

## Winter Message Series: Coming Home

### Challenge:

Listen to the sermon each week. For the remainder of the week, try out the spiritual practice presented.

### Spiritual practice:

The spiritual practices for this series will be contained in each week's message. Don't forget the items you received in your Wellsprings care package. The blank journal/sketchbook, the quote for reflection, and the spiritual practice card. The tea, cocoa, and cinnamon stick might also be useful for some of the practices we will be exploring in this series.

### Discussion questions:

Do you have an established spiritual practice? Do any of the practices presented resonate with you more than others? Which practices could you use to establish a spiritual practice or enrich your current practice?

### Journal/reflection/art prompt:

Coming home to yourself

### Other resources:

Articles:

["What Are Spiritual Practices?"](#) by Frederic and Mary Ann Brussat

["8 Simple, Everyday Spiritual Practice Ideas"](#) by Allison Michelle Dienstman

Website:

[Spirituality and Practice: Resources for Spiritual Journeys](#)

Books:

[Listening to Your Life: Daily Meditations with Frederick Buechner](#) by Frederick Buechner

[Beyond Words: Daily Readings in the ABC's of Faith](#) by Frederick Buechner

[Simply Pray: Modern Spiritual Practice to Deepen Your Life](#) by Erik Walker Wikstrom (UU Author)

[Spiritual Literacy: Reading the Sacred in Everyday Life](#) by Mary Ann and Frederic Brussat

[Bird by Bird: Some Instructions on Writing and Life](#) by Anne Lamott

[Artist's Way: A Spiritual Path to Higher Creativity](#) by Julia Cameron

[Walking in this World](#) by Julia Cameron

[Being Zen: Bringing Meditation to Life](#) by Charlotte Joko Beck

[A Year with Thomas Merton: Daily Meditations from His Journals](#) by Thomas Merton

[Active Meditations for Contemplative Prayer](#) by Thomas Keating

Questions? Suggestions? Feedback? Please feel free to contact one of the members of the Spiritual Development Ministry:

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## Readings, etc. from the Revs:

### Books:

[Everyday Spiritual Practice](#) by Scott Alexander

[An Everlasting Meal: Cooking with Economy & Grace](#) by Tamar Adler

[Bodyfulness: Somatic Practices for Presence, Empowerment, & Waking Up in This Life](#) by Christine Caldwell

[Meditations from the Mat](#) by Rolf Gates & Katrina Kenison

[Five Good Minutes: 100 Morning Practices to Help You Stay Calm & Focused All Day Long](#) by Jeffrey Brantley & Wendy Millstine

[Mindful of Race: Transforming Racism From the Inside Out](#) by Ruth King

[A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life](#) by Jack Kornfield

[Meditation for Beginners](#) by Jack Kornfield

[The Art of Mindful Living: How to Bring Love, Compassion and Inner Peace into Your Daily Life](#) by Thich Nhat Hanh

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

[Intimacy with God](#) by Thomas Keating

[Everyday Zen: Love & Work](#) by Charlotte Joko Beck

### Articles:

["Let Us Commence"](#), Anne Lamott's Commencement Address at UC Berkeley, 2003

["How Rituals & Focus Can Turn Isolation into a Time for Growth"](#) by Arthur Kleinman in WSJ

["Tending to Communal Trauma Through Spiritual Practices"](#) by Ruth Sorenson-Prokosch in The Faith Leader

["My Grandmother's Hands: The Book Brigade talks to family therapist Resmaa Menakem"](#)

["Mindful of Race"](#) by Katherine Rapin

["Why Loving-Kindness Takes Time"](#) by Sharon Salzberg

["A New Heart"](#) by Don Clymer

### Videos for Practice:

[Lunch Doodles with Mo Willems](#)

[Sleepy Santosha Yoga](#) gentle practice videos for people living with chronic illness

[Yoga With Adriene](#) thousands of yoga videos, for nearly every mood and need