



STUDY GUIDE GEEZ 71: WILL THESE BONES LIVE?

These study guides are created for use in community – in the classroom, in book groups, with your faith circle – or for quiet reflection on your own. You can find a pdf of this study guide and ones from previous issues at geezmagazine.org/resources/study-guides.

WELL BEING / BEING WELL

DISCUSSION QUESTIONS

1. Claire Peace asks in her piece, “What does it mean to be well?” What is your definition of wellness? How does one achieve it? What obstacles hinder your ability to be well?
2. Listening to one’s body is paramount in being well. Unfortunately, many of us are unaware of how. What are your experiences of being in your body and listening to its wisdom? Ruthanne Ward highlights this concept in her essay, “Language Lessons.” She also criticizes the ableism present in society today. “Why do we wait for people to be ‘well’ before they are invited to participate?” she asks. When are times you have experienced or witnessed exclusion based on wellness?

ACTIVITIES

1. Take five minutes everyday for a week to check in with yourself. Sit in a quiet room, feet planted on the ground, listening to your breath, and notice the energy moving through your body. Or, face a mirror and take notice of every wrinkle, every mole, every curve of your face and body. Admire what you see and feel.
2. Find a scripture or text that is sacred to you and gather a group for a lectio circle. While engaging with the lectio practice, reflect on where the words are resonating in your body, your breath, and your spirit. Take time after the circle to communally reflect where the words were made flesh.

PRAYING FOR HEALING

DISCUSSION QUESTIONS

1. Tripp Hudgins writes that, growing up, there was never a distinction between the faith and health and that healing prayers were a regular practice. “What does it mean to pray for healing?,” he asks. What role has faith played in your healing? What impact do you believe your prayers have had on your healing? What ways has faith inhibited your health?
2. When her son underwent top surgery, Rebecca Dunn-Krahn made a point of him wearing “a purple shawl given to him...imbued by prayers of protection.” What are some items in your life that have provided you comfort, symbolically or otherwise, on a healing journey?

ACTIVITIES

1. Write your own prayer for healing. Share it with a friend or mail it to someone you think may benefit.
2. Write a letter with a blessing of gratitude for those who regularly provide comfort and healing to those around them.

CARING FOR OTHERS/COMMUNITY CARE AND JUSTICE

DISCUSSION QUESTIONS

1. What thoughts and feelings emerge for you around the importance of the state of postpartum care for parents in our society? What can we learn from Ophelia Hu Kinney’s experience of *zuo yuezi*? How can we better provide this kind of care for parents postpartum?
2. How have you witnessed the best of mutual aid and community care spaces? What can we learn from these spaces to better care for one another?

ACTIVITIES

1. Research mutual aid or community co-ops in your area. Find concrete and tactile ways to support their efforts. Or write letters to residents of a nearby retirement community, or to members of their family.
2. Spend intentional time with a friend facing a health challenge or recovering from surgery. Talk, laugh, watch a beloved classic on television, color, or try one of the recipes in this issue.