

DIOCESE OF WILCANNIA-FORBES

REFLECTION BOOKLET

LESSONS FROM THE LONG PADDOCK



Suggested process for using reflection material

It is suggested that the reflection questions are read prior to viewing the online presentations to provide participants with a framework for making connections to their own lives and to stimulate their own thought processes.

The following stimulus questions may strike a chord for participants at different times during different presentations. On the completion of each segment allow participants to read through the questions silently. Provide a period of time for individual reflection. There is a space provided for journalling at the end of this booklet.

Ask participants to share their thoughts/wonderings in relation to any of the questions. Aim to generate discussion on 3-4 of the questions per segment, with a variation of questions between segments.

Introduction

There are several themes and insights relevant to a conversation about what it means to speak of an authentic Australian spirituality. Some of these themes can be found within the stories we have been following. You might like to reflect on what you think some of those questions are. Consider moments in each of the stories we have followed in ***Lessons from the Long Paddock***. What did you catch yourself noticing in each of the stories? Find one or two moments in each story that moved you in some way. Ask yourself: What seemed to have been happening in this person's life. What did they seem to think really mattered?

STIMULUS QUESTIONS:

- How do you think our Christian tradition is meant to be liberating? From what are we set free?
- What might seem to be the role of humour? How does it sometimes reveal the spiritual? Do you think 'Australian' humour is unique?
- What does it mean to you to have a prayer life? How do you pray? Do you pray?
- What is your experience of silence? Do you think it is important? Do we fear it? Long for it? Is there a difference, do you think, between feeling lonely and being alone?
- What might it mean to be a mystic today?

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- What might it be about the Australian landscape/climate that nurtures a spirituality that is a bit unique?
 - What does it mean, to you, to feel gratitude?
 - What does it mean to you to live a simple life? Is your life more complicated than it once seemed? Or not?
 - What role does ritual play in your life? Why does it seem to be so powerful?
 - Do we need to feel 'in control' of our lives? When might that be healthy? When might that not be so healthy?
 - When does a 'busy' life get in the way of a spiritual life? Are we caught up sometimes in functionalistic behaviours? What does the experience of leisure time reveal?
 - What one thing might you want to change in your life after some reflection today? What might you need to do to make that happen?
 - How do some of the characters we reflect with reveal aspects of a healthy spiritual life?

If '*Lessons from the Long Paddock*' has stirred feelings that are painful please seek someone you trust to speak with. (Please email Kate for information about where/how to seek support if you need it - kate.engebrecht@wf.catholic.org.au)

JOURNALLING....