

“Notice” Resources

The article Kim referred to in her talk

<https://neweconomics.org/2020/03/five-ways-to-wellbeing-at-a-time-of-social-distancing>

The five practices (in the order we will cover them):

Notice – attentiveness leading to increased gratitude and self-awareness

Connect – connecting with family, friends, and the wider community

Learn – a hobby, reading a book, taking a class or a new challenge

Move – finding a physical activity that brings you joy

Give – intentional acts of kindness

For Micro-Churches and Personal Reflection

Read Psalm 46 aloud reflectively several times over as a lectio exercise and share with one another the invitation you are sensing from God.

OR

Read Psalm 46 and consider how the images of disruption and upheaval speak to your life or your world right now. Also consider the image of the river that brings life and strength to the city. How could you drink from that river this week?

OR

Read through the list of practices below and discuss which (if any) appeal to you, and brainstorm other ideas for how you could be intentional in “noticing” this week.

Noticing: Some Things to Try

Practice the examen regularly. This version is the one Kim uses every day

<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/rummaging-for-god-praying-backward-through-your-day/>

Using the emotion wheel, write down three emotions you felt during the day

<https://static1.squarespace.com/static/57b5ef68c534a5cc06edc769/t/5ea76681f6730e409abf228b/1588030494465/Feelings+Wheel.pdf>

At the end of each day, write down or share with someone three things you are grateful for. Spend time listening and being still with the help of this song from Worship Central

<https://www.youtube.com/watch?v=rDNA2O7eNhM>

Meditate on Psalm 46 this week and see how the Holy Spirit uses it to bring wholeness to you.