

# 1. Water

## PRAYERS

### Sea

Far out at sea the white horses toss,  
Near at hand onto the rocks  
The waves crash and hiss and roar:  
The sea is a great and wonderful  
mystery to me,  
O Lord.  
It reminds me of your power and very  
great beauty.  
The Prayer Garden



Dear Lord, be good to me.  
The sea is so wide  
And my boat is so small.  
Prayer of a Breton fisherman

“People travel to wonder at the height  
of mountains, at the huge waves of  
the sea, at the long courses of rivers,  
at the vast compass of the ocean, at  
the circular motion of the stars; they  
pass themselves without wondering.”  
St Augustine

## ACTIVITIES

### Water Team Pass

Divide into groups of about 10 people.  
You'll need one plastic cup per person  
and some water. Each group should  
stand in a circle all with cups in their  
mouths - held by the lip of the cup.  
One person in each group has a cup  
filled with water and holds it in his or  
her mouth. On "GO!" the group sends  
water around the circle without  
hands, from cup to cup. How much  
water is still left at the end?

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