

RELEVANT & FAITH

WEEK
FOUR

FINDING TRUE WATERS

The water we drink is a key source to the vitality of our life. When it comes to the water of information, of inspiration, and of revelation, shouldn't we be as mindful as the source that produces our drinking water?

Finding oneness in an ocean of uncertainty can mean all at once or one drop at a time. As Gandhi once said, "God is in every drop of the ocean, but not even the seven seas can contain God."

Our true waters are those places where the Divine meets our relevant thirst and resonates.

WEEKLY SYMBOL



Nautical Wheel

The nautical wheel, or ship's wheel, symbolizes organization, leadership, and the ability to steer one's life in collaboration with the Divine. Spiritually, it represents the concept of self-mastery and the power to navigate through life's challenges with discernment, wisdom, and to guide one's life journey with conscious intent.

KEY POINTS OF THE WEEK

- Be mindful of all the sources that fill your mind and heart.
- Our true waters speak to our unique relationship with Spirit.
- A relevant faith isn't fixed; it's fluid.

QUOTES FOR THE JOURNEY

Be like water making its way through cracks. Do not be assertive but adjust to the object, and you shall find a way around or through it. If nothing within you stays rigid, outward things will disclose themselves.

—Bruce Lee

*You are not a drop in the ocean.
You are the entire ocean in a drop.*

—Rumi

Everyone who drinks this water will get thirsty again and again anyone who drinks the water I give will never thirst—not ever. The water I give will be an artisan spring within gushing fountains of endless life.

—John 4:13-14





DISCUSSION QUESTIONS

1. If you could shape the future of your spiritual community to be a place where everyone finds *true waters*, what would be the key qualities or practices that would define it?
2. How can we support each other in finding and maintaining a faith that feels relevant and life-giving? What can we do to encourage and nurture each other's spiritual journeys?
3. What do you hope will be the legacy of our collective faith journey? How can we ensure that future generations find their own true waters of spiritual refreshment?



OPTIONAL PROCESSES

Process One: Two Letters

- Identify a time in your life when you struggled to reveal faith in a difficult time.
- Write yourself then a note from where you are now. What do you want the you of the past to know?
- Identify an area where you may be struggling with faith now.
- Imagine that it is five years from now. Write a note to yourself now as who you are in five years.

Process Two: Meditation

Finding True Waters

Today's meditation is a voyage into the depths of the soul, a guide to your own reverence, discovery, and peace in the deep inner abyss within.

Before we start: Have a pen and paper to write what comes up. It is a journey of the Spiritual imagination. Make yourself comfortable and allow the mind to settle. To do this we all know the mind's job is to think. See the words pass like the clouds going from one horizon to the next with each breath. Now just begin breathing in a rhythm, slow and deep. (A Minute or two)

Now see that breath of life dive deep into the sea of your soul. With each breath, feel the gentle current guiding you in a feeling of personal freedom, as the fluidness of the breath encapsulates you in peace while you travel

deeper, deeper, deeper within the depths of the Divine abyss. Feeling the rhythm of the heart, invite yourself to experience its pulse opening it up to receive its pearls. In the breath hear its message for only you to hear from the heart. Slowing everything to feel, listen, and/ or see the suggestions for your sacred message. (Gift silence for a moment)

Ready yourself to travel one with the current discovering new self-awareness. Allow the harmonious rhythm of breath to take you deeper looking at your inner compass for guidance for greater insights navigating the wonders of your sea, and looking for greater personal wisdom for you to perceive.

Detect any tightness in the body and breathe into it. Allow grace to message it, letting the energy float away or welcoming new riches of found nuggets.

Ask your vessel where and what it wants to be reveal. (Moment of silence)

Moving in the stream of breath brings lightness and guidance to future possibilities to discern? (Moment of silence)

What strengths and vulnerabilities are being uncovered?

Any truths detected as you anchor in the sandy bottom. Are there bubbles of wisdom that can mystify the soul?



AFFIRMATIVE PRAYER

Recognizing there is a stillness that gives rise to all of Life. The stillness is the oneness from which all things are comprised and formed, rendering the idea of separation as an illusion. Seeing that all beings are individualized points of consciousness in the Divine Mind, I relax into the flow of living joyously in my true nature, celebrating variety and infinite possibility. All water, no matter the source—rivers, lakes, swamps, pools, and oceans, is the same molecule at the core. This is the truth of my beingness, and I accept my oneness with the All-ness of Life, right now.

And so it is. Amen.

AFFIRMATION

I allow the true waters of life to carry me forward with effortless flow to my highest calling, in calm confidence that it knows the way.



Think Like a River

Poem by Harold Pratt

Think like a river.

The heart of a river is its freedom.

**The freedom to flow unrestricted,
unaltered, and undiminished.**

**Its ability to nourish and provide lies in
its freedom to give and take on its own terms.**

To take from one sandbar and give to another,

To erode here and deposit there,

To destroy one flood plain and fertilize another.

**To mankind this may appear capricious,
unknown, and without purpose.**

**To a river, it is the cycle that brings life to
its flora and fauna and sculpts
the art forms of the canyon.**

**A river that is controlled can only provide to that
narrow channel in which it has been commanded
to stay. The plants it can provide are restricted to
the narrow band along each shore.**

**Its benches and flood plains, once rich with silt
and moisture, become deserts forever.**

**The fish it supports find food sparse and species
begin to disappear. The river of yesterday is
the same as the river of tomorrow. Its sameness
is guaranteed. We may know best. Maybe
civilization has a better plan for the river.**

Who knows?

**But a river without freedom
is a river without a spirit.**

**And a land without a soul may
produce a people without a will.**

Who knows?