

Creating Sacred Space

Since we are not able to get to Church - our consecrated space - to enjoy the full spiritual benefit of Morning Prayer we need to try and consecrate both time and space; we need to create a sacred space. If there is a room or part of a room you can dedicate to prayer, that is ideal. For most of us, we need to find a place that can double as both sacred and secular space.

1. Find a place in the house that has few distractions, and is quiet and comfortable. Depending on the season it could be outside in the garden, a sunny room, or one with a pleasant view.
2. Find a chair that is comfortable but not so comfortable that you're inclined to doze.
3. If one is available, get a small side table to act as a sort of altar.
4. If you have an icon, a rosary, a cross, and/or a simple flower in a vase to put on the table, these will add to the sense of sacredness.
5. A candle to light and extinguish is useful to mark the beginning and end of sacred time. Be careful; don't leave a lit candle unattended. We don't want any fires.
6. A stick of incense can also add to sense of sacredness.
7. Set up your computer, tablet, or phone so that you can watch or at least hear the service.
8. Get your copy of the service bulletin.
9. Connect to standrewsirvine.org or Facebook, find the service window and begin the live stream.
10. Following the service, sit quietly for a few minutes and enjoy the sense of sacred time and place. Reflect on the readings and homily. Consider how you might apply any new insights during the coming week. Then extinguish any burning material.
11. Get a cup of tea or coffee and get ready to join the virtual coffee hour chat.
12. Feel free to use your new personal chapel during the week for prayers, reading the Book, *Living the Way of Love*, or quiet meditation.