

Celtic Eucharist Hike, Saturday, March 23, Kanuga Episcopal Conference Center

Spring is just around the corner and time to restart our Celtic Eucharist Hikes. We will gather at 8:45 a.m. at St. Francis (outdoor) Chapel, across the road from Kanuga Inn (parking available at the Inn parking lot). The liturgy and hike begin at 9:00 a.m. This hike will include Rufus Morgan Trail and Long Rocks Trail, with readings and reflections occurring at vista views at High Rocks and Geyer Long Rocks. We will conclude with the Liturgy of the Table at noon at the St. Francis Chapel. After the Eucharist/Hike, we will share a communal lunch at the Kanuga Dining Hall. You are invited to either bring your own lunch or to purchase lunch (\$15). If you would like to assist with music via your voice or musical instruments (can be locked in your car while hiking), please let us know @ rector_bill@bellsouth.com.



If you're unfamiliar with our Eucharist Hikes

Many Christian mystics and Celtic Christianity tell us creation is sacred because creation is made of God as the first physical presence of God. Thus, we can deeply experience God both in the sacred space of churches and in thin places, often experienced in creation. Celtic Eucharist Hikes are designed by and led by the Rev. Bill Livingston. On these hikes, participants experience God through Scripture, through Holy Communion as the liturgy occurs along the trail, through being mindful of God's presence in the creation we explore, and through the community built among those hiking. We gather at the trailhead to begin the liturgy, get to know one another as we hike, mindfully explore the creation surrounding us, pause to hear Scripture, hike in silence to experience God in the texts heard and through all our senses, pause to reflect on how God has spoken to us, continue hiking and end with the Holy Communion.

Our Eucharist hikes are open to all and designed to accommodate a wide range of hikers. Hikes last 3 hours, including the liturgy, are 3+/- miles, some with moderate ascent and some flat. We adjust the pace to accommodate all hikers. Hikers should bring sufficient water, sunscreen, and snacks. Raincoat and a head covering are recommended. No RSVP or reservation required. In case of inclement weather, if a hike is canceled, the cancellation will be posted ASAP on [Facebook](#).

Photos and information about previous hikes [Facebook](#). Please send any questions to the Rev. Bill Livingston at rector_bill@bellsouth.com or to receive hike and inclement weather announcements directly via email.