

a simple way to journal

MOMENTS OF MYSTERY

WHERE AM I?: 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.



WHERE I AM

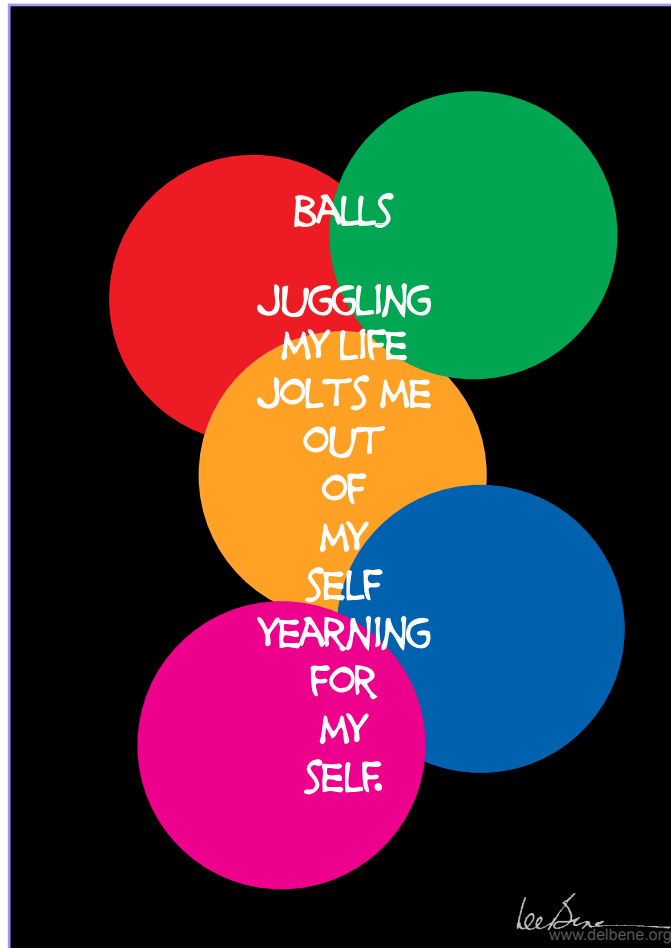
A daffodil
pushes itself
into my face.

I am struck
with its power
to silently shout.

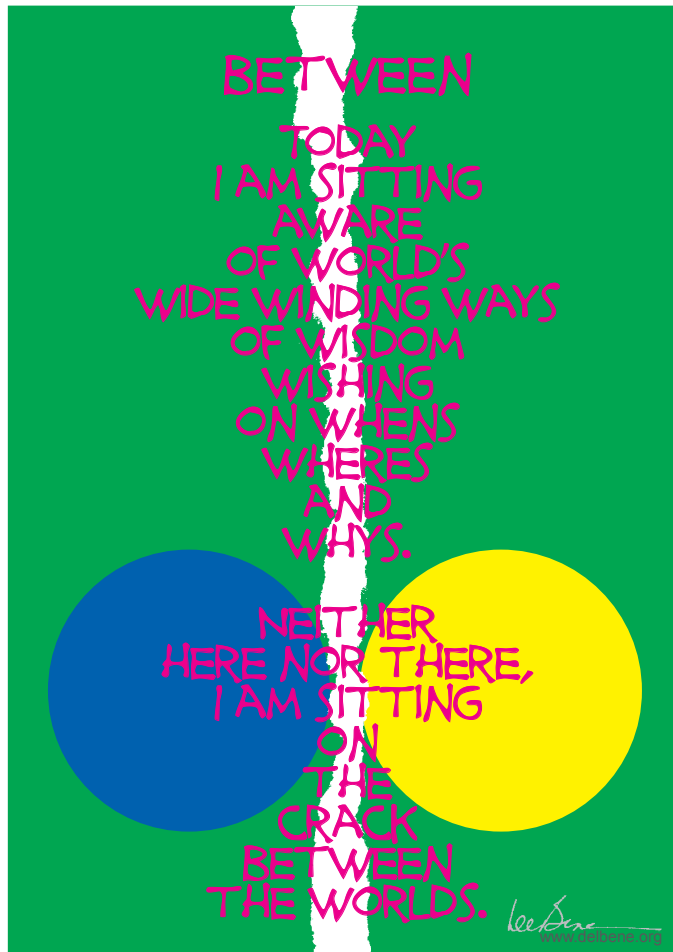
I wonder why
I stopped to look
attentively
only to be
challenged
to stand tall
where I am,
to be bright yellow
where I am,
to silently SHOUT
where I am,
to be
where I am
as an invitation
to empowerment.


www.delbene.org

when is a time you stopped to look attentively?
how are you an invitation to empowerment?



what balls are you juggling?
how do you celebrate creative multi-tasking?



when have you sat "on the crack"?
what wisdom do you wish for?

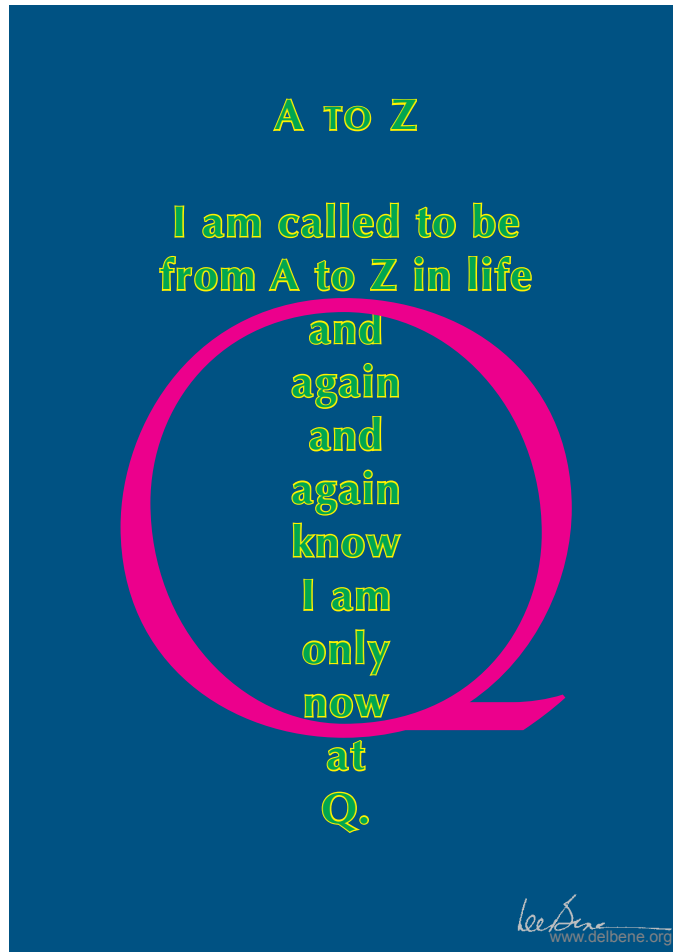


ON A CLEAR DAY

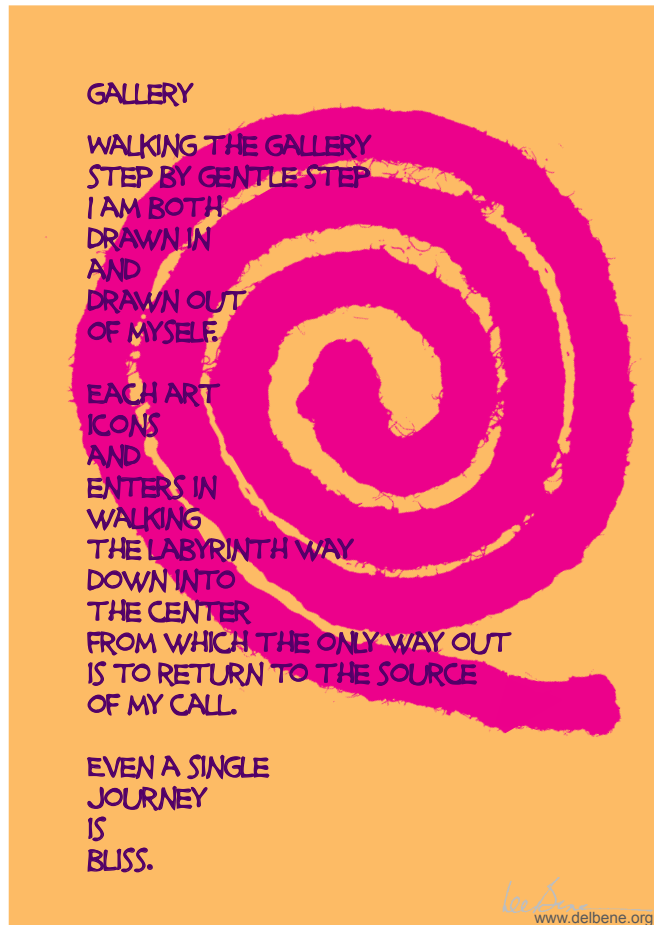
**Often
I am blinded
by my
yearning pushing piercing projecting
on the screen
covering
the reality wall
in front of me.**

**The real
is
clarity
accepted
viewed
reviewed
and
choiced.**

when have you said "it's right here in front of me?"
what process do you use when making choices?

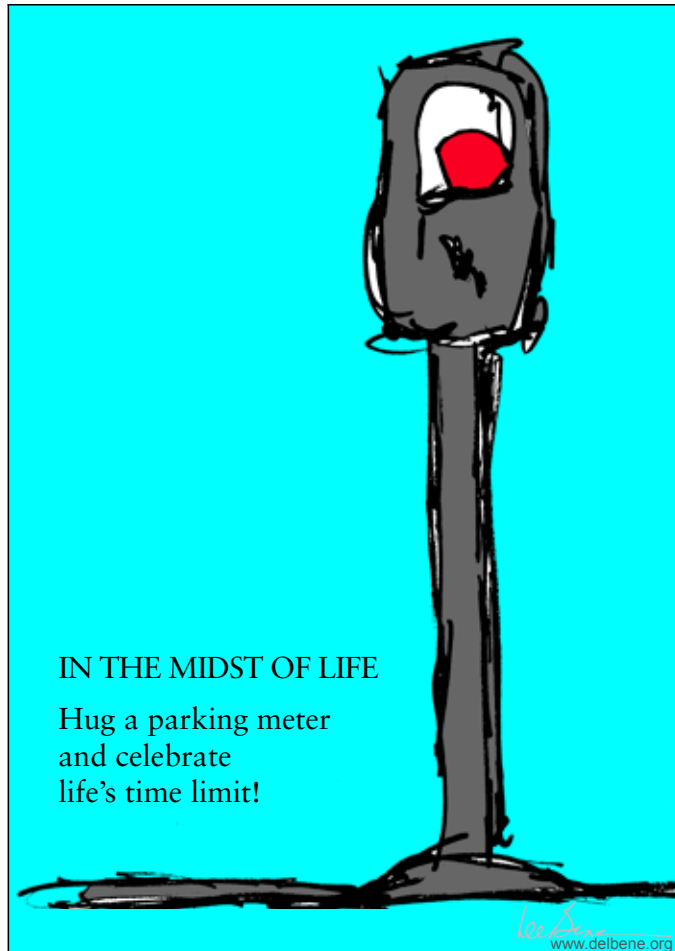


at what letter do you feel you are in life?
how can you celebrate where you are?



what is the source of my call?
how did I celebrate one of my journeys?





when did you last do something outrageous?
what creative ideas have you parked somewhere?





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*

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.