



## ROSETEARS

### *Conversation Starters*

### *Overview*

Conversation Starters are offered as thought or heart-starters in quiet times of reflection, journaling, or in community time with two or more.

For folks in twelve-step recovery, you may find it interesting to peruse the sections as they relate and follow the principles and sacred sequence of step work.

For example, referencing meditations in the *Loving God* section may support your discovery of redefining and/or expanding your relationship with a God of your own understanding, and as you work steps 1-3.

Visiting *Loving Ourselves* while doing the emotional mining of steps 4-8 may inspire and support you to face fears, and foster kindness and willingness to do reconciliation work with yourself and with others.

And, tapping into *Loving Others* and *We Have Work to Do* may deepen and expand your 9-12 step experience in your immediate circle of relationship as well as in the greater community of Us.

What I have noticed in my own spiritual work is that the more I try to stay in the river of recovery and the broader realm of spiritual growth, the more I have come to believe that the principles and practices of spiritual healing are not unique to 12-step recovery.

Yes, the language used to convey and encourage working the steps is one that recovering-from-addiction people understand and use in daily living and in sharing with others. But the spiritual process and sequence of surrender, reconciliation, and service is common to many spiritual practices and ages and extends way beyond any one particular recovery process or religion.

And finally, in *Finding Our Breath*, I hope you are encouraged to follow your own, authentic experience of finding and allowing your breath—your passion as designed in you by a loving God. With permission to pursue and live our ordained right and responsibility as adults, we are invited to embrace and tend to the innate curiosity and wonder of being a beloved child of God.

I find that Thomas Merton pokes and honors both the sacred adult and child in us. In his wisdom, I hear the precious dance of open-minded willingness to explore new ideas about ourselves while also following the journey of our hearts with the ever-constant love and

presence of God. And there, in grace and the tandem of risk and trust, we can find and live a peace that we have always wanted.

*To say that I am a child of God is to say, before everything else, that I grow. That I begin. A child who does not grow becomes a monster. The idea "Child of God" is therefore one of living growth, becoming, possibility, risk, and joy in the negotiation of risk. In this God is pleased that His child grows in wisdom and grace.—Thomas Merton*