

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 cancellatⁿ 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

