

# Practice

Spiritual Theme for October 2017

## Reflection Questions

- Does practice really make perfect? Is perfection something we should strive for when we practice?
- How can you practice “radical hospitality,” in our congregation and at home?
- With whom do you need to practice forgiveness?
- Which spiritual practices give you strength in times of adversity?
- How do you practice telling your own truth?
- Why do you think spiritual leaders often tell us to practice breathing?

## Chalice Lighting

*As we light our chalice, pay attention to your mind: It is subtle and difficult to perceive. Thoughts wander wherever they please. The mind, well directed, will bring happiness.*

–Kindness, Sarah Conover (adapted)

## Books

### In order from youngest to more advanced

- *Salt in His Shoes*, Deloris Jordan and Roslyn M. Jordan
- *Dancing in the Wings*, Debbie Allen
- *Life in Motion: An Unlikely Ballerina*, Misty Copeland (also available in young readers edition)
- *Everyday Spiritual Practice: Simple Pathways for Enriching Your Life*, Scott W. Alexander, ed.
- *Seven Spiritual Laws of Success*, Deepak Chopra

## Some Spiritual Practices to Try

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- **Start a gratitude journal.** Write down three moments you are grateful for each day.
- **Breath.** Use [these](#) cards to help guide you on some spiritual breathing exercises.
- **Go on a Beauty Walk.** Once a day for a week notice the beautiful spaces on your walk and how we are all connected.
- **Sing in the car.** Singing can increase feelings of happiness and well-being. Sing along with your favorite songs on a daily basis.
- **Have a deep discussion.** Ask someone you love a new question every day. [Start with these from momastery.com](#)

## Playlist

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- Sesame Street and Bruno Mars – [Don't Give Up](#)
- Tina Turner – [Sarvesham Svastir Bhavatu \(Peace Mantra\)](#)
- Hymn #1073 – [The Earth is Our Mother](#)

## Joke 😊

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Q: How do you get to Carnegie Hall?

A: Practice. Practice. Practice...