



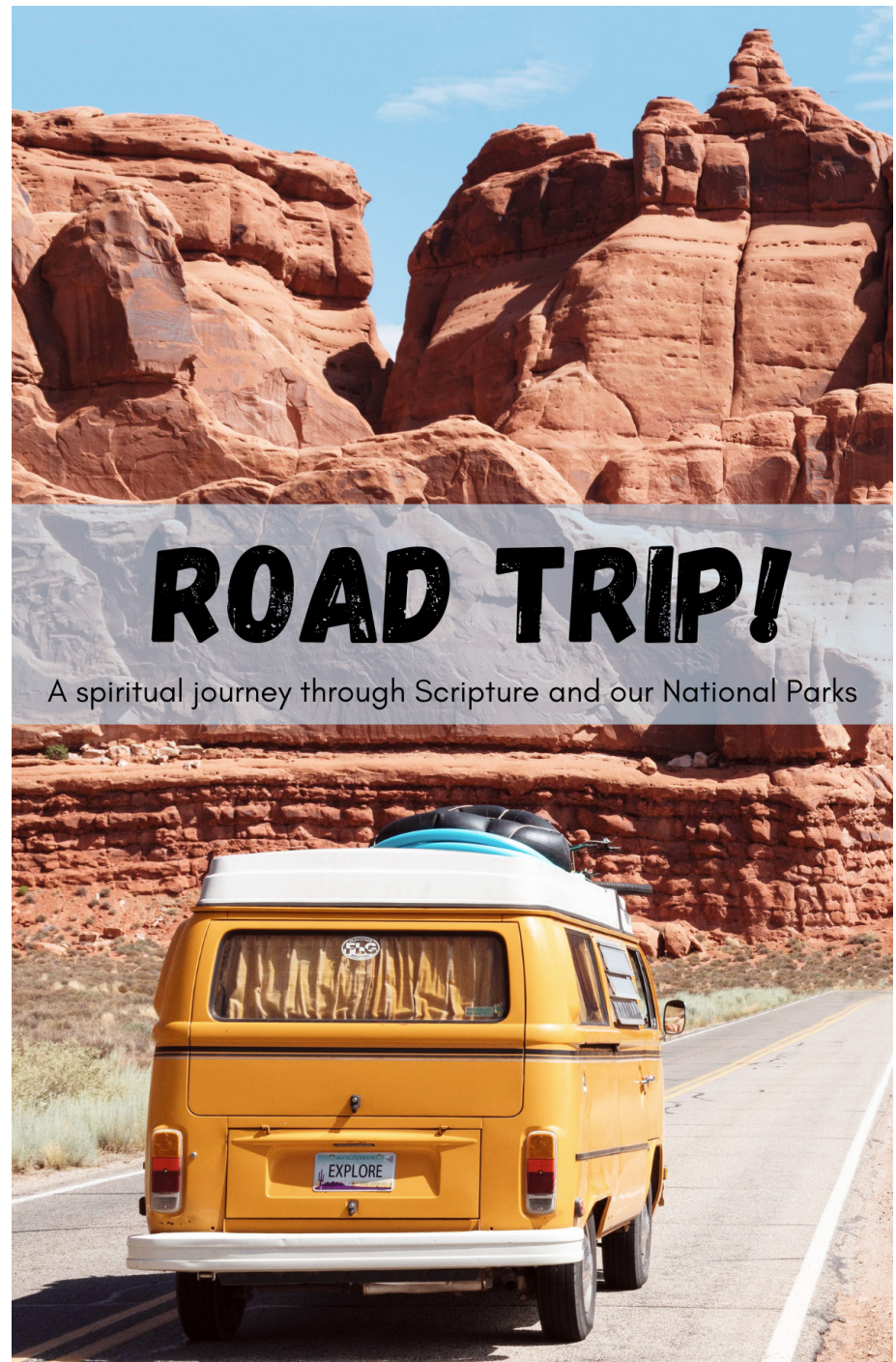
**ST. JOHN'S**  
United Methodist Church

*Glorifying God. Feeding People. Making Disciples.*

**St. John's United Methodist Church**

230 Renee Drive | Baton Rouge, LA 70810  
office@stjohnsbr.org | 225-766-4594

Join us for Sunday worship at 8:30 or 11 a.m. in the Sanctuary  
Livestream on Facebook Live, YouTube, Vimeo & [stjohnsbr.org/live](http://stjohnsbr.org/live)



# ROAD TRIP!

A spiritual journey through Scripture and our National Parks

**WORSHIP NOTES PASSPORT JOURNAL**

Summer 2021 at St. John's United Methodist Church

This **Passport** belongs to

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“Come forth into  
the light of things,  
let nature be your  
teacher.”

- William Wordsworth

“What a country  
chooses to save  
is what a country  
chooses to say  
about itself.”

- Mollie Beattie, Director of the U.S.  
Fish and Wildlife Services

# BENEDICTION

You will go out in joy  
and be led forth in peace;  
the mountains and hills  
will burst into song before you,  
and all the trees of the field  
will clap their hands.

- Isaiah 55:12 (NIV)

# ROAD TRIP!

*A spiritual journey through Scripture and our National Parks*  
June 27 - August 1, 2021

Join us on a virtual road trip this summer as we “visit” some of our National Parks and explore the various and sometimes unexpected faith lessons we can glean along the way. Each week, we will shine a spotlight on God’s creation by highlighting one of our nation’s wondrous National Parks.

This booklet is intended to be part journal and part passport, with prayers and reflections sprinkled throughout. We encourage you to take notes during worship and get your booklet stamped each week during the series on the corresponding National Park page. There will be a Stamp Station in the Narthex. Those worshipping online can email Pastor Lane ([pastorlane@stjohnsbr.org](mailto:pastorlane@stjohnsbr.org)) for details on how to receive stamps.

At the end of the summer, those with the most stamps for services attended will have their name put in a drawing for one of the books that inspired this series. (Separate drawings will be held for Adults/Youth and Children, with age appropriate books.)

May you have a joyful and fulfilling journey through scripture and the National Parks with us this summer.

## PRAYER FOR ILLUMINATION

Creator God,

At the beginning of time your Spirit moved over the waters.

So now, send your Spirit to stir our hearts and inspire us to receive the re-creating power of your Word.

Grant us wisdom and courage as we seek to learn from you.

We pray through Christ, your incarnate Word. Amen.

# YELLOWSTONE NATIONAL PARK

*Wyoming, Montana and Idaho*

June 27, 2021

Genesis 2:4-15 | God's Faithfulness

Stamp Here

For the beauty of the earth,  
For the beauty of the skies,  
For the love which from our birth  
Over and around us lies,  
Lord of all, to thee we raise  
This our hymn of grateful praise.

- Foliott Sandford Pierpoint

My country's skies are bluer than the ocean  
And sunlight beams on clover leaf and pine;  
But other lands have sunlight, too, and clover  
And skies are everywhere as blue as mine.  
O hear my song, thou God of all the nations  
A song of peace for their land and for mine.

- "Finlandia," Lyrics by Veikko Antero Koskenniemi



## “THE SUMMER DAY”

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 down in the grass,

how to be idle and blessed, how to stroll through the fields,

which is what I have been doing all day.

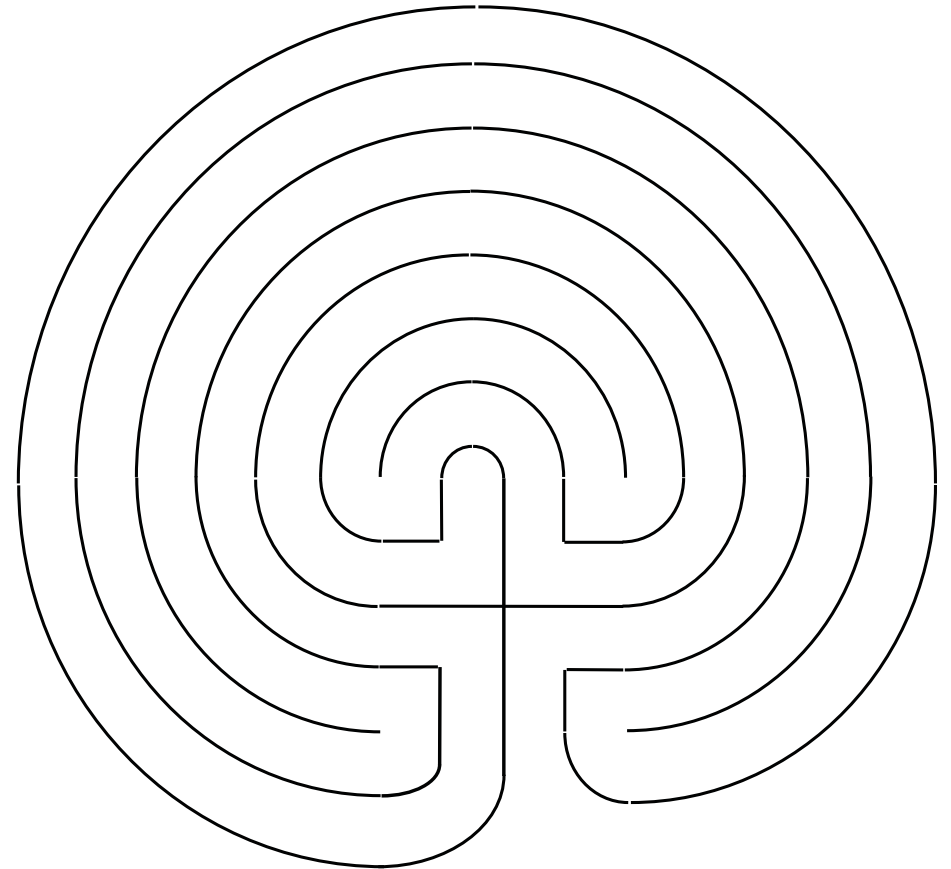
Tell me, what else should I have done?

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?

By Mary Oliver





# FINGER LABYRINTH

While traditional labyrinths exist mostly in gardens and churches, a finger labyrinth offers a portable version of the experience.

As you trace the path (from the outside opening at the bottom to the center, move at whatever pace feels right for you) you may opt to:

- Quiet your mind
- Pray for yourself or someone else
- Keep a question in mind and feel the question using your emotions

At the center, pause and take several slow deep breaths (keeping your finger inside the center or place your hands comfortably on your lap). Here, many believe you are the closest to the center of your spirit and greater insight is available.

When ready to leave the center or you feel satisfied (like after eating a good meal), retrace the path back out to the entrance (which now becomes the exit point).

Upon leaving the labyrinth, be grateful and thankful for the opportunity to bring divine strength and insight back with you into your daily life.

“The grand show is eternal. It is always sunrise somewhere; the dew is never dried all at once; a shower is forever falling; vapor is ever rising. Eternal sunrise, eternal dawn and gloaming, on sea and continents and islands, each in its turn, as the round earth rolls.”

- John Muir (known as “Father of the National Parks”),  
Naturalist and Conservationist

“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature – the assurance that dawn comes after night, and spring after winter.”

- Rachel Carson, *Silent Spring*

# GREAT SMOKY MOUNTAINS NATIONAL PARK

North Carolina and Tennessee

July 4, 2021

Psalms 104 | Diversity

Stamp Here

## HOW TO PRACTICE BREATH PRAYERS

Breath Prayer is an ancient form of prayer and it is easily adaptable. Simply choose one or two lines to meditate on and inhale and then exhale through them.

The most common form of breath prayer is known as The Jesus Prayer. So with that as an example, you would do this:

Inhale. Fill your whole self with breath.  
Feel air in your lungs. And then say:  
Lord Jesus Christ, son of God,

Exhale slowly and fully.  
Have mercy on me, a sinner.

(Consider switching the word "sinner" for "your beloved child" and notice how your body and soul responds to the change.)

## OTHER BREATH PRAYER OPTIONS:

From Romans 8:38-39

*Inhale:* Nothing can separate me,  
*Exhale:* from the love of God.

From 1 John

*Inhale:* There is no fear  
*Exhale:* in your Love.

From Psalm 23

*Inhale:* I will not be afraid  
*Exhale:* for You are with me.

From Matthew 11:28-30

*Inhale:* Humble and gentle One,  
*Exhale:* you are rest for my soul.

And simply repeat this practice. Start with several good breaths in and out, with the words that are most meaningful or steadying to your soul.





## MORNING DEVOTION

Scripture dwells in my heart  
as the slanting rays of the morning sun  
glow the greens of the trees outside my window.  
I smile to hear the song of the chickadee from Carolina  
and welcome the chatter of crows busy with morning chores.

Later in the park scripture effervesces again in my heart  
while the dragonfly of blue wing and the butterfly who wants to  
look like a tiger bask in the honeysuckle-scented morning sun.

Tadpole and turtle and beetle revel in the clear water  
watched by swaying cattails and blue iris.  
Drowsy doe raises her head in silent greeting.  
The word of God before my eyes.

By Betty Schroeder

“We have become great because of the lavish use of our resources.... But the time has come in inquire seriously what will happen when our forests are gone, when the coal, the iron, the oil, and the gas are exhausted, when the soils have been still further impoverished and washed into the streams, polluting the rivers, denuding the fields and obstructing navigation.”

- President Theodore Roosevelt, May 13, 1908

“We have the world to live in on the condition that we will take good care of it. And to take good care of it, we have to know it. And to know it and to be willing to take care of it, we have to love it. To cherish what remains of the Earth and to foster its renewal is our only legitimate hope of survival.”

- Wendell Berry

## EPIPHANY PRAYER

O God,  
once you said,  
"Let there be light,"  
and there was, and still there is.  
I turn to you in thanksgiving and praise.  
In every leaf  
there is the wonder of creation.  
In every sunrise  
there is the gift of a new day.  
With every breath  
I experience the miracle of living.

Slow me down soon enough  
And quiet me long enough  
that my awareness of you may flow  
into rivers of gratitude.

Open my ears  
to those who caution me  
about endangering life on this planet;  
to those who tell me  
war is an inadequate answer.

Open my eyes  
to see opportunities for positive change.  
and to know carelessness is a poor companion.

Open my life  
to live caringly, so that my children and my children's children  
may live on a balanced and bountiful earth.

And in every sunset, O God,  
may I see a sunrise that brings me the gift of a new day,  
in the name of the One who is the light of the world.

Amen.

By Rev. John Winn, *For All Seasons*

"No synonym for God is so perfect as Beauty. Whether as seen carving the lines of the mountains with glaciers, or gathering matter into stars, or planning the movements of water, or gardening – still all is Beauty!"

- John Muir





## **A PRAYER INSPIRED BY PSALM 121**

Who, but you, O GOD,  
could create the mountains?  
Sometimes the majesty of them alone  
lifts my spirits.

Yet, through the years, though, I have learned  
that mountains have peaks and valleys.  
Whenever I ignore that truth,  
seemingly level places become  
so rugged and steep  
I cannot surmount them alone.

Through the years, also, O God,  
I have learned that it is precisely  
in the ruggedness and steepness  
that I encounter Truth.  
There are others along the way  
who often help.  
To my astonishment I sometimes help them.

Little by little, O Lord, I am learning  
that it is my struggle with the mountain  
that brings me to trust.  
Help me to see these high places and low valleys  
as symbols of hard-fought battles  
and life-saving victories,  
from this time and forevermore.

Amen.

By Rev. John Winn, *For All Seasons*

“Pilgrims often journey to the ends of  
the earth in search of Holy Ground,  
only to find that they have never  
walked on anything else.”

- Scott Russell Sanders

“Never lose an opportunity to see  
anything beautiful, for beauty is  
God’s handwriting.”

- Ralph Waldo Emerson

## TOURISTS OR PILGRIMS?

I believe there is a hidden pilgrim in every tourist. I constantly juggle these two seekers in my life. On some days the tourist wins out. But there are many times when the pilgrim in me feels at home. Maybe I have to settle for being a tourist pilgrim.

To be a pilgrim means

to be on the move, slowly

To notice your luggage becoming lighter

to be seeking for treasures that do not rust

To be comfortable with your heart's questions

to be moving toward the *holy ground of home*

with empty hands and bare feet.

And yet, you cannot reach that home

until you've loved the *pilgrim* in you

One must be comfortable

with pilgrimhood

before one's feet can touch the homeland.

Do you want to go home?

There's a road that runs

straight through your heart.

Walk on it.

By Macrina Wiederkehr, *Seasons of the Heart*

“Life is not measured by the number of breaths we take, but by the moments that take our breath away.”

- Maya Angelou







## PSALM 139 PRAYER

*A psalm for wherever the journey leads*

O Lord of Light, You shine the searchlight of Your love into my life;  
You illumine my life with Your brightness;  
You know everything there is to know about where I go,  
what I do,  
and who I am.

Sometimes I walk a well-trod path  
and sometimes I venture out where there is no trail to follow.

Wherever I am, You find me  
in order to guide my steps.

Though my journey may seem frightening to me,  
it is not unknown to You

Even when I don't know my way,  
I am not lost to You.

You are in front of me and You are behind me,  
surrounding me with love wherever I go.

Your strength and peace are constant companions,  
as if You laid a hand on my shoulders Yourself,  
as if You were closer to me than my next breath,

I can't go anywhere to be away from You.  
I can't shake Your encompassing Spirit.

Whether I go to the heights or the depth,  
to the east or to the west,  
You are still present to me.

I may soar with the eagles or be in the deepest agony,  
and even then Your hands hold me fearlessly;  
You embrace me in determined love.

Amen.

*By Jerry Webber, Sometimes an Unknown Path*

“Every moment and every event of  
every person's life on earth plants  
something in his soul”

- Thomas Merton

“We must protect the forests for our  
children, grandchildren and children  
yet to be born. We must protect the  
forests for those who can't speak for  
themselves such as the birds, animals,  
fish and trees.”

- Chief Qwatsias (also known as Edward Moody),  
Nuxalk Nation (Canada)