

a simple way to journal

MOMENTS OF MYSTERY



SELF-AWARE: 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.

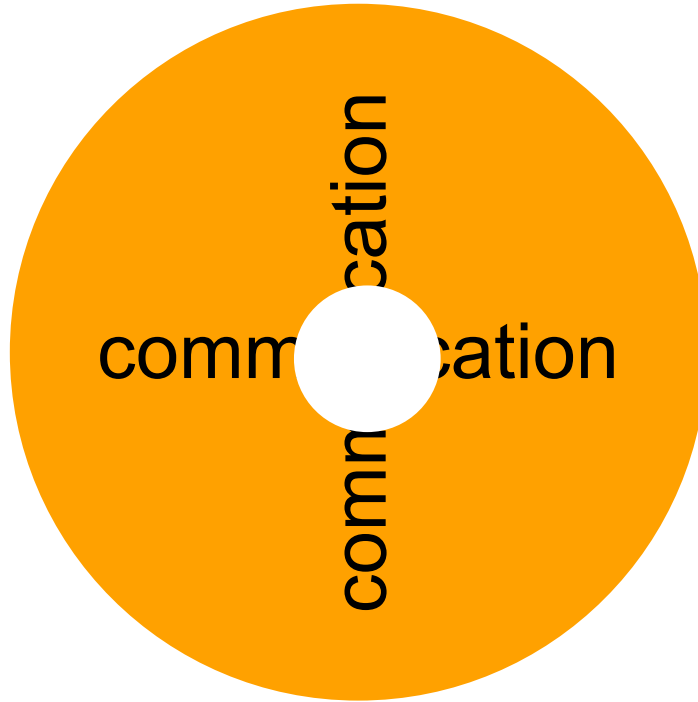
If only briefly, these moments grab us and the invitation is there to STOP, LOOK, LISTEN! In the busyness of our daily lives, we sometimes hurry past these “bushes” and their significance is lost to us.

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.



to whom would you give a 5 star award?
how do you reward yourself?



are there holes in your communication?
when was communication your life preserver?



who is a *one of a kind* in your life?
how often are you one who is kind?





when is a time you were applauded?
do you give applause easily?



who or what triggers envy within you?
what do others envy about you?





Q

SIMPLE SENTENCE.
IS THERE EVER?

Σ-

A

AT THIS POINT IN MY LIFE,
I BELIEVE.

are you a question or an answer person?
what do you believe at this point in your life?



when have you experienced amazing grace?
is giving thanks part of who you are?





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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