

Ash Wednesday Quiet Day Programme

We shall use the image of an open cup as an aid to our reflections*

You are invited to have a favourite mug or cup with you

- 10.00 Welcome and Introductions
- 10.15 Session 1: Letting Go
move into your space for 1 hour
- 11.30 Session 2 Emptiness
move into your space for 30 mins
- 12.15 Optional Ritual of Ashing
you are invited to have either a (cooled)
spent matchstick and/or an object on
which to draw a cross
- 12.45 Lunch
- 13.45 Session 3 Ready To Receive
move into your space for 1 hour
- 15.00 Optional opportunity to share and/or listen to others
- 15.15 Closing prayers

**Adapted from reflections by Joyce Rupp in The Cup of our Life: A Guide for Spiritual Growth*

The Cup of Life

Generous God
so many times I've come
with my empty cup
a beggar of the heart
devoid of nourishment
depleted of energy

and you have filled

Generous God
so many times I've come
afraid of unknowns
full of negatives and no's
fighting the challenges
closed and resistant to growth

and you have opened

Generous God
so many times I've come
a stranger to my spirit
crammed with cultural noise
caught in endless clutter
crowding my inner space

and you have emptied

Generous God
I come to you again
holding my waiting cup
begging that it first be emptied
of all that blocks the way
then asking for its filling
with love that tastes like you

Joyce Rupp