



**TRICON**  
Trinitarian  
Congregational Church

summer 2017

RE:st

RE:st



RE:flect

RE:flect



RE:new

RE:new



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# Spiritual Practices Summer 2017

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## INTRODUCTION

Dear TriCon community,

Summer is here, and your CE committee and the Transition Team want to help you have the very best summer you can have. This booklet is our way of offering you thought-provoking ways to reflect, ideas to help you renew your faith, and short readings to help you rest with purpose! Poems and a reading list offer light on the path. Our hope is that by savoring the contents of this publication, you will take yourself to a place where spiritual discernment is both possible and joyful.

Last month, Bob wrote in his pastoral letter:

*“Spiritual people often reflect how their decision-making can best align with God’s desire for their lives. Spiritual discernment is the art and practice of reflecting on the people, places and things in our life. It’s a way to navigate a path forward that is best and right. It is a discipline intended to open us up to possibilities we may not have seen, to shine a light on hidden motives, and harmonize reason, imagination, intuition and emotion. Employing practices of spiritual discernment bring us to the center of the big questions, ‘why are we here?’ and ‘where are we going?’ Spiritual discernment accesses the wisdom of intuition, feelings and rational judgment to discover what is really essential and true. It takes into account God’s dream for us to live in wholeness.”*

Through the summer we will be exploring a variety of ways that we can learn specific techniques of spiritual discernment. It can be practiced as a personal discipline and is also quite effective in groups. As the earth itself echoes God’s continual renewal, may we also find our renewal through practices of spiritual discernment.

So enjoy your summer, wherever you are, and sample the fruits of your labors and our labors here as well. Our hope is that this booklet stimulates you to rest, reflect, and renew in the light of God’s grace and in the spirit of discernment.

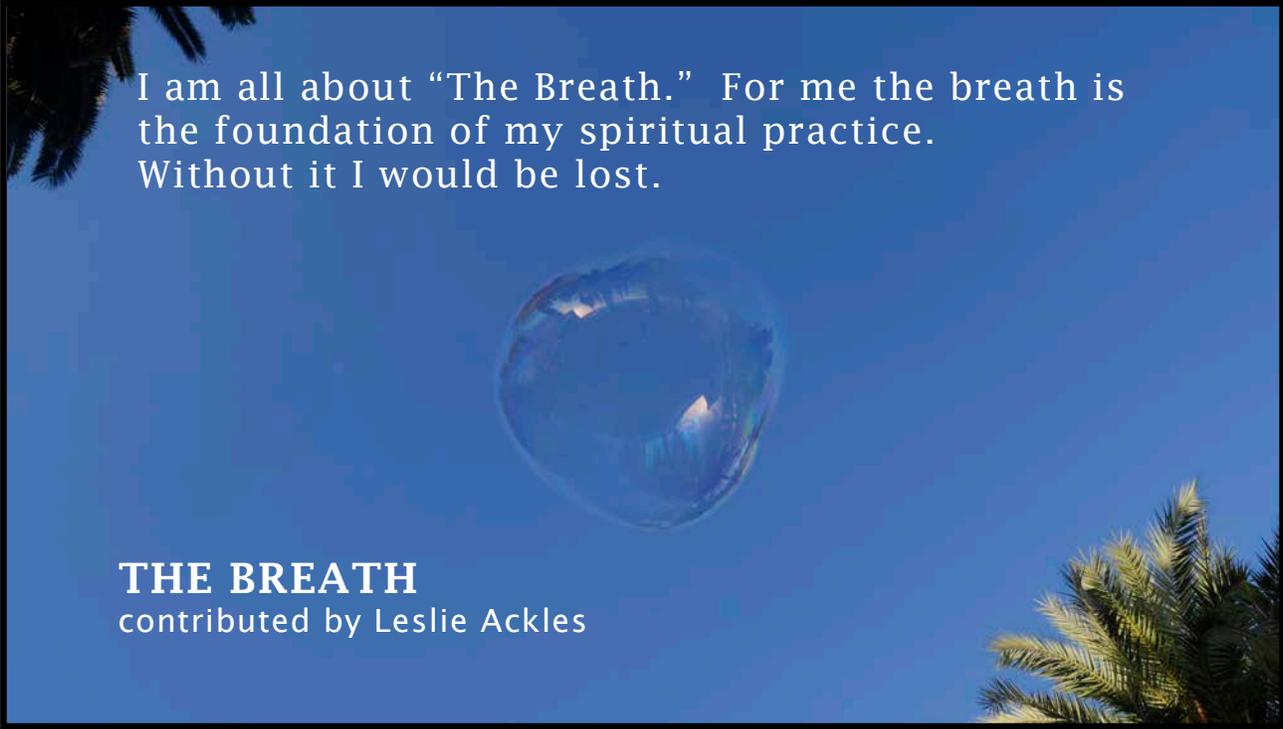
In Joy,  
CE Committee and Transition Team

## **Spiritual Practice as a Shared Experience:**

Every one of these spiritual practices can be easily adapted to suit couples, friends, family, or small groups practicing together. For instance, family members might agree to take photographs of their day and gather together in the evening to show and tell how the photos reflect the beauty of God's presence among us. Discuss what has been observed or noticed about the nature of God.

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I am all about “The Breath.” For me the breath is the foundation of my spiritual practice. Without it I would be lost.

## THE BREATH

contributed by Leslie Ackles

**Question:** What is something that you have with you always that can bring you calm, peace and clarity, and can counteract the stress response?

**Answer:** Your breath

You have it with you at all times. Your conscious breath can pull you out of your automatic responses, your anger, or your worries. Your breath can slow you down, center you, and open you to your own inner wisdom and the voice of God.

**Breathing:** I take deep breaths in through my nose and out through my mouth. When I take the ‘in’ breath I fill my belly with air. With the ‘out’ breath I let my belly collapse to my spine. I take several deep breaths gradually increasing the length of my exhale. These few deep breaths alone will allow your body to relax.

Focusing on your breath can help quiet your mind. You can also focus on a word or phrase that has meaning for you on the in and out breaths. The breath and the word or phrase anchors your mind so it is not fleeing into a million “to-dos” or worries.

### Consider using your breath:

- For 3 minutes in the morning to start your day
- At a stop light
- In line at the grocery store
- Before a potentially stressful phone call
- On your walk or in nature

### Then listen...

be open for the wisdom that arises  
in the quiet space you have created.

### Two Resources:

1. Book: *Seven Steps to Choosing Joy* by Leslie Ackles
2. Mindfulness & Meditation Website: [www.calm.com](http://www.calm.com)



*For everything there is a season,  
and a time for every matter under heaven:  
a time to be born, and a time to die;  
a time to plant, and a time to pluck up what is planted;  
a time to kill, and a time to heal;  
a time to break down, and a time to build up;  
a time to weep, and a time to laugh;  
a time to mourn, and a time to dance;  
a time to throw away stones,  
and a time to gather stones together;  
a time to embrace, and a time to refrain from embracing;  
a time to seek, and a time to lose;  
a time to keep, and a time to throw away;  
a time to tear, and a time to sew;  
a time to keep silence, and a time to speak;  
a time to love, and a time to hate;  
a time for war, and a time for peace.*

## Practice

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*"God's mercies are new every morning."* Lamentation 3:23

Summer is a wonderful time to Rest, Renew, and ... Reflect on our lives.  
The Psalms, Proverbs, and Ecclesiastes are filled with reflections.

### Consider:

#### Psalm 8: 3-4:

*When I look at your heavens, the work of your fingers, the moon and the stars that you have established; what are human beings that you are mindful of them, mortals that you care for them?*

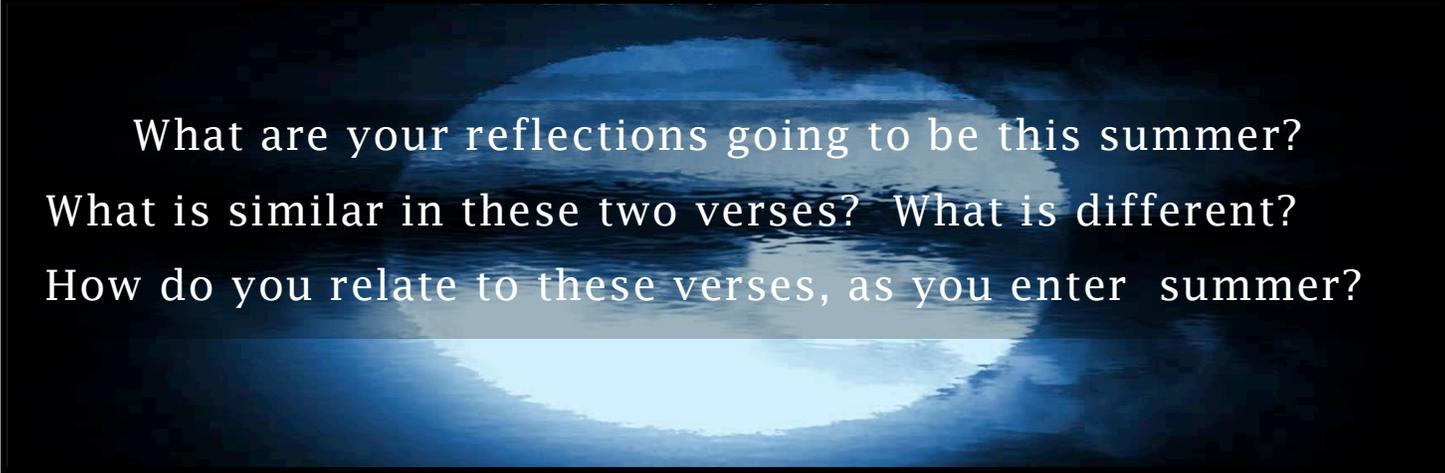
And Jesus' words in the Sermon on the Mount are both similar and different to the psalmist's:

#### Matthew 6:28-29:

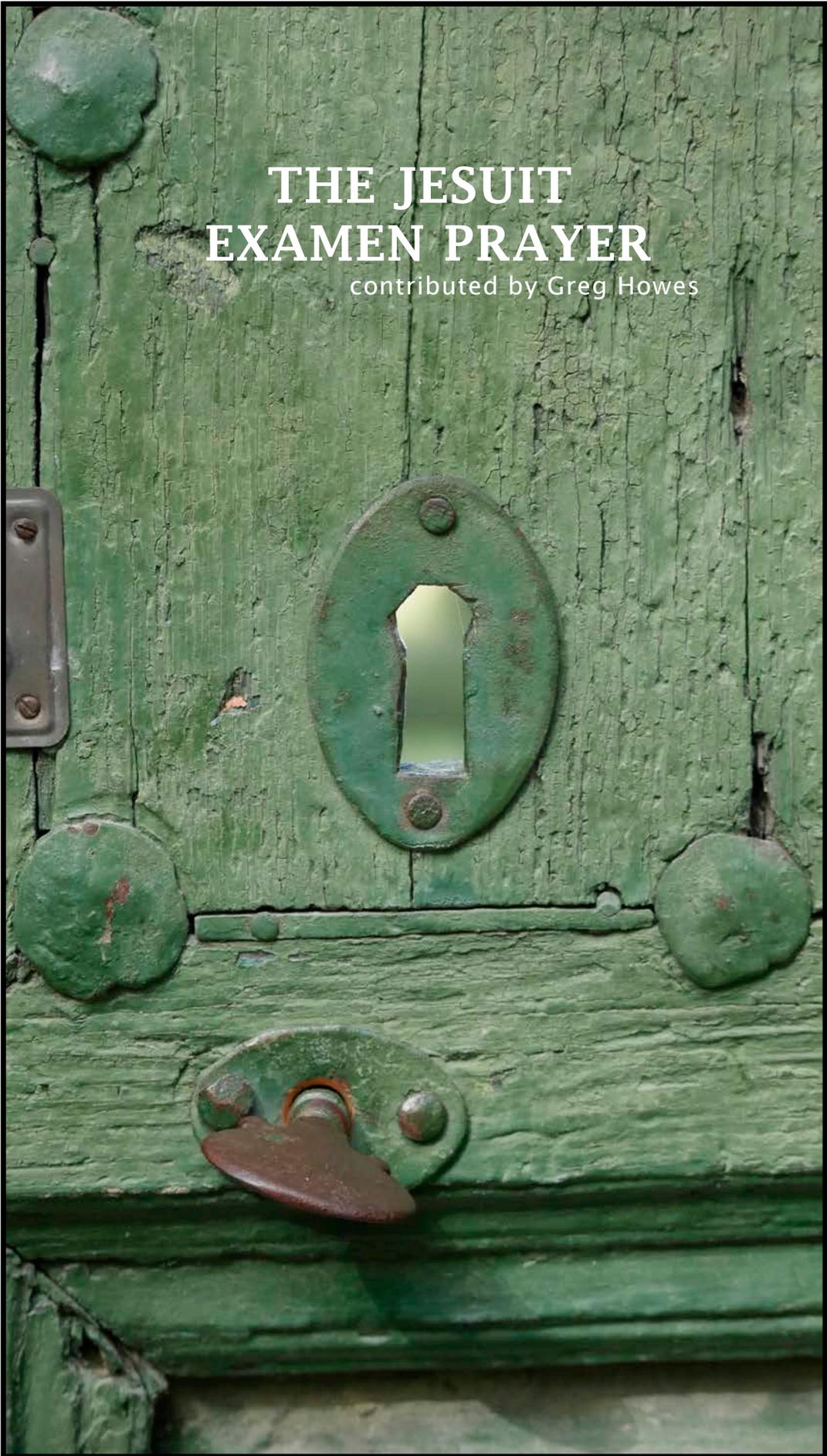
*And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these.*

#### John 1:1-5:

*In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God; all things were made through him, and without him was not anything made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.*



What are your reflections going to be this summer?  
What is similar in these two verses? What is different?  
How do you relate to these verses, as you enter summer?

A close-up photograph of a weathered green wooden door. The door has a central keyhole with a brass surround, a brass handle at the bottom, and several circular brass knockers. The wood is aged and shows signs of wear, with some paint chipping away. The text is overlaid on the upper portion of the image.

# THE JESUIT EXAMEN PRAYER

contributed by Greg Howes

## Practice

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*"We live in a universe of grace."*

My "daily spiritual practice" is my personal version of the Jesuit's Examen Prayer. I begin each day by reviewing my schedule and writing down three things for which I am grateful. This is my way of being present with God. Regardless of whether I'm hurting, afraid, anxious, or happy and excited, by reviewing the day I remember I am loved and blessed. I then say a brief prayer, which is simply an interior dialogue with God that affirms my purpose, focus, and priorities for the day.

At the end of the day, before sleep, I write down:

1. For what am I most thankful today?
2. When was I most fully alive today?
3. Where did I see God today?
4. How did I give love today?
5. How will I improve?
6. How will I **trust** in God's love tomorrow?

**ON POETRY**  
**FOR RESTORING THE SOUL**  
contributed by Fred Williams

Whether happy or sad, I sometimes find it agreeable to build out the edges of my soul by reading poems.

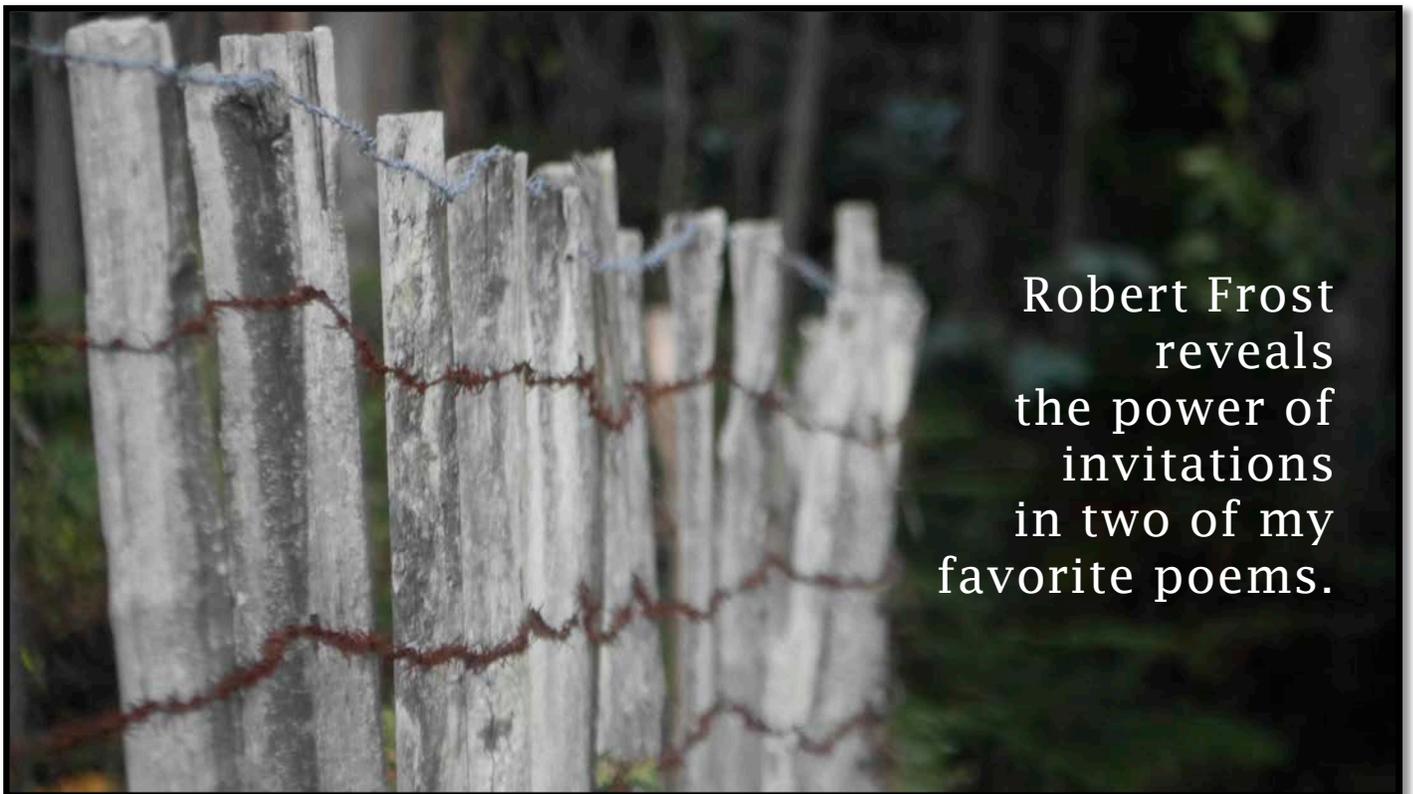
I like George Herbert's conversations about God in "The Pulley" and in "Love (III)". Dylan Thomas burnishes memories in "Poem in October" and "Under the Apple Bough". Andrew Marvell's "Bermudas" and "The Garden" show souls giving thanks for nearly returning to Eden. W.H. Auden's long poem "For the Time Being: A Christmas Oratorio" contains the lines:

"...and the Soul endure  
A silence that is neither for nor  
against her faith  
That God's Will will be done, That,  
in spite of her prayers,  
God will cheat no one, not even the  
world of its triumph."

Poets say,  
"See this, *now*"

**&**

they are compelled  
to tell us so.



Robert Frost  
reveals  
the power of  
invitations  
in two of my  
favorite poems.

### **The Telephone**

*by Robert Frost*

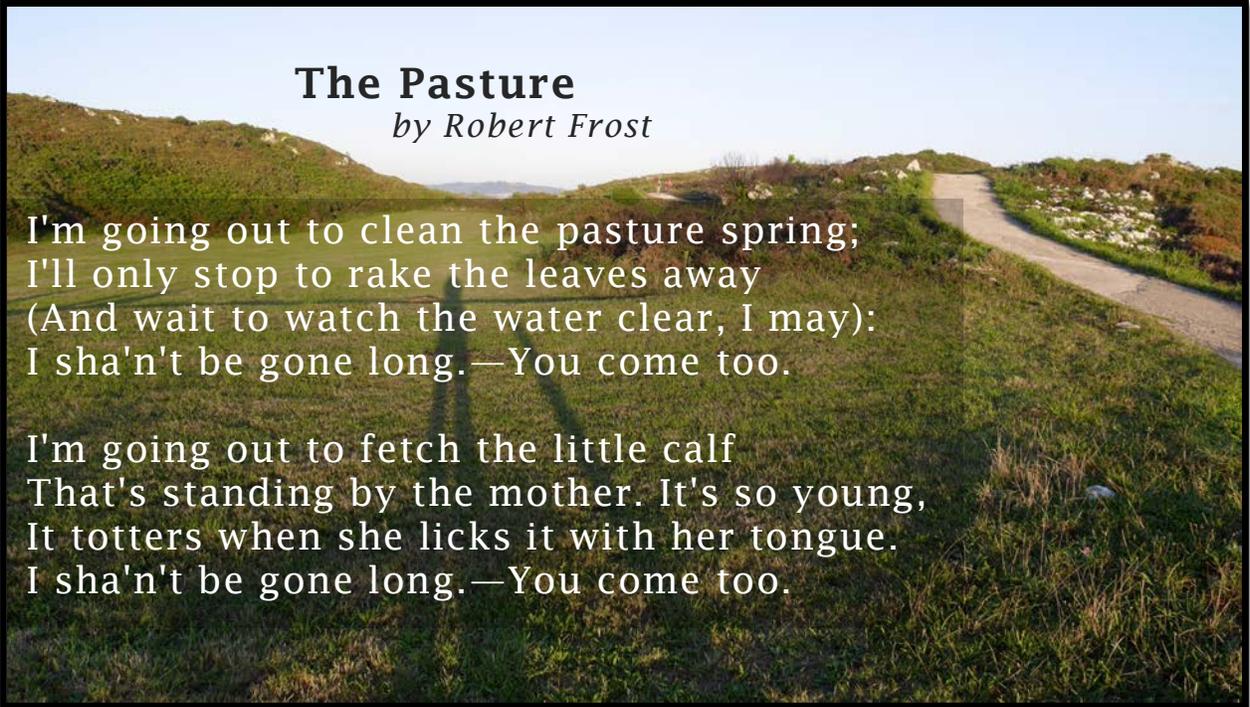
“When I was just as far as I could walk  
From here to-day,  
There was an hour  
All still  
When leaning with my head against a flower  
I heard you talk.  
Don’t say I didn’t, for I heard you say—  
You spoke from that flower on the window sill—  
Do you remember what it was you said?”

“First tell me what it was you thought you heard.”

“Having found the flower and driven a bee away,  
I leaned my head,  
And holding by the stalk,  
I listened and I thought I caught the word—  
What was it? Did you call me by my name?  
Or did you say—  
*Someone* said ‘Come’—I heard it as I bowed.”

“I may have thought as much, but not aloud.”

“Well, so I came.”



### **The Pasture**

*by Robert Frost*

I'm going out to clean the pasture spring;  
I'll only stop to rake the leaves away  
(And wait to watch the water clear, I may):  
I sha'n't be gone long.—You come too.

I'm going out to fetch the little calf  
That's standing by the mother. It's so young,  
It totters when she licks it with her tongue.  
I sha'n't be gone long.—You come too.

## MY SPIRITUAL PRACTICE

contributed by Lawrie Okurowski



**M**y spiritual practice has been ongoing and uncomplicated for most of my life.

When I was a child I unhesitatingly knew God was my best and closest friend who loved me no matter what. Together we, God and I, have gradually evolved into a deeply intimate relationship that can be described as “Closer than hands and feet,” “Heart of my heart,” “Soul of my soul,” “The eyes through which I see God are the eyes through which God sees me,” and finally “The breath inside my breath is God's breath.” These last two quotations are from Meister Eckhart, a fourteenth century theologian. For me, these words are touchstones of Truth, comfort and peace. They are always with me, somewhere in my Heart's deep awareness, whether I am thinking of them or not. I have saved the most important and favorite word I say to God for last. It is Thank you, and a prayer unto itself that gives me joy and keeps me somewhat humble.

In addition, I eagerly read and study the myriad of spiritual books available everywhere. They are never ending gifts that seem to arrive when I am ready for them. I have a meditation prayer practice that is both formal and informal, the latter is often in my garden. Finding time for deep stillness and devotion with the Beloved is, for me, a trinity of receiving, giving, and the swell of shared gratitude that embraces the sacredness of relationship.

# MEDITATION as a SPIRITUAL PRACTICE

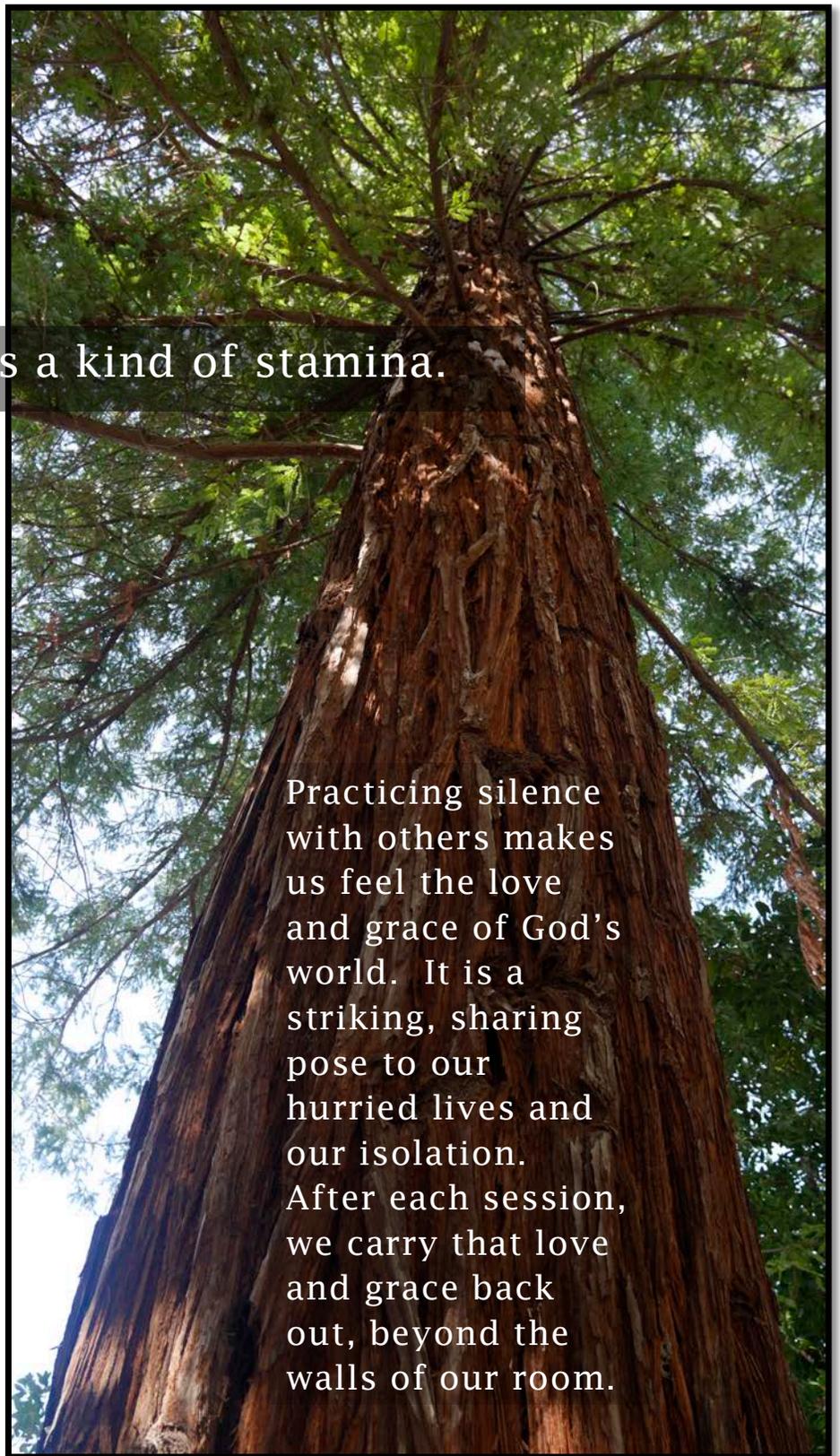
contributed by Liz Crowell

My friends and I gather to be silent most Monday mornings. We begin with talking and catching up, as friends do. Our first gatherings seemed more talk than silence. We have found that at first, we could only sit still and

being silent takes a kind of stamina.

silent for a few minutes; then, we added minutes, the way long-distance runners intent on a marathon might gradually add quarter miles to their runs.

Where do we go in silence? For some of us, it is simply practicing our calm, in hopes that we can keep that calm with us, like a firefly in our cupped palms, a treasure to carry through our darker moments. For others, the silence is to feel God's presence and the gift of the present moment. For others still, it is practice at being in the world and feeling one's place in it. We all admit to how hard it is, how quickly the mind rushes to to-do lists or unresolved things in the past. In our best moments, we are simply being with friends, eyes closed, breaths measured, finding peace.



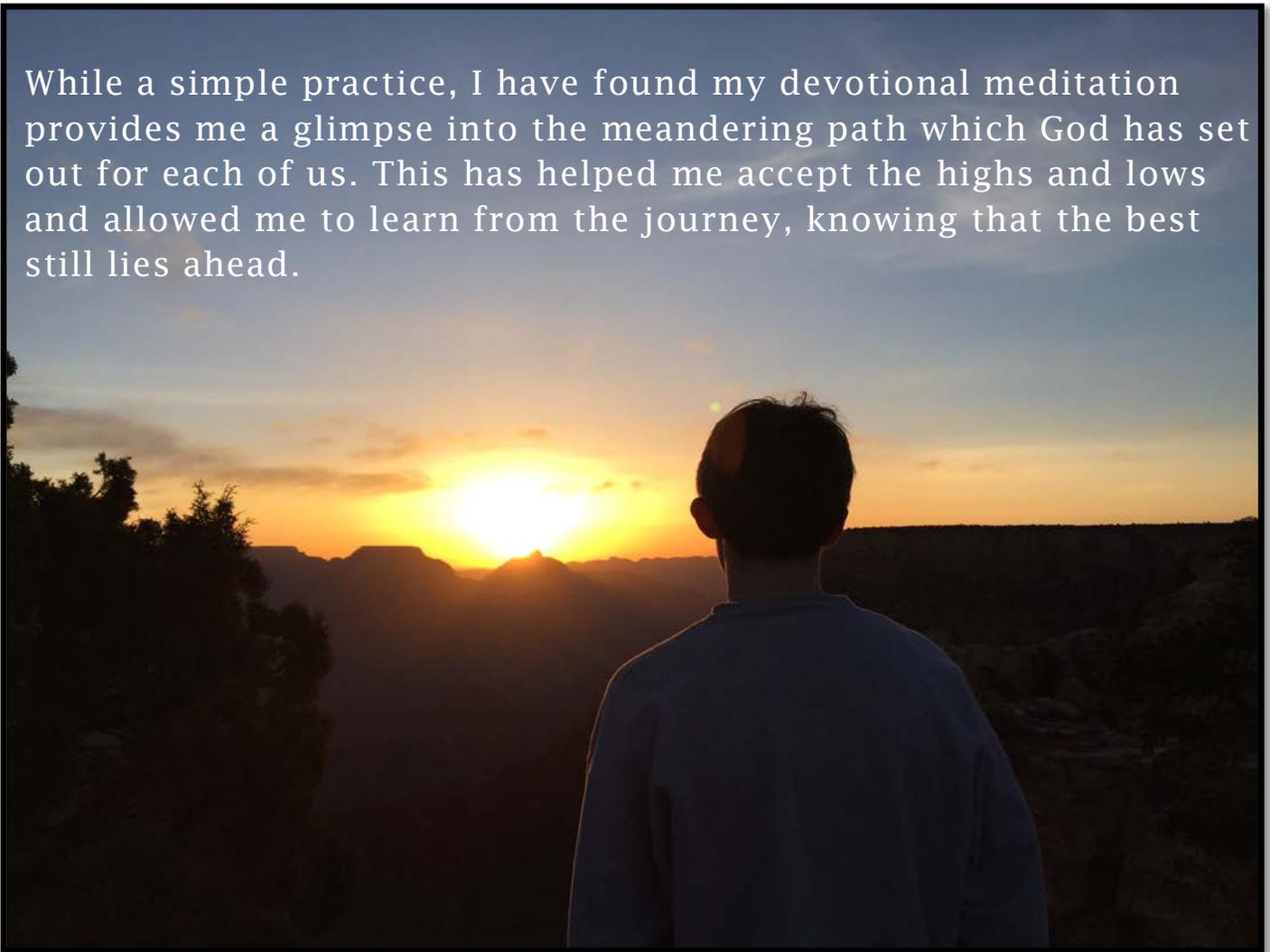
Practicing silence with others makes us feel the love and grace of God's world. It is a striking, sharing pose to our hurried lives and our isolation. After each session, we carry that love and grace back out, beyond the walls of our room.

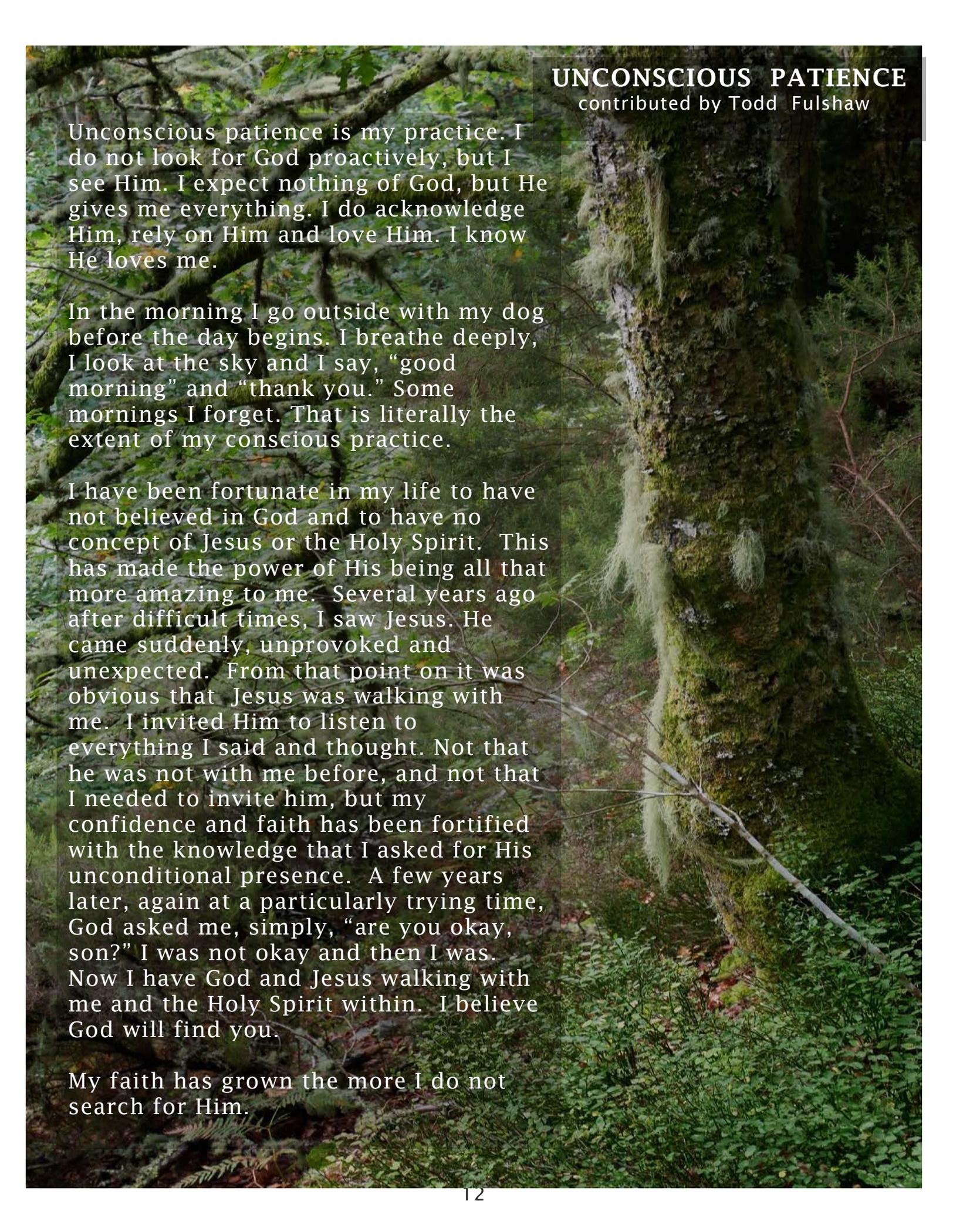
## DEVOTIONAL MEDITATION

contributed by Hjalmar Pompe van Meerdervoort

As an early riser, I am afforded each morning uninterrupted time to meditate on my life in an increasingly disquiet world. Often my contemplation is guided by spiritual reflections featured in an online daily devotional. The devotional allows me to draw on a scripture reading and lesson and then to springboard to personal thoughts and concerns. This process of personalizing the lesson has especially been a source of comfort in troubling times. Often my thoughts may return to the morning "questions" throughout the day resulting in maturation of the lesson.

While a simple practice, I have found my devotional meditation provides me a glimpse into the meandering path which God has set out for each of us. This has helped me accept the highs and lows and allowed me to learn from the journey, knowing that the best still lies ahead.





## UNCONSCIOUS PATIENCE

contributed by Todd Fulshaw

Unconscious patience is my practice. I do not look for God proactively, but I see Him. I expect nothing of God, but He gives me everything. I do acknowledge Him, rely on Him and love Him. I know He loves me.

In the morning I go outside with my dog before the day begins. I breathe deeply, I look at the sky and I say, "good morning" and "thank you." Some mornings I forget. That is literally the extent of my conscious practice.

I have been fortunate in my life to have not believed in God and to have no concept of Jesus or the Holy Spirit. This has made the power of His being all that more amazing to me. Several years ago after difficult times, I saw Jesus. He came suddenly, unprovoked and unexpected. From that point on it was obvious that Jesus was walking with me. I invited Him to listen to everything I said and thought. Not that he was not with me before, and not that I needed to invite him, but my confidence and faith has been fortified with the knowledge that I asked for His unconditional presence. A few years later, again at a particularly trying time, God asked me, simply, "are you okay, son?" I was not okay and then I was. Now I have God and Jesus walking with me and the Holy Spirit within. I believe God will find you.

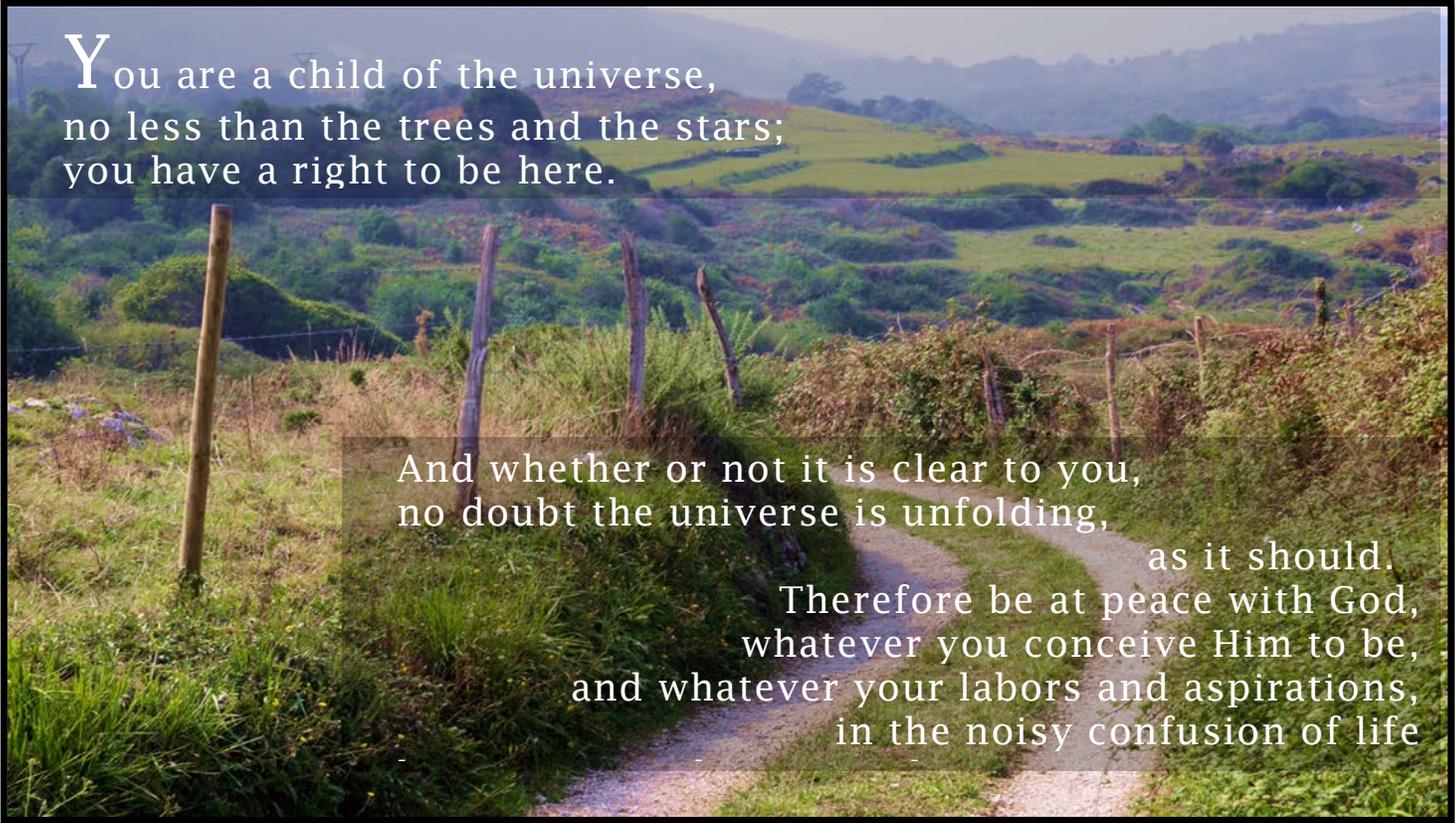
My faith has grown the more I do not search for Him.

## PONDERINGS

### Desiderata

by Max Ehrmann

Go placidly amid the noise and haste,  
and remember what peace there may be in silence....  
Take kindly the counsel of the years,  
gracefully surrendering the things of youth.  
Nurture strength of spirit to shield you in sudden  
misfortune.  
But do not distress yourself with dark imaginings.  
Many fears are born of fatigue and loneliness.  
Beyond a wholesome discipline,  
be gentle with yourself.

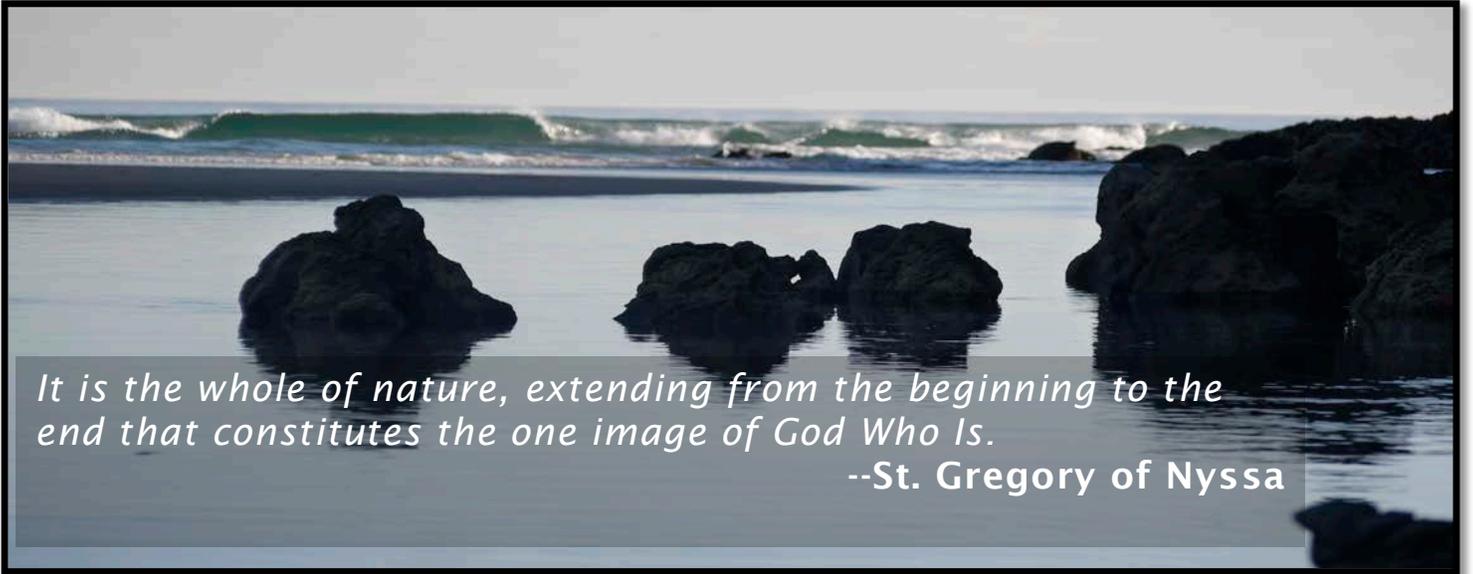


You are a child of the universe,  
no less than the trees and the stars;  
you have a right to be here.

And whether or not it is clear to you,  
no doubt the universe is unfolding,

as it should.

Therefore be at peace with God,  
whatever you conceive Him to be,  
and whatever your labors and aspirations,  
in the noisy confusion of life



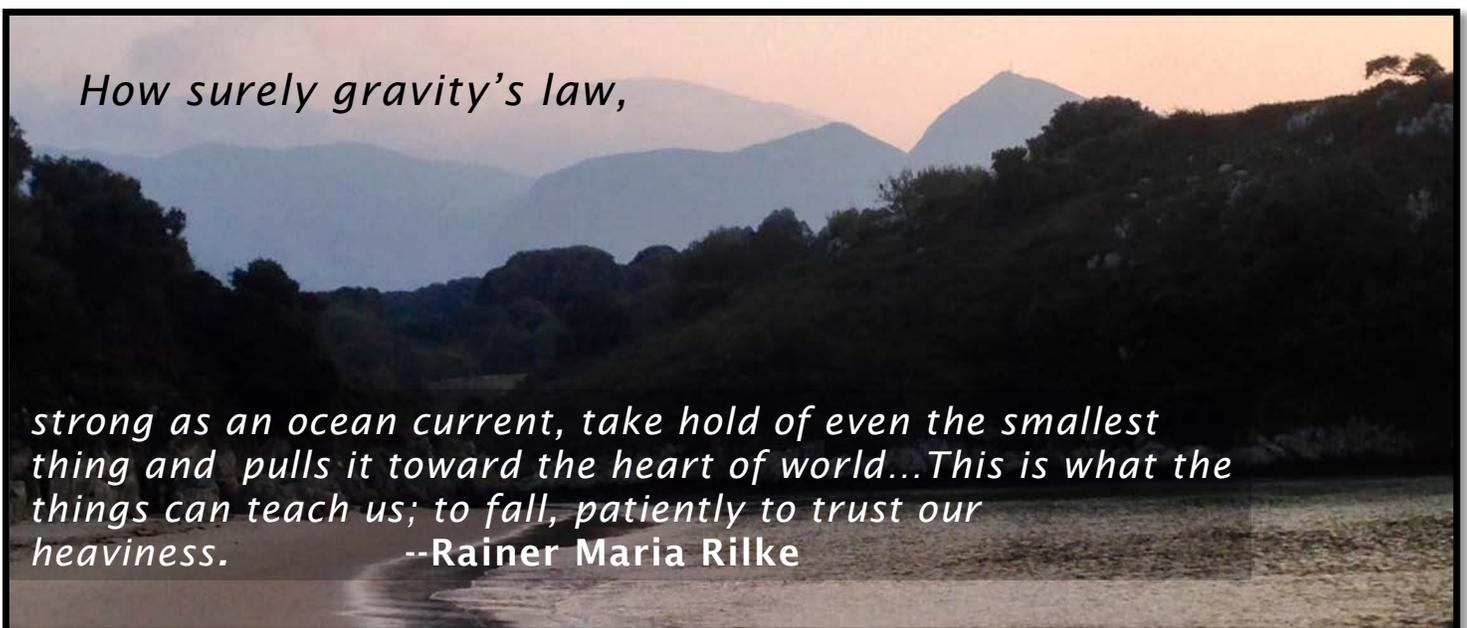
*It is the whole of nature, extending from the beginning to the end that constitutes the one image of God Who Is.*  
--St. Gregory of Nyssa



**Happiness** *is a butterfly,*

*which when pursued, is always just beyond your grasp,  
but which, if you will sit down quietly, may alight upon you.*

--Nathaniel Hawthorne

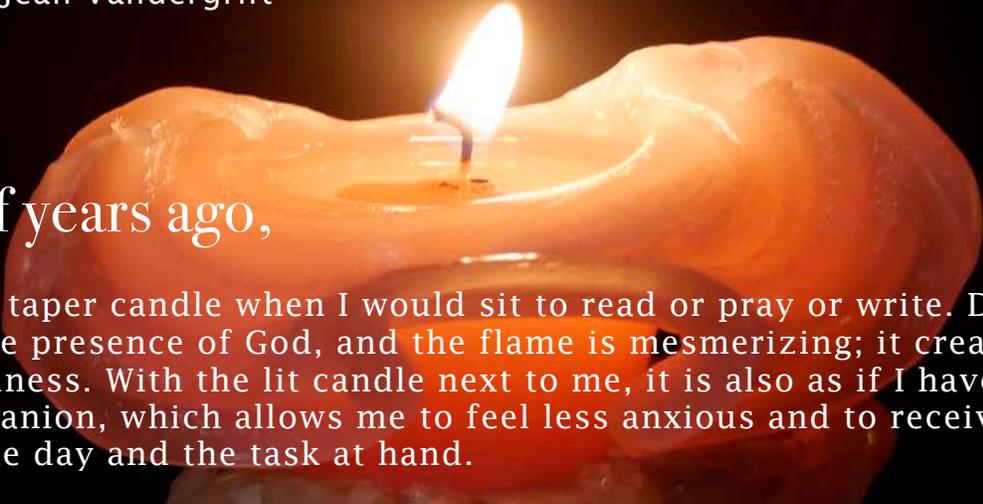


*How surely gravity's law,*

*strong as an ocean current, take hold of even the smallest  
thing and pulls it toward the heart of world...This is what the  
things can teach us; to fall, patiently to trust our  
heaviness.*  
--Rainer Maria Rilke

## PRAYING BY CANDLELIGHT

contributed by Jean Vandergrift



A number of years ago,

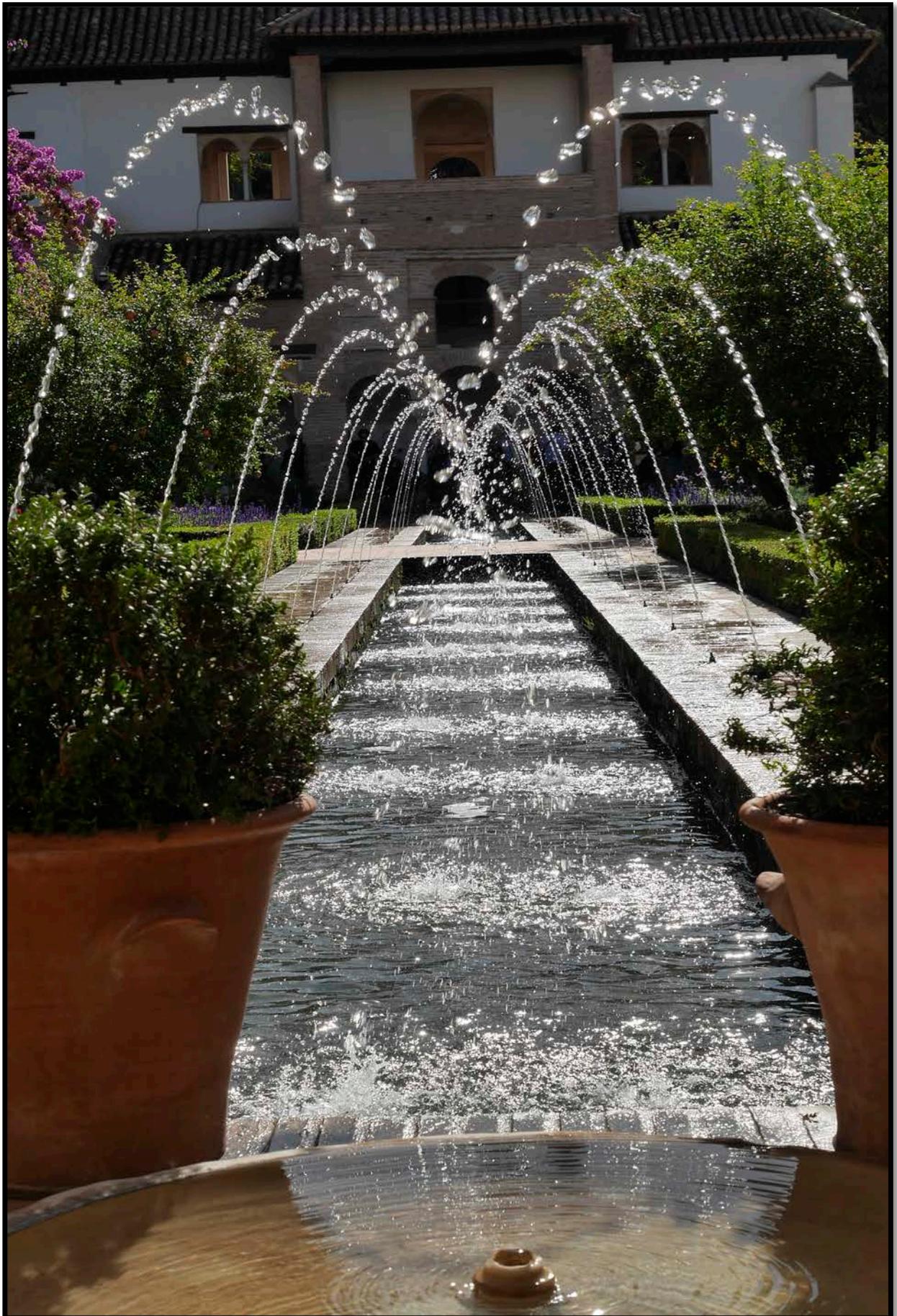
I began to light a taper candle when I would sit to read or pray or write. Doing so reminds me of the presence of God, and the flame is mesmerizing; it creates in me a blessed stillness. With the lit candle next to me, it is also as if I have a silent, soul companion, which allows me to feel less anxious and to receive inspiration for the day and the task at hand.

I look at the candle longer during these moments of meditation than when we light candles on other occasions, and I began to notice how the match flame catches to the wick and sizzles, how the wick soaks up the melting wax like fuel, how the flame itself is multicolored, and how the top of the candle becomes luminous as it is consumed. It struck me that a taper candle is a finely tuned, light producing system, one to which a human life might be compared.

Thus I started envisioning the wick as the soul or essence of me running down through the 'candlewax' of my work, relationships, and daily life. The flaming match represents the spark of God, and when it touches the wick 'in me,' my own light is born. So it is that who I am and how I am living in my body and in the world in relationship to the flame of the Spirit becomes a witness to others. If air currents are calm, often my light witnesses to this stillness and reaches upward, growing brighter, but sometimes even the breeze from a window threatens to extinguish it. On yet other mornings, my candle flame pulsates and seems to dance with joy before my eyes, allowing me to ask myself what kind of witness I am actually bearing.

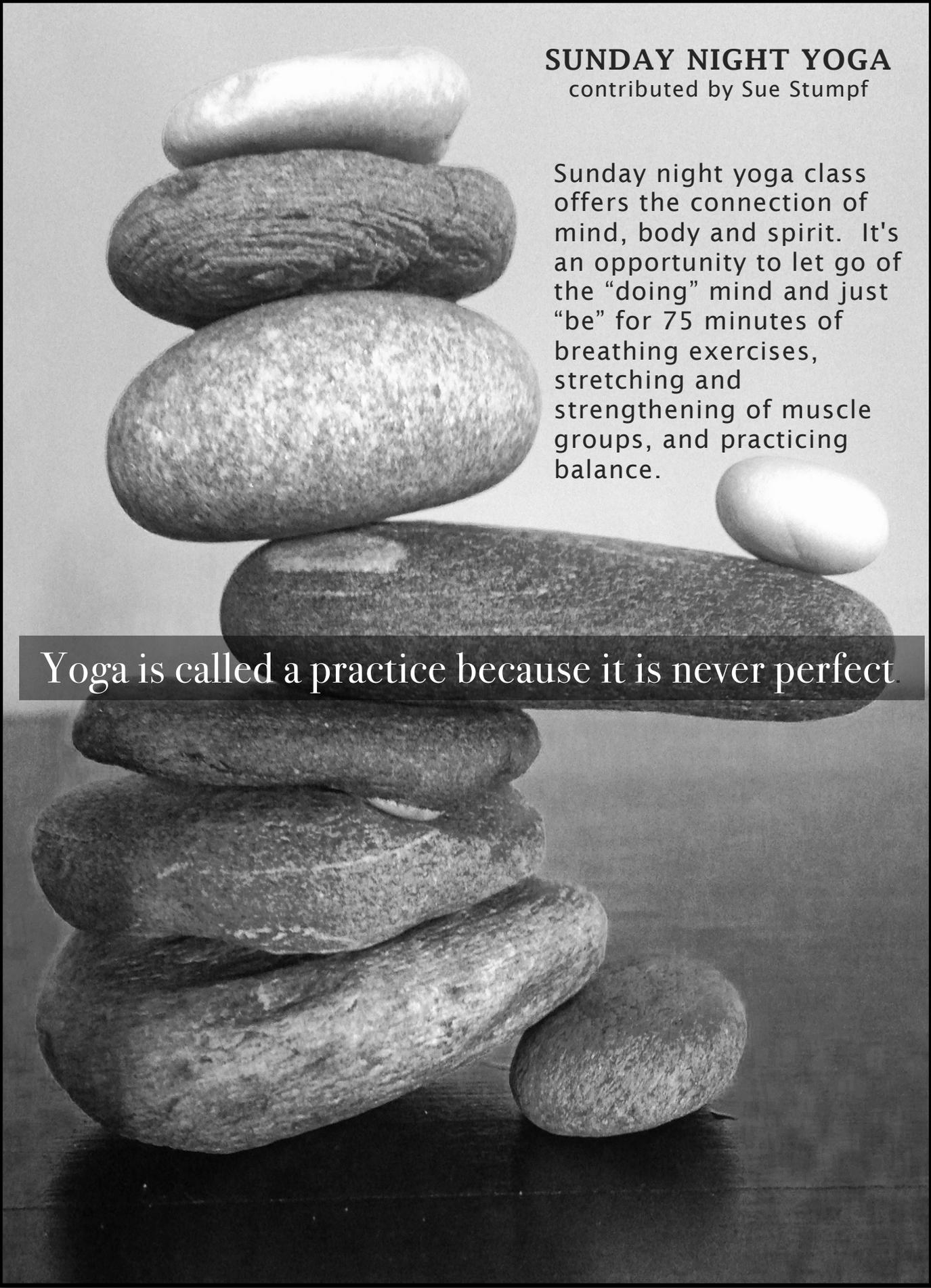
So it is that praying by candlelight gives me the opportunity on any given day to assess my spiritual state and invite God's grace into it, the lit candle serving as a sort of spiritual director. If the wick is buried in the pileup of the stuff of my life, for instance, I can "dig" around in prayer to free it and catch the spark. If the flame is terribly erratic, I can pray about the troubles in society and seek serenity.

In the early years of this spiritual practice, I also watched in suspense as the candle burned down over time. I observed how the wick can catch hold even at the bottom of the taper, and by the generosity of God, the little nub of a candle can still produce a large flame of bright vigor. Finally, at the moment the melted wax gives its all and the wick is no more, the flame simply goes to dark, emitting yet a wisp of rising smoke, like prayerful incense before God, and leaving the gift of profound peace in my soul.









## SUNDAY NIGHT YOGA

contributed by Sue Stumpf

Sunday night yoga class offers the connection of mind, body and spirit. It's an opportunity to let go of the "doing" mind and just "be" for 75 minutes of breathing exercises, stretching and strengthening of muscle groups, and practicing balance.

Yoga is called a practice because it is never perfect.

## No two bodies are the same

so no two individuals will "look" the same or feel the same thing in a posture.

Breathing practice allows you to go inward and explore what is going on in the physical body and the mind, always coming back to the breath even as sensations arise. There is no right or wrong in yoga; the key is to listen to your body, and then there should be no pain involved. We observe thoughts and sensations as they arise without labeling them, and we let go of our "to do" list as much as possible. One of the cornerstones of Kripalu yoga is self-observation without judgment -- which of course is easy to say and not so easy to do.

*Shavasana* is one of the most challenging **postures** in yoga. The opportunity to rest, reflect and restore after yoga practice allows the body to cool down and the soul to absorb the benefits of practice, yet it takes a great deal of practice to truly quiet the mind and lie still for 5-10 minutes.

To allow yourself  
to be present

& available

is to recognize the

*Holy Spirit*

in your past,  
present,

& future life.

Regardless of the extent of our knowledge of the Bible, most of us know the story of creation in Genesis, and most of us know the 23<sup>rd</sup> Psalm. Yet it took deliberation for me to see that **REST** is one of the themes in the creation story, and **RENEW** is a theme in Psalm 23.

# RE:st

**Genesis 2:2:** *And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done.*

Why did God rest on the seventh day?  
Was it from excess work?  
Does God get tired? There must be something very deep about rest, that it is one of the very first things we understand about the person of God.

# RE:flect

And why did God establish the seventh day - the Sabbath day - as the Day of Rest? In fact, honoring the Day of Rest is so important that it is number four of the Ten Commandments! Why do you think God implores us to "Honor the Sabbath Day and keep it holy"?

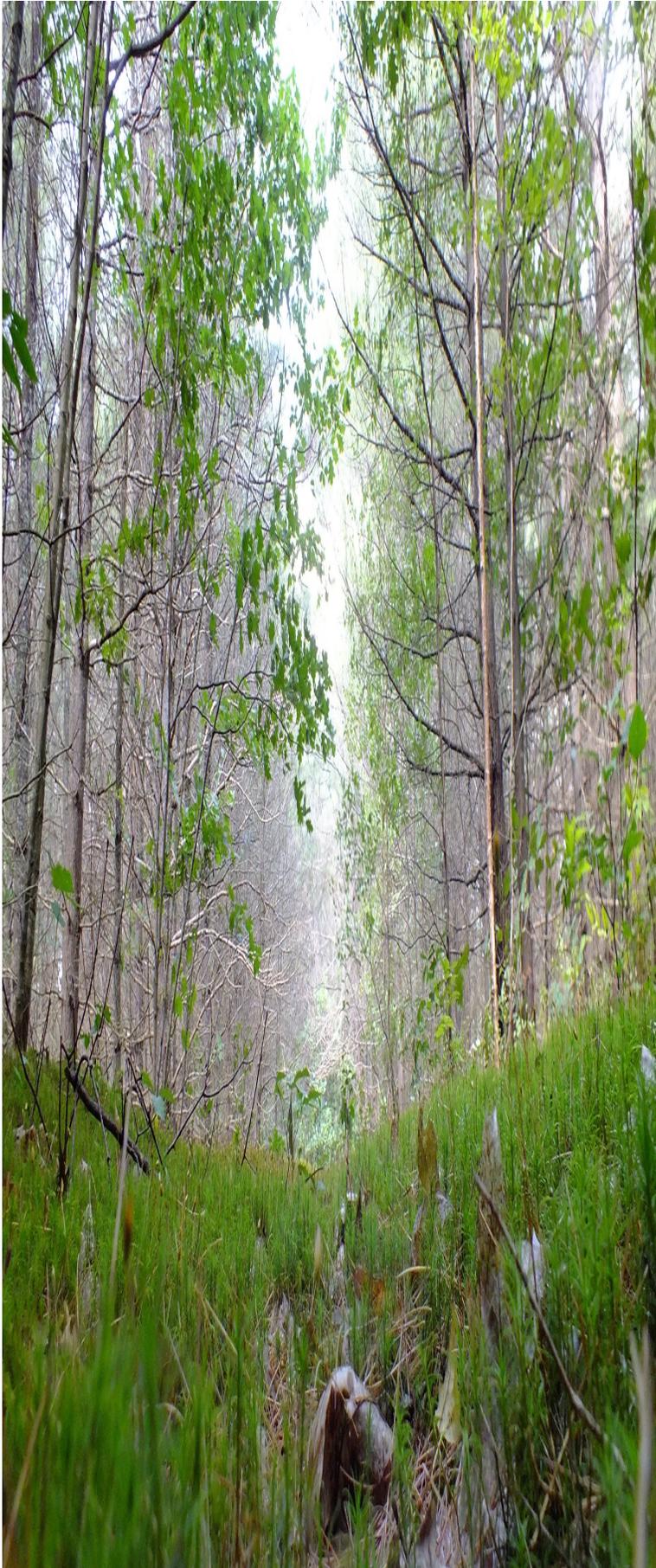
**Psalm 23:12:** *The Lord is my shepherd; I shall not want.  
He makes me lie down in green pastures;  
he leads me beside still waters; he restores my soul.*

# RE:new

What are some of the meanings of "restore" for you?  
Restore furniture, restore justice, fix, renew to its original state?  
What about you is in need of being restored? Once restored, do you need restoration again? What about your soul is in need of restoration?  
How has God restored your soul?

## On RUNNING

contributed by Rob Freund



I've never been an athlete or had any physical goals. Around 15 years ago - at the ripe young age of 48 - I started to run, first just a few minutes several times a month. I enjoyed it so much that I started to run longer distances and with more frequency. I liked running on trails the most, but also enjoyed getting to know Concord's and other towns' roads as a runner. I loved the sense that I was doing something good for my body -- and my mind. And the solitude and 'remoteness' of running was a welcome contrast to the myriad challenges and commitments of my daily life. As my running became more habitual, my body changed, my mind changed, my life routine changed, and my stamina with my children changed too! My friends were so impressed with my discipline for running, but I would explain to them that in truth it took more discipline for me to not run than to run. In both easy and difficult times, I would talk to God on my runs, I'd pray and conjure a sense of a conversation with God as I wound through the trails or roads. Over the last few years I have had to decrease my running a bit due to injuries and age, but I feel each run is a gift from God. And I realize it was not me who "found" running, it was running who found me. And I am very grateful to God for my running.

# PILGRIMAGE, STUDY, and SILENCE

contributed by Barbara Stevens

Right now,

it's the combination of **pilgrimage, study, and silence** that carry me along toward God. The work brings joy.

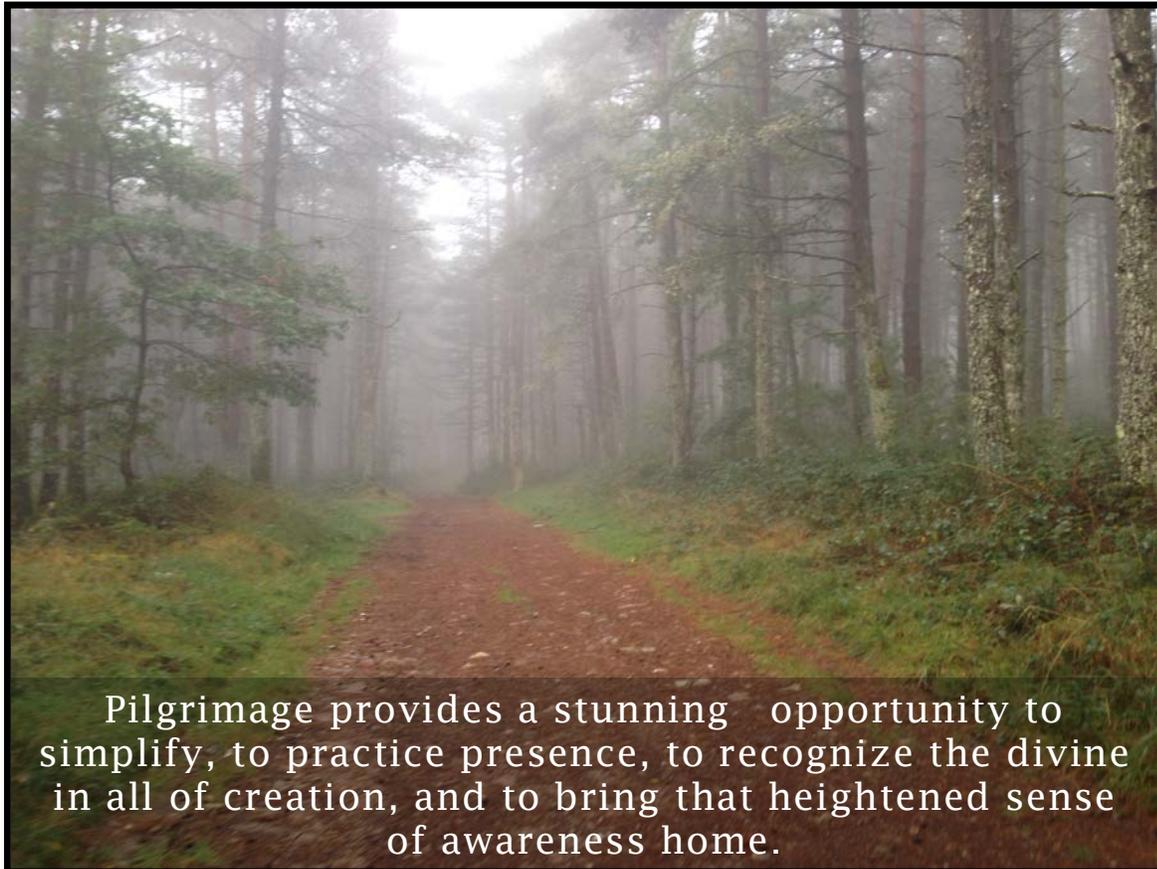
I cannot *not* do it.

## Pilgrimage

I think of my ongoing work in Uganda as pilgrimage. Emmanuel Katongole expresses what I believe when he describes “mutual transformation” and “being pilgrims together,” and “mission as pilgrimage.”

<http://stonesinuganda.blogspot.com/2008/11/mission-as-aid-ugandan-perspective.html>

It was a different kind of pilgrimage in April and May, 2014, when my husband and I walked The Camino de Santiago. Over the course of those 36 vivid days, we had just one thing to do, join with hundreds of thousands of pilgrims, past and present, and take one step at a time toward Santiago.



Pilgrimage provides a stunning opportunity to simplify, to practice presence, to recognize the divine in all of creation, and to bring that heightened sense of awareness home.



## Study

Pilgrims en Camino make their way to Santiago by following hundreds of yellow directional arrows which are painted on trees, stone walls, pavement, buildings...

As a pilgrim on the life-long spiritual journey, I depend on inspiring texts and brilliant teachers to guide my way and provide the “yellow arrows” that keep me on track. The possibilities are endless and readily accessible. What a blessing to be able to learn from the masters.

## Silence

Practicing **Centering Prayer** at the beginning and end of each day is the most important thing I do.

Centering Prayer provides time to let go of thoughts and consent to God’s presence and action within.

Here is a [link](http://www.contemplative.org/contemplative-practice/centering-prayer) that describes the method:

<http://www.contemplative.org/contemplative-practice/centering-prayer>

## On VOLUNTEERING

contributed by Polly Vanasse

Karin Case preached a children's sermon in 1997 in which she asked the kids if God had hands. Puzzled, they considered the question and several said, emphatically, "No!" Karin asked them to hold up their hands and she said, "These are the hands of God, and they can do mighty work." In our family, this was inspiration for many service projects, mission trips, and volunteer jobs. When we act as God's hands, there is a purity and lightness to the work. Meeting those that we help offers us a glimpse into common humanity.

Cooking dinners for the men at a Boston shelter was great fun, the cooks loved working together, and we learned that preparing the finest, freshest meals was a way to honor the people who sometimes felt like God had forgotten them. Baking breads and brownies for Boston Seafarers gave us the chance to send personal greetings and a taste of home to international sailors who visited Boston but could not disembark. At Gaining Ground, a whole volunteer community learns organic farming practices and the results -- 60,000 pounds of fresh produce -- are given away to transform lives for many who face food insecurity. As I volunteer, I don't feel like I am "doing good." Instead, I find a spiritual connection between myself, the others who are working alongside of me, and the people who are receiving the gifts we offer, as if we are all one. That pure joy brings me back for more. It is a way I begin to understand how Jesus might have felt when he was healing and helping those who had been marginalized.

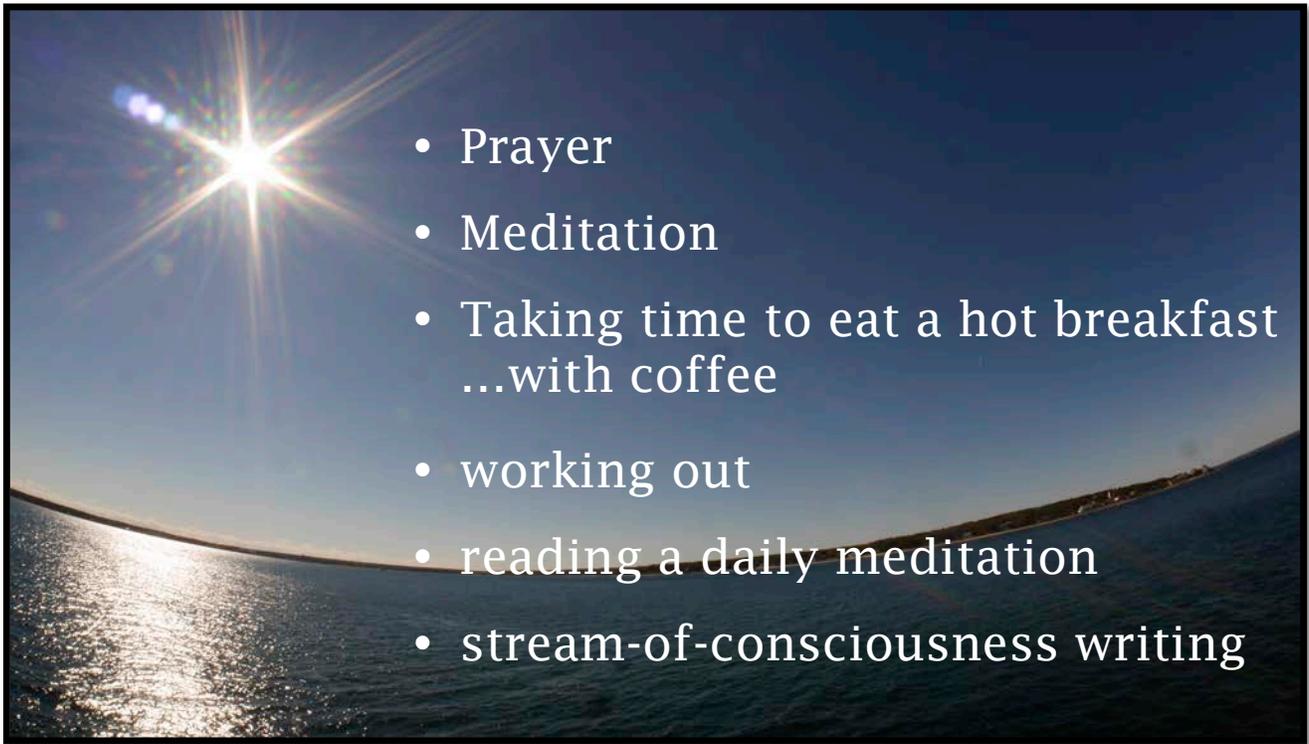
There is no better example of spiritual growth through volunteerism than our Caring Connection. Imagine that when you are sick, a hot meal is delivered. When you need a ride to church or to a doctor, a friend will come get you. When you have suffered a loss, a note of hope arrives in your mailbox. When you have just returned from the hospital, a compassionate member of the congregation calls you to check in and see what you need. It takes a web of volunteers to make Caring Connection work, and many of the volunteers were once recipients of Caring Connection themselves.

This summer, as a way to renew myself, explore my personal faith, and embrace joy, I look forward to volunteering at Gaining Ground and Caring Connection. Your family is invited to explore ways you can offer your time to a volunteer organization. Try it, and reflect on what differences it makes in your lives.

## MORNING SPIRITUAL PRACTICE

contributed by Kate Huyett

My morning spiritual practice is at least 3 of the following:



I don't put pressure on myself to do all of them every day but instead focus on doing whatever I do calmly and with intention - making the time to connect spiritually is the most important part.



## PHOTOGRAPHY & SPIRITUALITY

contributed by Bob Brown



Studying religions for most of my adult life has exposed me to many different spiritual practices. I have a daily practice of devotional reading and silent listening prayer. I have walked labyrinths, chanted mantras, stretched in yoga groups and even once danced with

whirling dervishes. What I have come to understand is that too often “religion” will tend to codify methodologies of holy practice that imply some techniques as acceptable and “spiritual” while other activities are viewed as secular or even profane. However I truly believe that we have the ability to spiritualize everything! The important ingredient is recognizing the Divine Presence in whatever it is you are doing!

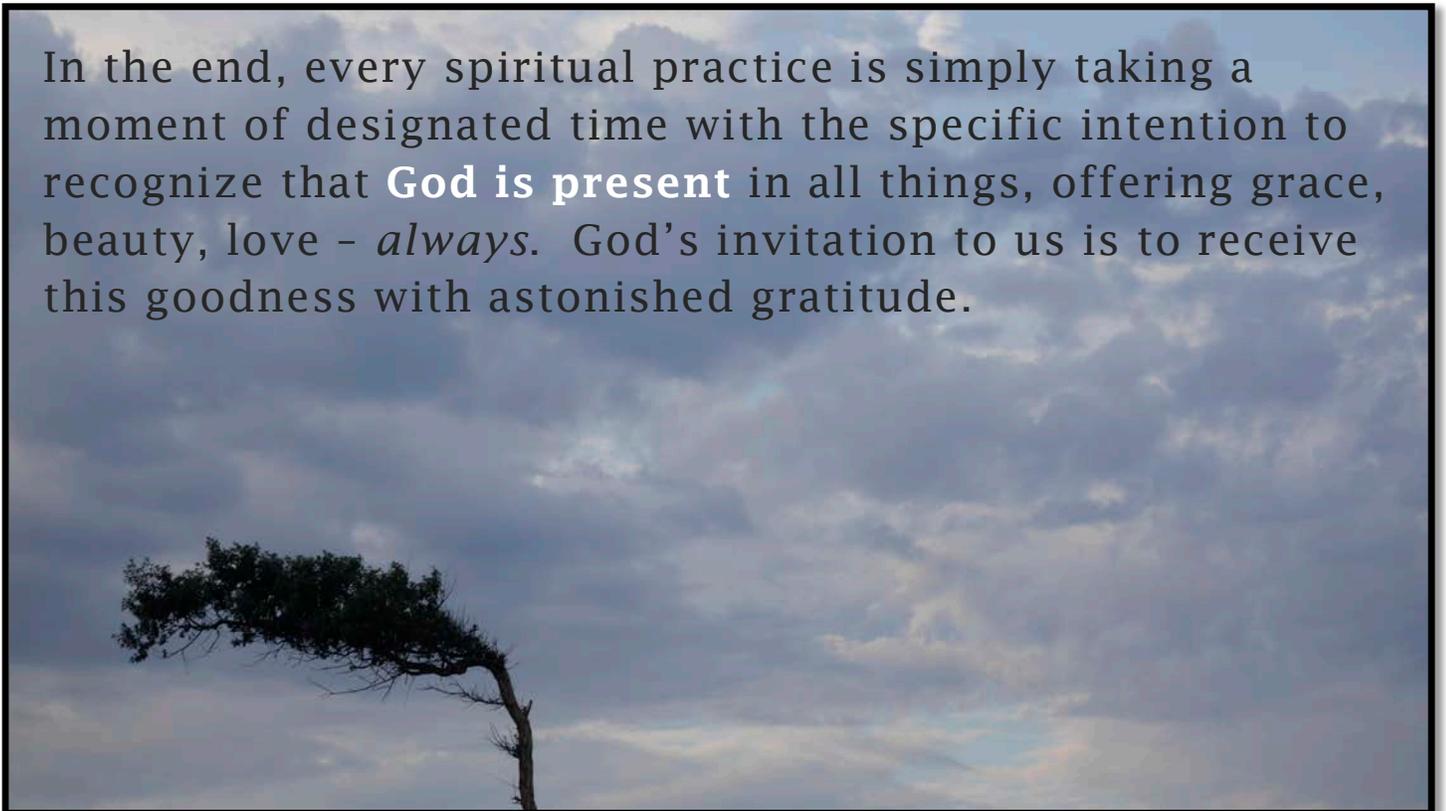


One of my favorite spiritual practices is photography. In fact all of the photographs in this book I have created over years of practice.

Looking for photo opportunities alerts my senses. I notice beauty, texture, color, movement, light, shadow and darkness. Walking with my camera is a way to truly be mindful and present to what is immediately before me.



In the end, every spiritual practice is simply taking a moment of designated time with the specific intention to recognize that **God is present** in all things, offering grace, beauty, love - *always*. God's invitation to us is to receive this goodness with astonished gratitude.



## CLOSING THOUGHTS

As the writings in this booklet reflect, ours is a community of spiritual wisdom. We are a collective people who consider, question, ponder and aim for enlightenment. The goal of this booklet was to consider different ways of prayer and engagement with God, as enacted by our friends and neighbors. As is seen through the practices that have been provided, there are many ways to approach the divine. Whether it be through something as subtle as noticing the rhythm in the descent of a falling leaf or something as profound as being awakened during a holy pilgrimage, greater connectedness with God is attainable. As we attempt to discern our roles in Jesus's church and God's great plan we can take comfort in knowing we are not alone in this endeavor and there are many others who also strive to develop a greater spiritual understanding.

All of us who were involved are appreciative of the enthusiastic and thoughtful response to this project. We are also reminded of the insight and understanding that is advanced when we ponder important questions. As the summer approaches and we pursue warm weather interests may we continue to consider our spiritual place in the world. As you can, sit back, breath and reflect upon the amazement that is your life and the beauty of creation. May your summers include connection, warmth and an ever increasing awareness of your own special spiritual journey. Shalom.



NOTES &  
DRAWINGS

**REST, REFLECT, RENEW**  
Spiritual Practices for Summer 2017



assembled by the TriCon Christian Education Committee

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June 2017