

## **Gift from the Sea**

### **Anne Morrow Lindbergh**

A discussion guide for the Simple Scrapper Book Club.

QUOTE // p. 4 - [Many women were] “trying to evolve another rhythm with more creative pauses in it, more adjustment to their individual needs, and new and more alive relationships to themselves as well as others.”

QUESTION // Q1. More than 60 years later, does this statement still resonate with you?

QUOTE // p. 12 - “One should lie empty, open, choiceless as a beach - waiting for a gift from the sea.”

QUESTION // Q2. Have you had any experiences where your patience has been rewarded?

QUOTE // p. 16 - “I want a singleness of eye, a purity of intention, a central core to my life that will enable me to carry out these obligations and activities as well as I can.”

QUESTION // Q3. Do you believe that this balance of inward and outward harmony is a possible destination or merely a guide for the journey?

QUOTE // p. 20 - “For life today in America is based on the premise of ever-widening circles of contact and communication.”

QUESTION // Q4. How has this become magnified in the past 60 years and have there been consequences that Lindbergh was unable to predict?

QUOTE // p. 21-22 - “Distraction is, always has been, and probably always will be, inherent in woman’s life. For to be a woman is to have interests and duties, raying out in all directions from the central mother-core, like spokes from the hub of a wheel.”

QUESTION // Q5. How do you think we can separate the positive/essential distractions from those that lead us further from what matters most?

QUOTE // p. 22-23 “The bearing, rearing, feeding and education of children the running of a house with its thousand details; human relationships with their myriad pulls - woman’s normal occupations in general run counter to creative life.”

QUESTION // Q6. To what degree do you agree with this statement? Is it antiquated or accurate in 2016?

QUOTE // p. 23-24 - "The solution for me, surely, is neither in total renunciation of the world, nor in total acceptance of it. I must find a balance somewhere, or an alternating rhythm between these two extremes; a swinging of the pendulum between solitude and communion, between retreat and return."

QUESTION // Q7. Have you identified or chosen any solutions that mirror Lindbergh's description?

QUOTE // p. 39 - "Her time, her energy, her creativeness drain out into these channels if there is any chance, any leak?"

QUESTION // Q8. What is your current relationship with giving of yourself? Do you feel overflowing or empty?

QUOTE // p. 39 - "No longer fed by a feeling of indispensability of purposefulness, we are hungry, and not knowing what we are hungry for, we fill up the void with endless distractions."

QUESTION // Q9. What do you think we are most hungry for today?

QUOTE // p. 43 - "If women were convinced that a day off or an hour of solitude was a reasonable ambition, they would find a way of attaining it. As it is, they feel so unjustified in their demand that they rarely make the attempt."

QUESTION // Q10. Do you think having hobby, and scrapbooking in particular, has helped us create a better justification... or is this still just as much of a problem as it was 60 years ago?

QUOTE // p. 44 - "But women need solitude in order to find again the true essence of themselves: that firm strand which will be the indispensable center of a whole web of human relationships."

QUESTION // Q11. Consciously or not, do you think the need for solitude plays a role in why you scrapbook?

QUOTE // p. 45 - "With our pitchers, we attempt sometimes to water a field, not a garden."

QUESTION // Q12. I often hear about too many scrapbook projects started and not finished. Do you believe it is in our DNA as women to take on more than we can handle? How can we focus on watering gardens and not fields?

QUOTE // p. 65 - "Finding shells together, polishing chestnuts, sharing one's treasures:- all these moments of together-aloneness are valid, but not permanent."

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"One must accept the security of the winged life, of ebb and flow, of intermittency."

QUESTION // Q13. What wisdom can we glean from Lindbergh's descriptions of the seasons of life and apply to memory keeping?

QUOTE // p. 106 - "I couldn't even walk head up looking out to sea, for fear of missing something precious at my feet."

QUESTION // Q14. What does it take to move beyond FOMO?

QUOTE // p. 107 - "For it is not merely the trivial which clutters our lives but the important as well. We can have a surfeit of treasures-an excess of shells, where one or two would be significant."

QUESTION // Q15. What parallels to scrapbooking do you recognize here?

QUOTE // p. 112 - Lindbergh's island-precepts include: "Simplicity of living, as much as possible, to retain a true awareness of life. Balance of physical, intellectual and spiritual life. Work without pressure. Space for significance and beauty. Time for solitude and sharing. Closeness to nature to strengthen understanding and faith in the intermittency of life: life of the spirit, creative life and the life of human relationships. A few shells."

QUESTION // Q16. How can our approach to living enhance our approach to creating?

QUOTE // p. 119 - "In the small circle of the home she has never quite forgotten the particular uniqueness of each member of the family; the spontaneity of now; the vividness of here."

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"It may be our special function to emphasize again these neglected realities, not as a retreat from greater responsibilities but as a first real step towards a deeper understanding and solution of them."

QUESTION // Q17. Could these be why we feel so passionately about scrapbooking? Does this hobby help you understand your world?