

Participant Page

There are many containers for spiritual memoir. Family recipes and family bibles, genealogy and photos, quilts and precious possessions have a story. Often they lead us to a story. They also invite us to reflect on a life's learning, or mystery or our purpose. As we reflect, they also tell us about God, faith or our spiritual journey.

For each session, you are invited to bring an object or a picture or story about it. It may be helpful to read over the prompts before choosing what to bring and to help you share its story. This helps you reflect on the meaning of what you bring. It is your spiritual memoir.

You may also want to prepare for each session by listening to the suggested recordings and reading posts on the Spiritual Memoir web page at the Prayer Bench.

For Session 2

Family Recipes, Old Pictures & Antiques: Listen to Your Life

Bring: A recipe, or a photo, or an antique that helps you tell a story about your roots or how you have come to be the person you are.

Prompt: Why is your recipe or old photo significant? What does it reveal about who you are, your spiritual journey, your values, or the path/direction of your life?

Visit: The Spiritual Memoir recordings on www.prayerbench.ca to hear or read spiritual memoir stories.

- Adrienne MacKay - [For the Love of Hats](#)
- Breanna Sharpe - [Recipes from the Family Table](#)
- Roberta MacConnell - [A Profound Spiritual Event](#)

For Session 3***Quilts and Other Precious Possessions: Making Meaning in Your Life***

Bring: A quilt (hooked rug, or other creative art) or other precious possession that helps you tell a story about an experience or gift that brought meaning, purpose or value to your life.

Prompt: Why is your your quilt or your precious possession important for you? What is it telling you about your life? How is it a container for your spiritual memoir? How is God speaking to your life in this moment, through this quilt or precious possession?

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- Karen Thompson, [Every Quilt Tells a Story](#).
- Bill Redden, [This Farm](https://prayerbench.ca/project/bill-redden-farm/) <https://prayerbench.ca/project/bill-redden-farm/>
- Cathy MacLean, [The Milk House](#)
- Marilyn Burrell, [Bonnie's Story](#)

For Session 4 *Diaries, Letters & Commonplace Books: Living Fully*

Bring: A diary, a letter, a book, a family proverb or saying, an entry from the Family Bible that made a difference in your life and passed on wisdom or understanding.

Prompt: Who wrote it? How did / does the letter, diary etc, influence your life, your faith or spiritual journey, your values, the path / direction of your life? Why is it significant? What wisdom does it pass on?

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- Vera Turner, [Letter from the Front](#)
- Karen Thompson, [A Legacy with Words](#)
- Eldon Hay, [Mrs. Hume: Midwife](#)
- John Wilson, [Roots Running Deep \(Genealogy\)](#)