

SJMC Early Fall 2026 Worship – God’s Shalom for Our Common Home
Tending to Creation Weekly At Home Activities

In Preparation for Sept 13 – Come to the Water

- Take time to visit a local water source (river, lake, canal, creek, well)
- Listen to it, smell it, touch it, observe how it interacts with plants and animals in its natural environment.
- **Fill a small container with some water, and bring the container to the Sept 13 worship service**

For Reflection: Consider the watershed that brought you this water.

- Where has the water come from and where is it going?
- How many people’s lives depend on the gift of this water? Is it used to sustain animals? Does it irrigate crops?
- Give thanks for the gift of water, that sustains all of life.

In Preparation for Sept 20 – Living in Relationship

- This week, take a walk by yourself or with a friend (human or animal) to an outdoor space in nature.
- Notice the plants, animals and people around you that make this place special and sacred.
- **Take a photo** of you (and your friend) in this outdoor place. **Share this photo for worship by emailing mark@sjmc.on.ca by Thursday morning, Sept 17th.**

For Reflection: Consider the gifts of our natural world

- What are the relationships between the various natural elements and yourself?
- Are there particular natural elements that are special to you (rocks, sky, wind, water, trees, etc)
- Give thanks for the relationship of humanity to the earth

In Preparation for Sept 27 – Walking in Wonder

- Take another walk to an outdoor space in nature
- Take notice of the cycles of creation that sustain life. (carbon dioxide-oxygen, decay and new growth, seasons, composting, etc)
- **Collect some natural item** that is a symbol of the cycles of creation, and **bring it to church this Sunday, Sept 27th**

For Reflection: Consider the cycles of creation that sustain life

- What natural cycles did you notice evidence of on your walk?
- How did this make you curious, or spark your sense of wonder?
- Give thanks for the cycles of creation that sustain life on this planet.

In Preparation for October 4 – Returning to God’s Garden

- Take another walk in an outdoor space in nature. Bring a bag with you to pick up trash
- Observe signs of human disruption, pollution and harm to this place

- **Write down your laments or losses** of this place and bring that list to share in a time of lament in worship this Sunday. Take a photo of human destruction and **share this photo for worship by emailing mark@sjmc.on.ca by Thursday morning, October 1st.**

For Reflection: Consider the harm done by humans to our natural world

- Who has suffered from the impact of environmental harm?
- Are there birds, animals, plants or insects that used to live in your area but no longer do?
- Give your laments about what humans have done to our world to God in prayer.

In Preparation for October 11 – Singing with Creation

- Take another walk in an outdoor space in nature.
- Close your eyes and simply listen to all the sounds you hear.
- **How many different bird sounds can the congregation identify this week?** You may want to use the Merlin app (<https://merlin.allaboutbirds.org/sound-id/>) **Email your list of birds to mark@sjmc.on.ca by Thursday morning, October 8th.**
- **Bring a donation of non-perishable food or fresh produce** to offer in worship this Sunday

For Reflection: Consider the gifts of God's wonderful world that we hear through our ears

- Make a mental list of all the different sounds you heard
- If you are brave, try singing your own song out loud into God's Creation.
- Give thanks for the many ways God's Creation sings!