

SPIRITUALITY

FROM THE
GROUND UP

~ ADVENTURE IN FAITH 2023 ~

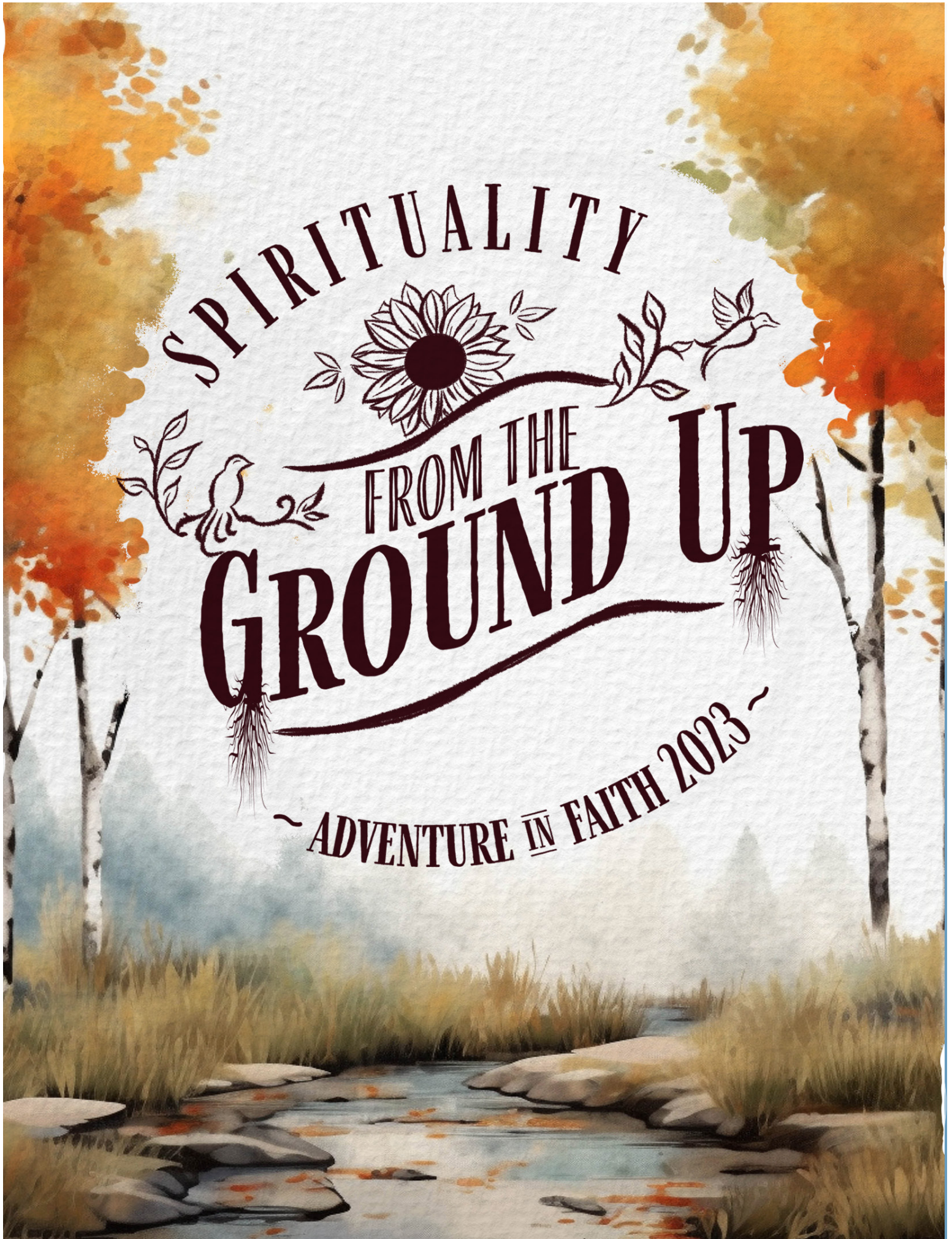


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FACILITATORS

This book was created as a group facilitators guide, however, if you wish, you may also encourage your group members to download it from the Mile Hi Church Adventure in Faith landing page.

GROUP TIMES AND MEMBERS

Groups should be at least one hour, but no more than an hour and a half. Ideally, each group should have no more than ten participants, including the facilitators.

OPENING AND CLOSING BLESSINGS

A brief blessing should start and end each group session. Ideally a facilitator will do an opening blessing, and as trust grows in the group, it might be beneficial to invite a participant to say a closing blessing.

KEY POINTS

These key points sum up what we intend the participant to understand in each week's session. You can choose to share these points with the group, or use them as your own guide for how to use the curriculum effectively.

DISCUSSION QUESTIONS

These questions are designed to create meaningful sharing in your group. You can choose which, if any to ask.

PROCESSES

These meditations, worksheets, and experientials are designed to assist the participants' inner exploration of the weekly topic. Choose the ones that you feel will be most resonant with your group.

INTERFAITH SPIRITUAL PRACTICES

These are practices that can be practiced in your group, or participants can be encouraged to practice during the week.

"How many paths are there to God? There are as many paths to God as there are souls on the earth." ~ Rumi

AFFIRMATIONS

You are invited to share these with your group each week.

WEEKLY PRAYERS

Each week concludes with an affirmative prayer.

SHARING GUIDELINES

It is recommended that you review these guidelines in your first session and refer back to them as needed.

SHARING GUIDELINES *(Handout to download)*

- ◆ **Sacred Listening** – When someone is sharing I do not just listen, but do so with the intention of not judging or trying to solve and with a loving heart.
- ◆ **Sharing from Personal Experience** – When I share, I do so from my own personal experience, recognizing that what may be true for me, may not be true for others. I do not speak to others' experiences outside of how they resonate in my own.
- ◆ **Confidentiality** – What someone shares in class I will not share about outside of class unless it is with the consent of the person who shared it.
- ◆ **Authenticity** – I will be sincere with my sharing by holding myself to the present and not the past, not to someone else's, but my own vision of myself, not the roles I play but who I really am.





INTRODUCTION

SPIRITUALITY FROM THE GROUND UP

Human beings are not born once and for all on the day their mothers give birth to them, but that life obliges them over and over again to give birth to themselves.

~ Gabriel García Márquez



Our spirit is like a seed we place in the soil of a creative mind. This spirit is our life, but it is more than just that. It is our vision and our hopes, our longings and our aspirations—This spirit is our calling and our ancestry, our stories about what was, our affirmations of what is, and our prayers for what can be. For what is within our spirit to take root and grow in our life, we must first touch the ground.

Spirituality from the ground up means making sure you are creating the best environment, in mind, body, and spirit, to live a healthy, whole, and thriving life. This leads to an experience of giving birth to the best of yourself, letting go of what's holding you back, and remembering the heart of the sacred in all that you do, in all whom you love, and in your own reflection.

This adventure in faith we come together to ground, to root, to grow, and to fly.



ADVENTURE
IN FAITH 23
WEEK ONE

ROOTS AND WINGS

SPIRITUALITY
FROM THE
GROUND UP

“We teach our children two things, the first is roots, and the second is wings.” ~ Proverb

Spiritual living is about finding our roots and transcending perceived obstacles. As you root yourself in the sacred, as you clear the brush of your mind, and lay any hurts on the table with the faith that they can heal, you begin to grow the wings that carry you over what you might at one time thought was all there is, to greater and greater realities and ways of being.

KEY POINTS FOR THE WEEK

- Having a strong groundedness in faith—roots, helps us to transcend difficulties and thrive in our everyday life—wings.
- We may be more rooted than we think, and identifying these roots can help us.
- We all have within us, the ability to overcome obstacles.

QUOTES FOR THE JOURNEY

*When you come to the edge of all the light you've known
And are about to step off into the darkness of the unknown
Faith is knowing one of two things will happen.
There will be something solid to stand on.
Or you will be taught how to fly.*

~ Richard Bach

*May all that is unforgiven in you be released. May your fears yield
their deepest tranquilities. May all that is unlived in you blossom
into a future graced with love.*

~ John O'Donahue

*I am a big bird winging over high mountains, down into serene
valleys. I am ripples of waves on silver seas. I'm a spring leaf
trembling in anticipation of full growth.*

~ Maya Angelou



DISCUSSION QUESTIONS

Icebreaker:

1. Name a song that is a key part of the “*Soundtrack to Your Life.*”
2. What is something you’d like to expand your faith in, this adventure in faith?
3. When are you most grounded? When not grounded, what do you do best to get back to ground?





What warms my heart?

Example: *Hearing how something I said helped someone improve their life.*

OPTIONAL PROCESSES

Process One: Roots and Wings (Handout)

- **MY ROOTS:**

3 core beliefs about life that I can return to over and over.

Example: *Tomorrow is a new day.*

3 daily rituals that help me remember Spiritual Life.

Example: *Putting my daughter to bed at night.*

- **MY HEART:**

3 Core Relationships that keep me grounded with who I am.

Example: *My partner, my minister, my son.*

- **MY WINGS:**

Whose memory and presence am I guided by?

Example: *Practitioners who have passed on.*

What am I willing to “surrender” and let God take over?

Example: *Outcomes.*

Affirmation:

*I nurture my roots daily
I center my heart on that which I love
I remember my wings
Grounded in my roots centered with heart, I soar.*



Process Two: All God's Children Have Wings

During the time of slavery in the United States, a folktale emerged from African American's that involved the stories of enslaved people, who grew wings and were able to escape their terrible conditions.

“And they all remembered what they had forgotten, and recalled the power that had once been theirs. Then they all stood up together, and they all leaped up into the air with a great shout; and in a moment were gone, flying, like a flock of crows, over the field, over the fence, and over the top of the wood...the men were clapping their hands, and the women went singing, and those who had children gave them their breasts, and the children laughed and sucked as their mothers flew and were not afraid.

The master, the overseer, and the driver looked after them as they flew, beyond the wood, beyond the river, miles on miles, until they passed beyond the last rim of the world and disappeared in the sky like a handful of leaves. They were never seen again.”

1. What is the meaning of this story?
2. In light of the terrible conditions of slavery, was this tale naïve or does it tell you something about the character of those who were enslaved?
3. Is there a time where you overcame a challenging circumstance, by remembering your own wings?
4. Do you find that 'having wings' is easier if you start from being grounded — like the example above where the slaves were grounded in their Faith? (a further telling of this tale can be found at *All God's Chillun Had Wings* - The Moonlit Road.com)





INTERFAITH PRACTICE FOR THE WEEK

(Handout)

From the Christian Tradition: Centering Prayer

A Centering Prayer is a simplified form of meditation in the Christian tradition that was developed in the 1970's by Father Thomas Keating and a group of Trappist Catholic monks. Their purpose in the development of this practice was to put the essence of Christian contemplative prayer into a meditation form that would be practical for today's lifestyle.

Three Steps for Practice:

1. Intention. Begin with a heart of devotion, to intend yourself to be completely available to the Presence of the Divine (God, Spirit, etc.).
2. Choose a sacred word that represents your willingness and connection to your intention (it can be any word this is meaningful to you).
3. When you catch yourself with a thought, simply let it go (not push it away) and release the thought and return to your contemplative word.

It is the repetitive process of letting go that carries you deeper and deeper into the field of your heart. Measured and neurologically verified, this practice entrains your brain waves and slows down your brain so you can experience more tranquility. This process leads us to compassion.

We recommend trying this together in your group, then practicing each day, bringing your experience to share next week.





AFFIRMATIVE PRAYER

Going within I connect with my roots, and I feel my wings expanding. Wings that are my spirit, my guides, my angels, my inner knowingness, and that the Spirit within that guides me over all obstacles, and helps me to ever become my highest self. How wonderful it is to know, that simply remembering the truth of who I am, helps me to embody and demonstrate that, and this being, brings about the right solutions, the right state of mind, and the absolutely most inspired way of being. And so it is. Amen.

AFFIRMATION

I am rooted in my Truth and it grows in my life.