

Appendix – Hiking Church Resources

Here are some suggestions for gathering songs, scripture readings and final poems to use with Hiking Church.

GATHERING SONGS

We pre-taught the songs, so that people didn't need to carry paper.

- I want Jesus to walk with me (first verse only) Common Praise #512
- The journey of a thousand miles <https://stlydias.org/blog/2018/09/the-journey-of-a-thousand-miles/>
- What we need is here <https://stlydias.org/blog/2021/02/what-we-need-is-here/>
- Lead me, Guide me (simple one part only) <https://stlydias.org/blog/2013/08/songs-we-sing-lead-me-guide-me/>
- For Easter season - a simple Alleluia e.g. <https://stlydias.org/blog/2015/04/songs-we-sing-mxadana-alleluia/>

TABLE SETTING SONG

We suggest changing the lyrics slightly.

Here is bread for the hungry *heart*,
Here is wine for the thirsty *soul*,
Here is forgiveness full and free,
Here at the table of the Lord. (repeat as needed)

34 Here Is Bread for the Hungry Soul

Slow gospel style ♩ = 60

Here is bread for the hun-gry soul. Here is

wine for the thirst-y heart. Here is for-give-ness full and

Repeat as desired || Final

free, here at the ta-ble of the Lord.

Suggested use: communion

WORDS: Mary Kay Beall

MUSIC: John Carter

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BOWLUS

SUGGESTED SCRIPTURE READINGS

Proverbs 8.1-3, 22-36

¹ Does not Wisdom call,
And Understanding raise her voice?
² On the top of the heights along the road,
At the crossroads she takes her stand;
³ By the gates at the approaches of the city
In the entryways she cries aloud.
²² The Lord created me at the beginning of his work,
the first of his acts of long ago.
²³ Ages ago I was set up,
at the first, before the beginning of the earth.
²⁴ When there were no depths I was brought forth,
when there were no springs abounding with water.
²⁵ Before the mountains had been shaped,
before the hills, I was brought forth—
²⁶ when he had not yet made earth and fields,
or the world's first bits of soil.
²⁷ When he established the heavens, I was there,
when he drew a circle on the face of the deep,
²⁸ when he made firm the skies above,
when he established the fountains of the deep,
²⁹ when he assigned to the sea its limit,
so that the waters might not transgress his command,
when he marked out the foundations of the earth,
³⁰ then I was beside him, like a master worker;
and I was daily his delight,
rejoicing before him always,
³¹ rejoicing in his inhabited world
and delighting in the human race.

Job 12:7-10; Psalm 104: 27-30, 33, 34, 35b

²⁷ But ask the animals, and they will teach you;
the birds of the air, and they will tell you;
²⁸ ask the plants of the earth, and they will teach you;
and the fish of the sea will declare to you.
²⁹ Who among all these does not know
that the hand of the Lord has done this?
³⁰ In God's hand is the life of every living thing
and the breath of every human being.

³³ All of us depend on you, Creator God, to give us food when we need it.
You give it to us, and we eat it; you provide food, and we are satisfied.

³⁴ When you turn away, we are afraid;
when you take away your breath, we die and go back to the dust from which we came.
But when you give us breath, we are created; you give new life to the earth.
I will sing to the LORD all my life; as long as I live I will sing praises to my God

Psalm 148

Praise the Lord! Praise the Lord from the heavens; praise him in the heights!
Praise him, all his angels; praise him, all his host!
Praise him, sun and moon; praise him, all you shining stars!
Praise him, you highest heavens, and you waters above the heavens!
Let them praise the name of the Lord, for he commanded and they were created.
He established them forever and ever; he fixed their bounds, which cannot be passed.
Praise the Lord from the earth, you sea monsters and all deeps,
fire and hail, snow and frost, stormy wind fulfilling his command!
Mountains and all hills, fruit trees and all cedars!
Wild animals and all cattle, creeping things and flying birds!
Kings of the earth and all peoples, princes and all rulers of the earth!
Young men and women alike, old and young together!
Let them praise the name of the Lord, for his name alone is exalted; his glory is above earth and heaven.
He has raised up a horn for his people, praise for all his faithful, for the people of Israel who are close to him. Praise the Lord!

Isaiah 35:1-6

The wilderness and the dry land shall be glad,
the desert shall rejoice and blossom;
like the crocus it shall blossom abundantly,
and rejoice with joy and singing.
The glory of Lebanon shall be given to it,
the majesty of Carmel and Sharon.
They shall see the glory of the LORD,
the majesty of our God.

Strengthen the weak hands,
and make firm the feeble knees.
Say to those who are of a fearful heart,
'Be strong, do not fear!
Here is your God.
He will come with vengeance,
with terrible recompense.
He will come and save you.'
Then the eyes of the blind shall be opened,
and the ears of the deaf unstopped;
then the lame shall leap like a deer,

and the tongue of the speechless sing for joy.
For waters shall break forth in the wilderness,
and streams in the desert;
the burning sand shall become a pool,
and the thirsty ground springs of water;
the haunt of jackals shall become a swamp,
the grass shall become reeds and rushes.

Hosea 4: 1-3

Hear the word of the LORD, O people of Israel;
for God has an indictment against the inhabitants of the land.
There is no faithfulness or loyalty,
and no knowledge of God in the land.
There is only cursing, lying and murder, stealing and infidelity
These things run rampant throughout the land;
bloodshed follows bloodshed.
Therefore the land mourns,
and all who live in it languish;
together with the wild animals
and the birds of the air,
even the fish of the sea are perishing.

Matthew 7:24-29

'Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on rock. And everyone who hears these words of mine and does not act on them will be like a foolish man who built his house on sand. The rain fell, and the floods came, and the winds blew and beat against that house, and it fell—and great was its fall!'

Now when Jesus had finished saying these things, the crowds were astounded at his teaching, for he taught them as one having authority, and not as their scribes.

Luke 12:22-31

He said to his disciples, "Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? ²⁶If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive

after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

Romans 8:18-25

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes⁺ for what is seen? But if we hope for what we do not see, we wait for it with patience.

2 Corinthians 5:17-21 (from The First Nations Version of the New Testament.)

I'm saying that anyone who has been joined together with the Chosen One is now part of the New Creation for in the Chosen one the old creation has faded away and the new creation has come into being. It is the Great Spirit himself who has done all this! Through the Chosen One, Creator has removed the hostility between human beings and himself, bringing all creation into harmony once again. The Great Spirit has chosen us to represent him in the sacred task of helping others find and walk this path of peacemaking and healing--turning enemies into friends. The Great Spirit was not holding people's broken ways against them. Instead he was working in the Chosen One to bring people back into harmony with himself. He has now given us the honour of bringing this message to others. so we now represent the Chosen One. It is as if Creator is speaking through us, calling out for all people to be restored back to the Great Spirit. [Jesus], the one who knew no broken ways, was chosen by the Great Spirit to bear our broken ways, so that we would become the ones who represent his right ways.

SUGGESTED POEMS

The Summer Day by Mary Oliver

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean--
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down--
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.

Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.

Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
With your one wild and precious life?

Wild Geese by Mary Oliver

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting
over and over announcing your place
in the family of things.

The Peace of Wild Things by Wendell Berry

When despair for the world grows in me
and I wake in the middle of the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting for their light. For a time
I rest in the grace of the world, and am free.

A reading from *Embers* by Richard Wagamese p. 36

I've been considering the phrase "all my relations" for some time now. It's hugely important. It's our saving grace in the end. It points to the truth that we are all related, that we are all connected, that we all belong to each other.

The most important word is "all." Not just those who look like me, sing like me, dance like me, speak like me, pray like me or behave like me. ALL my relations.

That means every person, just as it means every rock, mineral, blade of grass, and creature. We live because everything else does.

If we were to choose collectively to live that teaching, the energy of our change of consciousness would heal each of us – and heal the planet.

Excerpts from *Brother Sun, Sister Moon* by St, Francis of Assisi

Praised be You my Lord with all Your creatures,
especially Sir Brother Sun,

Who is the day through whom You give us light.

And he is beautiful and radiant with great splendour,
Of You Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the stars,
In the heavens you have made them bright, precious and fair.

Praised be You, my Lord, through Brothers Wind and Air,
And fair and stormy, all weather's moods,
by which You cherish all that You have made.

Praised be You my Lord through Sister Water,
So useful, humble, precious and pure.

Praised be You my Lord through Brother Fire,
through whom You light the night and he is beautiful and playful and robust and strong.

...

Praise be You my Lord through those who grant pardon for love of You and bear sickness and trial.

Blessed are those who endure in peace, By You Most High, they will be crowned.

...

Praise and bless my Lord and give Him thanks,
And serve Him with great humility.

Dismissal to conclude the Season of Creation

adapted from St. Francis' "Canticle of the Sun" and related Scripture texts by Ken Sehested

What is it you wish to know, oh mortal one?

Do you think you must ascend to the highest heaven or descend to the deepest pit?

Do you not know that Wisdom has pitched a tent in your midst?

Ask the four-legged, and they will mentor you, or the winged-of-air, and they will school you;

Or speak to the earth, and it will teach you, or let the fish of the sea inform you.

Who does not know that the Gracious Host has done this?

In the Blessed One's reach is the heart of every creature, the breath of every living thing.

Brother Sun declares the Beloved's glory. His voice goes out o'er all the earth, his words to every inhabited place.

Sister Moon and stars pour forth speech to brighten the night in splendor and counsel.

Now hear the blessed promise of old, made new in your hearing:

May you go out in joy and be led back in peace, the hills bursting in song, the trees in applause!

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