

**Window Moments Reflection**

**Teacher Guidance**

**Context:** Window moments are one way to explore our own spirituality and how this relates to the world around us. The focus for this reflection is to encourage an appreciation and wonder of the world around us and also a reminder that we can use God’s creation to still us and help develop an inner peace.

**You will need:** just the accompanying PowerPoint presentation. A suggestion for music to start and finish the reflection is John Rutter’s ‘For the Beauty of the Earth’: <https://www.youtube.com/watch?v=1bDoMflYErE>

**Slide one**: Invite suggestions as to what the equipment in the photograph is for. It is an electron microscope, the most powerful magnification tool available to scientists. A microscope allows us to study things previously unseen – they reveal an amazing world, as can be seen from the following examples:

**Slide two:** Play through the next seven slides – perhaps ask each time if anyone thinks they know what image is shown:

1. Algae (diatoms, for those who like accurate terms!)
2. Seashell
3. Snowflake
4. Soap bubbles
5. A green leaf
6. A butterfly wing

**Slide nine**: Reflect on the question posed in this slide. You might not be able to readily see the beauty shown in the previous slides but there are certainly many places where one can visit, stop and take time to appreciate their beauty. The next seven slides take you through photos from place around our dioceses – places many of us have visited or could visit in the future:

1. Sunset over Stokes Bay, near Gosport, looking out over the Solent to the Isle of Wight
2. A frosty heathland in the New Forest
3. A view from Tennyson Down on the Isle of Wight
4. The River Meon
5. A view from Hengistbury Head, Dorset
6. Rooksbury Mill Nature Reserve, Andover

**Slide seventeen**: Explore what the cartoonist is trying to say here. How many times do we visit somewhere or pass by somewhere and not take time to appreciate it? Do we spend more time wanting to take photos/selfies/upload to an Instagram story, rush to our next destination than to just be still, quiet and soak in the atmosphere of a peaceful and beautiful place? Perhaps we should all visit somewhere with just that specific intention – this sort of activity is shown to be good for our mental health and well-being.

**Slide eighteen**: The Bible refers a number of times to being still in God’s presence. One of the Ten Commandments is to ‘Remember the Sabbath Day.’ Christians believe that this is not only a chance to meet in fellowship to worship God but also a time to rest – these are rules not to follow for the sake of them but for our own good. Christians believe that resting in God’s presence builds not only a close relationship with God but also emotional and physical well-being.

Conclude the reflection time with the prayer on this slide.