



# Darkwood Brew.org

*Wherever You Are, We'll Meet You There*

**New to the role of facilitator?** Here are a few tips to help you get started.

- First of all, a facilitator's job is to coordinate the flow of each session. View the video segment ahead of time and make your own notes and observations.
- Prepare the meeting place so that it is comfortable. Arrive early; help organize any refreshments and test your video player/computer.
- Getting to know one another helps the discussions flow. Welcome all, catch up and reflect a bit on last week's session in the first few minutes.
- You don't have to be the expert. You are not expected to provide answers to questions provided. So let the questions ignite the conversation and see where it takes the group.
- It's everyone's responsibility to make sure everyone else gets an equal amount of time to talk.
- Listen first; evaluate later. Make sure you understand a comment, then ask questions or pose other options.
- Encourage participants to bring a Bible or other resources.
- If you feel so moved, start, and/or end your session in prayer.

## *Leaders Guide*

### **"Busy"**

"Busy – Reconnecting to an Unhurried God" takes its cue from Phoenix Affirmation # 11 : Christian love of self includes caring for our bodies and insisting on taking time to enjoy the benefits of prayer, reflection, worship and recreation in addition to work.

### **Welcome to the Darkwood Brew journey!**

We are glad you can join us. Our primary resources for small group study are condensed versions of Darkwood Brew's weekly one-hour episodes. These are called GUIDED EPISODES. Each Guided Episode is 25-30 minutes in length. There are pause points with questions provided for each Episode, intended for group discussion or individual reflection.

On the following page, you will find information on the Series Topic, Skype Guests, Scripture passage, and Questions posed during the episode.



### Questions:

1. Are there situations in which you experience joy of satisfaction even when your burdens are heavy? Why do you think that happens?
2. How do you create or restore connection to God? What happens when you do?
3. Where in life do you find your sweet spot? What happens when you are able to access your greatest power with the least amount of effort? Where do you think that power comes from?
4. Jesus talked about finding Heaven in the heart of struggle, not in the absence of it. Do you think that's true? How does your own unique home pattern help you in your daily struggles?
5. What spiritual practices lead you to threshold moments? How might improvisational worship experiences factor in? Where do you experience fear? Where do you find flow?

### EPISODE TITLE: "The Yoke of God"

Busy, Episode 1

### Featured Guest: Marcia McFee

Dr. Marcia McFee is a ritual artist. Drawing on a first career in professional dance and musical theater and equipped with a Master's in Theology and a PhD in Liturgical Studies, she understands the role of any artist in the church as that of creating extraordinary portals through which communities journey with the Spirit. The task is at once deeply theological and wildly artistic. Connecting worship professionals and volunteers to their passion and depth of spiritual leadership is her aim in teaching and consulting as well as equipping them to explore diverse expressions of worship with enthusiasm. Dr. McFee has designed and led worship for many regional, national and international denominational gatherings over the last 20 years, coordinating musicians, visual artists, preachers and choirs from around the world.

### Pneuma Divina Scripture: Matthew 11: 28-30

28 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup>Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy, and my burden is light.'

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## Questions:

1. What do you think Jesus meant when he said that Mary had chosen the better part? Are there times when you feel like Martha? Are there times when you act like Mary?
2. What part does context play in the story of Martha and Mary? Why do you think Jesus felt it was important for Mary and Martha to temporarily break with convention and their traditional hospitality roles?
3. What kind of busyness energizes you? What kind of busyness exhausts you? What makes the difference?
4. Do you have one or more regular spiritual practices? What are they? How do they work for you?
5. What influences do you think contemplative practices can have on individuals, communities and broader society? How do you think those practices work?

## EPISODE TITLE: "The Hope of God"

Busy, Episode 2

### Featured Guest: Phileena Heuertz

Author, spiritual director, yoga instructor, public speaker and retreat guide, Phileena is passionate about spirituality and making the world a better place. Phileena has led contemplative retreats for a number of faith communities including: Word Made Flesh, World Vision International, Compassion International, as well as non-faith and interfaith groups in leading cities across the nation. She has spoken at a number of universities and seminaries including: Asbury Theological Seminary, Biola University, Creighton University, Eastern Nazarene College, Fuller Seminary, George Fox University, Hardin-Simmons University and Midland University; and conferences such as Q, Catalyst, Urbana and the Center for Action and Contemplation.

### Pneuma Divina Scripture: Luke 10: 38-42 & Thessalonians 3: 6-13

38 Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. <sup>39</sup>She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. <sup>40</sup>But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' <sup>41</sup>But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; <sup>42</sup>there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

6 Now we command you, beloved, in the name of our Lord Jesus Christ, to keep away from believers who are living in idleness and not according to the tradition that they received from us. <sup>7</sup>For you yourselves know how you ought to imitate us; we were not idle when we were with you, <sup>8</sup>and we did not eat anyone's bread without paying for it; but with toil and labour we worked night and day, so that we might not burden any of you. <sup>9</sup>This was not because we do not have that right, but in order to give you an example to imitate. <sup>10</sup>For even when we were with you, we gave you this command: Anyone unwilling to work should not eat. <sup>11</sup>For we hear that some of you are living in idleness, mere busybodies, not doing any work. <sup>12</sup>Now such persons we command and exhort in the Lord Jesus Christ to do their work quietly and to earn their own living. <sup>13</sup>Brothers and sisters, do not be weary in doing what is right.

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## Questions:

1. What typically first comes to mind when you think of Psalm 23? Did anything new strike you this time? If so what and why?
2. What does it mean to you to have a table set before you in the presence of your enemies? Who are your enemies? Who considers you as an enemy?
3. What is your natural tendency—fight or flight? How might you create more balance between the two? What might be gained from that enhanced balance?
4. Psalm 23 assures us that God is with us in every aspect of our lives. How do you experience that assurance in your life? What does it allow you to be or do?
5. As a sure presence in our lives, what does God require of us?

## EPISODE TITLE: “The Assurance of God”

Busy, Episode 3

### Featured Guest: Cecil Prescod

The Rev. Cecil Charles Prescod is an ordained minister in the United Church of Christ and a brother in the Order of Corpus Christi, an evangelical catholic religious order. Cecil serves as Director of Faith Formation at Ainsworth United Church of Christ in Portland, OR. He holds a B.A in Philosophy from Haverford College (PA), and a Master of Divinity from Union Theological Seminary in the City of New York. Cecil has been active in social justice issues since his youth. Among the organizations that he has worked with are Ministers for Racial Social and Economic Justice (MRSJ) and United Black Christians in the United Church of Christ, Mackenzie River Gathering Foundation, the Urban League of Portland, Public Policy Committee of Ecumenical Ministries of Oregon, Fellowship of Reconciliation, Love Makes A Family, Inc, Brother to Brother, the American Friends Service Committee, KBOO Radio, and PFLAG Portland Black Chapter. The Urban League of Portland, and PFLAG-Portland Black Chapter.

### Pneuma Divina Scripture: Psalm 23

A Psalm of David. <sup>1</sup> The Lord is my shepherd, I shall not want. <sup>2</sup> He makes me lie down in green pastures; he leads me beside still waters; <sup>3</sup> he restores my soul. He leads me in right paths for his name's sake. <sup>4</sup> Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff—they comfort me. <sup>5</sup> You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. <sup>6</sup> Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long.

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## Questions:

1. What stood out for you from Luke 12: 29-34? What do you think of Jesus' suggestion that we sell our possessions? Is that good or practical advice?
2. What does it mean to be fully reliant on God? What does it require of us? What are the rewards?
3. Do you find yourself caught up in acquisition and materialism? What is the result? What would you change?
4. What do you think might be some of the long-term effects of our emphasis on success and material gain? What will the impact be on our children and on future generations?
5. What gets in the way of your experience of the kingdom of God? What does it mean if that kingdom contains both joys and struggles?

## EPISODE TITLE: "The Pleasure of God"

Busy, Episode 4

### Featured Guest: Jennifer Kottler

Reverend Jennifer Kottler currently serves as the Director of Policy and Advocacy at Sojourners. A long-time advocate for justice, Jennifer has served in advocacy ministry for more than 7 years through her work at Protestants for the Common Good (Chicago IL), the Let Justice Roll Living Wage Campaign, and the Chicago Jobs Council, prior to joining Sojourners. Jen has a long track record of successful advocacy and policy change at the city, state and federal level fighting for civil rights, increasing the minimum wage, increasing Temporary Assistance for Needy Families (TANF), expanding eligibility for state child health insurance, regulating the pay day loan industry, increasing the availability of job training and support services for low income adults and access to affordable housing. She received her M.Div. from the Divinity School at The University of Chicago and is ordained in the Christian Church (Disciples of Christ). Jen also has a Master's degree in Special Education from the George Washington University and an undergraduate degree in Psychology from Bethany College (West Virginia).

### Pneuma Divina Scripture: Luke 12: 29-34

And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

'Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom. Sell your possessions, and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also.

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## Questions:

1. What is the relationship between courage and vulnerability? Where do you see that relationship in these two stories?
2. What imaginative meanings do you find in these stories? Do you think they happened as reported in Matthew? Either way, why do they matter to you?
3. John observes that in his life facing vulnerability and taking a courageous stance often reveals that God provides a way when no way seems apparent. Have you had similar experiences? If so, what do they call you to be or to do?

## EPISODE TITLE: “The Rhythm of God”

Busy, Episode 5

### Featured Guest: Todd Wynward

Todd Wynward lives with his family in Taos, NM. When he is not re-imagining Christianity, Wynward is re-imagining public education and the American way of life, starting with his own. Locally he practices homesteading in the high desert, while nationally he works to galvanize movements in watershed discipleship, bioregional food covenants, and more-with-less living. He has been engaged in experiential education and social change movements for twenty years, and has spent more than a thousand nights outdoors. He is the founder of a wilderness-based public middle school, leads backpacking and river trips for adult seekers, and is an animating force behind TiLT, an intentional co-housing community. Patheos.com calls his novel *The Secrets of Leaven* “a delicious mystery... exploring deep questions.” His writings and doings can be found at [leavenrising.com](http://leavenrising.com).

### Pneuma Divina Scripture: Ecclesiastes 3: 9-13

#### The God-Given Task

What gain have the workers from their toil? I have seen the business that God has given to everyone to be busy with. He has made everything suitable for its time; moreover, he has put a sense of past and future into their minds, yet they cannot find out what God has done from the beginning to the end. I know that there is nothing better for them than to be happy and enjoy themselves as long as they live; moreover, it is God’s gift that all should eat and drink and take pleasure in all their toil.

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## Questions:

1. What role does sabbath have in our modern world? Is it just a quaint throwback to a less complex time, or something more? Why do you think so?
2. What stood out for you from Exodus 20:8 or Mark 2:21-28? Why do you think the concept of sabbath is important enough to be included as a commandment?
3. In what specific ways might the world be different if we took the concept of sabbath seriously and faithfully?
4. How might changing our attitudes about the workplace also affect our concept of Sabbath? What part does wholeheartedness play in the ability to have satisfying work and meaningful sabbath?
5. How might the concept of sabbath apply to entire communities, or even to all of life on this planet?

## EPISODE TITLE: "The Sovereignty of God"

Busy, Episode 6

### Featured Guest: Pam Wilhelms

Pamela Wilhelms is a social architect, organizational consultant and executive coach. Her work in social architecture focuses on the invisible systems and structures in organizations that ignite creativity, innovation, design, and tap the collective intelligence and soul of the organization. This transformational work drives a shift in culture from mechanistic, hierarchical frameworks to models based on complex adaptive living systems and higher performance on multiple dimensions. Her coaching with executives is an integral leadership model, which applies recent research in psychophysiology, social neuroscience, spiral dynamics and quantum physics to the practical aspects of leading organizations.

### Pneuma Divina Scripture:

#### Exodus 20:8

8 Remember the Sabbath day, and keep it holy.

#### 1 Corinthians 6:19-20

19 Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? 20 For you were bought with a price; therefore glorify God in your body.

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