



**Celebrating that Christ is all and in all by seeking, inviting, belonging,  
serving and reverencing God's creation**

From José Hobday, Franciscan nun, Seneca elder, and author of *Stories of Awe and Abundance*:

*My mother prayed as a Native American. That meant she saw living as praying and praying as living. She tried to pray her life. She expressed her prayer of gratitude, for example, in the way she did things. She told me many times, "When you stir oatmeal, stir it slowly so you don't forget that oatmeal is a gift and that you don't take it for granted." She made a prayer out of the way she stirred oatmeal. Doing things prayerfully. That reflected her approach to prayer. She always did that. She even did it in the way she walked. She taught me and my brothers to walk with our hearts high and to walk softly on the earth because the earth is our mother. As we walked, she said, we should be ready to enter into every movement of beauty we encountered.*

All day may I walk.  
Through the returning seasons may I walk.  
On the trail marked with pollen may I walk.  
With grasshoppers about my feet may I walk.  
With beauty may I walk.  
With beauty before me, may I walk.  
With beauty behind me, may I walk.  
With beauty below me, may I walk.  
With beauty all around me, may I walk.  
In old age wandering on a trail of beauty, lively may I walk.  
In old age wandering on a trail of beauty, living again, may I walk.  
It is finished in beauty.  
It is finished in beauty.

*From "In Beauty May I Walk", Traditional Navaho Blessing Way Prayer*



Photo by Diane Collins