



## USG SGM ~ Wonder ~ December, 2022

drawn from Soul Matters materials, see the full packet for more of all of these elements

[www.soulmatterssharingcircle.com](http://www.soulmatterssharingcircle.com)

**Chalice Lighting** The more I wonder, the more I love. - *Alice Walker*

**Check-in** *Share your highs and lows since we last met focusing on what drains you and what lifts you up. We give each other the gift of listening without asking questions or offering advice to allow people the safety to share what's in their hearts.*

**Intro:** From Old English "wundor," meaning miracle, marvel, horror, monster.

**Spiritual Exercises** Take an Awe Walk

An "awe walk" is a stroll in which you intentionally shift your attention outward instead of inward. So, instead of thinking about your to-do list or worrying about a conflict with your co-worker, you contemplate the world around you. There is no one right way to do this. Your walk can be in a familiar place or somewhere brand new. It can happen in nature or in the middle of a city. It can be about seeking out a stunning mountain view or just strolling by your neighbors' flower beds. Do it once or do it daily for a week. Keep it general or structure the walk by focusing on sounds, then colors, then the new, then the curious.

Journal after your walk is over or process it with a friend over a cup of coffee. The point is not to seek out the extra-ordinary but to notice the ordinary in a new way. It's about cultivating a particular type of mindfulness that allows us to pay attention to the things right in front of our noses that we usually overlook or take for granted. Here are some resources to help you on your way.

- Turn Your Daily Walk Into an Awe Walk and Boost Your Mental Health <https://www.youtube.com/watch?v=cB-4FDRVbSk>
- An Awe Walk How To [https://ggia.berkeley.edu/practice/awe\\_walk](https://ggia.berkeley.edu/practice/awe_walk)
- Awe Walks: How To Start <https://www.diygenius.com/awe-walks/>
- The Benefits of Awe Walks <https://www.forbes.com/sites/bryanrobinson/2020/10/31/awe-walks-reduce-workday-stress-and-boost-your-emotional-well-being/?sh=64c38ff3375c>
- Finding Happiness Through Awe Walks <https://www.youtube.com/watch?v=-nVx6SriWPM&t=117s>

**Quotes for Inspiration/Reading:**

we have to become more worthy . . . of our own skins . . . we have lost the miraculous gaze we only give it to the newborn - *adrienne maree brown*

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. - *Albert Einstein*

*You bring yourself before the sacred... You stand at the edge of mystery,  
at the edge of the deep... Meanwhile, the armful of worries you brought  
to the edge of mystery have fluttered to your feet. Rev. Angela Herrera*

When it's over, I want to say: all my life I was a bride married to amazement. I was the bridegroom, taking the world into my arms. I don't want to end up simply having visited this world. *Mary Oliver*

*One way to open your eyes [to wonder] is to ask yourself, "What if I had never seen this before? What if I knew I would never see it again?" - Rachel Carson*

*Forfeit your sense of awe, let your conceit diminish your ability to revere, and the universe becomes a marketplace for you. - Rabbi Abraham Joshua Heschel*

Joy is the gift of love. Grief is the price of love. Anger protects that which is loved. And when we think we have reached our limit, wonder is the act that returns us to love. - *Valerie Kaur*

### **Questions**

*Pick the one question that speaks to you most and let it lead you where you need to go. The goal is to figure out what being a part of a people of Wonder means for you and your daily living.*

- 1. What was your first experience of wonder? Your first moment of awe?*
- 2. Has age impeded or assisted your experience of wonder?*
- 3. At this stage of your life, do you prefer child-like wonder or adult-like wonder?*
- 4. Is it possible to love someone without being – in some way – in awe of them?*
- 5. Could it be that your challenge isn't noticing wonder, but savoring it? What strategy or habit might you take on to make sure wonder lingers?*
- 6. What would make your holidays more wonder-filled?*

**Sitting in Silence** *Take a few moments to sit quietly and reflect upon your thoughts.*

**Sharing/Deep Listening** *Respond with your thoughts and experiences with the topic. We create a safe space by listening deeply and not responding. When sharing, connect with what is true for you. When listening, give the speaker your full attention rather than thinking about what you will share.*

**Reflection and Gratitude** *This is a time to respond briefly to something another person said or to relate additional thoughts that may have occurred as others shared. Consider lifting up one comment or experience for which you are particularly grateful.*

**Singing:** Click [here](#) for all Spotify playlists.

**Special playlist for this month:** "[For Stargazing](#)" - on Spotify

**Extinguishing the Chalice** *When our heart wins the battle against our fear, wonder is ahead. - Paulo Coelho*