

FOR YOU, DEEP STILLNESS

(also in 'Let's Sing it Again CD & Book)

1997. A Christmas card from Warren and Lorraine Bartlett contained this adapted Celtic (or Gaelic) Blessing. Warren was at that time moderator of the Uniting Church in Victoria, and this blessing had been written for the annual synod of their church. Julie Perrin, a storyteller, had written the words — or rather, she says, 'they were just waiting to be written down'. The song is made really complete with a series of movements devised by Ian Ferguson. (see below) What a great world you've made. Thanks for this country, Australia. May we be reminded of your presence by whatever we see and feel and hear. FOR YOU - DEEP STILLNESS Movements by Ian Ferguson "For you", Each time these words are sung we extend our arms and hands forward and out in a sweeping gesture of openness and offering "deep stillness of the silent inland" We gently bring our hands in to cradle our belly feeling space and stillness in that place — the heart of our land resounds in the centre of our bodies. We offer that feeling. "For you, deep blue of the desert skies" With our extended arms we trace the arch of the sky and lift our faces to the sky, bathing ourselves in the depth and immensity of it — and we offer that feeling. "For you, flame red of the rocks and stones" We clap on 'red', then form one fist on 'rocks', followed by another on 'stones'. We hold our fists together close in front of us, feeling the bite of the flame and the strength of the rock — and we offer that. "For you, sweet water from hidden springs." We form a cup with our hands, scoop that water in front of us, then, with a pouring/flowing/circling action we bring our hands to our chest and then to our sides, letting the water flood into our hearts and out to wash over those around us. "From the edges seek the heartlands" We join our hands with those on either side of us and bring our right hand holding our neighbour's left up to our hearts. "and when you're burnt by the journey" Still holding hands we swing our arms down and let our heads hang in a relaxed motion. "may the cool winds of the hovering Spirit" We raise our heads and swing our arms high above our heads, releasing hands as we reach the top. "soothe and replenish you." We lower our arms slowly down in front of us with a wavelike motion in a gesture of peace. "In the name of Christ," We cross one arm over our chest. "In the name of Christ" We bring the other arm to join the first and bow our heads with arms crossed over our chests before beginning again on 'for you' with a sweeping gesture of open offering. (Words: Julie Perrin. Movements: Ian Ferguson. Music: Robin Mann © 1997)

For you, deep stillness of the silent inland
for you, deep blue of the desert skies
for you, flame red of the rocks and stones
for you, sweet water from hidden springs.

From the edges seek the heartlands
and when you're burnt by the journey
may the cool winds of the hovering Spirit
soothe and replenish you.
In the name of Christ,
in the name of Christ

(last time, add 'in the name
of Christ' once more)

Music © Robin Mann 1997