

Collisions of Earth & Sky Book Group

7 Sessions

March 20 & 21 - pages 1-22 (21 pages)

Preface, Intro, Invitation, Part One (2 chapters/essays)

Question: write your own poem or prose paragraph about where you come from OR draw/paint an image reflecting where you come from (p 21)

further questions:

- p 14 - what are some ways you can be in your present story in a way that is rooted in the beautiful world?
- p 16 - when do you feel part of the earth's body? when do you feel disconnected from her?

April 3 & 4 - pages 23-55 (31 pages)

Part One (4 chapters)

Question: What would change for you if you accepted the wild dare issued on p 54?

further questions:

- p 34 - what "ceremonies" are part of your ordinary days?
- p 45 - closing paragraph - what does it look like for you to truly listen to the land?
- p 49 - last 5 lines - what is one part of your authentic self you have learned to claim? and to live with?

April 17 & 18 - pages 57-88 (30 pages)

Part Two (5 chapters)

Question: What does it look like for you to really take care of yourself? (p 87)

further questions:

- p 60 - "Every day we interact with others who are longing for something." What are you longing for?

- pp 61-63 - describe a time when you were completely lost to the point your senses were fine-tuned to what was immediately in front of you
- p 72 - tell a story about a learning you've gained from the wild world
- p 77 - identify one myth that has shaped your story and what you have done to unravel and reweave that part of your story
- p 87 - what is one self care practice that truly nourishes your soul? How do you know when your soul is craving this self care practice? When did you last do this? When will you do it again?

May 1 & 2 - pages 89-120 (30 pages)

Part Two (4 chapters)

Question: Where do you find your strongest connection with Divine/Source/Creator? (p 117)

further questions:

- pp 94-95 - Tell a story about a time when you gave in to what your body/being wanted when your mind may not have agreed
- p 102 - what seeds of new life are emerging from the soil of your life at this time?
- p 103 - name one quality you like about yourself
- p 105 - identify 10 "things" that you love
identify 3-5 things that you find it harder to love
Have some fun with these questions!
- p 106 (answer just for yourself)
what has my life belonged to?
what do I want to give my life to?
- p 117 - what are your "notes to self" for rewilding your own faith/spirituality

May 15 & 16 - pages 121-153 (32 pages)

Part Two (5 chapters)

Question: What does a good day look like for you? (p 152)

further questions:

- p 131 - what experience(s) have you been able to savour recently?
- p 131 - what truly does spark joy from the inside for you?
- p 135 - she references Mary Oliver's poem "Wild Geese"

WILD GEESE
by Mary Oliver

You do not have to be good.
You do not have to walk on your knees
For a hundred miles through the desert, repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting —
over and over announcing your place
in the family of things.

where do you feel most comfortable and like you "belong"?

- p 139 - so often we lament what aging means for us - what do you celebrate about getting older?
- p 153 - what would your "invitation to journey in life-giving ways" look like?

May 29 & 30 - pages 155-184 (29 pages)

Part Three (4 chapters)

Question: Where are you experiencing/do you experience grief in/for the world today? (p 180)

further questions:

- pp 157-160 - tell us a story or memory about the land that raised you and what you learned from that land in that moment
- p 165 - Barr writes: "Each time a person, especially a young person, remembers who they are and acts on that remembering, another life-giving path is opened." - if your parents or family were to share a memory of a more youthful you, what might they tell us?
- p 175 - where do you see wisps of hope today?
- pp 178-183 - try keeping a gratitude journal for one week, daily (or nightly) recording three moments/things you are grateful for. Bring your journal/notes to share.

June 5 & 6 - NOTE: only one week between!

Week 7 - pages 185-206 (20 pages)

Part Three (5 chapters)

Question: Where do you add healing to the world? (p 202)

further questions:

- p 188 - if the natural world had their day in court, what would they sue for?
- pp 188-189 - next time you are walking by or sitting near a local waterway (creek, stream, pond, lake), say a blessing for the water, offering gratitude for the gift of life these waters bring
- p 198 - what changes when you declare going outside to be as essential as breathing?
- pp 198-202 - Barr writes of "becoming earth" - Rumi exhorted us to "become the sky" - what do you think can be gained by allowing ourselves to become one with the natural world

QUIETNESS

by Rumi

Inside this new love, die.
Your way begins on the other side.
Become the sky.
Take an axe to the prison wall.
Escape.
Walk out like someone suddenly born into color.
Do it now.
You are covered with thick cloud.
Slide out the side. Die,
and be quiet. Quietness is the surest sign
that you have died.
Your old life was a frantic running
from silence.

The speechless full moon
comes out now.

- p 200 - tell us about 5 moments/things that made you feel fully alive this week
- what is one idea/thought/learning you take away from this book?
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