

Journal: Week three

Objectives

- To continue the practice of reflective journaling.
- To reflect on the assigned reading for the week.
- To prepare for our shared engagement this week.

Materials

For this exercise you'll need your journal, the Bass book, and a bulletin from your teaching congregation (or other setting).

Procedures

1. Decide whether you will work on this exercise in three segments, or all at once. Make sure that you set aside appropriate amounts of time based on your decision (an hour per segment would be appropriate).
2. Choose a practice from the list in the book and explore what your own history with that practice has been. Who taught you how to do it? Do you share that practice with other people? What good memories, what bad memories, do you have of your experience with that practice? Where are the spaces in which you engage that practice, what are they like? This might be a good time to do some drawing in your journal, or to attach a photo or two.
3. On another page of your journal, investigate a bulletin from your teaching congregation (or other setting). What kinds of practices that the Bass book describes are pointed to in the bulletin? Are there other practices of faith (use the general definition Bass provides) that, while not described in the book, are present in your congregation?
4. Finally, return to an earlier writing in your journal and in the narrow, left-hand column, reflect on any insights that emerge for you as you re-read what you wrote.