

Winter Message Series: Daily Bread

Challenge:

Take some time to step back and examine your spiritual practice. Does it still serve you the way you want it to? Is there a way you can reground yourself in your practice? Is it time to go back to the basics? Is it time to try something new? Don't currently engage in a spiritual practice? Find one that suits you and give it a try.

Spiritual practice:

Shoshin is a word from Zen Buddhism meaning "beginner's mind." It refers to having an attitude of openness, eagerness, and lack of preconceptions. Cultivate this attitude by pausing frequently throughout the day, taking three deep breaths, and looking around with fresh eyes, seeing the wonder in the world around you.

Discussion questions:

In what ways are you currently nurturing or tending to your spiritual life? Are there things that have helped (or hindered) your pursuit of spiritual things? What experiences, events, etc. have evoked a sense of the sacred to you?

Journal/reflection/art prompt:

Reflect on your spiritual origin story/autobiography.
Write about it or use it as an inspiration for something creative.

Other resources:

Poem: [For One Who Is Exhausted, a Blessing](#) by John O'Donohue @onbeing.org

Poem: [Song of the Soul](#) by Kahlil Gibran @www.stillnessspeaks.com

Ted Talk: [Say your truths and seek them in others](#) by Elizabeth Lesser @www.ted.com

Book: *Women Who Run With the Wolves: Myths and Stories of the Wild Woman Archetype* by Clarissa Pinkola Estés

Article: [Care of the Soul](#) by Thomas Moore

Guided Meditations: [Insight Timer](#)

If you have questions, suggestions or feedback, please feel free to contact one of the members of the Spiritual Development Ministry:

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Readings from the Revs:

Articles:

["Eight Simple, Everyday Spiritual Practice Ideas"](#) @www.goodnet.com

["Silent Book Clubs Offer Introverts a Space to Socialize"](#) by Josh Axelrod @www.npr.org

["Thich Nhat Hanh on the Practice of Mindfulness"](#) by Tich Nhat Hanh @www.lionsroar.com

["Impermanence is Buddha Nature"](#) by Norman Fischer @www.lionsroar.com

["Seven Ways to Incorporate a Consistent Spiritual Practice Into Your Life"](#) by Tiana Jones @www.doyouyoga.com

["We Need New Fairy Stories and Folk Tales to Guide Us Out of Today's Dark Woods"](#) by Andrew Simms @www.theguardian.com

["The Woman on the Beach in Guaymas"](#) by Sylvia Boorstein @www.sarvagamedia.com

["2,200 Miles and 4 Months Later, Runner Finishes Trek Across Australia"](#) by Colin Dwyer and Catherine Wheelan @www.npr.org

["Moving Toward What's Important: An Intro to the ACT Matrix"](#) by Kevin Polk and Benjamin Schoendorff @www.praxiscet.com

Books:

[Educated: A Memoir](#) by Tara Westover

[Bird by Bird](#) by Anne Lamott

[Meditation for Beginners](#) by Jack Kornfield

[The Miracle of Mindfulness](#) by Thich Nhat Hanh

[Everyday Spiritual Practice: Simple Pathways for Enriching Your Life](#) by Scott W. Alexander

[A History of God](#) by Karen Armstrong

[Just Breathe](#) by Mallika Chopra

[Just Feel](#) by Mallika Chopra

Poem:

["Sabbaths 1999, VII"](#) by Wendell Berry @ayearofbeinghere.com

Songs:

"Count on Me" by The Lone Bellow

"A New Man" by Josh Ritter

"Shine" by Mondo Cozmo

Guided Meditation:

[Inner Space guided meditation](#) by Tara Brach @www.tarabrach.com