

a simple way to journal

MOMENTS OF MYSTERY *story*

FRIENDSHIP: 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.



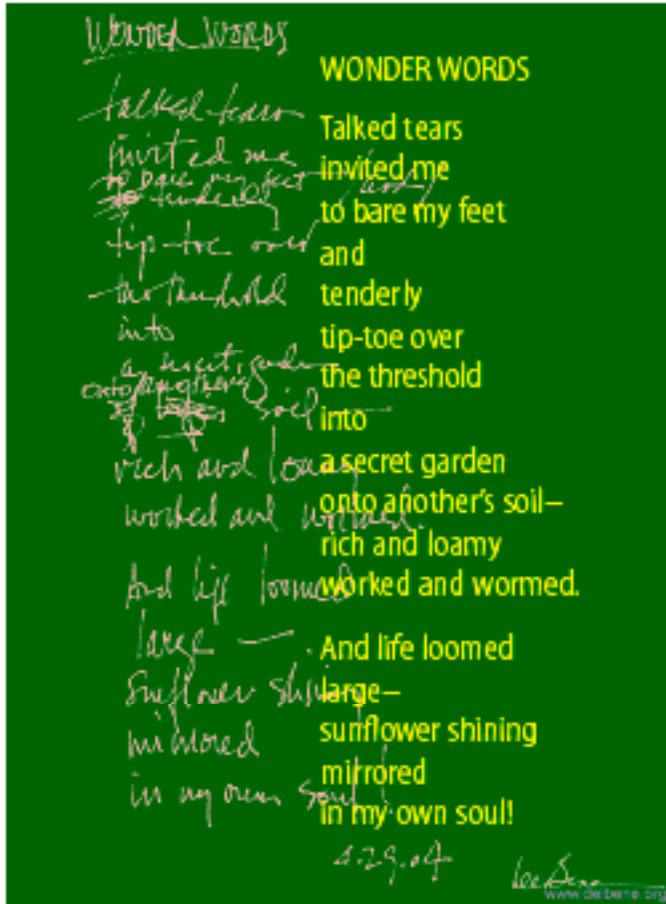
CONJUNCTION

Crossing paths
with another's mind
can be a fleeting sign
to stop, look, and listen.

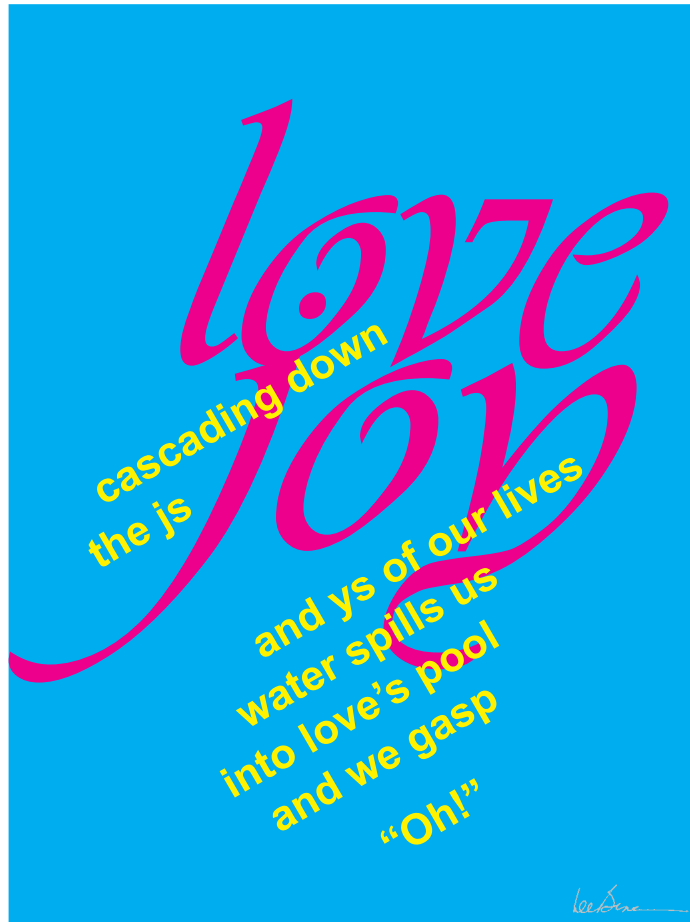
Life's crossing paths invite
a change of direction
and new companions
on the way.

Some walking happens
only in the thinking mind
but meeting others
at the crossing
evokes the heart to dance
or just, perhaps, to skip
shoeless
in the earth
where others' toes
and heels
and even souls
snuggle into the ground of being
re-created.

what are two changes in direction you have made?
what friends did you meet at crossings in your life?

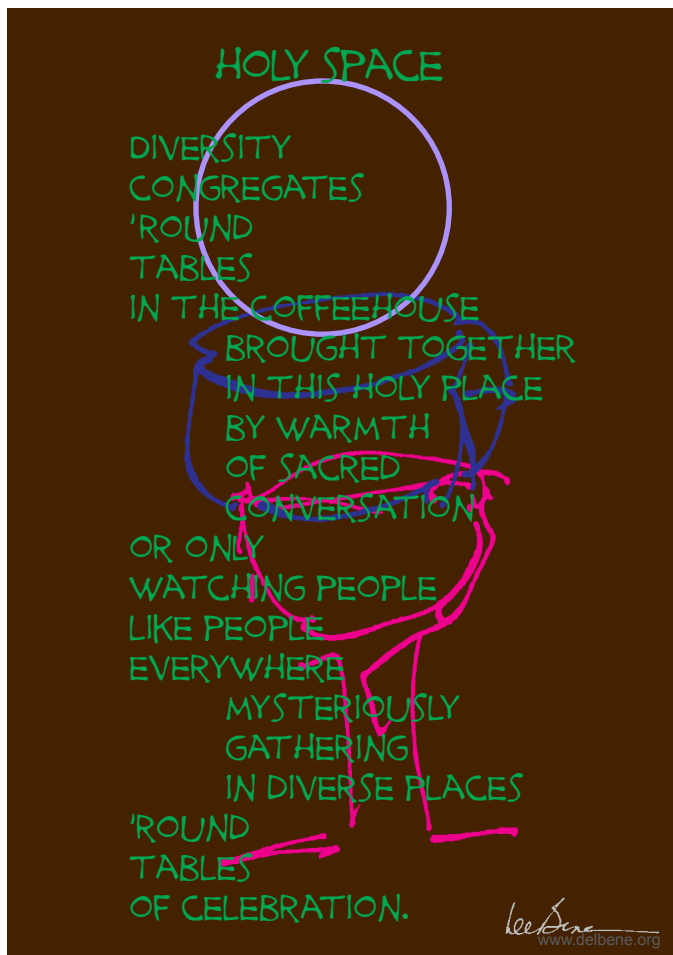


when have you been invited into someone's secret garden?
when have you invited another over your threshold?

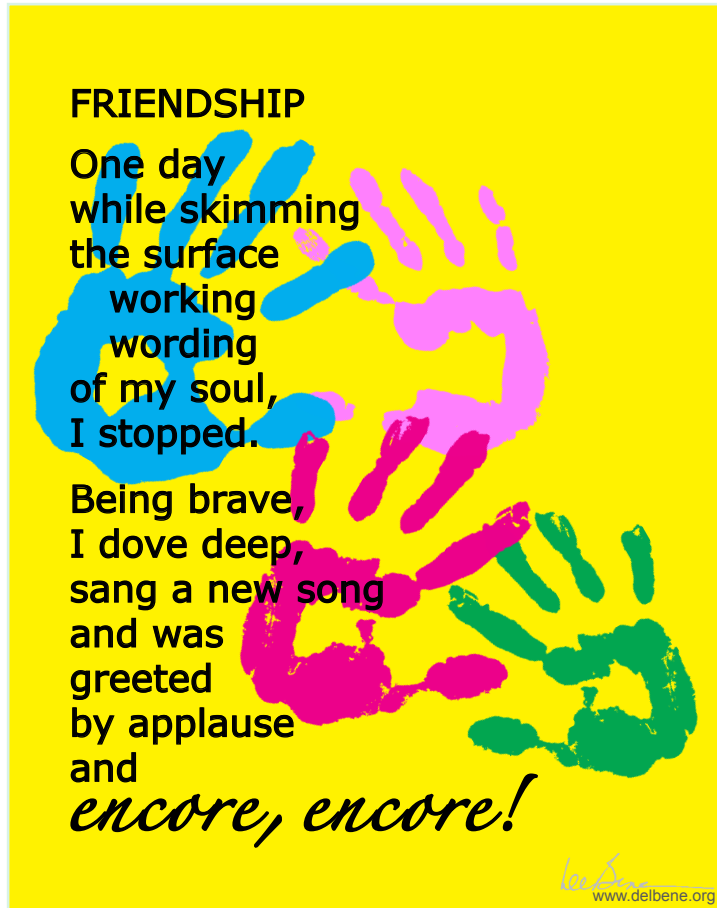


when are some times you have gasped “Oh!”?
what is your “love’s pool” now in your life?

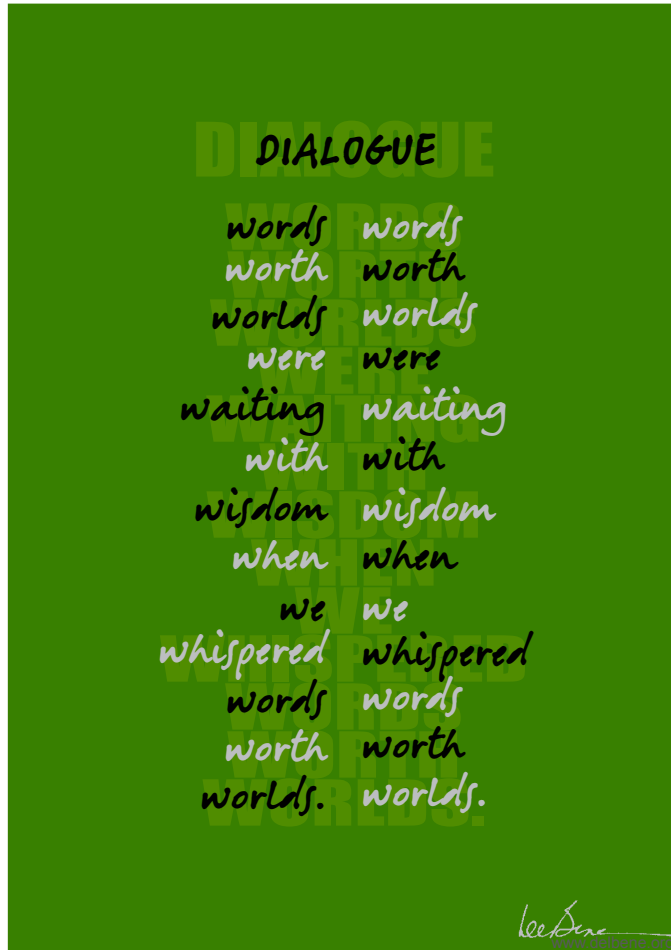




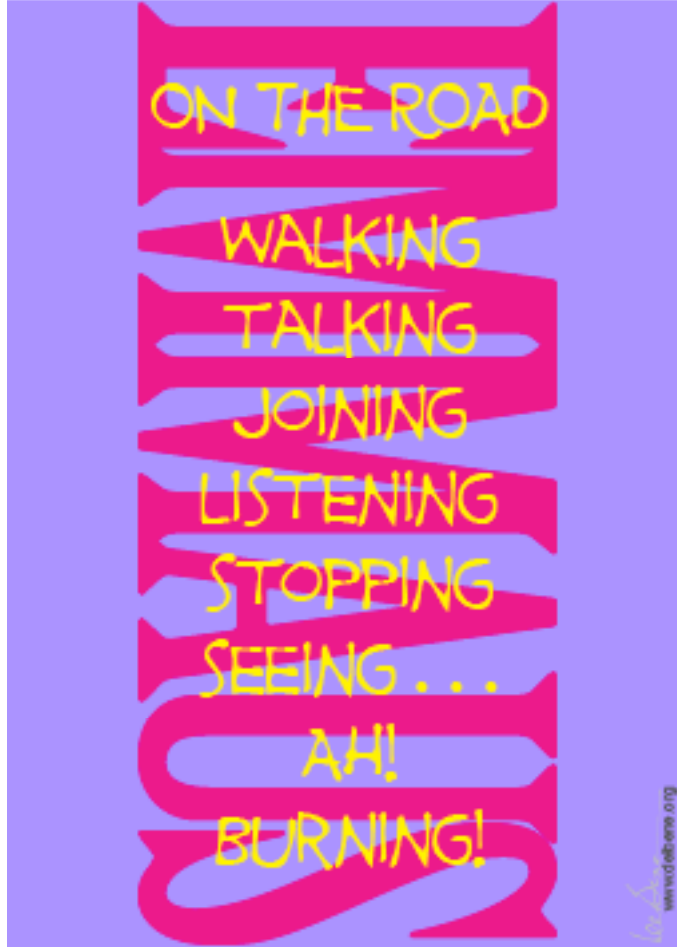
where are your holy spaces?
with whom do you experience sacred conversation?



when was one day when you stopped?
who greets your new songs with applause?



with whom have you spoken words of wisdom?
where are places you have dialogue worth worlds?



what is a memorable time of walking and talking?
when do you experience heartfelt friendship?





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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