Creating Sacred Space at Home

The Church is not a building, but a community gathered in prayer. Usually, we gather in prayer around the Altar in our nave. As we shelter in place to help reduce the spread of the Novel Coronavirus, we encourage you to gather in prayer with us in a sacred space within your home. Creating such a sacred space is simple. You won’t need to go shopping at all; simply gather a few items from within your home into a particular place from which you will pray in the weeks ahead.

For those of you living in families or with roommates, we encourage you to create your sacred space together and to ask everyone to contribute something from the list below.

First, find a place. Look for a place in your home that is quiet and out of the way of traffic. For some this will be easy. Others will need to do the best they can. Select a surface in that place such as a window sill, small table, portable tray table, or even a book shelf.

Second, gather items to signal the sacredness of the space. Once you’ve found your space, you’ll want to gather some items that will signal to you and others that this is a sacred space for prayer and meditation. These might include:

- **Cloth:** a placemat, tablecloth, or any piece of fabric. If you can, match the color to the season. During Holy Week, find something red – and be ready with something white for Easter.

- **Candle or other light source:** you can use a real candle or a battery operated faux candle to remind you that Jesus is the Light of the World. Don’t have a candle? Consider a flashlight or even a small table lamp.

- **Cross:** you can use a cross of any shape, size or style. If you don’t have a cross, you can make one out of paper, sticks tied together with twine, or even popsicle sticks.

- **Bible, BCP, Hymnal:** Place your Bible, Book of Common Prayer, and Hymnal in your prayer space, so you’ll have everything you need to pray the office or follow a service online. If you have a small pillow or towel you can roll up, you could rest your Bible on this as a sign of its preciousness to you.
**Bowl of water:** water is a sign of our covenant relationship with God. Though your water won’t have been formally blessed, you could dip your fingers in it at the beginning of your prayer time to remind yourself of your baptism.

**Icon:** a holy image of a saint or biblical figure. If you don’t have an icon but would like one, use Google to search for an icon of your favorite saint and print a copy of that from your printer.

**Object from nature:** a stone, flower, shell, acorn, etc. This reminds us of God’s creation that surrounds us always.

**Greenery:** During Lent, we generally refrain from decorating the altar with flowers, but often use greenery. Snip a few branches off one of your bushes and place them in a vase of water. Come Easter, you could add flowers to the area.

**Other meaningful objects:** You might place your rosary or other prayer beads, a small mirror (to remind you that you’re created in the image of God), a memento from a holy place or other special objects in your sacred space.

**Paper and pen:** You might keep paper and pen handy to keep a list of those for whom you’re praying.

**Finally, dedicate your space.** After you’ve gathered your items and arranged them in your chosen space, use the following simple liturgy to pray for anyone who will use the space. If you live alone, simply pray the following liturgy on your own. If more than one person lives together, take turns reading the following:

> Let them make me a sanctuary, that I may dwell in their midst.

> Lift up your hands in the holy place:
> And bless the Lord.

> Let us pray. *(Maintain a period of silence and then pray)*

> Almighty God, from you comes every good prayer, and you pour out on those who desire it yours Spirit and grace: Look favorably upon all who gather in this space to draw near to you, delivery them from wanderings of mind or coldness of heart, that with steadfast thoughts and kindled affections they may worship you in spirit and in truth; through Jesus Christ our Lord. Amen.