**Wild Church Toolkit Resources**

**—Practicing Wild Church—**

**Grounding Exercise**

Close your eyes and take a few deep breaths. Feel your feet grounding you to the floor or to the earth beneath you. Feel your heart beating in your chest, your lungs taking in the air around you, and letting it out. What do you feel on your skin? Are your muscles tight? Where are you carrying tension? Take a few moments to stretch your arms, wiggle your fingers and toes, roll your neck. When you’re ready open your eyes and offer peace to someone around you—another person, a tree, or a rock.

**Land Acknowledgement**

We remember that we are part of this earth, made up of the soil beneath our feet and connected to our plant and animal kin in a rich web. We acknowledge that this land once was the home of other people, including the Washoe, the Cayuse and others [speak the names of your own Indigenous neighbors here]. We lament the destruction to life we and our ancestors have caused and commit ourselves to repairing and restoring these broken connections with our words and actions.

**Scripture:** Romans 8:18-24

**Reading:** David Abram, Becoming Animal

“Our chest, rising and falling, knows that the strange verb ‘to be’ means more simply ‘to breathe’: it knows that the maples and the birches are breathing, that the beaver pond inhales and exhales in its own way, as do the stones and the mountains and the pipes coursing water through the ground under the city. The lungs know this secret as well as any can know it: that the inward and the outward depths partake of the same mystery, that as the unseen wind swirls *within* us, so it also whirls all around us, bending the grasses and lofting the clouds even as it lights our own sensations.” (p. 39)

**Wandering and Wondering Time**

**Benediction**

As you go out from this wild place

Remember to breathe in peace

and breath out healing for the world.

**Scripture passages for wild church:**

Genesis 1-2:3

Genesis 2:4-25

1 Kings 19:4-13

Job 12:7-12

Psalm 98:4, 7-9

Psalm 46

Psalm 139:1-18

Psalm 104

Isaiah 55

Jeremiah 17:7-9

Wisdom of Solomon 7:23-30

Matthew 6:25-34

Romans 8:22-27

1 Corinthians 12:12-13

**Potential Themes**:

* Breath of Life in all things
* Listening to the trees
* Finding God in the midst of climate change
* Connecting with the land
* Creation and recreation (re-creation and the value of rest and play)
* Honoring the seasons—dark of winter, new life of spring, heat of summer, abundance of fall
* Experiencing God through all of our senses—listening, seeing, touching, smelling, tasting
* Restoration of creation (Romans 8)
* The wisdom of creation

**Wild Contemplation Cards**

**A Short Guide to Wild Contemplation**

(adapted from Victoria Loorz, Seminary of the Wild)

**Wander**. Allow yourself to be drawn to something (the sun, a stream, the wind), or someone (a hawk, a spider, a tree) that is calling you, whether a tree, a bird, or a river. Respond by opening your imagination and offering your full presence.

**Wonder**. Listen closely to what is speaking to you at this moment in this place. Use all your senses to be present.

**Share**. Engage in a conversation with what draws you, with words or thoughts. You can journal and sketch during this time. Tell this more-than-human other what you know of your own emotions in the midst of the life surrounding you.

**Gratitude**. Sing a song or bow in reverence. Give thanks for what is speaking to you in this place. Your full attention is a gift of gratitude.

**—Online Resources—**

* Wild Church Network: <https://www.wildchurchnetwork.com/>
* Wild Lectionary— a weekly eco-justice perspectives on the Lectionary from Radical Discipleship, part of Bartimaeus Cooperative Ministries: <https://radicaldiscipleship.net/tag/wild-lectionary/>
* Sample Liturgies and other resource ideas: <https://www.wildchurchnetwork.com/Wild-Resources>
* Advice for writing a land acknowledgment: <https://nativegov.org/news/a-guide-to-indigenous-land-acknowledgment/>
* Indigenous lands map: <https://native-land.ca/>

**—Print Resources—**

* *First Nations Version: An Indigenous Translation of the New Testament* (Downers Grove, IL: InterVarsity Press, 2021)
* *The Green Bible* (New York: HarperOne, 2008)
* Victoria Loorz, *Church of the Wild: How Nature Invites Us into the Sacred* (New York: Broadleaf Books, 2021)
* Tess Ward, *The Celtic Wheel of the Year: Celtic and Christian Seasonal Prayers* (Washington, DC: O Books, 2007)
* Elizabeth Roberts and Elias Amidon, *Earth Prayers from Around the World: 365 Prayers, Poems, and Invocations for Honoring the Earth* (San Francisco: HarperCollins, 1991)