

# Soul Spark



## Options and Alternatives

There are of course many further things to offer for prayer. We have made the choices to connect with the themes of the session, they are by no means the only option. One criticism that has been made is that they are rather male dominated. This was certainly not the intention, and we have looked at this and struggled to find direct alternatives. However we offer some ideas as alternatives below.

### Praying with scripture:

1. John 4: Jesus meets the Samaritan woman at the well
2. Luke 10.38-42: Jesus at home with Mary and Martha

### Pictures

3. There are a multitude of powerful pictures by the German Artist Sieger Koder depicting a wide range of biblical scenes. It hard to select just a few, but perhaps the top three would be: Jesus washing the disciples' feet, The woman looking into the well, Mary at the empty tomb.

### Poetry, Prayers and other writings

4. Poets like RS Thomas, Gerard Manley Hopkins and Mary Oliver offer rich pickings for poems that could be used.

### Other prayers,...

5. Anthony de Mello offers a vast wealth of approaches to prayer and reflection, as does Henry Morgan in his book 'Approaches to Prayer', now available on the Annunciation Trust website.
6. Canadian writer, Oriah Mountain Dreamer in 'The Invitation' provides a very powerful and moving reflection on life and relationships that draws one to ponder what is truly important.
7. The Linns (Matthew, Sheila and Dennis) in their books offer some valuable stories that can be used – e.g. in Good Goats the story of how Dennis' image of God changed.

The options are endless. What matters is not that all the riches are shared, but that people get a taste of the different possibilities and so gain some sense of which approaches they might like to explore further.