

# Ritual Gallery Walk

A Ritual is a sequence of activities involving gestures, words, actions, or objects performed according to a set sequence. (Wikipedia)

Directions: Can you give an example of a ritual in your life that matches this description?

Lighting candles every Friday night with my family allows me to bring attention to the sacredness of the moment, and it happens every week.

What is an example of a ritual in your life that brings you intention, attention or repetition?

"I believe every ritual has three important qualities:

1. Intention: What am I bringing to this moment?
2. Attention: Am I truly present in this moment?
3. Repetition: Coming back to this practice again and again."

-Kathleen McTigue

Going on daily walks with my siblings has really shaped my life recently.

Spending time before I go to bed every night expressing gratitude for 5 things that happened that day.

What is an example of a ritual which has shaped your life in a meaningful way?

"We are shaped by the rituals we practice. By reenacting a ritual, we strengthen the values it embodies. That's why rituals are such powerful tools for creating cultures of belonging and meaning."

Casper Ter Kuile, Ritual Life Planner

having an  
Hershey  
kisses eating  
contest on  
Thanksgiving!

What is an example of a ritual which might not make sense to others, but is meaningful to you?

"Rituals are something we do that help us connect to each other and to an important purpose; they don't have to make sense and yet they are the glue that keeps us together. They rise above their practical, operational use to mean something. They are magical and would be missed if they went away."

Erica Keswin, Rituals Roadmap

My weekly ritual of calling my grandmother after work on Tuesdays to hear about her scrabble games!

What is an example of a ritual which brings you into deeper relationship with others or the divine?

Ritual is about building connections between community members, between individuals and spirits, between humans and deity.

Melissa Hill

