

Spiritual Practices

X-The Mystery

Facilitator _____

Date _____

Chalice/Candle Lighting

Opening Words:

It is enough if one tries merely to comprehend a little of this mystery every day. Never lose a holy curiosity.

— Albert Einstein quoted in *Holy Clues* by Stephen Kendrick

Check-in/Sharing

Topic:

An Excerpt from *Long Life* by Mary Oliver

This collection of prose and poetry by poet Mary Oliver offers what she calls "little alleluias" to nature, animals, soul, place and literature. Here is an excerpt on the spiritual practice of mystery.

"Once, years ago, I emerged from the woods in the early morning at the end of a walk and — it was the most casual of moments — as I stepped from under the trees into the mild, pouring-down sunlight I experienced a sudden impact, a seizure of happiness. It was not the drowning sort of happiness, rather the floating sort. I made no struggle toward it; it was given. Time seemed to vanish. Urgency vanished. Any important difference between myself and all other things vanished. I knew that I belonged to the world, and felt comfortably my own containment in the totality. I did not feel that I understood any mystery, not at all; rather that I could be happy and feel blessed within the perplexity — the summer morning, its gentleness, the sense of the great work being done though the grass where I stood scarcely trembled. As I say, it was the most casual of moments, not mystical as the word is usually meant, for there was no vision, or anything extraordinary at all, but only a sudden awareness of the citizenry of all things within one world: leaves, dust, thrushes and finches, men and women. And yet it was a moment I have never forgotten, and upon which I have based many decisions in the years since."

Questions: Reflect upon the things you just can't explain in your daily life, especially ones that you are having difficulty leaving alone. Describe the mystery but don't try to add an explanation.

Check-out/Likes and Wishes

Closing Words:

Accustom your tongue to say, I do not know.
— The Talmud

To Practice This Thought: Take time to really see what is right in front of you.

Group Session Plan based on resources from www.spiritualityandpractice.com