

Horton Center Guided Meditation
(to be read during worship)

by Amber Gove (OMG)

- Let us be in the spirit of Horton Center.
- Close your eyes and focus on slowing your breathing.
- Take a deep breath and release it slowly. Take one more... and release it slowly.
- As you inhale and exhale let go of any worries and stresses from your daily life, opening your mind, body and spirit to feel God's presence.
- Imagine you are now at Horton Center On Pine Mountain
- Join me on a journey to Chapel Rock.
- Starting at the bell listening to the laughter of children playing and the bell singing away.
- Picture children working through the ropes course. Encouraging one another and coming together as a team. Making new friendships.
- Imagine a scream of surprise when a bull's eye has been made in Archery interest group.
- See the smiles and chatting along the various trails around Horton center and the many sightings of rabbits at every turn in the woods.
- Feel the sense of peace as you intentionally walk the labyrinth amongst the trees.
- As we start up the path to Chapel Rock, be aware of all that is around you.
- Use all your senses to take in the solitude and beauty of Pine Mountain.
- Hear squirrels scurrying through the leaves and birds calling to one another
- Breathe the fresh mountain air and the scent of leaves and earth all around you.
- Feel the gravel beneath your feet as we make our way up the trail.
- We are now at chapel rock.
- Take in the breathtaking, wide open view of the rolling mountains in so many shades of green.
- Feel the warm sun and God's presence as it fills are hearts with joy, peace and serenity.
- As our journey comes to an end and we slowly come back to being in church, know that God's presence is with us, and can also always be found at Horton Center. Amen!