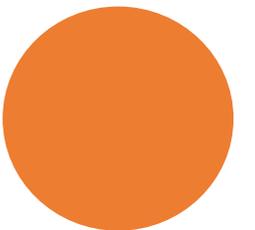


What is your “Touch Stone”?

A touch stone is a symbol, something you carry in your pocket, wear as jewelry, have sitting in a place of reminder in your home or vehicle. When you see this, touch this, you remember something - a promise, a truth, a comfort, an event, a commitment.



Developing Resilience Through Communal Spiritual Practice



El Camino Real District United Methodist Women

Facilitators: Mary Cheng & Julie Taylor

November 14, 2020

Resilience

"A capacity to **persist, adapt** or **transform** in the face of **change** in a way that maintains the basic identity of a system."

Lisen Schultz, acting deputy science director,
Stockholm Resilience Center



Communal Spiritual Practices

- Embrace an expansive view of spiritual practices
- Engage in spiritual practices to develop our resilience
- Be communal





*Now, may the God of peace himself cause you to be completely dedicated to him; and may your **spirit, soul, and body** be kept intact and blameless at our Lord Jesus Christ's coming.*

1 Thessalonians: 5:23

Five Domains of Resilience



emotional

physical

spiritual

mental

relational

Breath Work and Mindful Movement

- Breathing
- Waking up
- Flowing in motion
- Attending to embodied presence and awareness



qigong: energy work

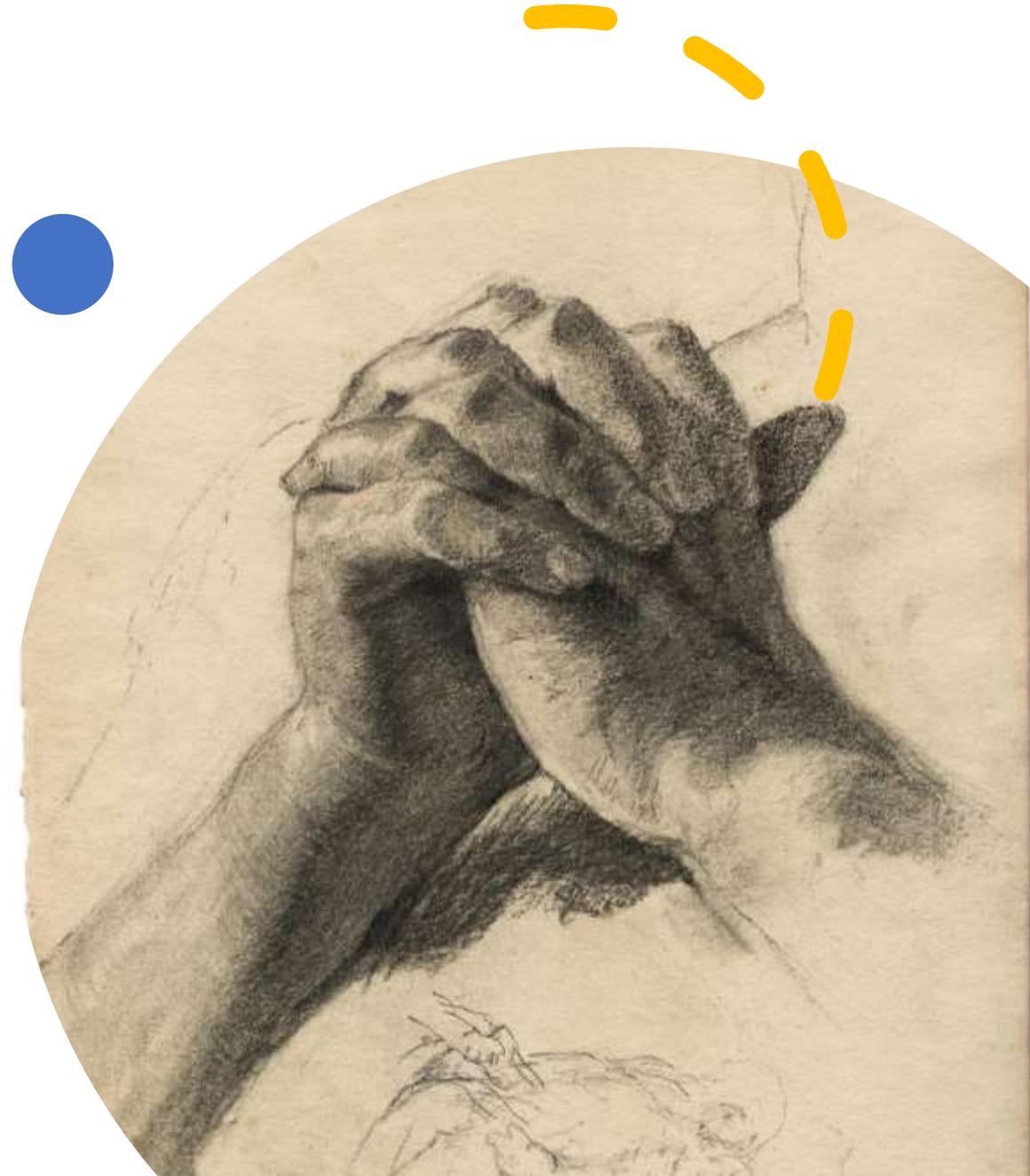
qi (pronounced chee): energy,
life force energy, breath

gong (kung): work

BREATH PRAYER

Psalm 23:1

- The Lord is my shepherd
- I lack nothing.





Lectio Divina with Psalm 23

The LORD is my shepherd, I lack nothing.

² He makes me lie down in green pastures,
he leads me beside quiet waters,

³ he refreshes my soul.

He guides me along the right paths
for his name's sake.

⁴ Even though I walk
through the darkest valley,

I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

⁵ You prepare a table before me
in the presence of my enemies.

You anoint my head with oil;
my cup overflows.

⁶ Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the LORD
forever.

Psalm 23, second reading

Listen and jot down
things about which
you feel sorrow,
worry, or concern.



Third time for Psalm 23...

Identify images of
comfort and
support.



Sharing & Prayer in Small Groups

Share About

List concerns/laments
Identify images of comfort and support



Pray
with each
other

Pray over the concerns and laments listed and affirm the images of comfort and support identified

Developing Resilience through Communal Spiritual Practice

- Practice #1: Breath Prayer
- Practice #2: Mindful Movement
- Practice #3: Lectio Divina
- Practice #4: Communal Prayer



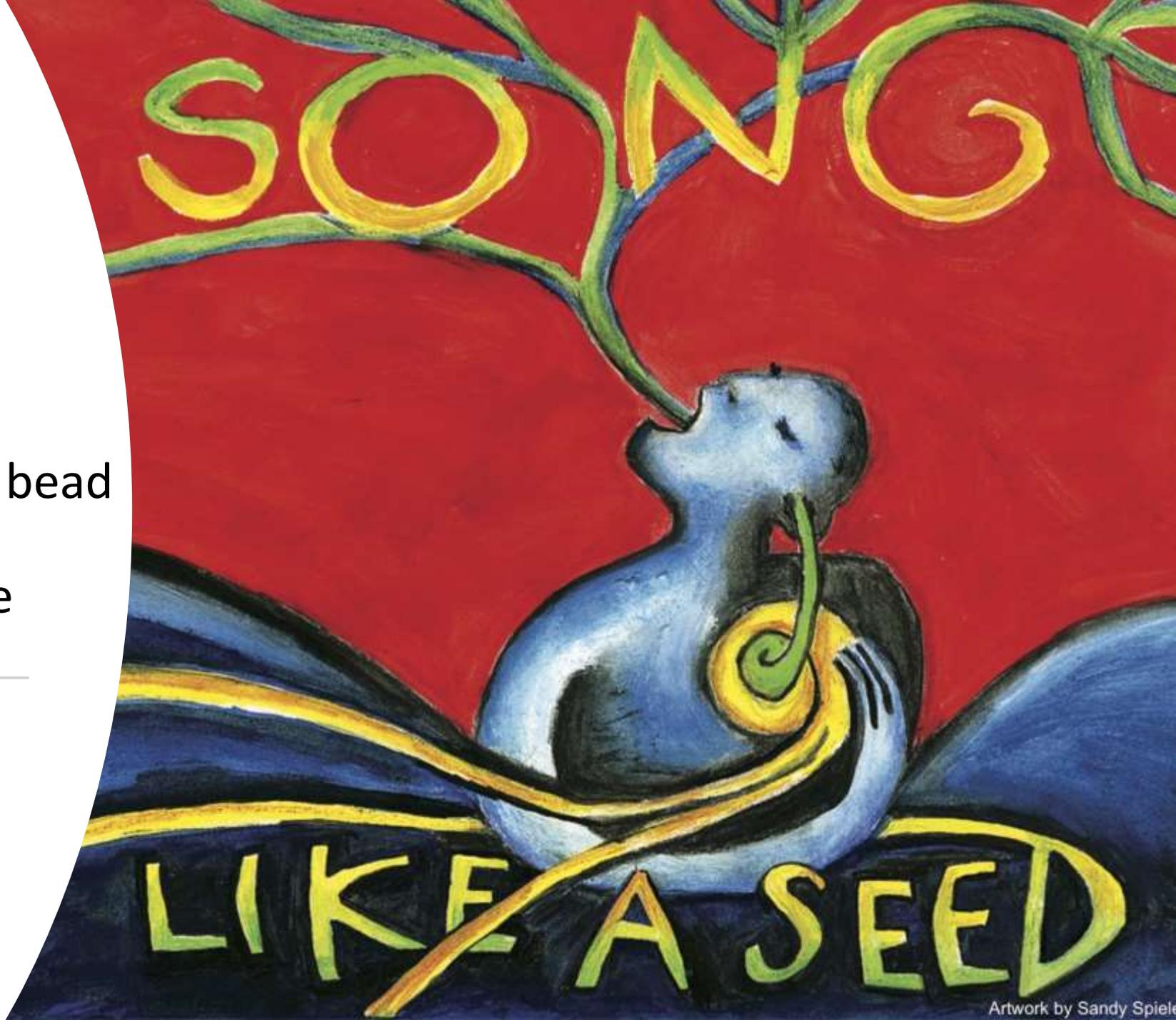


***Lectio Musica:
Musicking Together***



Plant your song like a seed
Hold your heart like a prayer bead
Give your breath like a tree
Set your soul's deep love free

by Sara Thomsen



Rhapsody of Rest by Sara Thomsen

The sun is rising in the east
And the feathered flutes begin trilling in the trees
And I sing to love / Sing to give love
Sing to hold love / Sing to be love

Chorus: In the morning, thank you, thank you
In the evening, thank you, thank you
In the middle of the day, thank you, thank you
In the deep dark night, thank you, thank you

The sun is shining in the south
And I breathe you in, and I breathe you out
And I breathe in love / Breathe out to give love
Breathe in to hold love / Breathe out to be love
Chorus ...

The sun is setting in the west
And the birds begin to sing their rhapsody of rest
And I rest in love / Rest to give love
Rest to hold love / Rest to be love

In the morning, halleluja
In the evening, halleluja
In the middle of the day, halleluja
In the deep dark night, halleluja

And I sing to love / Sing to give love
Sing to hold love / Sing to be love
And I breathe in love / Breathe out to give love
Breathe in to hold love / Breathe out to be love
And I rest in love / Rest to give love
Rest to hold love / Rest to be love
Chorus

What is the Power of a Song?

A song will not change a policy, re-write the laws, topple dictators,
End discrimination, stop deforestation
House the homeless, feed the hungry, heal the land

The singing of songs, the piping of poems,
The drumming, dancing, delving, digging, delighting, daring,
Beautiful boldness of art
Will merely crack open the hard shell
of the dormant heart

And hearts awakened ... are unstoppable.

<https://www.sarathomsen.com/store#!>

Songs of Resilience

*... And hearts awakened ...
are unstoppable.*



<https://youtu.be/jW2MRTqzJug>

For your own reflection ...

How is listening or making music alone or together a source for developing your resilience?

What possibilities are available to you to integrate *music* as a communal spiritual practice during this time of the pandemic?



Lectio Poetica: Poetry for Resilience

POETRY IS THE WAY WE HELP GIVE
NAME TO THE NAMELESS SO IT
CAN BE THOUGHT. THE FARTHEST
HORIZONS OF OUR HOPES AND
FEARS ARE COBBLED BY OUR
POEMS, CARVED FROM THE ROCK
EXPERIENCES OF OUR DAILY LIVES.

- AUDRE LORDE -

won't you celebrate with me by Lucille Clifton

won't you celebrate with me
what i have shaped into
a kind of life? i had no model.
born in babylon
both nonwhite and woman
what did i see to be except myself?
i made it up
here on this bridge between
starshine and clay
my one hand holding tight
my other hand; come celebrate
with me that everyday
something has tried to kill me
and has failed.”



https://youtu.be/XM7q_DUk5wU

Good Morning (5th stanza) by Mary Oliver

The multiplicity of forms! The hummingbird, the fox, the raven, the sparrow hawk, the otter, the dragonfly, the water lily! And on and on. It must be a great disappointment to God if we are not dazzled at least ten times a day.



By Mary Oliver

Wild Geese



Wild Geese by Mary Oliver

You do not have to be good
You do not have to walk on your knees
For a hundred miles through the desert
Repenting.

You only have to let the soft animal of your
body love what it loves.
Tell me about despair, yours, and I will tell
you mine.

Meanwhile the world goes on,
Meanwhile the sun and the clear pebbles of
the rain
Are moving across the landscapes,
Over the prairies and the deep trees,
The mountains and the rivers.

Meanwhile the wild geese, high in the clean blue
air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting
over and over announcing your place
in the family of things.

Eagle Poem by Joy Harjo



To pray you open your whole self
To sky, to earth, to sun, to moon
To one whole voice that is you.
And know there is more
That you can't see, can't hear;
Can't know except in moments
Steadily growing, and in languages
That aren't always sound but other
Circles of motion.
Like eagle that Sunday morning
Over Salt River. Circled in blue sky
In wind, swept our hearts clean
With sacred wings.

We see you, see ourselves and know
That we must take the utmost care
And kindness in all things.
Breathe in, knowing we are made of
All this, and breathe, knowing
We are truly blessed because we
Were born, and die soon within a
True circle of motion,
Like eagle rounding out the morning
Inside us.
We pray that it will be done
In beauty.
In beauty.

Developing Resilience through Communal Spiritual Practice

01

Breath
Prayer

02

Mindful
Movement

03

Lectio
Divina

04

Communal
Prayer

05

Lectio
Musica:
Musicking
in Song

06

Lectio
Poetica:
Poetry for
Resilience

Small Group #2



What builds your spiritual strength?



(Have one person make a list and when we come back, select one practice from your group to put into the chat.)



And how do we support each other through communal spiritual practices?



(Take notes from each other's sharing. You'll use this during our commitment time later.)



Widen the
Circle of
Love and
Support

Commitment

Who are those not present?

Who are those who need love and support?

Who can you be local support to? What are their names?



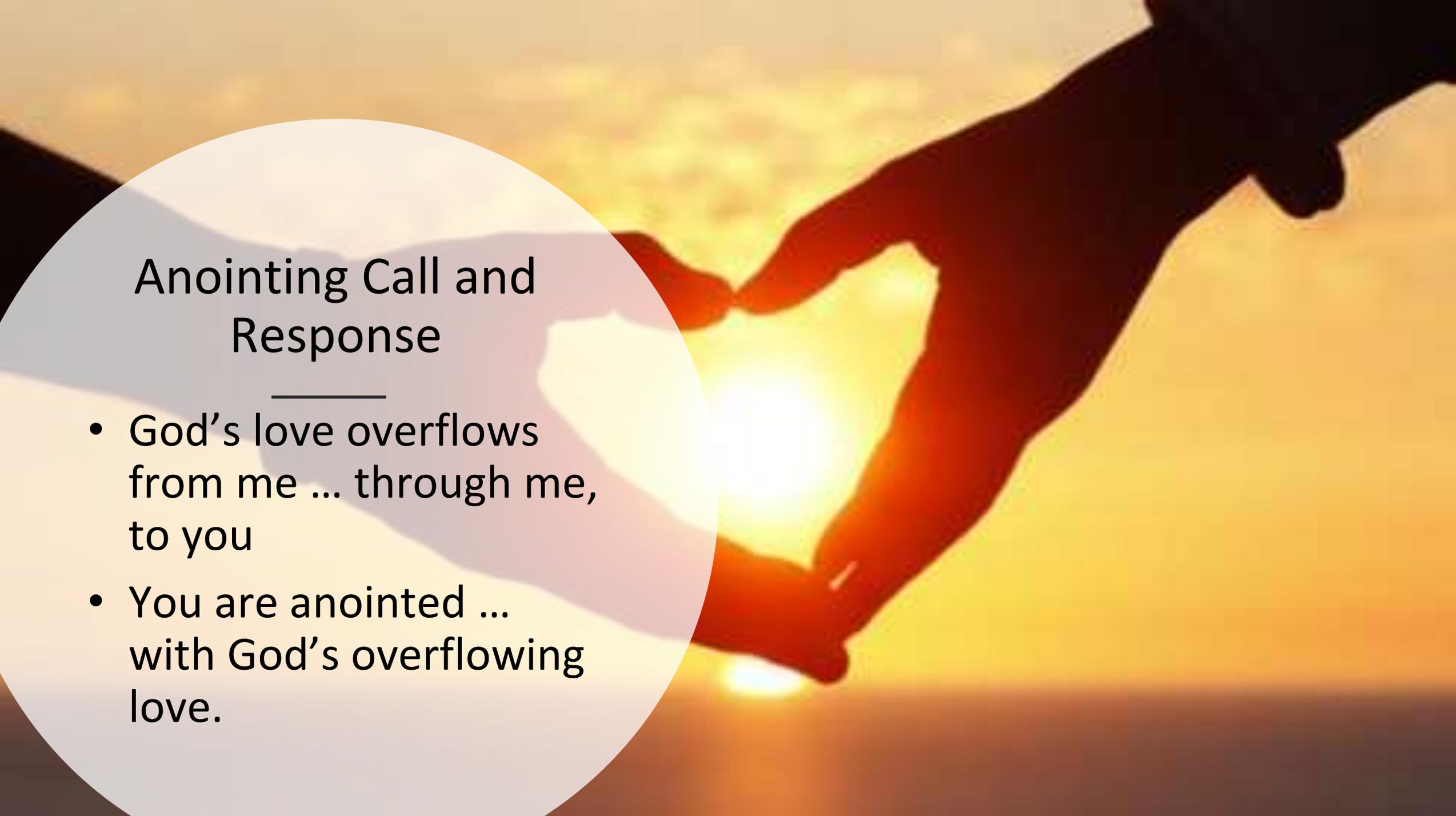
You anoint my head with oil.

My cup overflows.

Psalm 23:5



Anointing One Another

The background of the slide features a close-up of two hands, one larger and one smaller, holding each other. The hands are silhouetted against a bright, warm sunset or sunrise sky, with the sun low on the horizon, creating a lens flare effect. The overall color palette is dominated by oranges, yellows, and soft reds.

Anointing Call and Response

- God's love overflows from me ... through me, to you
- You are anointed ... with God's overflowing love.

What did we accomplish?

- Defined resilience & communal spiritual practices
- Explored communal spiritual practices through at least 5 modalities
 - Mindful Movement
 - God's Word (Psalm 23)
 - Prayer (breath and small group)
 - Music (3 songs)
 - Poetry (4 poems)
- Participated in small group sharing
- Made commitment to be recalled in the touchstone
- Received anointing and anointed one another



Draw the Circle Wide (Gordon Light, Mark Miller)

Draw the circle, draw the circle wide
Draw the circle, draw the circle wide
No one stands alone, we'll stand side by side
Draw the circle, draw the circle wide

Draw the circle wide, draw it wider still
Let this be our song, no one stands alone!
Standing side by side, draw the circle,
Draw the circle wide.

“Draw the Circle Wide”
Sung by Eastminster United Church Choir



<https://youtu.be/PclQrWOYug8>

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