

## Stars

### Welcome to our reflection for Church without Walls

Here are some ideas of how to use these reflections:

Pray that God will lead your thoughts.

Sit comfortably, take a few deep breaths and relax.

Let your mind wander as you read the reflection.

Write down your thoughts in a notebook.

If you are busy, try and pick out something to take with you  
in odd moments during the day.

You may wish to memorise the Bible verse. Write it out and stick it up somewhere.

### Bible Verse

*He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.*

(Ecclesiastes 3:11)

### Reflection



Human beings have always gazed up in wonder at the stars. I have been doing this myself recently, with the night sky being clearer, and marvelled at their number and brightness.

Stars have been given exotic names individually – Sirius, Vega, Aldebaran and Betelgeuse - and as constellations – Andromeda, Auriga, Corona Borealis, Orion, Hydra and Draco. Stories have been woven around them. This was so in the past and, now that science has enabled us to understand more, we are no less drawn to the mystery. What exactly are they? How did they get there? What exactly keeps them there? We now know that the nearest star beyond our solar system is Proxima Centauri, 4.37 light years away. The numbers seem incomprehensible.

A constellation is a group of stars. You might wonder who and what form your group, your constellation, and what holds you all together.

Stars have been and still are used for navigation. The North or Pole Star forms a fixed point about which all stars of the northern sky appear to rotate. Who or what is your Pole Star? What guides your path?

Within stars are created the chemical elements which have formed our world. When a star explodes in a supernova, it shoots these elements out into space and they go on to form new stars, planets and everything else in the universe. So we ourselves and our world are built, as they say, of stardust.

What do you think of as you gaze into the infinite depths of the night sky? Do you feel rather overwhelmed at the scale of it all? Or thankful to be a part of this extraordinary process? Or something else?

Being unsure as to how I would take a picture of stars, it crossed my mind to use star-like flowers on a black background. How interesting it is that the miracle of creation is on display as intensely in the miniature world of plants, as it is in the unfolding drama of the night sky.

*Lindsay Farley*