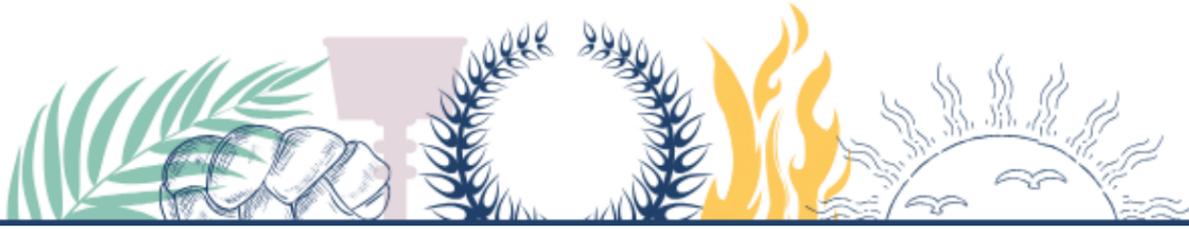


# Holy Week | *together @ home*

A COLLABORATIVE PROJECT BROUGHT TO YOU BY

Oak Grove United Methodist Church \* King of Kings Lutheran Church \* Milwaukie Lutheran Church \* STORYLINE COMMUNITY \* Fransiscan Spiritual Center



## CREATING A SACRED SPACE

A sacred space creates an opportunity for you to literally make space to honor your grief, your joy, your memories, and your moments. It draws us in, and reminds us to quiet ourselves and go deeper into the ordinary moments around us.



- Find a location for your sacred space. It can be on an empty table, a desk, or a mantle above a fireplace- depending on the size of your sacred space.
- Sacred spaces can be as ornate or as simple as you want it to be- it can stand as long as you want or it can be seasonal, made of parts that you can remove, substitute or interchange depending on where you are in your life.
- Think of a purpose for your sacred space. Will it honor an emotion, a person, a pet, a relationship, a memory, your creativity etc... this will inform how you build it.

- The building blocks can include:
  - Pictures
  - Glitter
  - Frames
  - Nature (*leaves, plants, seashells, rocks, pine cones, sand*)
  - Meaningful objects (*bracelets, a cork, a birthday card*)
  - Candles
  - Incense
  - Art (*art that exists in your home or art YOU make yourself*)
- When you gather your pieces together you can assemble them anyway you want. There is no wrong way to do this, it is meant to speak to you/your family.
- You can add to it every day of the week as a family practice, or take some time to share every week what kind of emotions the sacred space may stir up in you.



Above you'll see pictures that include every thing from leaves, religious symbolism and newspaper clippings.

But even if all you need to do is grab a picture of a loved one who has passed, or a family photo of a happy time that you are missing now, and light a candle- that is a sacred space too.