



From: Rev. [Annie Pierpoint Mertz](#)
Dear St. Paul's,

Do you have a sacred space in your home? Is there a nook, shelf, or even an entire room set aside for prayer and meditation?

When I started my first job post-seminary as a school chaplain, I was having a hard time settling in. The office I occupied was small and cluttered. My spiritual director suggested I designate a sacred space in my office – a small nook set aside for prayer, simplicity, and resting in God's presence. So I cleared off the top of a file cabinet and set out a few special objects.

Even on days where I was too busy to sit and pray, when I rushed into my office to get ready for the next thing that beautiful little cloth and candle reminded me that God was present, and that the divide would patiently await my return. It brought me great comfort in a time of transition.

These times are calling us to reexamine how and where we worship. As we long for the Sunday when we can return to church, a sacred space in our homes can sustain our spirits while we wait.

Here are some tips for creating your own sacred space:

Spread out a cloth (a scarf, cloth napkin, or anything pretty will do)

Add a cross and a candle

Include natural elements (a vine or flower from the garden, a bowl of water, special rocks)

Add an object or photo that reminds you of St. Paul's (I used our parish calendar)

Simplicity is key! Don't over clutter your space

If you wish, take a photo and share it to our Facebook group! I'd love to see what beautiful spaces you all create.

Blessings,

Rev. Annie