



## Spiritual Practice Week 4 Theme: Remember Paying Attention - Remember

### 3 Wondering Questions:

*What good messages have you received about who you are?*

*What things and people help you enjoy your life?*

*What is it like to live with forgiveness?*

*Reverend Emily Meyer, Director of [The Ministry Lab](#), invites you to remember through contemplation and movement. Please note, this content is also available as an audio recording on the website:*

*[www.uccmn.org](http://www.uccmn.org).*

### Tips for this week's Spiritual Practice:

\*You may listen or read.

\*There is no "wrong" way to participate: whatever is appropriate for you in your context is "right".

\*Non-judgmentalism is key: be kind and forgiving to yourself and others. This is called a "practice" because it is never "perfect".

\*If safety and health protocols allow, let this be an excuse to get out of the house, away from screens, and into the out-of-doors.

\*In this practice, each "directive" is followed by silence, during which you are invited to "take as long as you like..." Recorded silences last 15-30 seconds. To stretch the silences, push pause on your player; push play when you are ready to proceed. There is no "proper" length to this: what is right for you and/or any Littles who may be practicing with you, is right.

\*That being said, don't be afraid to stretch the silences a bit further over time: extended time can help deepen our connection with the Divine and has the delightful side-effects of developing patience, non-judgmentalism, creativity, compassion, and attention spans!

\*This practice concludes with an invitation to journal and reflect. Both are highly beneficial and are highly recommended. You may want to bring paper and writing/drawing materials with you so reflection can follow as part of the practice. If this is not possible, you might return home in mindfulness and journal and reflect there.

\*If circumstances prevent all forms of reflection, please be kind to yourself and others by moving slowly from the practice back into "normal" life: the jump from silence to normal-volume life can be jarring.

\*Take your time. Remember....





**Work out the Wiggles:** If you're going outside, go ahead and step out the door, but before you leave your front porch or sidewalk, let's work out the wiggles to help our bodies, minds, hearts and souls get ready.

Today's theme is REMEMBER, so we'll work out the wiggles with a quick body-memory game: We'll go through this three times - faster each time - but I'll only lead it twice: the third time will be from memory!

Here we go:

Stomp with your right foot.  
Stomp with your left foot.  
Rub your hands together.  
Snap your fingers out to the side.  
Clap your hands - over your head.  
Spin in a circle.  
Jump up high - and stand still.

Repeat, but a little more quickly:

Stomp with your right foot.  
Stomp with your left foot.  
Rub your hands together.  
Snap your fingers out to the side.  
Clap your hands - over your head.  
Spin in a circle.  
Jump up high - and stand still.

Repeat, but a little more quickly - and without me telling you what to do. Do it from memory!

If you are walking to a favorite outdoor place, continue to Work out the Wiggles as you walk there and continue with the stretch once you arrive.

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**Stretch:** Now let's invite our body, mind, heart and soul to settle into the practice by stretching.

Take a moment to reach to the sky and stretch out all your fingers. If you can, stretch all the way up onto your tippy-toes. Think of energy shooting out your fingertips and toenails, into the sky and down through the ground.

Then curl all of those stretched-out parts back in and drop your body forward. Say, "Hello!" to your toes, and give them a little tickle.

Slowly roll your torso back up and take a deep breath.





Let your torso keep this same tall, elongated, alert posture as you sit in your favorite chair or memorable place. Our posture helps us focus, so set both of your feet on the floor or ground, sit up nice and tall, let your head rest gently at the top of your neck, and tuck your chin slightly. Give your shoulders a little roll: up and back and down to open up your heart and mind. Rest your hands gently in your lap.

When you feel ready, close your eyes: we want all our attention to be inside, today. And take another couple of deep breaths.

**Name Your Intent:** Today, we'll use two short phrases to remind ourselves what this time is about. Naming what we are doing - and why - can help our body, heart, mind and soul know that this is different from just "sitting around doing nothing" and remind us to stay focused.

Naming our intent also helps us remember what it is! Our intent today is to REMEMBER: our loved ones, beloved places, our neighbors and creation, and God - and remember that God always remembers us. Let's say these words to ourselves as we breathe:

*Breathe in:* I remember...

*Breathe out:* Remember me...

*Breathe in:* I remember...

*Breathe out:* Remember me...

*Breathe in:* I remember...

*Breathe out:* Remember me...

**Practice:** As we settle into today's practice, please take a moment to remember that no matter where you are, you are sitting on [land stolen from Indigenous peoples](#).

Take a moment to confess this truth and sit with it in God's gracious presence.

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I invite you now to remember someone who has loved you well.

This might be someone with whom you live; someone you see every day.

It may be someone you have only met once in your life, but who showed you great





kindness or compassion.

It may be someone alive or someone who is no longer living.

Think of someone who has loved you in a healthy, affirming, life-giving way.

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Try to remember something specific this person said or did that made you feel loved: any gesture, act of kindness, or intervention; or, any words of affirmation, compassion, or encouragement that made it clear that you are loved.

As you remember these expressions of affection, remember also the feelings such words or deeds stirred up: feelings of love, joy, confidence, contentment, acceptance, well-being, belonging: remember any and all feelings these acts of love created in you.

Rest with these memories in God's loving presence for a few moments.

*Take as long as you like... [from 1-5 or more minutes].*

Remembering all the positive feelings of being loved, take a few moments to sit with this person in the presence of God; let this person be clearly and firmly in your memory and let yourself feel gratitude for who they are and for their presence in your life.

*Take as long as you like... [from 1-5 or more minutes].*

Let your awareness now shift to someone who is very different from you: someone with a different skin color or who speaks a different language; someone from a different socio-economic standing or whose sexual or gender identity is different from your own; someone with different abilities or from a different age-bracket; anyone who is different from you in any of the myriad ways humans differ from one another.

This could be a specific person - someone at school or work; someone who lives in your neighborhood; someone you see as you run errands - or someone you have never met: a refugee or immigrant; a person living without a home; a person who lives in a different country.

Whether you know a specific person or not, create a clear image of someone who is different from you in your mind's eye.





Remembering how it feels to be loved, let yourself feel love for this person who is different from you. Imagine a thread of love flowing from God, through you, to this person who is different from you. Sit with this person in the loving presence of God for a few moments.

*Take as long as you like... [from 1-5 or more minutes].*

I invite you now to imagine creation: the beautiful place where you are sitting or the world outside your windows. Create a clear image in your mind of a favorite part of creation - a place you have loved, or a place you have never been, but would love to visit.

Let this image become clear and rich: include smells and sounds and all the animals and plants who might live there.

Remembering how it feels to be loved, let yourself feel love for this beautiful part of creation. Imagine a thread of love flowing from God, through you, into this wonderful corner of the world. Sit with this part of creation in the loving presence of God for a few moments.

*Take as long as you like... [from 1-5 or more minutes].*

**Rest:** I invite you to wiggle your toes and fingers; gently roll your head or shoulders...

Take a few deep breaths: in and out...

And rest for a moment. *Take as long as you like... [from 10-30 seconds or more].*

**Reflect:** It can be really helpful and fun to reflect a little bit on what you remembered. You can do this by writing in a journal, drawing a picture, doodling, or talking with someone who sat and remembered with you.

Today, you may find drawing especially enjoyable: draw a picture of the person who has loved you well, the person who is different from you, and/or the part of creation where you sat with God.

You might also remember how it feels to be loved and [write a haiku](#) or other short poem as a reflection of those feelings.

When you have finished drawing your beloved people or place and/or writing your poem, you might enjoy sharing what you experienced with someone who shared the practice with you. If





you need help getting the conversation going, you might share where you felt or experienced God in your remembering. You might also reflect on this week's Remembering Questions:

What good messages have you received about who you are?

What things and people help you enjoy your life?

What is it like to live with forgiveness?

*Take as long as you like to journal and reflect... [from 1-5 minutes or more].*

*Some people like to keep all of their writing or drawing in one book or place. After many days, weeks or even years, looking back over these writings and drawings helps people see where God has been in their lives and in the world, and helps them notice God in new ways. It's a way to write or draw your own personal story of God.*

**Bless:** *You might end your writing/drawing/chatting time by taking a final deep breath in, letting it out slowly, and saying a single word or phrase of closure or blessing, like "Amen"; "Blessed Be"; "Thank you"; or "We walk in peace"; etc.*

*Then, walk yourself home or into the rest of your day!*

