

Cruise Study Outline

Schedule:

- January 14 Fly to Ft. Lauderdale
Settle into Hotel - Hyatt Place
Dinner at local restaurants - on your own
Reflection - Spiritual Geography - Where are your Altars in the World?
- January 15 Continental Breakfast at Hotel
10:00 a.m. Worship at Hotel Group Picture in T-shirts
Reflection - "Vision: Waking Up to God"
Shuttle to Port Noon
Spiritual Practice: Reverence - Paying Attention
Dinner Discussion leaders: Sue Cell and Connie Hagen
- January 16 At Sea
Spiritual Practice: Incarnation - Wearing Skin
Pool Time Reflections - "Letting it all hang out" Discussion leader Sue Cell
Group Picture before dinner
Formal Dinner Discussion leaders: Mary Canakes and Bev Page
- January 17 Port Day at Cozumel 7 am - 4 pm
Spiritual Practice - Wilderness - Getting Lost
Dinner Discussion leaders: Debby Fehlandt and Katie Niessen
- January 18 Port Day at Grand Cayman 11 am - 6 pm
Spiritual Practice - Community - Encountering Other
Dinner Discussion Leaders: Wendy Bisping and Lisa Gavin
- January 19 Port Day at Jamaica 8 am - 5 pm
Spiritual Practice Prayer - Being Present to God
Dinner Discussion Leaders: Laura Brentlinger and Cathy Danielson
- January 20 Port Day at Lamadee 10 am - 6 pm
Spiritual Practice: Sabbath Practice of Saying No
Formal Dinner Discussion Leaders: De Goodmanson and Lisa Gavin
- January 21 At Sea
Pool Bar Reflections - "feeling no pain" Discussion Leader: Mary Canakes
Spiritual Practice: Benediction - Pronouncing Blessings
Discussion Leaders: Bev Page and Candace Barrick
Closing Reflection and Ritual - Sharing Blessings
- January 22 Return Home
Shuttle to Airport
Fly back to Minneapolis - Our Home Altar

Cruise Study Outline

**January 14 Evening in Ft Lauderdale Where are your “Altars in the World?”
Discussions to be shared with those at your table**

Quote for the day:

“Listen to your life. See it for the fathomless mystery that it is. In the boredom and pain of it no less than in the excitement and gladness: touch, taste, smell your way to the holy and hidden heart of it because in the last analysis all moments are key moments, and life itself is grace.”
Frederick Buechner

WORD Deuteronomy 6:4-9 The Sh'ma

Hear, O Israel: The Lord is our God, the Lord alone. You shall love the Lord your God with all your heart, and with all your soul, and with all your might. Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates.

Reflection Questions:

- How has the practice of “Going to Worship” anchored your sense of worship to “place”?
- What makes a place “Holy” for you? What defines a “Holy moment”?
- Have you had moments where everyday experiences take on a deeper experience of the holy?
 - When and where have these happened in your life?
 - What have you taken away from these encounters?
- How might your worship piety travel abroad with you on this cruise?

Cruise Study Outline

January 15 Sunday Morning Worship “Waking Up to God”

WORD: Genesis 28:10-15

Jacob left Beer-sheba and went towards Haran. He came to a certain place and stayed there for the night, because the sun had set. Taking one of the stones of the place, he put it under his head and lay down in that place. And he dreamed that there was a ladder set up on the earth, the top of it reaching to heaven; and the angels of God were ascending and descending on it. And the Lord stood beside him and said, ‘I am the Lord, the God of Abraham your father and the God of Isaac; the land on which you lie I will give to you and to your offspring; and your offspring shall be like the dust of the earth, and you shall spread abroad to the west and to the east and to the north and to the south; and all the families of the earth shall be blessed in you and in your offspring. Know that I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have promised you.’ Then Jacob woke from his sleep and said, ‘Surely the Lord is in this place—and I did not know it!’ And he was afraid, and said, ‘How awesome is this place! This is none other than the house of God, and this is the gate of heaven.’

Meditation Questions:

- When have you awakened to a new reality? How did you find your way?
- Jacob exclaimed “Surely the LORD is in this place and I did not know it.”
 - When have you failed to realize that God was present and at work in your journey?
 - What opened your eyes to “God’s fingerprints” and presence in those moments?
- On the Road to Emmaus, Jesus had traveled with his disciples all along the road. Only in the evening, in the breaking of bread, did their eyes open and the disciples recognized him.
 - How is Christ’s presence in your life revealed in the Breaking of Bread in Holy Communion?

Sharing of the Eucharist - Meeting Jesus where two or three are gathered...

Marking your moments along the way

Cruise Study Outline

January 15 Our Cruise Begins Spiritual Practice: Reverence - Paying Attention

Quotes for the Day:

"And in this he showed me something small, no bigger than a hazelnut, lying in the palm of my hand, as it seemed to me, and it was as round as a ball. I looked at it with the eye of my understanding and thought: What can this be? I was amazed that it could last, for I thought that because of its littleness, it would suddenly have fallen into nothing. And I was answered in my understanding: It lasts and always will, because God loves it; and thus everything has being through the love of God." Julian of Norwich

"Earth's crammed with heaven, And every common bush afire with God; But only he who sees, takes off his shoes - The rest sit round it and pluck blackberries." Elizabeth Barrett Browning

WORD Exodus 3:1-6

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. 2There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. 3Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." 4When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." 5Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." 6He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Reflection Questions:

- Where have you experienced a Burning Bush in your life of faith?
- What made you aware that you were standing on holy ground?
- God presents to us in the small quotidian moments and in the dramatic miraculous experiences - which resonates the most with your experiences of reverence?
- How might you "take your shoes off" during this cruise and not "pluck blackberries?"

Cruise Study Outline

January 16 At Sea Spiritual Practice: Incarnation - Wearing Skin

Quotes for the Day:

You don't have a soul. You are a Soul. You have a body. C.S. Lewis

"What many of us miss, in our physical dis-ease, is that our bodies remain God's best way of getting to us." Barbara Brown Taylor

"Christianity is not a set of beliefs or doctrines one believes in order to be a christian , but rather Christianity is to have one's body shaped, one's habit determined, in such a way that the worship of God is unavoidable" Stanley Hauerwas

WORD John 1.14

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son,* full of grace and truth.

Reflection Questions:

- How does knowing that God took on human form and knows the fullness of our embodied lives - (our pain, passion, rage, shame, longing, loneliness, sorrow) shape your relationship with God?
- What difference (if any) would it have made to this relationship if God came as a woman?
- In what ways is your faith embodied in your physical existence - your body and your habits? In what way has it been difficult to integrate?
- How is God "getting to you" through your body? What is God doing or saying?

Cruise Study Outline

January 16 At Sea “Letting it all hang out” - Pool side reflection TBA optional

Quotes for the Pool:

Though we travel the world over to find the beautiful, we must carry it with us or we find it not.
Ralph Waldo Emerson

You can take no credit for beauty at sixteen. But if you are beautiful at sixty, it will be your soul's own doing.
Marie Stopes

Beauty is not in the face; beauty is a light in the heart.
Kahlil Gibran

WORD Genesis 1: 31

God looked at all that He had made and it was very good.

“Good is the Flesh” by Brian Wren
Good is the flesh that the Word has become,
good is the birthing, the milk in the breast,
good is the feeding, caressing and rest,
good is the body for knowing the world,
Good is the flesh that the Word has become.
Good is the body for knowing the world,
sensing the sunlight, the tug of the ground,
feeling, perceiving, within and around,
good is the body, from cradle to grave,
Good is the flesh that the Word has become.
Good is the body, from cradle to grave,
growing and aging, arousing, impaired,
happy in clothing, or lovingly bared,
good is the pleasure of God in our flesh,
Good is the flesh that the Word has become.
Good is the pleasure of God in our flesh,
longing in all, as in Jesus, to dwell,
glad of embracing, and tasting, and smell,
good is the body, for good and for God,
Good is the flesh that the Word has become.

Reflection Questions

- What have you struggled with in your journey in this body? How has Grace spoken to you in this journey?
- If God looked back at you in the mirror - what would the reflection say to you?

Cruise Study Outline

• **January 17 Cozumel Spiritual Practice: Wilderness - Getting Lost**

Quotes for the day:

"The Promised Land always lies on the other side of a Wilderness." Havelock Ellis

"All that is gold does not glitter, not all those who wander are lost; the old that is strong does not wither, deep roots are not reached by the frost. From the ashes a fire shall be woken, a light from the shadows shall spring; renewed shall be blade that was broken, the crown-less again shall be king." J.R.R. Tolkein

WORD Deuteronomy 2:7

"For the LORD thy God hath blessed thee in all the works of thy hand: he knoweth thy walking through this great wilderness: these forty years the LORD thy God hath been with thee; thou hast lacked nothing."

Reflection Questions:

- When have you been lost?
 - How were you led to a place of promise?
 - How was it to follow the guidance of Other?
 - Have you experienced wilderness in your life - what did you learn/are you learning?
- Abraham and Sarah, The Israelites, and Jesus all set out into the wilderness to be lost for awhile, to practice trusting in the promises of God.
 - Have you ever chosen a wilderness journey? Where did you end up?
 - What wilderness might God be leading you into/through on this cruise?

Cruise Study Outline

January 18 Grand Cayman Spiritual Practice - Community - Encountering Other

Quotes for the Day:

“A healthy social life is found only, when in the mirror of each soul the whole community finds its reflection, and when in the whole community the virtue of each one is living”
Rudolph Steiner

“There can be no vulnerability without risk; there can be no community without vulnerability; there can be no peace, and ultimately no life, without community.”
M. Scott Peck

WORD Acts 2:42-47

They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.

Reflection Questions:

- Where have you experienced the wonder of Christian community?
- How was community created in that gathering? What gift did you receive through this experience?
- When have you experienced being Other - an outsider or unwelcome?
- What has that taught you about the power and priority of creating community in our life of faith?
- How is God working to create community on this cruise? How is God using you?

Cruise Study Outline

January 19 Jamaica Spiritual Practice Prayer - Being Present to God

Quotes for the Day:

*"There is not in the world a kind of life more sweet and delightful, than that of a continual conversation with God. Those only can comprehend it who practice and experience it."
Brother Lawrence*

Once there was a little bunny who wanted to run away. So he said to his mother, "I am running away." "If you run away," said his mother, "I will run after you. For you are my little bunny."

"If you run after me," said the little bunny, "I will become a fish in a trout stream and I will swim away from you." "If you become a fish in a trout stream," said his mother, "I will become a fisherman and I will fish for you."

*"If you become a fisherman," said the little bunny, "I will become a rock on the mountain, high above you." "If you become a rock on the mountain high above me," said his mother, "I will become a mountain climber, and I will climb to where you are."
The Runaway Bunny by Margaret Wise Brown*

WORD Psalm 139:7-12

*Where can I go from your spirit? Or where can I flee from your presence?
If I ascend to heaven, you are there; if I make my bed in Sheol, you are there.
If I take the wings of the morning and settle at the farthest limits of the sea,
even there your hand shall lead me, and your right hand shall hold me fast.
If I say, "Surely the darkness shall cover me, and the light around me become night,"
even the darkness is not dark to you; the night is as bright as the day, for
darkness is as light to you.*

Reflection Questions:

- How have you understood prayer growing up? Has that changed for you?
- How is prayer a part of your life? How might it be?
- When have you longed for God's presence and felt God's absence?
- When have you avoided God's presence in your life? What happened?
- How might considering God your daily companion in all you do affect your life?
- How is God present with you on these travels?

Cruise Study Outline

January 20 Lamadee Spiritual Practice: Sabbath - Practice of Saying No

Quotes for the Day:

Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.

Clement Stone

Neither the hair shirt or the soft birth will do. The place where God calls you to is the place where your deep gladness and the world's deep hunger meet.

Frederick Buechner

WORD

Matthew 8:23-27

And when he got into the boat, his disciples followed him. A gale arose on the lake, so great that the boat was being swamped by the waves; but he was asleep. And they went and woke him up, saying, 'Lord, save us! We are perishing!' And he said to them, 'Why are you afraid, you of little faith?' Then he got up and rebuked the winds and the sea; and there was a dead calm. They were amazed, saying, 'What sort of man is this, that even the winds and the sea obey him?'

Reflection Questions:

- How does the worry and anxiety of others influence your actions?
- How might entrusting your life and theirs into God's care and keeping help you to stop over-functioning and over-committing and enjoy sabbath rest?
- Saying Yes to one thing means saying No to others.
 - What is the most important Yes God is calling you to?
 - What is the deepest No God is whispering you to?
- Where has your deep joy and the worlds deep hunger met in your life? Where might they?

Cruise Study Outline

January 21 At Sea Spiritual Practice: Benediction - Pronouncing Blessings

Quotes for the Day:

Just to be is a blessing. Just to live is holy.
Rabbi Abraham Heschel

There are no mistakes, no coincidences. All events are blessings given to us to learn from.
Elisabeth Kubler-Ross

WORD **Luke 6:20-36**

Then he looked up at his disciples and said: 'Blessed are you who are poor, for yours is the kingdom of God. 'Blessed are you who are hungry now, for you will be filled. 'Blessed are you who weep now, for you will laugh. 'Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice on that day and leap for joy, for surely your reward is great in heaven;*

Reflection Questions:

- What events have taught you the most? What were their blessings?
- What does it mean to you that your being is a blessing in the world?

Beatitudes are statements of blessing - each of our lives are unique as our our reflection on our blessings - Take time to reflection upon your life...Write your own Beatitudes Blessed are the....

Closing Prayer

***May today be peace within.
May you trust your highest power
that you are exactly where you are meant to be...
May you not forget the infinite possibilities that are born of faith.
May you use those gifts that you have received,
and pass on the love that has been given to you...
May you be content knowing you are a child of God...
Let this presence settle into your bones,
and allow your soul the freedom to sing, dance, praise, and love.
It is there for each and every one of you."***

Mother Theresa

Cruise Study Outline

Jan 21 At Sea

“Feeling No Pain” Pool Side Bar

TBA *optional*

Quotes for the Bar:

“I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.”
Mother Teresa

But pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is His megaphone to rouse a deaf world.
C.S. Lewis

Difficult times have helped me to understand better than before, how infinitely rich and beautiful life is in every way, and that so many things that one goes worrying about are of no importance whatsoever.
Isak Dinesen

WORD

Romans 8:18-25

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

Reflection Questions:

- “If God loves us why do bad things happen?” is a critical question in our formation of faith..How do you understand God’s presence in suffering?
- How has pain been a part of your journey of faith?
- How have you sought to avoid or dull the pain in your life? What did you find?
- There is the event and there is the meaning we make from it. How do you tell the story of your pain and suffering...as tragedy, comedy, mystery, loves story, farce...
- How might changing the story you tell change the power of your experience?