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# Spiritual Life

## *What do you need today?*



### **REACH OUT!**

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*Please reach out if  
you need support or  
help in staying  
connected right now.*

*We are here to help!*

When I was little, I loved reading “choose your own adventure” books. The story was shaped by the decisions I made while reading—would the lead character go into the haunted woods or not? Would they ask a friend to join them in their adventure? Sometimes I would read the same story two, three, or four times in a row, each time picking new trails to follow.

What if we approached life in a similar way, decision-points and all? What if we started each day asking ourselves, “What should I do today—what do I need?” Perhaps the answer is taking time to rest or the opportunity to step outside your comfort zone. Maybe you need alone time, or alternatively, a good talk with a friend.

If you’re hungry for similar inspiration, I invite you to “pick your own adventure” using the following poems as a starting point. What does your heart, your soul need today?

*-Rev. Kristin*

**If you need to feel fired up, [read this:](#)**

### ***What I Have Learned So Far* by Mary Oliver**

Meditation is old and honorable, so why should I not sit, every morning of my life, on the hillside, looking into the shining world? Because, properly attended to, delight, as well as havoc, is suggestion.

Can one be passionate about the just, the ideal, the sublime, and the holy, and yet commit to no labor in its cause? I don’t think so.

All summations have a beginning, all effect has a story, all kindness begins with the sown seed. Thought buds toward radiance. The gospel of light is the crossroads of - indolence, or action.



## Field Guide by Tony Hoagland

If you need to rest or feel joyful, *read this*:

Once, in the cool blue middle of a lake,  
up to my neck in that most precious element of all,

I found a pale-gray, curled-upwards pigeon feather  
floating on the tension of the water

at the very instant when a dragonfly,  
like a blue-green iridescent bobby pin,

hovered over it, then lit, and rested.  
That's all.

I mention this in the same way  
that I fold the corner of a page

in certain library books,  
so that the next reader will know

where to look for the good parts



## Taking Good Care

Ever wish there was a way to practice mindfulness in your everyday life? Like, “mindfulness on the go”?

Here’s a fun and easy centering practice that you can do anytime, anywhere.

Use it as a way to wake up in the morning, or as a way to regain some equilibrium after a hard discussion. It’s a really versatile practice!

## The Five Senses Exercise

Take a deep breath or two. Now, using your environment:



Notice **5** things you can **see**.



Notice **4** things you **feel**.



Notice **3** things you can **hear**.



Notice **2** things you can **smell**.



Notice **1** thing you can **taste**.

Do you feel different or the same than when you began?