

Spiritual Journey

First Parish Church of Stow and Acton, MA June 2016

Openings Words and Chalice Lighting:

“Each of us brings a separate truth here,
We bring the truth of our own life, our story.
We do not come as empty vessels...
But rather we come as full people-
people who have our own story and our own truth.
We seek to add to our truths and add to our stories.
This room is rich with truth, rich with experience.
May we recognize the truth and the story of everyone’s life.” - *Penny Hackett-Evans*

Check -In/ Sharing: This is a time to mention briefly any major issue or event on your mind that you would like to share.

Topic: Spiritual Journey:

“A spiritual practice is any regular, intentional activity that serves to significantly deepen the quality and content of your relationship with the miracles of life.”
- *Scott Alexander from Everyday Spiritual Practices*

“Actually, the very word "religion" comes from a Latin root that means to tie, to bond. Ultimately what ties us together, what makes us a religion, a united people, is what we love. Religion, our religion, is what we truly care about, what we want to preserve, embrace, and create.” - *Peter Morales, President, UUA, from UU World*

“The great lesson Is that the sacred is the ordinary, that it is to be found in one's daily life, in one's neighbors, friends, and family, in one's backyard.” - *Abraham Maslow*

“Some beautiful paths can't be discovered without getting lost.” - *Errol Ozan*

“In search for understanding and awakening, we are drawn to those teachings that convey the deepest wisdom with the greatest beauty.” - *Frances E. Vaughan*

“Not everyone will understand your journey. That's okay. You're here to live your life, not to make everyone understand.” - *Hakan Maddoud Nawabi*

Questions for Discussion:

1. What were important spiritual, religious, or philosophical experiences, practices or beliefs in your early years? How have they changed as you have grown older?
2. What have been your important religious or spiritual milestones?
3. Share a peak experience, a moment of awe and how that influenced your life.
4. Could you share any teachings or sources that have helped you or inspired you on your journey?
5. What spiritual, religious or philosophical answers are you still seeking?
6. What needs, values and hopes are met by your spiritual, religious or philosophical practices and beliefs you currently hold?

(Group will take a few minutes to consider topic and questions before sharing.)

Wrapping Up: What did you think of today's topic and discussion?

Closing Words:

"Never forget that life can only be nobly inspired and rightly lived if you take it bravely and gallantly, as a splendid adventure in which you are setting out into an unknown country, to meet many a joy, to find many a comrade, to win or lose many a battle."

- *Annie Besant*