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Questions for Personal Reflection

Rev. Alan Claassen

Opening to the Spirit

As we start to really get to know others, as we begin to listen to each other's stories, things begin to change. We begin the movement from exclusion to inclusion, from fear to trust, from closedness to openness, from judgment and prejudice to forgiveness and understanding. It is a movement of the heart.

Jean Vanier, Founder of L'Arche Communities

Reflection Questions

- When have you been able to share your story with someone else?
- When have you heard someone tell his or her story?
- When has this sharing expanded a horizon for you?

Food For Thought

I Will Not Die an Unlived Life

Dawna Markova

I will not die an unlived life.
I will not live in fear of falling
or of catching fire.
I choose to inhabit my days,
to allow my living to open me,
making me less afraid,
more accessible,
to loosen my heart
so that it becomes a wing, a torch, a promise.
I choose to risk my significance;
to live so that that which comes to me as seed
goes to the next as blossom
and that which comes to me as blossom
goes on as fruit.

Reflection Questions

- What is this poem asking of me?
- How does our perspective change when we treat this moment with reverence, not as problem to be solved, but as invitation to deepen our relationship with the authentic self within us ourselves, our community, all creation? (From Francis Weller, *The Wild Edge of Sorrow*)

Scripture Reading: Jeremiah 1:4-10

Now the word of the Lord came to me saying, “Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.” Then I said, “Ah, Lord God! Truly I do not know how to speak, for I am only a boy.” But the Lord said to me, “Do not say, ‘I am only a boy;’ for you shall go to all to whom I send you, and you shall speak whatever I command you. Do not be afraid of them, for I am with you to deliver you, says the Lord.” Then the Lord put out his hand and touched my mouth; and the Lord said to me, “Now I have put my words in your mouth. See, today I appoint you over nations and over kingdoms, to pluck up and to pull down, to destroy and to overthrow, to build and to plant.”

Reflection Questions

- When have you heard a voice, an intuition, a call that guided your vocation, your reason for being on this planet at this time?
- What would it mean for you if you trusted that the same voice that is calling you is also providing support?
- How do you open up what is written on your heart?