

# Nurturing Seeds of Hope, Voices of Hope

*SETTING* A table with a small bowl or basket with seeds,  
a container of soil, a plant with small buds.

## Opening

When all are gathered, invite each participant to take a seed from the container on the table. Allow some silent time inviting participants to experience the seed held in the hand.

### Prayer: Blessing of Hope

**Leader** Holy one, there is a seed of hope within me.

**All** I seek to believe in its creative potential. I will open the soil of my heart to your unconditional love.

**Leader** Beloved, I will open the soil of my heart.

**All** I will warm the seed and soil with patience and trust. I will water hope with droplets of faith, hope and love. Be with us, Beloved One.

**Leader** Spirit of Life, I turn my heart of hope toward your light that I may be a voice of hope in our world.

**All** I turn my heart toward your transforming light as you draw me faithfully into fuller growth.



### Song Refrain (sing 3 times)

Spirit, come, transform us.

Come, be our breath,  
be our hope.

Spirit, come, transform us.

Come, be our breath, be our hope.

(“*Spirit Come*” by Gregory Norbet)

## Voices Bringing Seeds of Hope

*Listening to words of Light spoken in Holy Writings—*

### READER 1) A VOICE FROM CHILI

I believe that behind the mist  
the sun waits.

I believe that beyond the dark night  
it is raining stars.

I believe that this lost ship  
will reach port.

They will not rob me  
of hope.

It shall not be broken,  
It shall not be broken.

My voice is filled to  
overflowing with  
the desire to sing,  
the desire to sing.

I believe that peace will be sown  
throughout the earth.

I believe in our nobility,  
created in the image of God,

And with free will reaching  
for the skies.

They will not rob me of hope.

It shall not be broken,  
It shall not be broken.



### READER 2) A VOICE FROM MARTIN LUTHER KING

“I have a dream” I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream...I have a dream that one day this nation will rise up and live out of the meaning of

its creed: ‘We hold these truths to be self-evident that all people are created equal.’”

*Bringing seeds of hope:*

**All** As we search for glimpses of truth, we journey together toward new levels of meaning.

**Right** As we build our world out of chaos, we journey together.

*Bringing seeds of hope:*

**All** In the face of darkness, we journey together toward the light.

**Right** As we search for glimpses of truth, we journey together.

**Left** As we search for signs of possibility, we journey together.

**Right** As we search for heralds of a new era, we journey together.

**Left** As we search for angels of hope, we journey together.

**Left** As we build our world out of shattered illusions of superiority, we journey together.

**Right** As we build our world out of our inadequate institutions, we journey together.

**Left** As we build our world out of our unfair sharing of resources, we journey together.

### READER 3) A VOICE FROM JESUS

When the book of the prophet Isaiah was handed him, Jesus unrolled the scroll and found the passage where it was written:

The Spirit of the Lord is upon me; therefore, he has anointed me. He has sent me to bring glad tidings to the poor.

To proclaim liberty to captives, recovery of sight to the blind and release to prisoners, to announce a year of favor from the Lord.

*Luke 4: 17-19*



### Bringing seeds of hope:

**All** As we build our world out of the chaos, we journey together toward a new time of justice.

**Right** As the universe unfolds, we journey together.

**Left** As the universe unfolds through spontaneous communion, we journey together.

**Right** As the universe unfolds through new levels of meaning, we journey together.

### Song Refrain (sing 3 times)

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### Ritual Action

Invite each participant to bring forth the seed they have held during this prayer time; speak a seed of hope held in the heart; plant the seed in the container of soil on the table. Circle around the table, joining hands in the closing prayer.

### Closing Prayer

**Leader** Holy God, Beloved one, Spirit of life, we ask Your blessing.



### All

May you give your seed room to breathe and expand.

May your anticipated dreams find a voice and a home in your life.

May hope move freely through our heart, gifting your spirit with enthusiasm and joy.

May you walk through storms with a sense of purpose, undaunted by fear.

May you never lose confidence in your ability to grow.

May your hope stream outward to the world, dancing in the far realms like a feather floating in a summer breeze, bringing joy to all who need it.

May you know that you are embraced in the kind circle of God.

### Song

“Take the Word of God With You”

(by Christopher Walker; published by OCP)



### Acknowledgments

“Mantle of Light” art by Doris Klein. Used with permission.

Prayer by staff of Franciscan Spirituality Center, La Crosse, Wisconsin; adapted and used with permission by Hill Connections (<http://hillconnections.org>), a web site linking Contemplation and Social Justice.