

Fellowship Circle Resources - Topics: Giving Yourself Room to Grow

Opening Reading:

Uh-oh. Dropping leaves. Whatever can be the matter? The plant has been watered; it basks in the light; it's neither too hot nor too cold. I pick up the pot and look at the same drainage hole in its underbelly. Tiny white roots are frantically pushing through in the futile attempt to escape confinement or at least find a little more breathing room. Did you know that plants need to be repotted at least every two years? This has not been a problem for me in the past, since plants rarely made it that long around here. But as I become a better caretaker of myself, I care better for everything. However, even if the roots don't need more room to grow, the old soil should be replaced because all the nutrients have been consumed. The interior of the pot is a wasteland.

"I don't know when I myself am too pot-bound." Gunilla Norris confesses in her numinous devotional, *Being Home*, "lacking courage to be replanted, to take the shock of the new soil, to feel into the unknown and take root in it."

From *Simple Abundance* by Sarah Ban Breathnach

Check-in

Focus Reading:

Sarah continues...

"We, too, need to consider repotting for growth. But when? When we wilt even before the day begins. When we can't seem to visualize or dream. When we can't remember the last time we laughed. When we have absolutely nothing in the next twenty-four hours to look forward to. When this happens, week in and week out, we need to realize that we're pot bound. We need to gently loosen the soil around our souls, find something that sparks our imagination, quickens our pulse, brings a smile or a giddy lilt to our conversations."

Questions:

When have you felt that your life was stale and boring, that you needed to broaden your horizons a bit? And what did you do about it? How successful was it? What would you do differently next time?

What can you do on a daily basis to take care of your body, mind, and spirit?

Check out, check on

Like and wishes

Closing Reading

"Little flower – but if I could understand
What you are, root and all, all in all
I should know what God and [woman] is.--- Alfred, Lord Tennyson