

Distilling the Moments that Matter:
Finding the meaning in everyday events
Janet O. Hagberg

This book consists of delectable bite-sized vignettes of everyday life gathered around themes from the author's life yet touching all of our lives in sacred ways.

Section 1: Healing and Wholeness

Vignettes: Only 1-2 paragraphs each

- A. Includes "Anxiety becomes a friend" and four others
- B. Includes "Looking for raisins in a hardware store" and four others
- C. Includes "Mother Mississippi" and four others
- D. Includes "Work on Wonder" and four others
- E. Includes "I found my 'twin' in prison" and four others
- F. Includes "Music soothes my soul" and five others

"Falling in Love with God." Poem, Pedro Arrupe

Section 2: Like a Bridge over Troubled Water: Mentors, Family, friends

Vignettes: Only 1-2 paragraphs each

- A. Includes "Where is Home?" and three others
- B. Includes "We all need a Joseph" and three others
- C. Includes ""If Marjorie can do it, I can too!" and three others

"Bridge over Troubled Water." Song lyrics, Simon and Garfunkel

Section 3: Creativity, Nature, Play

Vignettes: Only 1-2 paragraphs each

- A. Includes "God's humor" and two others
- B. Includes "Teaching the spirituality of writing" and two others
- C. Includes "Baseball is my happy place" and two others

"The Love of God." Portions of hymn lyrics, Frederick Lehman

Section 4: Finding God in the Dark

Vignettes: Only 1-2 paragraphs each

- A. Includes "Talking to God at 3 AM" and three others
- B. Includes "Healing estrangements" and two others
- C. Includes "Joy emerges from pain well attended" and three others
- D. Includes "Get out of the car" and two others
- E. Includes "A stunning question" and two others

"My Prayer in the Dark." Janet's prayer

Section 5: Finding our TRUE path

Vignettes: Only 1-2 paragraphs each

- A. Includes "When fitting in doesn't fit anymore" and four others
- B. Includes "Amateur urban mystic" and three others

"Listen to your life." Quote, Frederick Buechner

Section 6: Early Life Wake up Calls

Vignettes: Only 1-2 paragraphs each

- A. Includes "It isn't even funny" and three others
- B. Includes "The birth of shame" and three others
- C. Includes "How do you know you can't do it if you don't try it?" and three others

"After the Rain on the Shiny Street." Janet's poem, 3rd grade

Section 7: Advent and Christmas

Vignettes: Only 1-2 paragraphs each

- A. Includes "The ghost of Christmas past" and two others
- B. Includes "Holy Christmas moment" and two others

"May God's gracious presence

Wrap around you and protect you..."
Blessing for Christmas, Rev. Jan Richardson