WELCOME

Admissions Department – FSE Field Hospital

1. Touch   **I touch the Heart of Welcome.**

I prepare a cup or mug of tea, coffee, warm milk … that I would normally offer to guests to make them feel at home. I hold it remembering all the times and ways I have warmly welcomed both friends and strangers.

I remember a small story of being really welcomed when I needed it. If praying alone I hold that memory, if I am praying in a group, I share it with them, listening in turn to their stories, feeling touched by the Spirit of Welcome … I begin to understand how important something so simple might be in these isolating and alienating times.

2. Desire   **I desire to be a Welcoming Person.**

I slowly and prayerfully read the prayer texts below:

If there is famine in the land, if there is plague, blight, mildew, locust, or caterpillar; if their enemy besieges them in any of their cities; whatever plague, whatever sickness there is;

whatever prayer, whatever plea there is from any individual or from all your people Israel, all knowing the afflictions of their own hearts so that they stretch out their hands toward this house; then hear in heaven your dwelling place, forgive, act, and render to all whose hearts you know. I Kings 8:37-40

I name all the people I want to welcome, to stretch out my hands to help …

I ask the Spirit of Welcome for the gift to be a person of warm welcome and hospitality, especially if the person before me is sick, afraid, helpless, afflicted, a stranger, or one of the least in community. My heart could be a field hospital for them. I will find a way to do this even if I cannot meet the other face to face.

3. Breathe   **I breathe in the Spirit of Welcome.**

Then I imagine and feel the Spirit of Welcome breathing a special welcome into me.

I breathe it in deeply, wait, then breathe it out through me to warm all those with an anxious heart, and to support those who need urgent healing now.

I repeat as desired – breathing, welcoming, helping quickly …

4. Reach Out   I end in thanks, considering two questions. Firstly, if possible, how might I make

Note: The three dots … indicate the places to pause.