



Individual Reflection Pages

Lent is a time to look inward. And yet, as the healing stories we are sharing in worship suggest, when we look inward, we are also drawn outward. Reflection and action combined in Jesus' ministry to make a difference in people's lives. These pages are meant to invite you to contemplate what you *feel* (inward journey) needs to be healed in your life and the life of your family/community. And then, to imagine what you could *do* (outward journey) to help in the recovery of your health and the health of your church and community.

The categories of health that the worship series will look at are: physical health; community health; mental health; intellectual health; environmental health; and integrated health. The first page for each week is a place to reflect on the particular topic for the week. The second page can be used as frequently as you choose during the week, inviting a "survey" of how you are engaging these various topics of health in your life. At the end of Lent, you can "survey the surveys" to see any shifts in thought.

You are a Holy Vessel. Yes, we can feel broken—especially after a year we've had recently and the challenges that seems to linger ever longer. We do not have to wait to begin the process of recovering a sense of wholeness and treating our own "vessels" as precious. When we are caring for ourselves, it gives us more energy to care for each other.

When you take time to reflect with these pages or read any of the resources your church may be recommending, consider lighting a candle, taking a deep, cleansing breath, holding your piece of beach glass in the palm of your hand, and give yourself a moment to imagine the warm orb of the healing Spirit of God growing from deep within.

You are loved.
You are not alone.

You are holy, you are whole.

Week 1 - Treasure - Recovery of Physical Health

“It is by going down into the abyss that we recover the treasures of life.
Where you stumble, there lies your treasure.”

— **Joseph Campbell**

What physical aspect of health needs to be recovered in your own life?
How does it *feel* in your body, mind, and spirit?
What can you *do* to relieve this, even just a little?

What physical aspect of health needs to be recovered in your family/community?
How does it *feel* in your body, mind, and spirit?
What can you *do* to relieve this, even just a little?

Week 1 - My Health "Survey"

Physical Health - what can I do, or what have I done, to heal my body?

Communal Health - what can I do, or what have I done, to heal my relationships?

Mental Health - what can I do, or what have I done, to heal my emotions?

Intellectual Health - what can I do, or what have I done, to heal my creativity?

Environmental Health - what can I do, or what have I done, to heal my environment?

Vessels, holy and whole
Broken, needing the One
Open, body and soul
Healer, come.

Week 2 - Safe Keeping - Recovery of Community Health

“Alone, we can do so little; together, we can do so much.”
– **Helen Keller**

What aspect of your connection to community
needs to be recovered in your own life?
How does it *feel* in your body, mind, and spirit?
What can you *do* to relieve this, even just a little?

What aspect of connection and support
needs to be recovered in your family/community?
How does it *feel* in your body, mind, and spirit?
What can you *do* to relieve this, even just a little?

Week 2 - My Health "Survey"

Physical Health - what can I do, or what have I done, to heal my body?

Communal Health - what can I do, or what have I done, to heal my relationships?

Mental Health - what can I do, or what have I done, to heal my emotions?

Intellectual Health - what can I do, or what have I done, to heal my creativity?

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Week 3 - Stories - Recovery of Mental Health

Owning our story and loving ourselves through that process
is the bravest thing that we will ever do.”

— **Brené Brown**

What mental aspect of health needs to be recovered in your own life?
How does it *feel* in your body, mind, and spirit?
What can you *do* to relieve this, even just a little?

What mental aspect of health needs to be recovered in your family/community?
How does it *feel* in your body, mind, and spirit?
What can you *do* to relieve this, even just a little?

Week 3 - My Health "Survey"

Physical Health - what can I do, or what have I done, to heal my body?

Communal Health - what can I do, or what have I done, to heal my relationships?

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Intellectual Health - what can I do, or what have I done, to heal my creativity?

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Week 4 - Different Pictures - Recovery of Intellectual Health

“The path of awakening is not about becoming who you are.
Rather it is about unbecoming who you are not.”

— **Albert Schweitzer**

What aspect of creativity and vitality needs to be recovered in your own life?
How does it *feel* in your body, mind, and spirit?
What can you *do* to relieve this, even just a little?

What aspect of creativity and vitality needs to be recovered in your family/community?
How does it *feel* in your body, mind, and spirit?
What can you *do* to relieve this, even just a little?

Week 4 - My Health "Survey"

Physical Health - what can I do, or what have I done, to heal my body?

Communal Health - what can I do, or what have I done, to heal my relationships?

Mental Health - what can I do, or what have I done, to heal my emotions?

Intellectual Health - what can I do, or what have I done, to heal my creativity?

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Week 5 - Restoration - Recovery of Environmental Health

We don't inherit the earth from our ancestors, we borrow it from our children.

– **David Brower**

What environmental aspect of health needs to be recovered in your own life?

How does it *feel* in your body, mind, and spirit?

What can you *do* to relieve this, even just a little?

What environmental aspect of health needs to be recovered in your family/community?

How does it *feel* in your body, mind, and spirit?

What can you *do* to relieve this, even just a little?

Week 5 - My Health "Survey"

Physical Health - what can I do, or what have I done, to heal my body?

Communal Health - what can I do, or what have I done, to heal my relationships?

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Week 6 - Holy, Wholly - Recovery of Integrated Health

“We know only too well that what we are doing is nothing more than a drop in the ocean. But if the drop were not there, the ocean would be missing something.”

— **Mother Teresa**

What have you discovered about the connection of body, mind and spirit in this Lenten Season of Recovery?

What have you discovered a passion for that you could continue past these six weeks to continue improving health?

Week 6 - My Health "Survey"

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A Space for More notes

What is the holy healer saying to you?