

This journal is an accompaniment to the Worship Design Studio Advent series, "Reflecting the Sacred" https://worshipdesignstudio.com/sacred

This journal can be used independently from the worship series or any church gathering. It can be used privately or shared with a friend or in a small group setting.

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Introduction

Friends, I hope that you invite some sparkle into your world even if times don't feel all that "sparkly." Even in the midst of troubled times, the sacred shows up in unexpected ways every day. That is what this Guided Journal for this "Reflecting the Sacred" series is all about. Let us tune our eyes, hearts, and spirits to see God infusing our lives, and let us also be a reflection of God's hope, peace, love, and joy. Many blessings on your journaling. — Dr. Marcia McFee

This series is inspired by Richard Rohr's <u>The Universal Christ</u> and a companion devotional book called <u>Every Thing Is Sacred</u>, co-authored by Patrick Boland. The devotional is available for purchase <u>HERE</u>.



Scan to purchase Every Thing Is Sacred

Here is a curated list of reflections that are particularly suited for each week from the book <u>Every Thing Is Sacred</u> if you want to follow allow with a reading plan:

Week 1: Sacred Time

Reflection 5: Contemplation

Reflection 11: Our Own Human Experience

Reflection 14: The Great Chain of Being

Reflection 18: Change

Reflection 32: Resurrection (good for Blue Christmas)

Reflection 33: Revealed as Light

Week 2: Sacred People

Reflection 4: Christ is Everywhere

Reflection 8: Becoming

Reflection 10: Including

Reflection 12: Image, Love, and Suffering

Reflection 17: Our Shadow

Reflection 29: Total Love

Week 3: Sacred Space

Reflection 6: The First Incarnation

Reflection 7: Personal and Universal:

the Second Incarnation

Reflection 13: Primal Goodness

Reflection 19: Up There

Reflection 22: The Divine Feminine

Reflection 23: Our Eternal Yes

Week 4: Sacred Knowing

Reflection 20: Divine Depth

Reflection 21: Embodying Depth

Reflection 24: Embodiment

Reflection 37: Both... And...

Reflection 28: Contemplative Practice

Christmas Eve: Sacred Being

Reflection 9: The Path Toward Inner Aliveness

Reflection 15: Waking Up to Love

Reflection 25: Embodied Suffering

Christmas Day: Surprisingly Sacred

Reflection 33: Revealed as Light

New Year's Day: Sacred Doing

Reflection 26: Atonement

Reflection 27: Restoration

Reflection 28: Cruciform

Week One - Sacred Time



We begin our Advent journey by emphasizing the gift of being awake to the "now"... the gift of sacred time with God, with each other, and with those in need of hope.

"I have never been separate from God, nor can I be, except in my mind." (page 44, <u>The Universal Christ</u>)

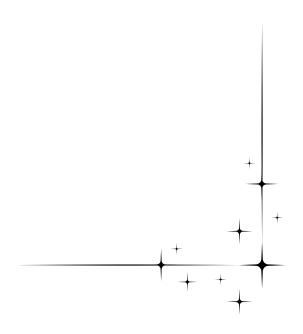
How I can stay present with oth	ers this week
and shine as a beacon of	f hope:

"... you know what time it is. The hour has already come for you to wake up from your sleep... the night is far gone, the day is near."

— Romans 13: 11-14

"Keep awake therefore, for you do not know on what day your Lord is coming." — Matthew 24: 36-44

Journaling for the week... find a quiet spot, turn on a lamp or light a candle. What comes to you?



Week Two - Sacred People



When we look through the lens of the sacred, we prepare our senses to recognize the holy in all people.

"You must come to know [the Word becoming flesh] in the very cells of your body–and see it in the cells of all bodies, which each carry the same divine DNA of their Creator."

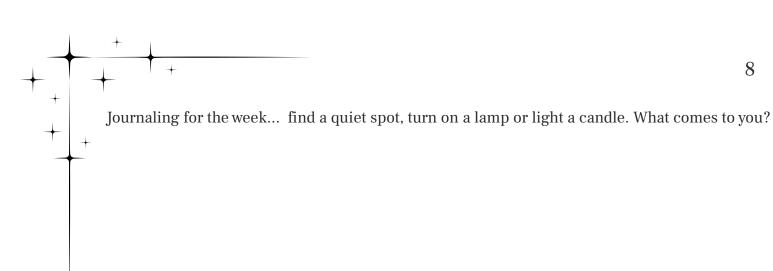
(page xiii, Every Thing is Sacred)

Where I see the sacred in other people this week, even people who I find difficult to love...

"May the God of steadfastness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus..."

— Romans 15: 4-13

"This is the one of whom the prophet Isaiah spoke when he said, 'The voice of one crying out in the wilderness: Prepare the way of the Lord, make his paths straight.'" — Matthew 3: 1-12



Week Three - Sacred Space



The pregnancy of Mary is connected to the promise of justice and joy in the Advent story.

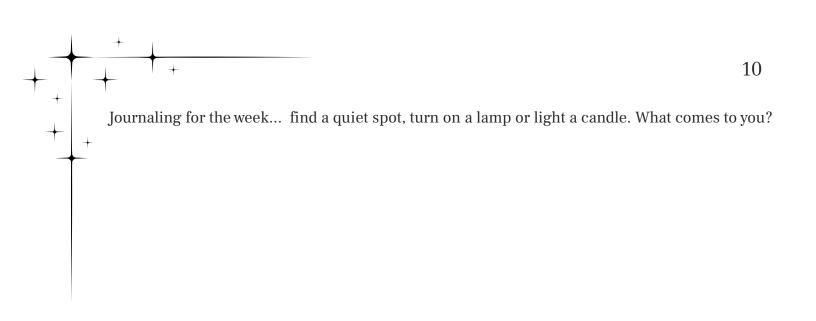
Scan the QR code or click the link below to see a video of co-author Patrick Boland read aloud The First Incarnation (from Week 3): https://youtu.be/8mPgivG704M



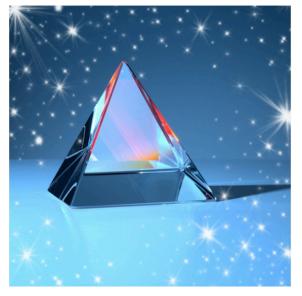
How do the spaces I inhabit - at home, work, and in community - reflect God's justice and joy? What am I being called to create in order to further goodness in the world?

"...everlasting joy shall be upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away." — Isaiah 35: 1-10

"My soul magnifies the Lord, and my spirit rejoices in God my Savior, for the Holy One has looked with favor on the lowliness of his servant."



Week Four - Sacred Knowing



Let us seek out quiet to hear the voice that brings peace by gently saying, "do not be afraid."

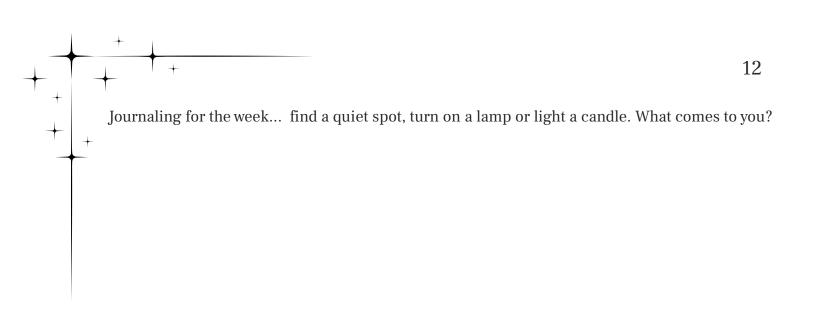
"We do not need to be afraid of the depths and breadths of our own lives...We are given permission to become intimate with our own experiences, learn from them, and allow ourselves to descend to the depths of things, even our mistakes..." (page 111, The Universal Christ)

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"Therefore the Lord himself will give you a sign. Look, the young woman is with child and shall bear a son, and shall name him Immanuel."

— Isaiah 7: 10-16

"Now the birth of Jesus the Messiah took place in this way. When his mother Mary had been engaged to Joseph, but before they lived together, she was found to be with child from the Holy Spirit. . . ."



Christmas Eve - Sacred Being



Our very being reflects the sacred. The incarnation of God in human flesh is proof.

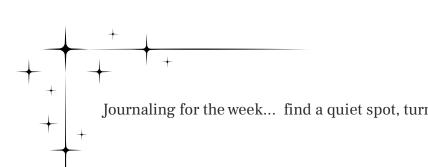
"Have you ever noticed that the expression 'the light of the world' is used to describe the Christ (John 8:12) but that Jesus also applies the same phrase to us? (Matthew 5:14, 'You are the light of the world.')" (page 31, <u>The Universal Christ</u>)

How do my life and actions reflect my identity as God's child?

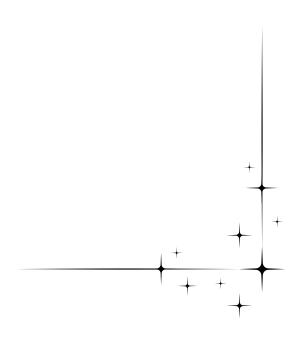
I am beloved as a child of God, no matter what.

"But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of rebirth and renewal by the Holy Spirit." — Titus 3: 4-7 (Proper II)

"... she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger..." — Luke 2: 1-20



Journaling for the week... find a quiet spot, turn on a lamp or light a candle. What comes to you?



Christmas Day – Surprisingly Sacred



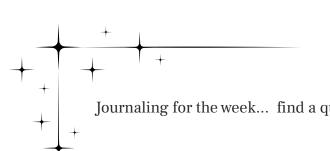
Can we dare to believe that we can know a surprising calm even in the midst of anxiety because of the inbreaking of this Prince of Peace upon our lives each and every day?

" Jesus came to undo our notions of scarcity and tip us over into a worldview of absolute abundance–or what he would call the 'Reign of God.'" (pages 184-185, <u>The Universal Christ</u>)

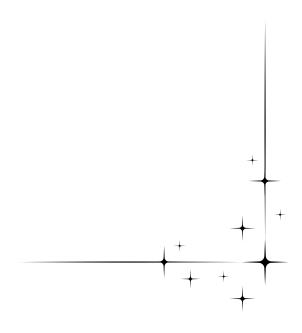
How I've been surprised by the sacred on this day and throughout the Advent season:

"How beautiful upon the mountains are the feet of the messenger who announces peace, who brings good news, who announces salvation, who says to Zion, "Your God reigns." — Isaiah 52: 7-10 (Proper III)

"In the beginning was the Word, and the Word was with God, and the Word was God. . . ." — John 1: 1-14



Journaling for the week... find a quiet spot, turn on a lamp or light a candle. What comes to you?



New Years Day - Sacred Doing



We dedicate ourselves in this New Year to sacred acts of justice and mercy, bringing grace to a hurting world, reflecting the sacred in all we do.

"It is not God who is violent. It is not that God demands suffering of humans. We do. God does not need or want suffering–neither in Jesus nor in us." (page 146, <u>The Universal Christ</u>)

Where God is nudging me to acts of justice and mercy in this new year:	

"I will recount the gracious deeds of the LORD, the praiseworthy acts of the LORD, because of all that the LORD has done for us..."

— Isaiah 63: 7-9

"Then Joseph got up, took the child and his mother by night, and went to Egypt, and remained there until the death of Herod. . . . "

