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| **Discovering *Fire*:Spiritual Practices That Transform Lives by Roger Wolsey**  |
| U n i t y C h u r c h o f O v e r l a n d P a r kFall Faith 2024**Week 2: Chapter 2 Beauty in Broken Clocks** |

1. In Break It Down 2 (p 20-22), Wolsey offers a “software update” to the Lord’s Prayer in which he includes reference to the Divine Feminine (Mother, Earth) and personal responsibility to “avoid temptation.” He offers that there already is ‘no one correct’ way to say the Lord’s Prayer and that it has been changed from the beginning.

Read Wolsey’s version aloud (page 21, last paragraph) and notice what comes up for you. Does it feel awkward? Natural? Does it feel more relatable? Are there any other changes that you would make? Wolsey offers that some might choose to lose the parental reference altogether, and some may choose to find language beyond the gender binary. What else might you include were you to design the ‘software upgrade?’

[Write entry here]

2. Practice *Lectio Divina* (page 32-35)

Practice the ‘fire’ of Lectio Divina using either Wolsey’s version of the Lord’s Prayer or your own. Use the four step method of: *Sense. Notice. Feel. Discern.*

*Read the text aloud with a focus on each step. Pause for 30 seconds between readings.*

Sense: What do you observe with your senses through the words?

Notice: What words or phrases catch your attention?

Feel: What feelings are evoked in you as you read? Note: Your feelings may change as you notice them, do not be alarmed!

Discern: What are the words inviting you to do? How might you be called to respond?

[Write entry here]

3. Chapter 2 includes a variety of practices/fires including Centering Prayer, Lectio Divina, Enneagram, Fasting, Dreamwork, Prayer Journaling, Personal Altar in some detail and also mentions spiritual direction, devotional reading, prayer groups, sacred text studies, worship services, book discussion groups, choirs, charity and advocacy work, and community service.

Choose one or more of these ‘fires’ to practice this week. Based on the practice(s) that you choose, determine the frequency with which you will engage the practice so that you can hold yourself accountable. Remember, these practices are designed to help you connect to Love/God/Spirit/Universe and not meant to stress you out. Practice in a way that is gentle and supportive to you. Example: You might commit to recording your dreams daily in a dream journal upon waking. Perhaps on day 2 you begin your day out of habit and when you suddenly remember your dream journal, you are unable to recall your dream. Do not log that as a failure- but instead maybe use that time to review the previous day’s entry and take a few moments to reflect and write more about it; OR log a recurring dream that you have and write about that. OR skip day 2 altogether and resume the practice on day 3. *This is your practice and your opportunity to be loving and gentle with yourself.*

[Write entry here]

4. Wolsey closes the chapter with “my hope is this chapter has helped people… see that there really are practices within the Abrahamic religious traditions that are life-enhancing, life-changing, and transforming.” Unity, while spiritually eclectic and honoring of all paths, has its roots in Abrahamic tradition. Reflect on what in Unity you have experienced as life-enhancing, life-changing, and transforming.

[Write entry here]