

The heart of matters



Dounby is a town at the heart of the West Mainland and Harray is the only parish in Orkney that does not border the sea. We are in the heart of Orkney. This heart, this centre can resonate in many ways for us on our pilgrimage. The heart is a wonderful motif for reflection.

Think for a moment before you set off about your own heart. Where it has taken you, how it has got you here, how far it has taken you in your life.

Think of how your heartbeat will quicken.... As you begin your physical walk, or as you gaze around you at the landscape and it's natural beauty.

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As you stop and rest at some point on your walk today, you are invited to Listen for the Heartbeat of God.

Just notice the sounds that you can hear, sounds far away. Just hear them, don't even try to name them.....

Notice fainter sounds, then sounds which are nearer. Just listen, become aware of them.....

And the sound of your own heartbeat, faint, but your own rhythm of life....

And the sound of silence in your place of reflection, the silence within yourself....

you may wish to finish with these words.....

As I sit here, the beating of my heart,
the ebb and flow of my breathing, the movements of my mind
are all signs of God's ongoing creation of me.
I pause for a moment, and become aware
of this presence of God within me.