

## **Reflection questions**

Wilderness Wind nurtures relationships with God and creation through wilderness living, which promotes spirituality, cooperation and environmental sustainability.

**W**e are spiritual beings having a human experience, not humans having a spiritual experience. Wilderness travel allows us to enter a sacred space involving new daily rhythms and a separation from cultural assumptions and pressures. This also allows us to experience the presence and grandeur of God more clearly. As you prepare for your wilderness sojourn, please answer the following questions.

- Mother Teresa shared, “In the silence of the heart, God will speak.” Each day of your Wilderness Wind experience, we will spend 20 -30 minutes in silence. How do you respond to the idea of 20 -30 minutes of silence?
- Thomas Merton (a contemporary Christian theologian) said, “God shows Godself everywhere. In everything. In people, and in things in nature, and in events”. As you envision yourself immersed in a natural setting, what does that quote say to you?
- We are members of a global ecological community where life is interconnected. How do you see this interconnection happening today?
- Mindfulness is being attentive, aware and careful in your observation and response. What do you want to be mindful of while on this trip?

Please bring your responses to camp and come ready to share with your group and trip leader. This is often a helpful way strengthen the

spiritual and relational aspects of wilderness travel.

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