

Lake Fellowship Transformation Homework

Three Options: Please read all three options, select the one that feels best for you, do the work sometime before next Sunday, and bring your work with you next week (10/22).

Option 1: At the end of the Radiolab episode “Goo and You,” (<http://www.radiolab.org/story/goo-and-you/>) Molly Webster wonders “What part of my future self is in me right now?” Ask yourself that same question, and take notes on whatever thoughts come up for you. Consider the changes you might make and steps you may take so that your future self becomes present. What would that look/feel like? How can you get there? What’s holding you back?

If it’s easier, look back in time to see if some of “present you” was in you at an earlier age. How did you transform from that earlier version of yourself, and what did you do to encourage or nurture the present day you out of that earlier stage? What can you learn about yourself from this awareness?

Record your thoughts/responses, and bring them with you next week.

Option 2: (Directly from Soul Matters) A Long Hard Look

Author Barbara Kingsolver is a master at celebrating the connection between perception, transformation and healing. She writes,

“In my own worst seasons I’ve come back from the colorless world of despair by forcing myself to look hard, for a long time, at a single glorious thing: a flame of red geranium outside my bedroom window. And then another: my daughter in a yellow dress. And another: the perfect outline of a full, dark sphere behind the crescent moon. Until I learned to be in love with my life again. Like a stroke victim retraining new parts of the brain to grasp lost skills, I have taught myself joy, over and over again.”

This exercise invites you to experience a similar gift of a “single glorious thing” from your own surroundings. Here are your instructions:

1. Take some time to identify a special “single glorious thing” that you have the opportunity to look at every day. Your daughter getting on the bus. The flower cart on your way to work. Your spouse brushing her hair or reading the morning paper. You will know it when you see it.
2. For at least 5 days in a row, use your phone/camera to take a picture of that glorious thing.
3. Before your group, make time to meditate on the collection of photos, either for a full hour of one day or 10 minutes for 3 days in a row. Pay attention to the differences and the similarities. Let the sameness and subtle differences enable you to see something new or appreciate it in a deeper way.
4. Come to your group ready to share what you discovered, and how this transformative looking “taught you joy over again” or “add color” to your world.

For some inspiration, watch this:

Auggie's Photo Album, from Smoke

https://www.youtube.com/watch?v=JGV_h36uZ5E

Option 3: (Directly from Soul Matters) Your Question

As always, don't treat these questions like "homework" or a list that needs to be covered in its entirety. Instead, simply 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 community of transformation means for you and your daily living. So, which question is calling to you? Which one contains "your work"? Please bring your thoughts/responses with you to fellowship next week.

1. Do you know what Life is inviting you to become? What's happened to your vision of what transformation looks like?
2. What were you taught in childhood about your ability to change yourself and/or the world? Are those lessons ones you need to remember or reject?
3. Is delayed gratification delaying your transformation?
4. Is believing "I don't deserve it" standing in your way?
5. Are you really longing to be transformed or could it be that your heart just wants to be understood?
6. Are you sure your transformation lies in following the light? Or might Life instead be calling you to befriend the dark? Is your challenge imagining what is possible or being honest about the past? Believing in your potential or accepting your shadow? ("One does not become enlightened by imagining figures of light, but by making the darkness conscious." - Carl Jung)
7. Who said this was going to be easy? Who said transformation wouldn't hurt?
8. Who needs you to grab them by the shoulders and shake them into transformation?
9. Who needs you to quietly "sit with them among the shards and gently turn their face toward the light"? (Jan Richardson)
10. Have you outgrown your life?
11. What kind of thank you's do you need to say to your old life so you can walk into your new one?
12. Is your armor in your way?
13. Is it possible that your stone's already been rolled away and you've not noticed?
14. What is today – this day- asking you to become?
15. What if we are the "last generation that can do something about it?" ("We are the first generation to feel the sting of climate change, and we are the last generation that can do something about it." - Jay Inslee, Governor of Washington)
16. What's your question? Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.