is to a location, school, job, home, health, person, or something else. And with every goodbye comes a sense of mixed emotions.

Transitioning from one thing to another also has its challenges. Joyce Rupp says there is a "spirituality of change" and suggests that praying our goodbyes, rather than just letting them slip by, enables the goodbye to be a more positive letting go.

**"Instead of running
from these goodbyes
we need to...
reflect on them,
to pray them."
(Joyce Rupp)**

As we are able to say a goodbye well, we are able to say a positive hello to what will come in its place. And with this positive moving forward comes the realisation that there has been spiritual growth along the way. God is in it all, no matter what affect the change will bring, and therefore it is possible to say YES to the change.



I beg assistance, God of my journey

To accept that all of life
is only on loan to me
To believe beyond this
moment

To accept your courage
when mine fails

To recognise the pilgrim
part of my heart
To hold all of life
in open hands

To treasure all that is
gift and blessing

To look at the painful
parts of my life and to
grow through them

To allow your love to
embrace me in the
empty and lonely days
To receive the truth of
your presence

To trust in the place of
'forever hello'
(Joyce Rupp)

As I say my goodbye to you I trust you, like me, will go on to say hello to many people, ideas, events, places, that will grow you deeper into the person God wants you to be. So let's go, all for God's glory!

An Exercise

GOODBYE

Think of a goodbye you are currently having to say.

Now find an image that represents that which you are having to say goodbye to.

- Look at the image - what more might it have to say to you about your goodbye?
- Think of a Bible verse that relates to this goodbye.
- Spend some time praying this verse as you think about the goodbye. How does this help?

Find another image which relates to the hello God might be asking you to say.

- What light might this throw on your hello?
- Think of a Bible verse that relates to this hello.
- Spend time praying this verse as you think about the hello. How does this help?



GOODBYE is not THE END

Watch this short [video](#). How might Jesus be showing up for you these days and saying 'hello'?