

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

For April 23, 2017 –Theme of the Month: TRANSFORMATION

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



Shake My Future - Dorothea Smartt

A poem to shake our complacency and stir up our commitment to climate justice...

Video: <https://www.youtube.com/watch?v=st5clGxZ75A>

Text and Podcast: <http://www.poetryarchive.org/poem/shake-my-future>

ARTICLE: Eleven News Sites to Help Us Save and Transform the Earth

<https://mediablog.prnewswire.com/2016/04/20/11-top-news-sites-for-out-of-this-world-environmental-coverage/>

QUOTES:

- “It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.” ~ *Charles Darwin*
- “We are the first generation to feel the sting of climate change, and we are the last generation that can do something about it.”- *Jay Inslee, Governor of Washington*
- “Nature often holds up a mirror so we can see more clearly the ongoing processes of growth, renewal, and transformation in our lives.” - *Anonymous*
- “Prayer does not change God; it changes the one who offers it.” - *Kierkegaard*



SPIRITUAL EXERCISE this Week: A LONG HARD LOOK

Author Barbara Kingsolver is a master at celebrating the connection between perception, transformation and healing. She writes,

“In my own worst seasons I’ve come back from the colorless world of despair by forcing myself to look hard, for a long time, at a single glorious thing: a flame of red geranium outside my bedroom window. And then another: my daughter in a yellow dress. And another: the perfect outline of a full, dark sphere behind the crescent moon. Until I learned to be in love with my life again. Like a stroke victim retraining new parts of the brain to grasp lost skills, I have taught myself joy, over and over again.”

This exercise invites you to experience a similar gift of a “single glorious thing” from your own surroundings. Here are your instructions:



1. Take some time to **identify a special “single glorious thing” that you have the opportunity to look at every day:** perhaps trees seen on your way to work or school, a loved one reading morning papers or brushing their hair...You will know it when you see it.
2. **For at least 5 days in a row, use your phone/camera to take a picture of that glorious thing.**
3. Make time to **meditate on the collection of photos, either for a full hour of one day or 10 minutes for 3 days in a row.** Pay attention to the differences and the similarities. Let the sameness and subtle differences enable you to see something new or appreciate it in a deeper way.

4. Share what you discovered, and how this transformative looking “taught you joy over again” or “add color” to your world.

For some inspiration, watch this film clip from a movie: **Auggie's Photo Album, from Smoke**

https://www.youtube.com/watch?v=JGV_h36uZ5E

MOVIE: The Fisher King

The wise and humane real-world fantasy *The Fisher King* wants to heal and transform its audience. Anchoring itself in the Grail myth and illuminating the stages of a contemporary hero’s journey, it is a beautiful and touching testimony to the power people have to heal and transform each other. <https://www.youtube.com/watch?v=NHaZuRo3DZ4>

Review: https://www.rottentomatoes.com/m/fisher_king

