



SUMMER SPIRITUALITY

The Rev. Jennifer King Daugherty
St. Stephen's Episcopal Church
July 14, 2024

⊕ Opening Prayer



You, Lord, are in this place,
your presence fills it.

Your presence is Peace.

You, Lord, are in my heart,
your presence fills it.

Your presence is Peace.

You, Lord, are in my mind,
your presence fills it.

Your presence is Peace.

**Help us, O Lord, to know
that we dwell in you
and you dwell in us,
this day and for evermore.
Amen.**





Meaning,
purpose,
connection

A longing and instinct
for the Holy that
comes before religion



Nurtured by
prayer and
practice

Study, reflection,
worship, life in
community



Expressed in how
we live

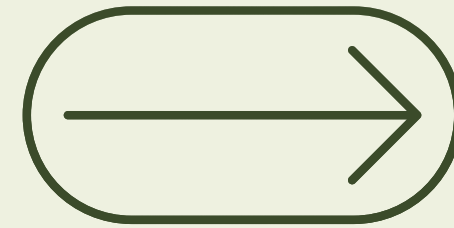
Work, relationships,
lifestyle, how we treat
our bodies and creation

What is Spirituality?

...recovery of “imago dei”



The Spiritual Journey



Becoming conscious, waking up to the presence of the divine

Come home to truest self, which exists in God

Move toward cosmic "oneness"



Love God



Let Go



Love the World

Jesus' Spirituality

Parable

Metaphor

Entire Life

- *God in intimate relationship, as parent*
- *Creation as revelation of God, teacher of holiness*
- *Love ethic – for God, self, others*

Prayer

source and expression of spirituality

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Not about words said to or about God

An attitude, disposition

Flow

Practice



Small Group Discussion

My soul longs
for
you, ☉ God

- *How would you describe your spirituality?*
- *What strengthens you to love God, let go, and love the world?*
- *How have you experienced prayer?*

Summer spirituality



What is summer?

How does it foster spirituality?





Pay
Attention

Notice

Wonder

Gratitude



Walking
Meditation

Breathe

Walk

Listen



Prayer of
Lovingkindness

*May ___ be filled with
lovingkindness*

May ___ be well

May ___ be peaceful

And may ___ be happy

Spiritual practices



Small Group Discussion



Which of these practices might you try?

Where is a place outdoors that is inviting?

To you, ☉ God, I lift up
my soul ...
I put my trust in you

The background features a light green color palette with decorative elements. At the top, there are two groups of stylized birds in flight, one on the left and one on the right. The bottom corners are adorned with large, stylized green leaves and flowers. The central text is enclosed in a white rounded rectangle with a thin green border.

CLOSING BLESSING

*In the full tide of the day and in its ebbing.
In the rising of the sun and its setting.
The holy God guide you,
the loving God protect you,
the mighty God be with you
and all those you love, today and for evermore.
Amen.*

The background features a light green color palette with decorative elements. At the top, there are silhouettes of birds in flight. On the left and right sides, there are stylized green flowers and leaves. The title 'PAYING ATTENTION' is centered at the top in a dark green, serif font, with a small cross symbol inside the letter 'O'.

PAYING ATTENTION

Pay attention to the world around you and your body's experiences,

- Not a devoted time but just throughout the day
- Notice, express wonder and gratitude
- Name this as prayer -- it is glorious!
- Glory = the presence of God
- Could much of your daily noticing be seen as prayer?
- Prayer = the expression and source of spirituality

The background features a light green color palette with decorative elements. At the top, several birds are shown in flight, scattered across the width. On the left and right sides, there are stylized green flowers and leaves. At the bottom, there are decorative, swirling green lines. The title 'WALKING MEDITATION' is centered at the top in a dark green, serif font, with a small cross symbol inside the letter 'O'.

WALKING MEDITATION

·Embodied prayer

- Listen to your body. Begin standing still.
- Center your awareness on your breath. Breathe slowly, in, and then out. God's presence is in every breath.
- Walk, noticing your feet on the ground of Mother Earth all the way to the top of your head where your energy merges with the energy of the air, the Cosmos.
- Pay attention to your senses and the world around you.
- Unfocus your eyes. What sounds and smells do you notice?
- No need to analyze -- just notice, wonder, and be grateful!

The background is a light green color with decorative elements. At the top, there are two groups of birds in flight, one on the left and one on the right. At the bottom, there are stylized green leaves and vines. The title is centered at the top in a large, dark green, serif font.

PRAAYER OF LOVINGKINDNESS

This prayer is said multiple times for self, a good friend, an acquaintance, a difficult person, all beings

- May [I, another, all things] be filled with lovingkindness
- May [I, another, all things] be well
- May [I, another, all things] be peaceful
- And may [I, another, all things] be happy

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PRAAYER FOR SUMMMER

Bless you, Father, for the summertime, when I can take my ship of life in for repairs. Repair every crack in my spirit, every leak in my life, every rotten timber in my character. O Lord, make me seaworthy, that I may continue on the journey ahead, and weather life with that inward grace and strength that comes from you.
Amen.

--the Rt. Rev. Michael Creighton:

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