

## Spiritual Deepening Circles: December: Reflections on Home

### Session 1

Arriving	10 min Before start time	Greet each person
Singing	2 min	Come, come <b>Light the chalice</b>
Gathering reading	3 min	Tennessee
On our hearts <b>Go round</b>	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
Connecting (go round)	10 min	Ask them to complete this sentence: I feel most at home when..... Begin with one minute of silence.
Reminder of the covenant	2 min	Read out loud together
Activity Memories of Home		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. <b>At 10 minutes remind them to review the questions in preparation for sharing.</b>
Silence	2 min	Bring group together in preparation for sharing. 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.
Closing	3 min	Mc Tighe
Business	10 min	Final comments by facilitators, reminder of confidentiality and no unsolicited comments/advice. Date of next meeting
Singing		Trust the Light
		<b>Extinguish the chalice</b>

**December: Reflections on Home**  
**Session 1 Gathering reading**

No matter what they tell you,  
Let it be about joy,  
Let it be about the sacred!  
Self-surviving –no, thriving –

Shining its way to the knowledge  
within.

Let it be about blooming,  
The unfolding of the universe  
through you,  
because the story of you begins  
fifteen billion years ago  
with that first flash of being.

At four you reached out your hand  
into the dark night and pulled back in wonder  
a firefly blinking from your finger. Keep that magic  
that both you and the firefly are one –  
everything connected,  
everything possible, made of stardust and moonshine  
as we all are. Let it always be  
about your shining.

Nita Penfold

## **December – Reflection on Home**

### **Session 1 Activity:**

“How do you find your way home... to who you are, or your deep gladness, longing, or need for connection to the spirit of life and hope?” Rev Roger

We will explore our memories and reflections on home this month. Many of us have warm memories of a home where we felt loved and safe. For others the concept of home may have some challenges. Some of us may consider our home to be some place other than a wood frame structures with various rooms. You can share whatever home means to you and the memories and experiences that are important to you in that place.

This activity is about the geography of your “home” and the specific recollections that are evoked by the space.

Activity - On a separate piece of paper make a drawing of a “home” that has significant memories for you. It could be a childhood home, the home where you raised your children; the first place you called home; it could be the home you live in now; it could be a “home” in the metaphorical sense – a place where you feel safe and loved. Choose any home that stands out in your memory.

Your drawing should show the various rooms or spaces in the home. Use the colored pens to mark any places of particular memories that you have, good or bad. Make any notes or comments that represent your memories or thoughts.

**After completing the drawing and in preparation for sharing consider the following:**

What makes this place “home” to you?

What was it about this home that was special, memorable?

What challenges did you have in this home?

Name the places in the home that have resonance for you. What happened there, what feelings do you associate with that place?

**December: Reflections on Home**  
**Closing Reading**

May the Light around us guide our footsteps,  
And hold us fast to the best and  
most righteous that we seek.

May the darkness around us nurture our dreams,  
And give us rest to that we may  
Give ourselves to the world of our world.

Let us seek to remember the  
Wholeness of our lives  
The weaving of light and shadow  
In this great and astonishing  
Dance in which we move.

Kathleen McTigue