

Discerning the Soul: Reflection #2.1



A question for personal reflection: What were the key points in your life?

This question often prompts conversation near the end of life but it also serves whenever we want to deepen relationships, even with ourself. What were the times when you went from one situation to another?

The number of transition points in life has exponentially increased. Now, the dots connecting life's critical decisions more likely resemble the trajectory of a pinball machine than a straight line, although the major ones remain.

Birth, learning the physical skills, school, relationships, where to live, and career. "In the last year, one-third of those between the ages of 25 to 44 considered a career change."

The intensity and speed of personal and societal change have increased, but passages remain.

Stepping through a doorway involves at least **three stages**: separation - we step *from* something over a threshold and into a new space. The transition can require multiple layers of decisions, but each contains a spiritual dimension.

Richard Rohr, the Franciscan spiritual writer, maintains that the most significant spiritual growth comes during the initial movement when we step *from* a situation, when we have to decide what to leave behind.

As our congregation moves towards a new chapter in our lives, we will undertake a process/project called *Discerning the Soul*. The underlying movement is familiar - separation, taking stock while we stand on the doorstep and then figuring out the next steps. During the next few months, we will be paying particular attention to the spiritual dimension of these times, to the state of our soul.

A question for congregational reflection: What do we have to leave behind?