



FINDING MEANING IN ORDINARY LIFE // RABBI PATRICK A. BEAULIER

HOW WE GOT HERE

"We're all connected to each other biologically. To the earth, chemically. And to the rest of the universe, atomically." (Neil deGrasse Tyson).

"We are a way for the cosmos to know itself." (Carl Sagan).

Question: when you think about your place in the Universe, how does that make you feel? Why?

COFFEE & SPIRITUALITY

There are an endless number of steps from a coffee "cherry" being planted to the cup of coffee you get in a shop. It requires hundreds of people, thousands of hours and an intense network built on passion.

"Blessed are You, Who brings forth all things for glory." (Jewish prayer for coffee, She-ha-kol, emphasis added)

Question: what are your daily rituals? How do they provide you joy?

CALLINGS, NOT CALLING

"Multipotentialites have no one-true-calling...Being a multipotentialite is our destiny. We have many paths and we pursue all of them, either sequentially or simultaneously or both." (Emilie Wapnick).

"Blessed are You, Who has granted us life, sustained us and enabled us to reach this occasion" (Jewish blessing Shehechianu).

Question: which "small" decisions have you made in life, which ended up defining what your life would be like?

SANCTIFICATION OF TIME

"Judaism teaches us to be attached to holiness in time, to be attached to sacred events, to learn how to consecrate sanctuaries that emerge from the magnificent stream of the year. The Sabbaths are our great cathedrals..." (Abraham Joshua Heschel)

Question: what are some ways you can begin to sanctify time? How are you going to inject holiness/meaning/joy into life's moments?