



READING GROUP GUIDE

Rooted: Life at the Crossroads of Science, Nature, and Spirit

By Lyanda Lynn Haupt

1. Lyanda Lynn Haupt notes that the wilderness saints in her Catholic upbringing, as well as playing with frogs and other creatures in the woodland creek near her home influenced her early connection with the natural world. What stories from your childhood have changed your outlook on life, or had a profound impact on who you are today?
2. "How easy it is to feel paralyzed by obligations. How easy it is to feel lost and insignificant and unable to know what is best, to feel adrift while yearning for purpose." (p.21) Now more than ever, we are able to know so much of what's going on in the world from planetary crisis to need of humanitarian aid. Has this been a source of overwhelm or anxiety for you?
3. Discuss the tenets of Rootedness. How difficult are they to put into practice? Do you find that you already practice some of them? If so, which?
4. Lyanda Lynn Haupt provides an interesting spin on the classic fairytale *Little Red Riding Hood* in which the wolf still lures Little Red off the path, and he still devours Little Red and her grandmother. However, his actions are meant to introduce them to the beauty of the wilderness and the treasures of exploring the unpaved path. What does this interpretation say about routine? Do you think classic tales such as these teach us to fear the unknown or embrace conformity?
5. What are some of the obstacles we may face trying to live in a rooted way? Think about the age of information, the common cultural belief in productivity and even how this has drastically increased during the global Coronavirus pandemic that kept many at home.
6. "Hope asks something of us. The singular virtue of acting in hope has nothing to do with the likelihood of a specific outcome; it has simply to do, in this moment, with participation in the renewal of earth, however that will manifest." (p. 36) How do you feel about Haupt's complex definition of hope? What is your definition? Do you believe it to be inherently optimistic?
7. Did you come away with any concrete advice to apply to your own life after reading *Rooted*? If so, share with the group what ways you plan to implement the ways of Rootedness into your own life.



(Art by Helen Nicholson)