NAMING OUR THRESHOLDS

WISDOM SCHOOL 2025-2026

THE REV. CANON EMILY GRIFFIN

THRESHOLD THEMES/ STORY LINES

(SOURCE: BRUCE FEILER, *LIFE IS IN THE TRANSITIONS: MASTERING CHANGE AT ANY AGE*, 2020)

- LOVE
  - Ex. Marriage, Divorce/Ending Relationships, Serious Illness/Death of Family Member, Gaining New Family Member(s)
- IDENTITY
  - Ex. Major Changes in Living Situation, Gender Identity, or Finances; Major Moves
- BELIEFS
  - Ex. Beginning/Ending School, Political/Social Awakening, Change in Religion/Spirituality, Collective Event (ex. War, Storm, Pandemic)
- WORK
  - Ex. Discerning Vocations, Changing Careers, Losing/Quitting Jobs, Retirement
- BODY
  - Ex. Accidents, Chronic Physical or Mental Illness, Addiction/Recovery, Weight Issues, Cancer, Aging

THREE STRANDS OF OUR NARRATIVE IDENTITY

Our "Me Story" (Agency) – where we exercise autonomy, freedom, mastery; we're the doers and creators

Our "We Story" (Belonging) – where we belong to a community/family/team and find meaning in our relationships

Our "Thee Story" (Cause) – where we're serving an ideal, a faith, a cause, a commitment beyond ourselves

THREE KINDS OF STORY LINE SHAPES

LINES (AGENCY):

EX. RIVER, WINDING ROAD, MOUNTAIN RANGE

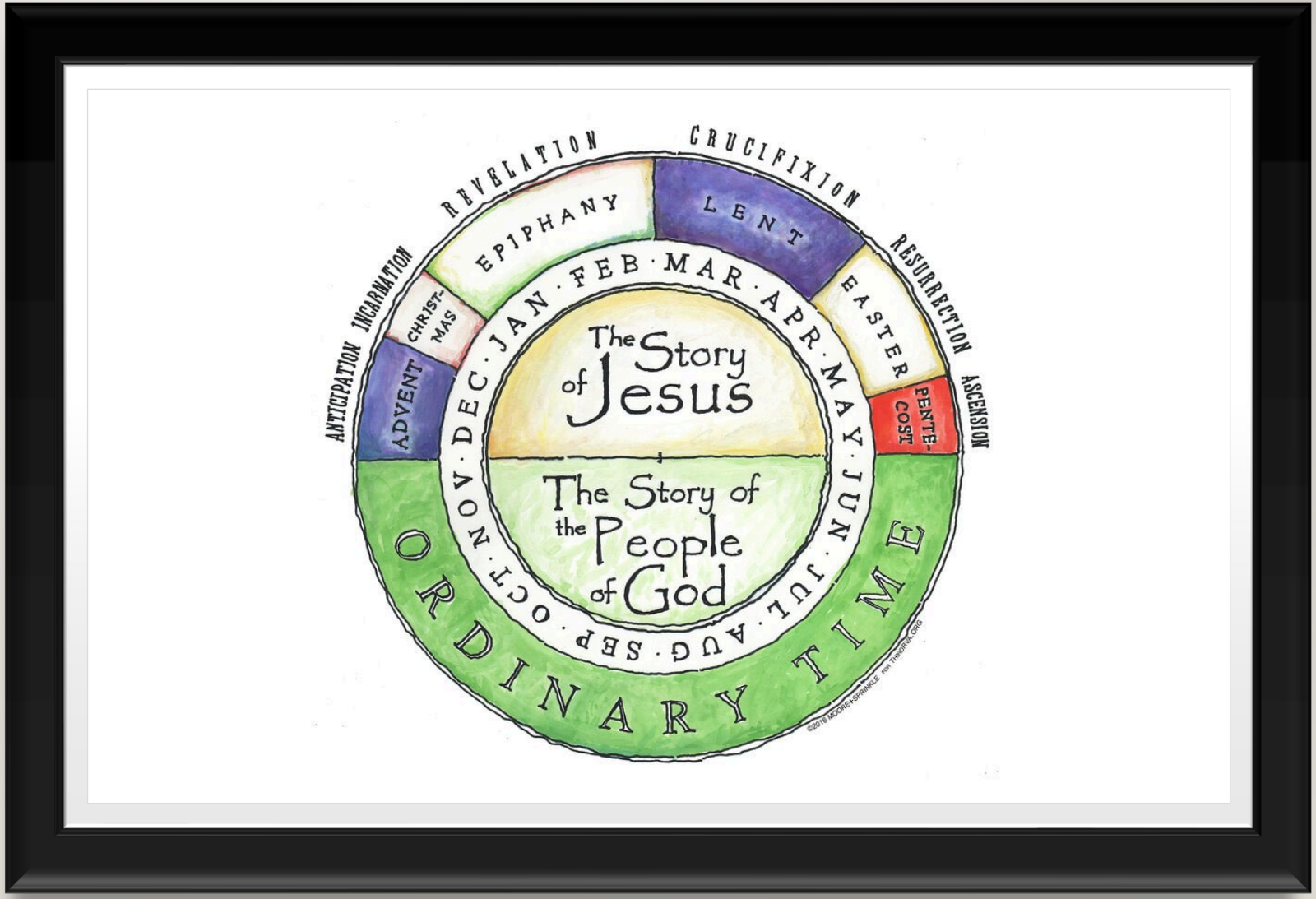
CIRCLES (BELONGING):

EX. HEART, HOUSE, BASKET, BOWL

STARS (CAUSE):

EX. LIGHT BULB, GLOBE, CROSS, BUTTERFLY

FINDING OUR STORIES IN OUR GREAT STORY



ADVENT

CHRISTMAS

SEASON AFTER THE EPIPHANY

LENT

HOLY WEEK

EASTER

PENTECOST

SEASON AFTER PENTECOST

TOOLS FOR NAVIGATING THRESHOLDS… THE LONG GOODBYE, THE MESSY MIDDLE, THE NEW BEGINNING

- Accept our emotions/Listen to our bodies
- Ritualize the change
- Shed old skins/Restructure time
- Create new things, new means of expression
- Seek wisdom from others
- Tell a new story