

THE SPIRIT OF THE HOLIDAYS

Many people find that certain circumstances foster spiritual experiences.

1 Complete the following sentence by checking all the appropriate responses and adding other comments if you wish. "I tend to feel most spiritually alive when I am _____."

- alone
- in a special community
- relaxed and unhurried
- outdoors in a natural setting
- meditating or praying
- reading religious books

other: *listening to music I care about; really intimate, soul-searching with a friend, & love-making*

Examples?

- an extra long weekend
- sudden cancellat^{ion} of a "duty" meeting or appt.
- The Arboretum, where it's a lovely day, but it's not crowded
- certain times at Prairie: Christmas caroling or singing Brahms "German Requiem" etc.

2 How often were these conditions present the last holiday season?

- extra time
- good music
- friend
- but not enough "aliveness," & hampered mobility

3 (This question is to be answered by people who belong to a worship community.)

Of all the various holiday activities offered by my church, these are the ones that help me feel most spiritually alive:

- often, but not always, our Christmas (etc.) service
- many programs where we have private, often joyful, & usually unknown things about ourselves
- ones that are real fun
- out-standing musical services

RANKING TEN CHRISTMAS VALUES

Assign the numbers "1" to "10" to each of these value statements. Place the number "1" beside your highest value, the number "2" beside your next highest value, and so on until you have assigned all the numbers. (Use each number only once.)

- 6-10 8-10 8 December is a time to be a peacemaker, in my family and in the world at large.
- 1-3 1 December is a time to spend enjoyable time with my immediate family.
- 8-10 10 December is a time to reunite with my relatives.
- 9 December is a time to celebrate the birth of Christ, the solstice, or other religious events.
- 5-10 6 December is a time to create a festive, beautiful home environment. *tree*
- 8-10 7 December is a time to show my love and generosity through gifts.
- 5-6 5 December is a time to remember the poor, lonely, and needy.
- 4 December is a time to be active in my church community.
- 2 December is a time to celebrate with friends.
- 3 December is a time to relax and be renewed.

Light! liter.; symb.; light-as-song,
light as relig. celeb.; interior
light;

Prob. w/ focus on a present-filled Xmas;
bind betw. one's own gut mem's/feel'gs.
of wonder excitement, happiness &
fulfillment, + one's adult reality -
esp. vis à vis one's

from Unplug the Christmas Machine by Robinson and Staeheli

*kids &
gift-giving*