

a simple way to journal

# MOMENTS OF MYSTERY *story*

## **BEGINNINGS**: seven days of springboards for reflection

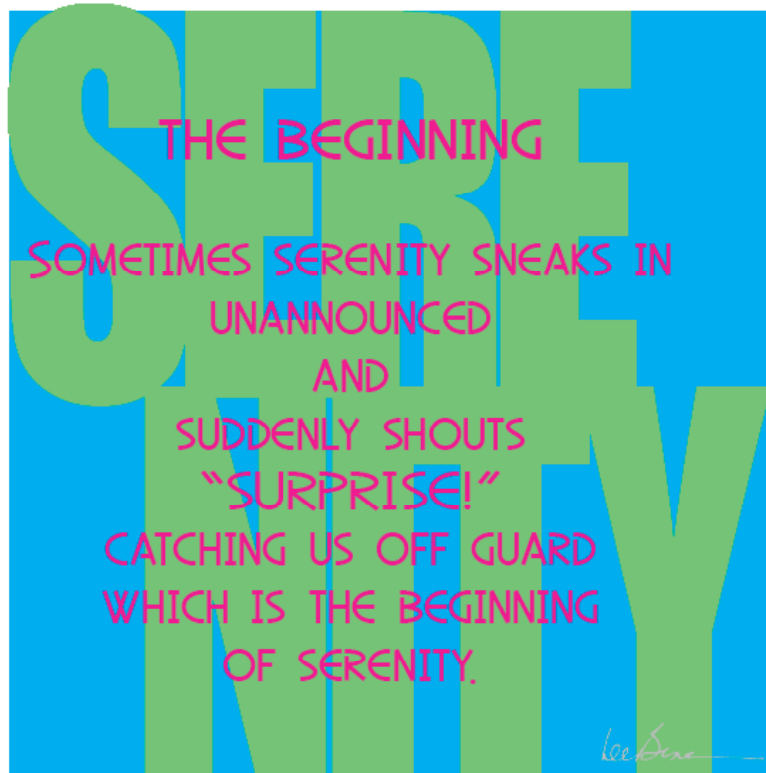
The mystery found in the everyday moments of our lives is a significant part of the story we live. As the days unfold, we may have special moments: perhaps a word heard, a sight seen, a thought caught, a feeling felt, a burning bush.

If only briefly, these moments grab us and the invitation is there to STOP, LOOK, LISTEN! In the busyness of our daily lives, we sometimes hurry past these “bushes” and their significance is lost to us.

MOMENTS OF MYSTERY is a journal designed to bring new understanding to everyday occurrences in your life. For a brief time each day, it invites you to stop, to look and to listen. The springboards on each page will help you reconnect to your moments of mystery. The white space is for you to type, write or doodle your reflections. Prompts for thoughts are at the bottom of the page.

I invite you to fall back into memory and spring forward to renewed insight and meaning.

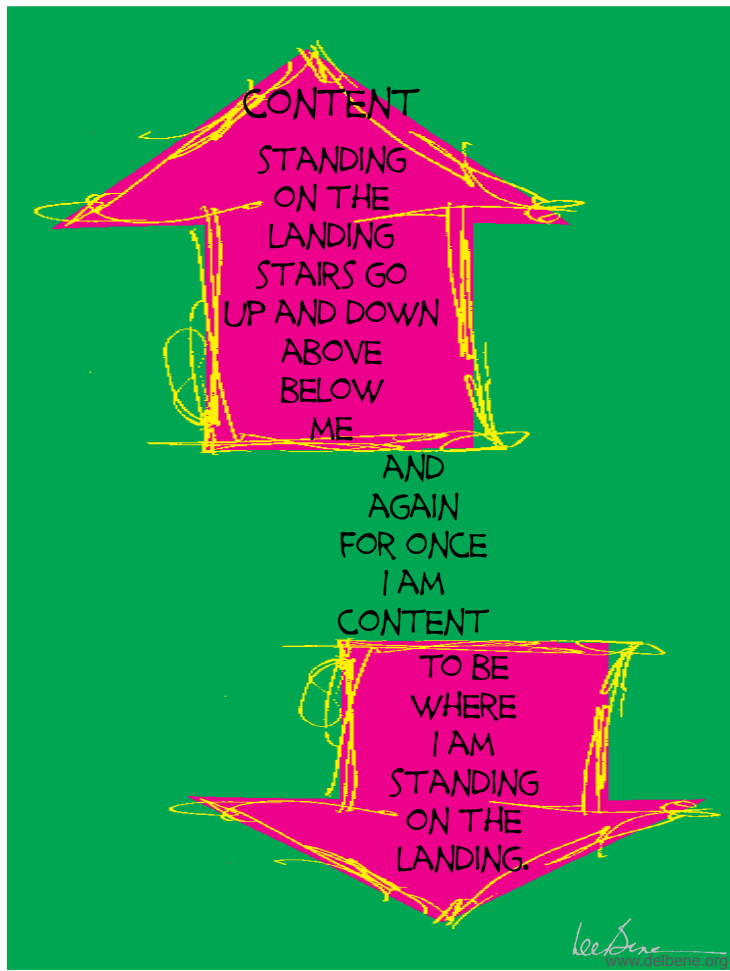




what sneaks into your life?  
what is it like for you to be caught off guard?



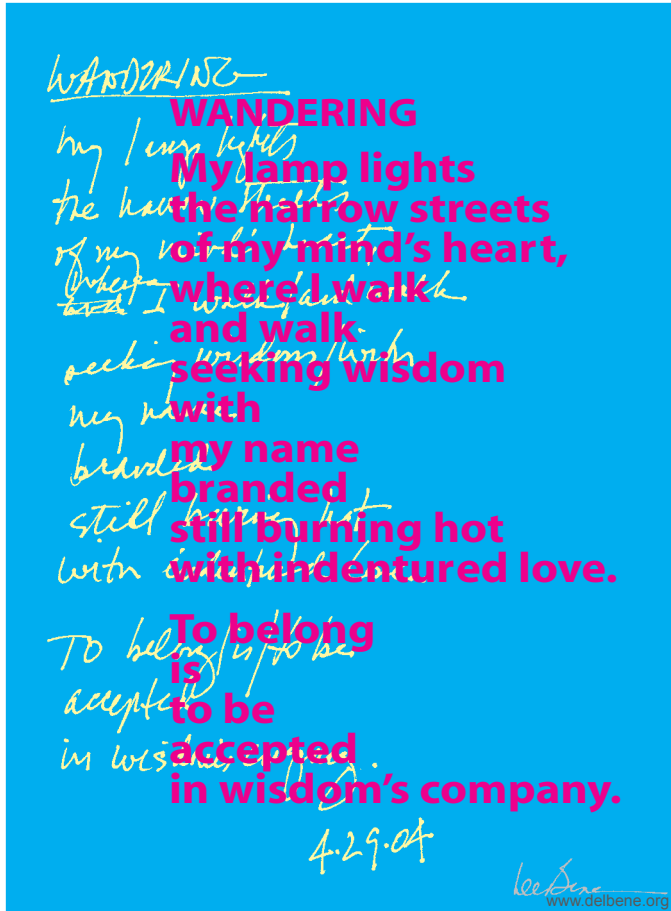
are you an arranger?  
what are you willing to pawn?



where are you standing?  
are you conTENT with your conTent?



how do you step into new places/spaces?  
what sustains you?



what or who has branded you?  
do you know when you are accepted?



what life lessons are in your quilt?  
for whom do you create warmth?



where is your space?  
what is your bliss?





Ron DelBene has been doing spiritual direction and leading programs in the areas of prayer, spirituality and personal development since 1963. Ron holds a Master's degree in Theology and a Doctor of Ministry in Spirituality and Organizational Systems. He has done additional postgraduate work in education, psychology, and counseling. He is an author, poet, artist and Episcopal priest. He was an assistant professor of theology, director of a campus ministry center, and national consultant in religion for an education division of CBS.

Since 1980, Ron's organizational system's leadership has been primarily in churches, empowering them in understanding their mission, goals and structure for effective and creative ministry. Ron and his spouse, Eleanor, reside in Trussville, Alabama, and have two grown children and two grandchildren.

If any part of this booklet is reproduced, the author requests that the following be attached: *copied with permission of the author, see [www.delbene.org](http://www.delbene.org)*

If you found encouragement for your journey from this booklet, please consider a donation to The Hermitage, a nonprofit 501(c)(3) corporation devoted to providing opportunities in personal and professional growth and direction.