

Spiritual Deepening Circles November 2019 Life lessons

Session 1 Fault Lines

Arriving	10 min Before start	Greet each person
Singing	2 min	Gathered Here Light the chalice
On our hearts Go round	5 min	– each person can say if something is on their heart tonight. Limit 1-2 sentences this is not a time for extended check-in
Gathering	3 min	Fault Line by Robert R. Walsh
Connecting (go round)	10 min	Ask them to complete this sentence: When times get rough I
Reminder of the covenant	2 min	Read out loud together Any questions?
Activity Fault lines	10-15 min	Make sure everyone has something to write on and to write with. Show them the colored pens and pencils they can use. Read the instructions together and answer any questions. Give them 10 minutes and then check to see if they need more time. At 10 minutes remind them to review the questions in preparation for sharing. Review the questions again before the sharing – remind them: you will have 5 minutes to share with the group - not enough time to go over the whole line.
Sharing	60 -75 min	Popcorn
Silence	1 min	May use bell or sound, timer or 12 deep breaths.
Responding	10 min	(time permitting) Second opportunity for sharing, responding to others, no questions or dialogue. No one speaks twice before everyone who wants to speak has spoken once.
Silence	2 min	May use bell or sound, timer or 12 deep breaths.
Take Away	10 min	Go around – one thing that you will take away from tonight’s session in a few words. For example: what moved you or what insights did you have.
Covenant	3 min	Check in about how well the group upheld the covenant regarding listening and sharing. How did they experience the sharing times?
Closing	3 min	By Rebecca Ann Parker
Business	10 min	Collect all the drawings and put in an envelope to use at the second session. Final comments by facilitators, reminder of confidentiality and no unsolicited comments/advice. Date of next meeting
Singing		Trust the Light
		Extinguish the chalice

November: Life Lessons
Session 1 Gathering reading

Fault Line

Did you ever think there might be a fault line
passing underneath your living room:
A place in which your life is lived in meeting
and in separating, wondering
and telling, unaware that just beneath
you is the unseen seam of great plates
that strain through time? And that your life,
already spilling over the brim, could be invaded,
sent off in a new direction, turned
aside by forces you were warned about
but not prepared for? Shelves could be spilled out,
the level floor set at an angle in
some seconds' shaking. You would have to take
your losses, do whatever must be done next.

When the great plates slip
and the earth shivers and the flaw is seen
to lie in what you trusted most, look not
to more solidity, to weighty slabs
of concrete poured or strength of cantilevered
beam to save the fractured order. Trust
more the tensile strands of love that bend
and stretch to hold you in the web of life
that's often torn but always healing. There's
your strength. The shifting plates, the restive earth,
your room, your precious life, they all proceed
from love, the ground on which we walk together.

Robert R. Walsh

November 6, 2019

November: Life Lines

Session 1 Activity

Fault Lines

You will be drawing a life line during the month of November

Choose the straight line, the spiral, or design a line of your own shape.

- On this line, mark off the decades of your life lived so far.
- Next, mark the “fault lines” times when your world was upended or destabilized - death of someone you loved, moving, new career, loss of relationship, other losses, heartbreak, regret, failures, major illness, etc. Keep in mind that sometimes positive changes can also be disruptive.
- Using colored pens or pencils, label each event with words that make sense to you – while you will share tonight, you will also refer to this drawing at our next session and need to use words you will remember.
- If you choose you may add pictures or symbols to your drawing.
- Write your name on the drawing.

In preparation for sharing:

- Pick one, two or at most three of these events to share with the group. Reflect on why you chose these events.
- What sustained you during these times of difficulty?
- What effect did they have on your life going forward? How did these events change you?
- What else do you notice about the line you drew?

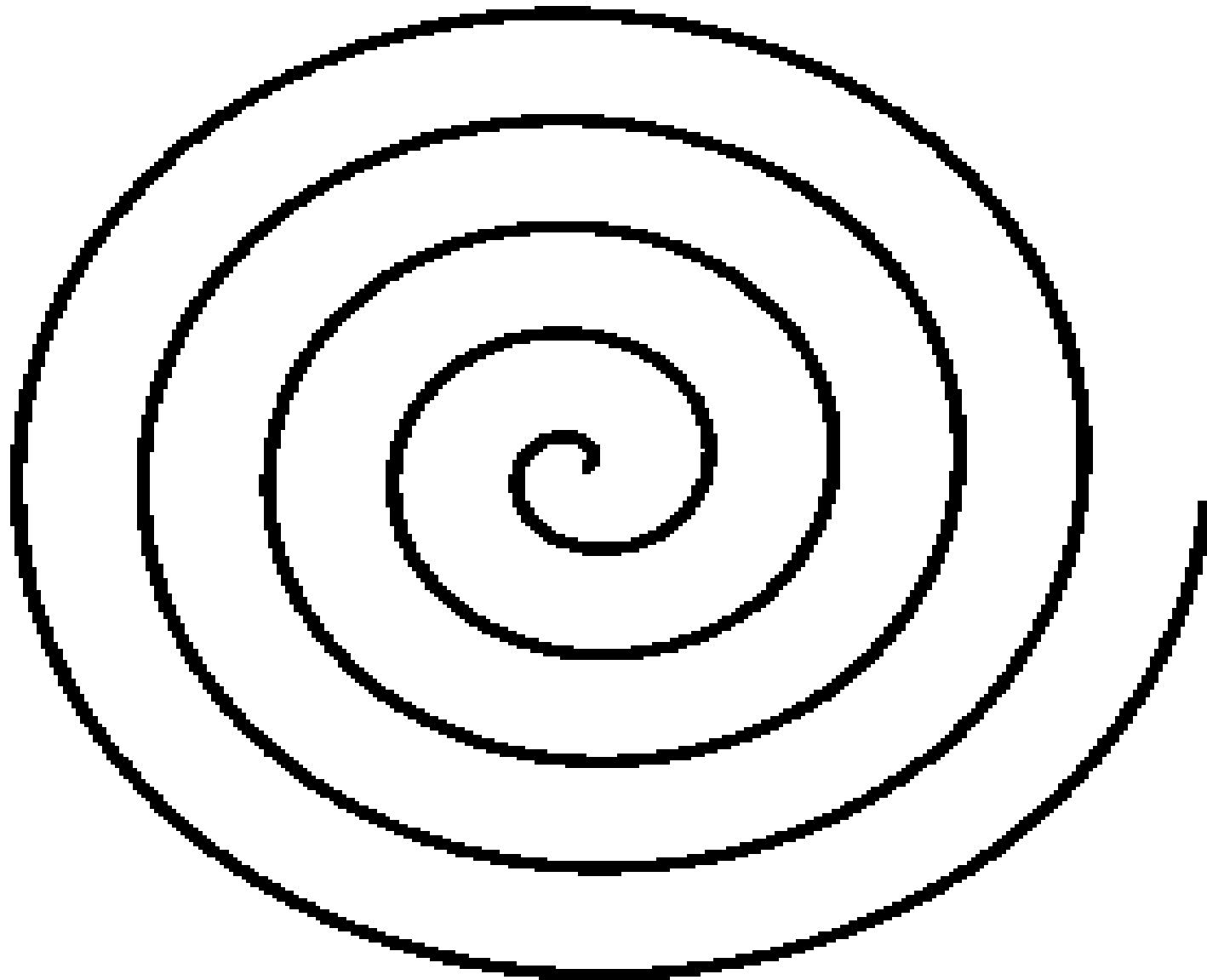
You will not have time to go over your entire line during the sharing, so choose what you want to share.

Spiritual Deepening Circles November: Session 1 Activity

Life Line

Your Name _____





Spiritual Deepening Circles November: Session 1 Activity

Your Name _____

October 28, 2017

November: Life Lines
Session 1 Closing Reading

Even when our hearts are broken
by our own failure
or the failure of others
cutting into our lives,
even when we have done all we can
and life is still broken,
there is a Universal Love
that has never broken faith with us
and never will.

Rebecca Parker

Spiritual Deepening Circles: November 2019 Life Lessons Session 2

Arriving	10 min	10 minutes before starting time
Singing	2 min	Gathered Here Light the chalice
On our hearts Go round	5 min	– each person can say if something is on their heart tonight. Limit 1-2 sentences this is not a time for extended check-in
Gathering Reading	3 min	
Connecting Go Round	10 min	Read the question and give one minute of silence. <i>When was the last time you fell in love?</i>
Activity	15 min	Hand out the drawings from the prior circle. Make sure everyone has something to write on and to write with. Show them the colored pens and pencils they can use. Read the instructions together and answer any questions. Give them 10 minutes and then check to see if they need more time. At 10 minutes remind them to review the questions in preparation for sharing. Review the questions again before the sharing.
Silence	1 min	May use bell or sound, timer or 6 deep breaths
Sharing	60-75min	Popcorn style, time limits controlled by facilitators, no dialogue, questions or comments
Silence	1 min	use bell to end (or 6 deep breaths)
Responding (time permitting)	10-15 min	Second opportunity for sharing, responding to others, no questions or dialogue. Remind them to speak from their own experience. No one speaks twice before everyone who wants to, speaks once.
Take Away	10 min	Go around – one thing that you will take away from tonight’s session in a few words. For example: what moved you or what insights did you have.
Covenant	3 min	Check in about how well the group upheld the covenant regarding listening and sharing. How did they experience the sharing times?
Closing	5min	Reading – Jill Ann Terwilliger
Business	10 min	Final comments by facilitators, reminder of confidentiality and no unsolicited comments/advice. Date of next circle. Reminder one circle in December.
Singing	2 min	Trust the Light Within Your Heart Extinguish the chalice

November: Life Lines
Session 2 Reading for Gathering

What is it
That calls you here
That calls you onward
That calls you inward
That leads you homeward?

What is it
That gives you the power
To make that change
To ask that question
To take that journey?

What is it
That says you have done well
That asks you to learn more
That brings you to stillness
That holds you up in hard times?

It is relationship
The beating heart of our faith.

It begins when we share
This hour
Our truths
This air
Our hearts.

Monica Jacobson-Tennessen

Spiritual Deepening Circles November 2017: Life Lines

Session 2 Activity

Love Lines

Review the life line that you created last time.

You are going to add to this life line all the times in your life you have loved deeply, loved in a way that changed you, loved in a way that inspired you, restored you or turned your life upside down. The object of your love could have been another person, or an animal; it could have been a hobby, or your work, or a person you only knew from afar. Your love could have been an object such as a doll, an idea, or a piece of music. You can mark your line with a period of time when love was deeply present. Think about the years of your life and the places where you have been touched by love.

Using colored pens or pencils, mark each love event with words that make sense to you. If you choose you may add pictures or symbols to your drawing.

In preparation for sharing:

- Pick one, two or at most three of these events to share with the group. Reflect on why you chose these events.
- How have these people and things that you loved affected you?
- Review your life line overall – were any of your fault lines related to your love lines?
- What else do you notice about your drawing?

November: Life Lessons
Session 2 Closing Reading

For the longing that told you it was time for a change

We give you our blessings

For the courage it took to answer the call,

We give you our blessings

For the choices already made, and for the daily choices that will shape
the life ahead of you,

We give you our blessings

For the communities that have shown you who you are and the new
communities waiting to discover you in your new ventures,

We give you our blessings

For the great mystery of what lies ahead,

We give you our blessings and our love

May you see something of beauty along the way,
touch hands with those you love,
and give more than you get

Blessed Be

Jill Ann Terwilliger