

Spirit Of Solidarity

(Adapted from *Making Waves*, Vol. 5:3, Women's Inter-Church Council of Canada, by Sabrina Di Matteo, p. 24-26)

- Hymn:** "O Holy Spirit, by Whose Breath" (CBW III #412, verses 1-3)
- Reader:** In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the deep, while a wind from God swept over the face of the waters...And God said, "Let the waters under the sky be gathered together into one place, and let the dry land appear." And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. (Genesis 1:1-10)
- Leader:** In the beginning was chaos. And the Spirit hovered over the waters.
- Left side:** We bring to mind our differences, which sometimes appear chaotic.
- Right side:** However, if the Spirit breathes upon them, then we know that our chaos can become creation.
- All:** How wonderful is that!
- LS:** Come, Breath of Life, come as the wind, and fill the temple that I am.
- RS:** Oh come, Breath of life, powerful gust, fresh draft of love, light breeze of life.
- LS:** Breathe into me, breathe into me, breathe in me!
- RS:** Breathe into me, breathe into me, breathe in me!
- All:** Breathe into me, breathe, the life of God!
- Voice 1:** There is so much noise in our lives. Noises result from technological advances which shape our environment. Cars, cell phones, television, and radio...they fill our ears until we can't even hear ourselves think, much less breathe.
- Voice 2:** Sometimes we realize that we don't know how to breathe anymore.
- Voice 3:** We would like to go back to when we were children and learn all over again how to breathe deeply, steadily.
- Voice 4:** Perhaps we could listen to the wind and follow its rhythm.
- Voice 5:** Think of the various breathing patterns you know – calm, soft sighing, or loud exhaling. Isn't it nice to breathe loudly once in a while and let it all out?
- Voice 6:** So today, let's start by breathing. Take a nice deep breath and let it out loudly. Doesn't that sound nice?
- Voice 7:** Now that we are aware of our breathing and feel our lungs strong and full, please take the balloon that is at your place. We are going to inflate them but we will not tie a knot.

- Voice 8:** So, go ahead let's blow up our balloons...Just hold it between your fingers.
- Voice 9:** Let us reflect on the Spirit, our Breath of Life and ourselves, with these balloons.
- Voice 10:** I look at this balloon, and my first thought is for the swollen belly of pregnant women. I recall their irregular breathing in labour, and the first breath of their child.
- Voice 11:** I feel this balloon with my fingers and it brings to mind the smooth feel of youthful skin. And that reminds me of the wrinkles of wisdom and its patient breathing.
- Voice 12:** I look at my balloon, and ours combined, a rainbow in our hands, and I see a celebration – a celebration of our diversity, a celebration of the breadth of our country, a celebration of possibility!
- Voice 13:** I look at my neighbour: equal yet different. We live on the same earth, breathe the same air. The battles that take your breath away, my sister, my companion, should also be mine, so that the weight of hardships may be shared. I wish to give you my breath so you will not be breathless, and receive yours in return, your breath of life.
- Voice 14:** Imagine: sister, brother, mother, daughter, son, grandmother, granddaughter, grandson – if we could breathe out all together with all our strength – all the walls we could blow down!
- Voice 15:** Our breaths could be an invisible, transforming force, here and now...We must not let our breaths be imprisoned or closed in.
- Voice 16:** They must be free in order to liberate others, to liberate ourselves.
- Voice 17:** We want to create justice, so let us free our breaths so they can join the force of the Spirit. Together, let go of your balloons: 1, 2, 3!
- Voice 18:** Let us reflect for a moment: What injustices take our breath away?

After a moment:

Voice 19: What breaths are imprisoned or closed in?

After a moment:

Voice 20: How can we as a League of Catholic women free them?

After a moment:

Voice 21: How can we make our breath and our spirit active in our endeavours for justice?

LS: Oh Holy Spirit of God, revive in us the seven gifts you have bestowed upon us in the great gust of Pentecost.

RS: Thanks to You, we recognize wisdom;

LS: We are aware of our understanding;

RS: We trust our counsel;

LS: We celebrate our courage;

RS: We put to work our knowledge;

LS: We rejoice in the “fear of God” because we rename it Reverence;

RS: And we enjoy our spirit of wonder and awe in Your presence.

All: May we draw from our gifts as we wish and according to our needs. Amen!

Hymn: “O Holy Spirit, by Whose Breath” (CBW III #412, verses 4-6)