

Lifespan Faith Development for Adults & Older Youth “at home” or “on-the-go”

For May 21, 2017 –Theme of the Month: EMBODIMENT

Curated by Mary B. Collins, Director of Lifespan Faith Development, curated from Soul Matters

QUOTE: “No spiritual treasure to be found apart from the bodily experiences of human life on earth... My life depends on ignoring all touted distinctions between the secular and the sacred, the physical and the spiritual, the body and the soul...

Whoever you are, you are human. Wherever you are, you live in the world, which is just waiting for you to notice the holiness in it...Earth is so thick with divine possibility that it is a wonder we can walk anywhere without cracking our shins on altars. -*Barbara Brown Taylor*



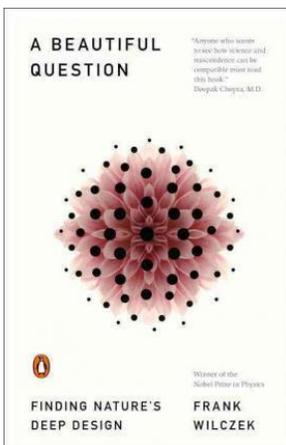
Where Am I? – RadioLab Podcast (about an hour)

...OK. Maybe you're in your desk chair. You're in your office. You're in New York, or Detroit, or Timbuktu. You're on planet Earth. But where are you, really? This hour, Radiolab tries to find out. How does your brain keep track of your body? We examine the bond between brain and body, and look at what happens when it breaks. <http://www.radiolab.org/story/91524-where-am-i/>

Why Is the World So Beautiful? (51 minutes) The world’s beauty as an embodiment of

truth. Nobel physicist Frank Wilczek sees beauty as a compass for truth, discovery, and meaning. His book, [A Beautiful Question](#), is a long meditation on the question: “Does the world embody beautiful ideas?” He’s the unusual scientist willing to analogize his discoveries about the deep structure of reality with deep meaning in the human everyday. <http://www.onbeing.org/programs/frank-wilczek-why-is-the-world-so-beautiful/>

BOOKS :



A Beautiful Question: Finding Nature’s Deep Design by Frank Wilczek

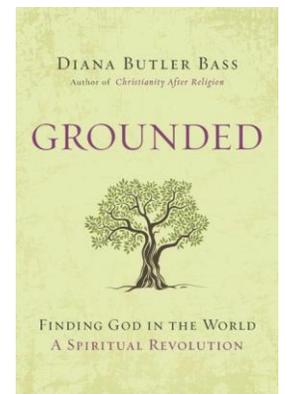
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<https://www.theguardian.com/books/2015/aug/01/a-beautiful-question-natures-deep-design-frank-wilczek-review>

Grounded: Finding God in the World by Diana Butler Bass

Bass argues that what appears to be a decline actually signals a major transformation in how people understand and experience God. The distant God of conventional religion has given way to a more embodied sense of the sacred that is with us in the world...in the soil, the water, the sky, in our homes and neighborhoods, and in the global commons.

<http://dianabutlerbass.com/books/grounded-finding-god-in-the-world-a-spiritual-revolution/>



SONG: three versions of the song What If God Was One Of Us - Joan Osborne



<https://www.youtube.com/watch?v=7Gx1Pv02w3Q>

Covers: <https://www.youtube.com/watch?v=QeXY678B7pM>

<https://www.youtube.com/watch?v=YNXAhxfbAXk>



MOVIE: In Defense of Food

A documentary challenging us to embody our values and our awareness in our eating.

https://www.rottentomatoes.com/m/in_defense_of_food

And wait there’s more....

SPIRITUAL EXERCISE: The Question We Embody

"Hearing about [others'] first, big question got me wondering about my own. What is the question that I asked as a little girl and have never stopped asking? How has asking that question defined, even if unconsciously, the choices I've made, the things I've created, the legacy I will leave behind?" -Courtney Martin

Courtney Martin sees our lives as embodiments of our "first big questions." This exercise asks us to take that proposition seriously. Instead of a complex set of steps, your instructions are simply:

Spend time this month figuring out and articulating your "first big question" and identify one way it has shaped you and one way it is calling you to change or deepen.

So... What question have you been trying to embody your entire life? What question has embodied you whether you liked it or not? What is the question that you asked as a little kid and have never stopped asking?

Check out the rest of Martin's essay for more inspiration:

http://onbeing.org/blog/courtney-martin-what-was-your-first-question/?utm_source=On+Being+Newsletter&utm_campaign=88165ac167-20170311_bessel_van_der_kolk_newsletter&utm_medium=email&utm_term=0_1c66543c2f-88165ac167-69930665&goal=0_1c66543c2f-88165ac167-69930665&mc_cid=88165ac167&mc_eid=cb4e45abe0



POEM: "Here" by Wislawa Szymborska *A celebration of being embodied on this earth and in this body!*

I don't know about other places,
but here on Earth there's quite a lot of everything.
Maybe somewhere else there are similar places,
But no one considers them beautiful.
Maybe like nowhere else, or in few other places,
here you have your own body trunk,
and with it the tools needed,
to add your children to those of others.
Besides that your hands, legs, and the amazed head...

Full poem found at <http://duszenko.northern.edu/szymborska/here.html>