



Spiritual Sustainability Workbook

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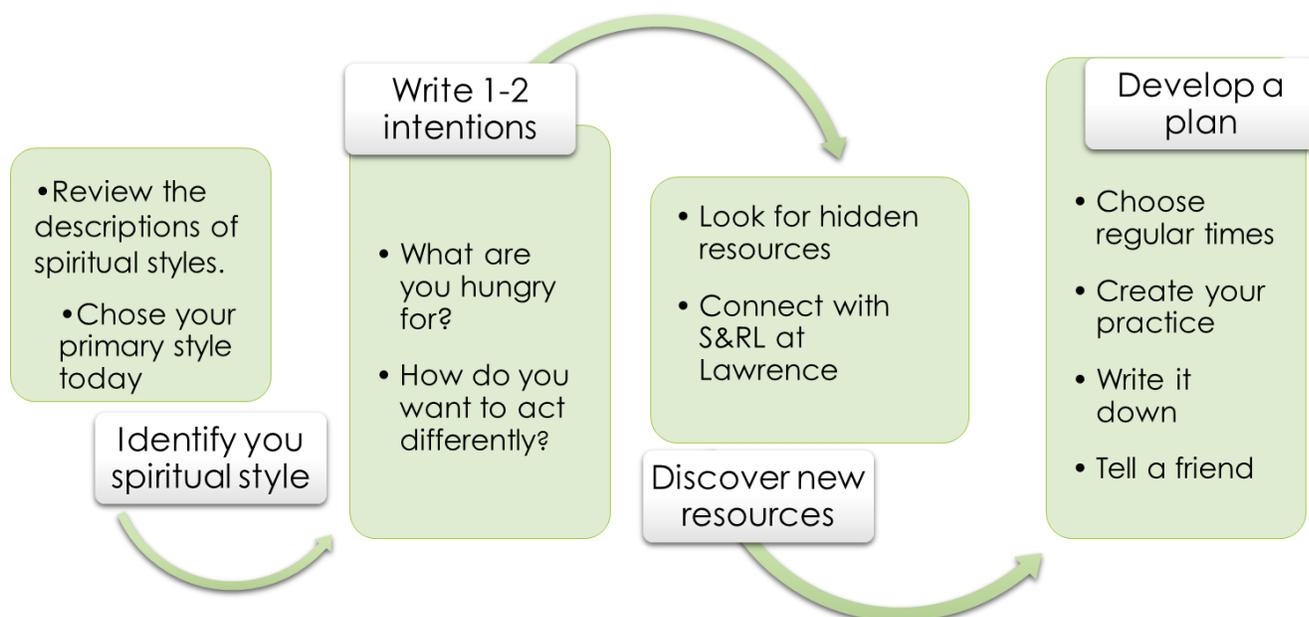


Sustainable Spirituality is . . .

- CONNECTIONS - living beyond our bubble
- EXPANDED AWARENESS - clarified purpose, deepened connections
- YEARNING to know the meaning of our lives and to experience true connection
- HEART KNOWLEDGE
- RECOGNITION of life and life-giving actions

Every Day

You are invited to follow a simple process. . .



Spiritual Style

Read the five styles and think about your life at Lawrence. Which of them **MOST** represents the way that you take in information and process it?

Kinesthetic

Engage through the **body**

You like to keep moving; you may have even chosen a career where physical activity is part of what you do every day, Kinesthetics feel through their physical being, through touch and movement.

Scholar

Engage through the **mind**

You connect through your thoughts. You love to research, contemplate and write; this is how your spiritual personality explores. You may also want corroboration and reasoning for what you believe.

Devotional

Engage through the **heart**

You are committed to living from the heart, opening up to spirit in this way, and bringing love to everyone you meet. You often feel the truth in your heart and trust your instincts.

Servant

Engage through **action**

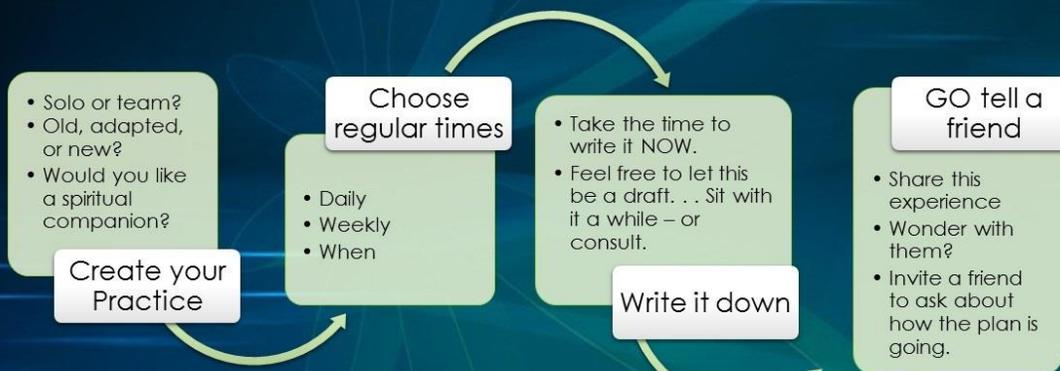
You need to serve your community to nurture your spirit. You tend to be aware of the needs of others, and are often social, or interested in social service. You are connected to your spirituality when you are helping the people that are most in need.

Contemplative

Engage through **stillness**

The world can sometimes overwhelm you. Your spirituality manifests in meditation, **prayer** or quiet reflection. You feel a deep spiritual connection when people disappear and everything stops.

Develop your sustainable spirituality plan. . .





Setting an Intention

Take a few minutes and journal responses to the two questions:

What am I hungry for?

How do I want to act differently?



Write an intention (or two) for your next year.



My Spiritual style is _____

My intention is:

My sustainable spirituality plan is:

My support system will be:

RESOURCES

Resources for a Kinesthetic - Body

General	Available at Lawrence
<ul style="list-style-type: none"> ❖ Walking/hiking/ Biking ❖ Labyrinth walking ❖ Tai Chi or Yoga ❖ Swimming ❖ Dance ❖ Washing dishes ❖ Cooking/ Baking ❖ Active volunteering 	<ul style="list-style-type: none"> ❖ Bikes to borrow ❖ 1st Congo Labyrinth ❖ Weekly Yoga and YMCA membership ❖ Buchanan wellness activities ❖ River trails ❖ Volunteer & Community Service Center (VCSC) ❖ Club sports

Resources for a Scholar - Mind

General	Available at Lawrence
<ul style="list-style-type: none"> ❖ Reading Inspirational material ❖ Finding a mentor/ teacher ❖ Book club ❖ Study apart from courses ❖ Devotional partner ❖ Learning from a follower of new tradition ❖ Reading sacred writing ❖ Developing a creative talent 	<ul style="list-style-type: none"> ❖ Sabin house library & journals ❖ Spiritual companionship through Sabin ❖ Mentors, Roommates/ friends ❖ Interfaith activities ❖ EXPLOREsophoMORE ❖ S&RL retreats ❖ International student programs ❖ Practices in attention

Resources for a Devotional – Heart

General	Available at Lawrence
<ul style="list-style-type: none"> ❖ Reading Inspirational material ❖ Finding a mentor/ teacher ❖ Singing and/or worship ❖ Creating Art ❖ Devotional partner ❖ Learning about a different tradition from a practitioner. ❖ Walking in nature ❖ Cooking for others 	<ul style="list-style-type: none"> ❖ Sabin house library ❖ Spiritual companionship & retreats ❖ Conservatory events ❖ EXPLOREsophoMORE ❖ Sustaining Dialogues ❖ Practices in attention & journals ❖ Area parks ❖ Weekly meditation

Resources for a Servant - Action

General	Available at Lawrence
<ul style="list-style-type: none"> ❖ Volunteering ❖ Cooking for others ❖ Listening to friends ❖ Caring for an animal ❖ Gardening for others ❖ Service on a board or committee 	<ul style="list-style-type: none"> ❖ Volunteer & Community Service Center (VCSC) ❖ Friends & roommates ❖ S&RL journals ❖ EXPLOREsophoMORE ❖ Peer mentoring ❖ Sustaining Dialogues

Resources for a Contemplative - Stillness

General	Available at Lawrence
<ul style="list-style-type: none"> ❖ Meditation in a meditation room ❖ Tai Chi or Yoga stretch ❖ Reading sacred or inspirational books alone ❖ Labyrinth ❖ Gardening ❖ Solo retreats/hikes 	<ul style="list-style-type: none"> ❖ Sabin house meditation room & Wisconsin porch ❖ 1st Congo labyrinth ❖ Mind spas ❖ Area parks and the river walk ❖ S&RL journals ❖ EXPLOREsophoMORE ❖ Weekly mediation



Notes about Journaling

Journaling is a spiritual practice that fits well with all spiritual styles. Journals are portable, private, and flexible. You can make a journal your own by decorating it to reflect your personality or your intentions. Free journals are available through the Center for Spiritual and Religious Life. A single book can hold different kind of journals and record the seasons of your spiritual journey – so you can look back and see the path you have traveled. Different focuses help you lean into different intentions. A few kinds of journals that you might want to explore include:

- Gratitude
- Question or Reflection
- Dream
- Quote
- Intention