

Church at Home

Sunday, January 28, 2018

SUNDAY'S FOCUS: Moving Into New Territory

“Genius of any kind is the ability and willingness to leave the known world behind and explore new territory.” **Karla McLaren**

“Don't ever aim doubt at yourself. Be bold. When you embark for strange places, don't leave any of yourself safely on shore. Have the nerve to go into unexplored territory.” **Alan Alda**

Meditative Reading

In 2009, and after four years on the "Lower" campus of her school, my then 10-year-old daughter was preparing to enter the 5th grade and moving to the school's "Middle" campus. She was filled with a level of anxiety, uncertainty, and apprehension. The Middle School campus accommodated grades 5th through 8th, so she was going to be one of the "new kids on the block." The campus was twice the size of her previous one. She would be introduced to a host of unfamiliar kids, teachers, and administrative staff. This was going to be new territory for my relatively "bold" daughter. After I empathically listened to her concerns, I held her in my arms and said, "You are going on an adventure." "What kind of adventure?" she asked. To which I replied, "The best one yet. And, it is filled with wonderful treasure waiting for you to discover. The school is waiting on you." She smiled, squeezed me tightly and said, "Oh, Mom."

The flow of life presents wonderful adventures for our enrichment. It is said that, "It is only in adventure that some people succeed in knowing themselves -- in finding themselves." **Moving into NEW territory is your**

adventure. Whether the new territory is what you choose to embark upon or has come about through an unexpected turn of events, it holds the same possibility; the discovery of wonderful treasure. Of course predictability and comfort are lessened, but this is necessary to engage a deeper exploration of your TREASURE – your gifts, talents, strengths, abilities and genius. You are moving up the ladder of spiritual, intellectual, and emotional growth - you are unearthing your wonderful treasure and the world is waiting on you.

Now, as a first year college student at Harvard University, my daughter is once again moving into new territory and with an increased belief in herself. **It is a belief that flows from the treasures gained from previous adventures.** In a state of anticipation, embrace your new territory. Look forward to the treasure that awaits you. Now, go ahead and smile, squeeze yourself tightly and say, "Oh, Yes."

Affirmation

I boldly choose to allow each experience of my life to be a revelatory one: revealing more of my life's treasure.

Conscious Giving

Conscious giving is the intention, through choice, to express gratitude and generosity. Conscious Giving brings a profound joy that stands alone, separate from any and all conditions. **Today, YES, RIGHT NOW,** you can choose to give to your spiritual community. Give your gifts like you do every part of you—gladly, on purpose, and with clear intention.

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Journaling Exercise

Answer the following questions:

1. What new territory am I about to move into?
 2. Will I say 'yes' to this new adventure?
 3. What does saying "yes" look like for me?
 4. Who could I ask to support me on this adventure?
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