

a simple way to journal

MOMENTS OF MYSTERY *story*

CREATIVITY : seven days of “springboards” for reflection

The mystery of the important moments of our lives is a great part of the story we live.

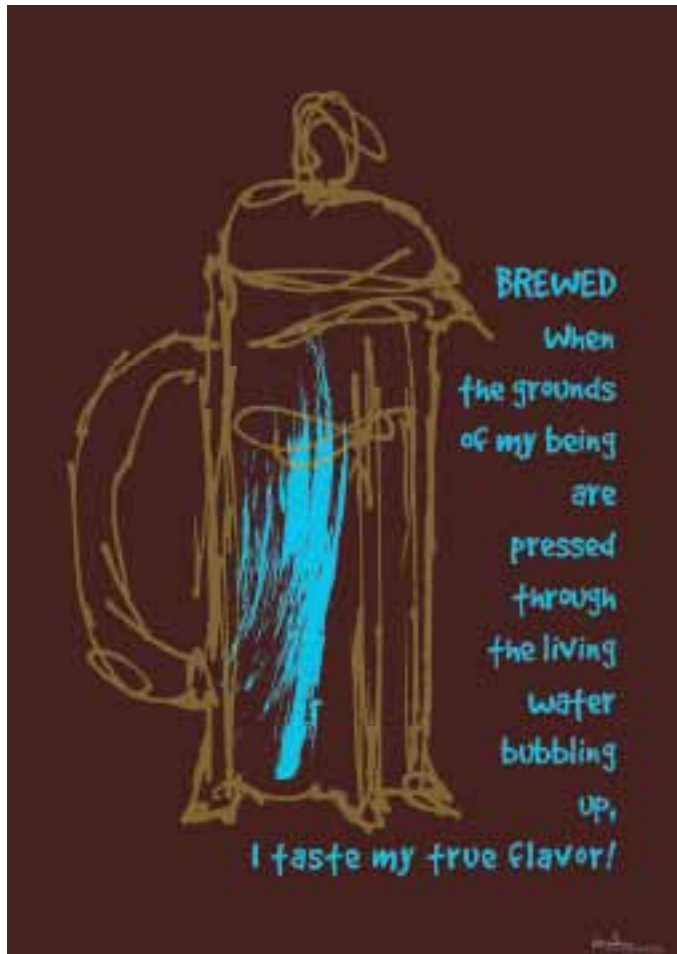
As the days unfold, we may have special moments perhaps a word heard, a sight seen, a thought caught, a feeling felt, a burning bush.

These happenings grab us, even if only for a moment. And the invitation is there – STOP, LOOK, LISTEN!
In the midst of our daily lives, we sometimes hurry by these “bushes.”

This MOMENTS OF MYSTERY journal is for you. For a brief time each day, stop, look, and listen.
The “springboards” on each page will help re-connect you to your story and your moments of mystery.
The white space is for you to type, write, doodle or draw 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.





when are times in your life when you felt pressed?
how would you describe your true flavor?

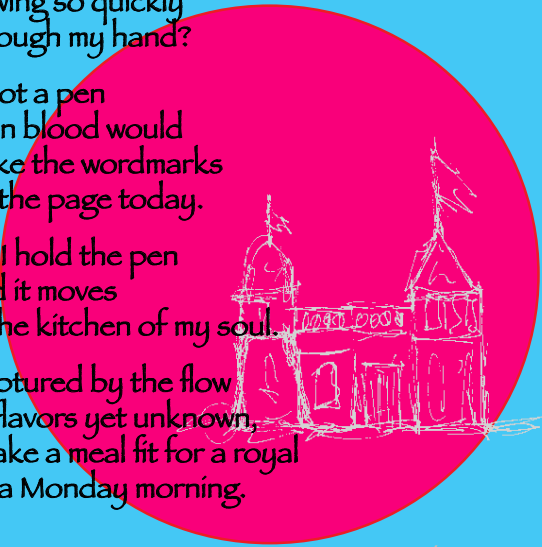
MONDAY MORNING FEAST

Do I dare
put my pen down
when the ink
of my being is
flowing so quickly
through my hand?

If not a pen
then blood would
make the wordmarks
on the page today.

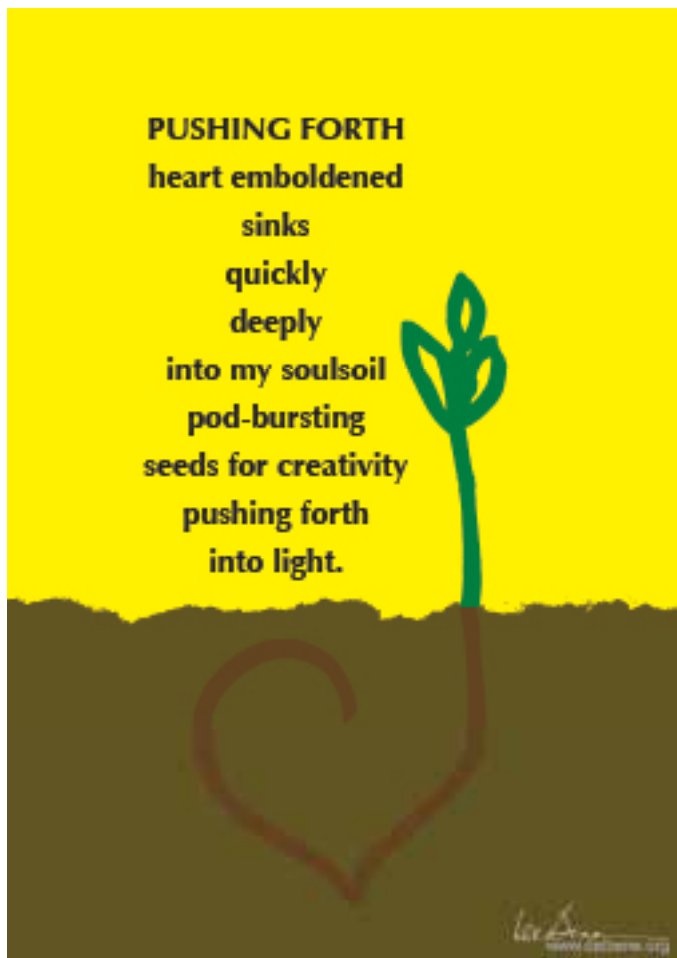
So I hold the pen
and it moves
in the kitchen of my soul.

Captured by the flow
of flavors yet unknown,
I make a meal fit for a royal
on a Monday morning.

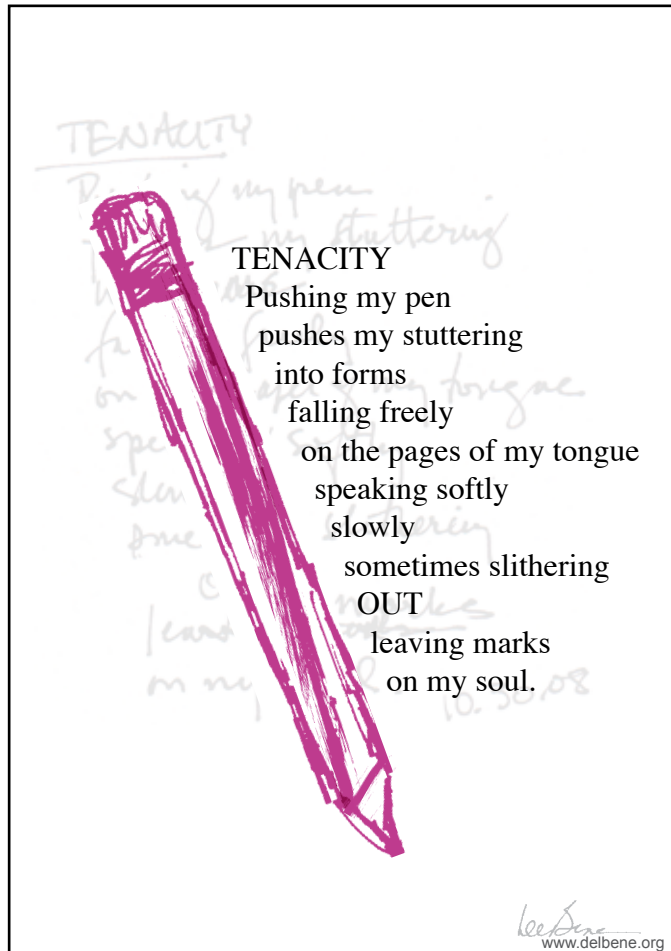


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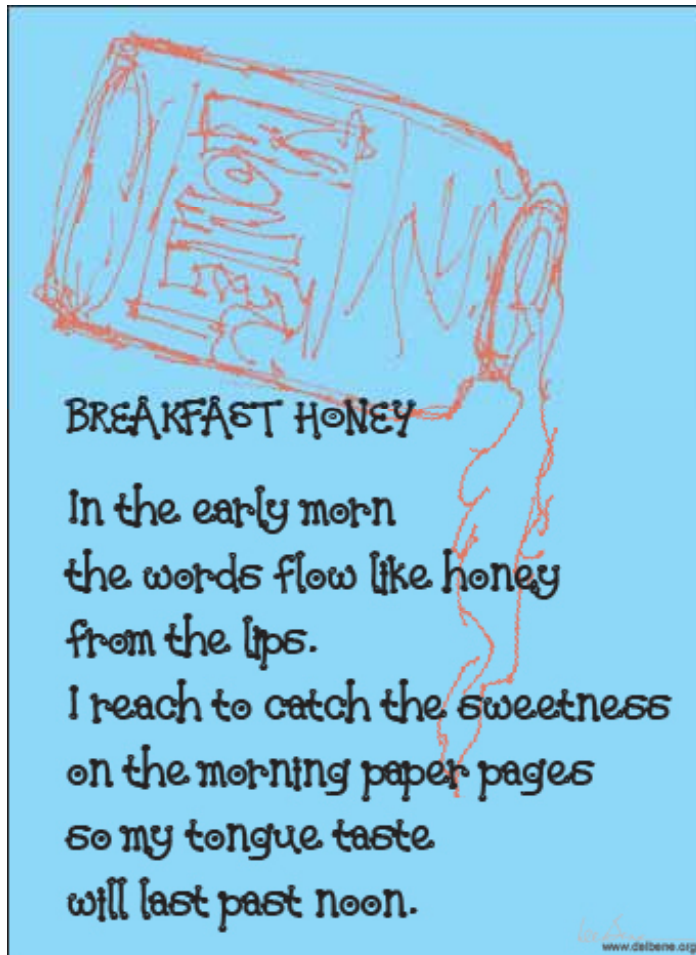
how do you experience the flow of your creativity?
when do you feast on your creations?



how do you know you are emboldened?
where do your seeds come from?



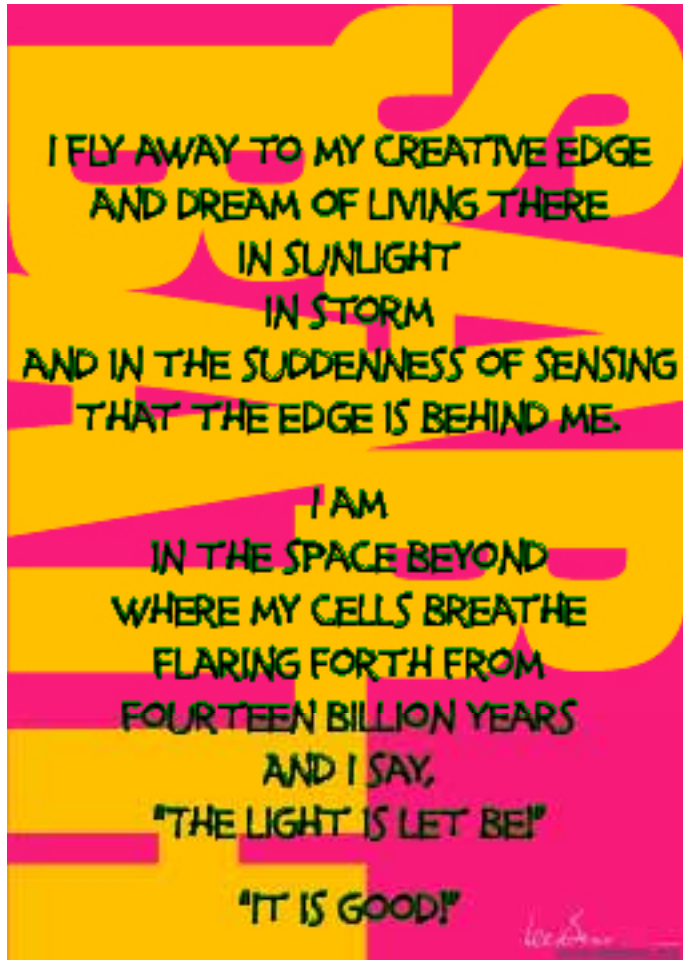
what makes you continue to push your pen?
how do you feel when something is OUT?



how do words flow for you?
have you ever lost the sweetness?



where are the paradox moments for you?
how does passion move into your daily life?



what is it like for you to be in the space beyond?
when do you experience that *it is good*?



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.

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