

JANUARY 10, 2021 OBLATE MEETING: Preparation work, schedule, discussion questions, & lectio

Preparation

- Read chapter 4 “Earth as the Original Spiritual Directors” pp 51-70.
- Reflect on the following questions which will be used in small groups after our Meditation on Listening to the Elements pp 60-63:
 - **Air: In what ways do you long to expand like your deep and spacious in-breath?**
 - **Fire: Where is your passion? What sustains your inner fire?**
 - **Water: Where is the flow of your life calling you to go?**
 - **Earth: How will you live knowing that you will one day return to the earth?**
- Spend time with the Lectio on p 57 which will be used for our small group lectio sharing.
- Optional for your own individual practices:
 - Herbal Invitation: Sacred Smoke and Incense
 - Visual Exploration: Create an Altar of the Elements (send a digital picture of it to S Anna-Camille to share on the internet if you wish)
 - Written Exploration: “I Am” Poem (send a copy of it for S Anna-Camille to share on the internet if you wish)

Meeting Schedule and Plan

12:15pm Log into Zoom meeting (Zoom link will be sent out on January 8, 2021)

12:30-12:50pm Opening Prayer: Meditation & Slides-- “Listening to the Elements”

12:50-1:20pm Small group sharing on reflection questions from “Listening to the Elements”

- **Air: In what ways do you long to expand like your deep and spacious in-breath?**
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Break 1:20-1:30pm Return to small group for lectio

1:30-2:15pm Lectio and Journaling

Elijah Meets God at Horeb (1 Kings 19:9-13) p. 57

He said, “Go out and stand on the mountain before the Lord, for the Lord is about to pass by.” Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When (own name) heard it, s/he wrapped her/his face in her/his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, “What are you doing here, (own name)?”

2:20-2:45pm Sharing by individual Oblates about one gift they’ve received in practicing regular periods of spiritual direction: Denise, Ann Satori, Marilyn, Charlotte, Susan, Bonnie, Roy, Monch, Brian

2:45-3pm Announcements and Closing prayer (slide 9)