

Queries on Some Readings

Spiritual Disciplines/Practices I

Cynthia Bourgeault

- How does your heart receive this message?

“Spiritual Disciplines”, Pat McBee

- Is there a discipline that speaks to you?
- Is there a discipline that you may find fruitful?

Thomas Kelly, “The Light Within”

- How do you experience the Light Within?
- When was a time you struggled to touch that place?
- When was a time you felt it grudgingly?
- Are there times you have felt radiance in prayer?...in that connection with others?
- Are there times you have felt prayed through?

Spiritual Disciplines/Practices II

“Light to Live By”; Rex Ambler

- Rex Ambler shares early Quakers’ experiences of turning to the Light within, committing to it and then recognizing the truth about life. What new light have you found in this concept?
- The core of the Light Circles is to be open. Have you experienced a time when you surrendered to the Light and found answers or peace related to a personal issue?
- Rex Ambler discusses the difference between being silent and ruminating on thoughts vs turning completely to the Silence and being open to whatever may come up? How does this rest with your understanding?
- Have you found a time in life when you have been able to be in silent waiting?
- Have you been a part of a group Light Circle? Have you individually followed the steps suggested by Rex Ambler in the meditation? What are your thoughts and feelings on this process?

The Practice of the Presence of God; Brother Lawrence

- What new light do you find in this reading?
- Brother Lawrence suggests being with God, or the Divine, in everyday small and large acts. How have you experienced a time similar to the ones he describes?
- Is it possible in our busy world to focus on the Divine in everything we experience?
- What are implications of this for your life now?

"Keep the Inward Watch"; Jean Toomer

- "With the inner way obstructed, some see no choice but to live from the outside outwards, as divided and partial [humans]" (58). How do you cultivate awareness, recognize the "that of the devil in us" and "exercise a consciousness daily"? (59)
- "Suffering itself, properly experienced, is a powerful purifying source" (58). How does this idea resonate with you? Connection to prayer?
- For you, what is the difference between "introspection" and "inspection"? (59) How does each inform your inward living?
- How do you cultivate your inward source of Light?

Individual & Community

From *Gospel Order*, S. Cronk:

- How do you, as a present-day Quaker, understand Gospel Order and its role in both your individual life and your life in the Meeting Community?

From *Members One of Another*, T. Gates:

- What gives you a sense of "Meeting as a Place of Acceptance", as described on pages 10-14?
- Where do you find yourself in this journey "from individualism to individual-in-community"?
- What do you long for in your meeting?
- How do you support your meeting community?

From *Listening Spirituality, Vol. 1*, P. Loring Chapter 6- Personal Practices Which Embody and Support Listening Faithfulness to God in the Outer Life, p. 124-158:

- What are the areas of busyness of your life that most irritate or exhaust you? What might be done now or in the future to relieve that busyness? What must happen within you or in your situation to enable change?
- What are the areas of creativity or relationship in your life that most cry out for more space and time? Do you make time in your life for daily retirement?
- Each of the pages listed below have queries on this chapter. Choose the ones that speak to you or that you struggle with the most. 141, 143, 152

From *Listening Spirituality, Vol. 1*, P. Loring Chapter 7- Listening Modes of Communal Support for Personal Growth, p. 159-191:

- How do you understand, "Listening to one another as a Spiritual Practice"?
- Tell about one of the listening modes you have experienced.
- Describe a time when you were able to listen without an agenda, without the compulsion to help/advise or appear to have wisdom.
- Add what you learned about yourself when you listened in this way; for example, your limits of hospitality, your resistance to reality, your faith that others can come to their own solutions with divine assistance.
- Describe a time when you were listened to without judgment in a prayerful way.