

Spiritual Practices

You

Facilitator _____

Date _____

Chalice/Candle Lighting

Opening Words:

Follow the grain in your own wood.

— Howard Thurman quoted in *To Love and Be Loved* by Sam Keen

Check-in/Sharing

Topic:

A Teaching Story from *Generous Strangers and Other Moments from My Life* by John Skoyles

Poet and philosopher John Skoyles finds examples of the sacred in his everyday experiences — such as this encounter with a woman in a hospital:

"At one point, she asked, 'Do you have a theme song?'"

" 'A theme song?' I asked.

" 'A song that followed you or that someone gave to you. Did you give your son a song when he was born?'"

"I hadn't, but I told her that the radio was playing in the hospital room when Harry was born, and I recalled that as he was being delivered, Shirley Bassey was singing 'Goldfinger' from the James Bond movie.

" 'When I was born,' she said, 'my father said my theme song would be "You'll Never Walk Alone." Do you know that one?'

" 'Yes, that's a good one.'

" 'It is,' she said, 'but that's just what I've gone and done.'

"And I guess she had. I had never met anyone like her."

Questions: What is your theme song? How does it resonate with your soul?

Check-out/Likes and Wishes

Closing Words:

O God, help me to believe the truth about myself no matter how beautiful it is!

— Macrina Wiederkehr quoted in *A Grateful Heart* edited by M. J. Ryan

To Practice This Thought: Identify one beautiful truth about yourself.

Small group ministry session based on resources from SpiritualityandPractice.com.