



*“Walking, ideally, is a state in which the mind, the body, and the world are aligned, as though they were three characters finally in conversation together, three notes suddenly making a chord. Walking allows us to be in our bodies and in the world without being made busy by them.” **Rebecca Solnit***

### **WEEK 1: MAY 30TH - JUNE 5TH**

**Question:** *Can the length of your walk give you a sense of renewal?*

The unofficial start of summer is here. Summer can be a busy time and change of pace for everyone. What if we decided to slow down and take a stroll. What if we sauntered our way into a renewal. Walking does great wonders for not only the body but also for the mind and the spirit. It can be a form a meditation, mindfulness, and spiritual connection.

Consider a normal walk, stroll, or hike for you. Now challenge yourself to change the length this month. The length or time you choose does not matter. The trick is to allow yourself to be fully enveloped in the journey. Allow your mind to flow free from the worries of your everyday life. Give your mind and body a renewal.

Check out this YouTube video on power of a renewal walk.  
<https://www.youtube.com/watch?v=CEJ4CrMobel>

*And may your hearts be fully committed to the LORD our God, to live by his decrees and obey his commands, as at this time **1 Kings 8:61***

### **Resources**

[https://uucf.org/wp-content/uploads/2024/04/sm\\_2024-06\\_sg\\_renewal.pdf](https://uucf.org/wp-content/uploads/2024/04/sm_2024-06_sg_renewal.pdf)

*“Keep going.... You never know how strong you are until you look back at everything you’ve overcome.”* **Kerry Smith**

## **WEEK 2: JUNE 6TH - JUNE 12TH**

**Question:** *How do you keep yourself going?*

We all have those moments where we wonder how can we keep going. Either you are stuck in your mundane life or something drastic has happened in your world. What do you do in those moments? Do you struggle and grasp for some way to gain enough energy to keep going? Do you look for some sort of spark to renew your life? Is talking with someone or praying your outlet? Let’s read on some strategies for ways to keep us going.

Lisa Olivera wrote in her “How To Keep Going Manifesto” a list of the ways that helped her to keep going.

[https://drive.google.com/file/d/1W\\_i3g9hMQuGiEKOBfLA5T8cr2BnzQTNH/view](https://drive.google.com/file/d/1W_i3g9hMQuGiEKOBfLA5T8cr2BnzQTNH/view)

Are there any strategies that you have used before? What was the situation leading up to this moment that kept you going? Would this or any of the others benefit you now? Can any of these strategies be of some comfort to you? Do you think any can challenge you? Which of the strategies do you want to remember for the future?

*To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.*

***Ephesians 4:22-24***

### **Resources**

[https://uucf.org/wp-content/uploads/2024/04/sm\\_2024-06\\_sg\\_renewal.pdf](https://uucf.org/wp-content/uploads/2024/04/sm_2024-06_sg_renewal.pdf)

*“Every new beginning comes from some other beginning's end.” **Semisonic***

### **WEEK 3: JUNE 13TH - JUNE 19TH**

**Question:** *In what ways do you break down the old?*

This week we take a look at artist Lyn Swett Miller (<https://www.lynswettmiller.com>). She recognizes herself a micro-climate photographer. Her latest project is her garden library which involves using books in her compost to create photography.

“There is nothing more beautiful to me than the regeneration, transformation and renewal that occurs in so many unseen places. This meandering mold found within the pages of decomposing books feels like a message from the future and the past converging now in a small shady garden at the end of our yard, inviting exploration, curiosity and wonder.”

Renewal through composting allows for the old to break down giving life to the new. Consider if you were to create your own “Garden Library”, what would it involve? What can you get rid of and allow to break down to bring life to something new? Are there books or paper that could be used for this part of your life?

*Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. **Isaiah 43:18-19***

### **Resources**

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*“If you want to feel rich just count the things you have that money can't buy”*

**Unknown**

#### **WEEK 4: JUNE 20TH - JUNE 26TH**

**Question:** *Do you let your fortunes renew you?*

Counting your blessings, it's something we were taught to do since we were young. But for some of us is it still a part of our day to day life? We we start to feel down and worrisome about things a great way to renew ourselves is to consider all the things we are fortunate to have. Author Neil King Jr. in his book *American Ramble: A Walk of Memory and Renewal* describes this as a spiritual exercise.

<https://www.amazon.com/American-Ramble-Walk-Memory-Renewal/dp/035870149X>

“As the year began, I wrote a tally of my good fortunes, a practice I highly recommend. If you start small and build out, it can clarify the magnitude of your blessings. You start with elemental things, like: A heart that beats. Eyes that see. Blood that flows. Lungs that breathe unimpeded by gunk. A mental windshield not too splattered with bugs. Failing to note the absences will cut any proper list of good fortunes in half. The bones that aren't broken, the illnesses or hates you don't have, the aches you don't feel. Like many things that are unswervingly good—oxygen, say, and water—health is likewise transparent and easy to miss when you have it. Then you get to the meaty stuff. A wife you love. A house that isn't falling down.”

This week is a challenge to start creating your own Good Fortunes List. What would be the first fortune you would list? Keep counting your fortunes till they outweigh the negatives.

*All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ.*

***Ephesians 1:3-14***

#### **Resources**

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