

# Pilgrimage AT A PARK

## Spiritual Rejuvenation

begin here

STOP  
1

CANOE LIVERY

Brene Brown describes Spirituality as “recognizing and celebrating that we are all inextricably connected to each other by a power greater than all of us, and that our connection to that power and to one another is grounded in love and belonging. Practicing spirituality brings a sense of perspective, meaning and purpose to our lives.”

In this meditative place, surrounded by trees and water, do a spiritual check-in. How are you feeling? Do you feel out of sorts with your home, work, our society? Or excited by new challenges that are coming your way?

PARK BENCH

STOP  
2

CONNECTION  
WITH OUR SPIRIT

STOP  
3

PLAYGROUND

Our connection to others and our spirit are only as good as our listening skill. When we listen without thinking of an immediate reply, those who are speaking start feeling accepted and safe. This skill builds our internal conversation with God, as well. Who do you need to listen to today?

Rituals are a bridge to rejuvenation as their practice builds a path that leads us from our world to the spiritual world—and back again. Prayer and meditation are two rituals. While they differ in method, they both lead us across the chasm that separates us from the world we hunger for. What are your rituals?

SISTER CITIES ROCK

STOP  
4

BUILDING  
BRIDGES

STOP  
5

CANOE FLOWER

Are you asking for connection? If you want to restore your personal connection with a friend, you would keep it simple. Make a call or a luncheon date; anything to keep up the link so that your relationship would grow. Such is the same with God; keep it personal, keep it regular. You begin to see that God is available and asking you for a connection. ("*My Sweet Lord*" by George Harrison)

The soul seeks to experience. You can know yourself to be kind, but unless you show kindness, you have nothing but an idea about yourself. It is your soul's desire to turn its grandest concept about itself into its greatest experience.

Neale Donald Walsch

CANOE LIVERY

STOP  
6

TURN KNOWING  
INTO ACTION

finish here

