

Reconnecting with Purpose Community Celebration Program

Thursday, June 2, 2022

Treman Center, 95 Hines Road. Newfield, NY 14867

10:00am – 11:00am	Arrival Check in at the Welcome Table	Barn, Floor 1
As you arrive...	<p>Participants are invited to enjoy beverages/light snacks, join a Companionship Group Conversation, or explore the grounds.</p> <p>Companionship Group Themes:</p> <ol style="list-style-type: none"> 1. Sourcing Courage: for people exploring the courage to make a life change 2. Inner and Outer Selves: for people seeking more alignment between their inner truths, values, dreams, gifts and their outer work 3. Care-giving, for people who are caring for children, elders, community, the earth and themselves 4. Stewardship/Farming/Earth Work, for people tending the land as a living or way of life 	Companionship Group Conversation Tables are outside under the Tent
11:00am - Noon	Opening Circle Settling in Small Group Introductions/Reacquaintance	Barn, Floor 2
Noon – 12:50	Lunch, Catered by Bali Cravings, Guests Welcome <ul style="list-style-type: none"> • Baba Ganoush & Tzatziki • Flat breads & open faced rolls • Israeli Salad • Chicken Kabab with Onions, Cilantro, & Baharat. Served with Sautéed Onions & Tahini Dip • Moussakah: Oven Roasted Eggplant & Potatoes with a Rich Tomato Based Filling. • Meringue with Vanilla Cream & Berries & Macaroons 	Tent, or find a special place on the grounds
12:50pm – 1:00pm	Transition time	

<p>1:00pm – 2:00pm</p>	<p>Choice of Peer Learning Circles (groups of 3) OR Song Circle</p> <p>Peer Learning Circles: Bring a question or challenge and receive support from your peers by way of attentive, open-hearted listening and open & honest questions. Each person will have 15 minutes to be supported in a triad.</p> <p>Song Circle: Kahlil Gibran said “Music is the language of the spirit” Throughout our program, we’ve practiced giving voice to our inner teacher. Song is yet another avenue to hear ourselves into speech, experience a supportive resonance and witness the power of our collective voices. Our song leader, Andrea Brown, will bring us together in simple call and response songs grounded in the themes of our program. No sheet music, musical talent, or previous experience needed. Andrea will extend an invitation to reflect/share/process the experience between songs</p>	<p>We will establish Peer Learning Circle groups at the Tent and groups are welcome to find a comfortable spot of your choice for your Circle.</p> <p>Song Circle will take place in the Barn, Floor 3.</p>
<p>2:00pm - 2:10pm</p>	<p>Transition to Session 1</p>	
<p>2:10pm – 2:50pm</p>	<p>Session 1: Arts, Nature, Renewal. Choose a session led by Program members.</p> <ul style="list-style-type: none"> • Nature Walk: learn about wildflower, herb and mushroom ID, coordinated by Mary Jo. Join MaryJo for a gentle walk on the Finger Lakes Trail to connect with nature. Learn to identify wildflowers, herbs and mushrooms and foraging for edible and medicinal varieties. MaryJo recently certified as a Community Mushroom Educator and welcomes others to join in with their knowledge and curiosity of fungi and herbs. Learn about identification techniques, making mushroom spore prints and pressing flowers and foliage. • Collaborative art project, coordinated by Adrienne Traub. Take time to reflect and give space for creativity. We will use the themes discussed throughout Reconnecting with Purpose to create a collaborative collage together. No art experience required. • Hiking, Walking, Meditation, Journaling on your own 	<p>Outdoors, Treman Center land & Fingerlakes Trail</p> <p>Barn, Floor 2</p>

2:50pm – 3:00pm	Transition to Session 2	
3:00pm - 3:40pm	Session 2: Arts, Nature, Renewal. Choose a session led by Program Members <ul style="list-style-type: none"> • Relaxation and Meditation, coordinated by Jamillah El Bey and Kim Cornish. This session will be a combination of guided meditation and Intro to SESHE, a series of stretching and breathing exercises. • Writing group, coordinated by Mary McClelland. This writing session will center on the theme of how the pandemic has affected our capacity to meaningfully connect. Participants will be invited to choose from a list of words around which to write a simple reflective piece. • Hiking, Walking, Meditation, Journaling on your own 	Barn, Floor 3 Barn, Floor 2 OR Tent?
3:40pm – 4:00pm	Closing Circle, led by Violet Stone & Sunflower Seed Meditation, led by Petra Mann-Page	Barn, Floor 2
4:00pm – 5:00pm	Food & Fellowship, Guests Welcome Enjoy coffee, tea, locally sourced kombucha, beer, wine, cider, juice and snacks. Depart as needed for travel.	Barn, Floor 2
6:00pm	Grounds Close	

Because

So I can't save the world—
can't save even myself,
can't wrap my arms around
every frightened child, can't
foster peace among nations,
can't bring love to all who
feel unlovable.

One willing heart can't stop a war.

One willing heart can't feed all the hungry.

And sometimes, daunted by a task too big,

I tell myself what's the use of trying?

But today, the invitation is clear:

to be ridiculously courageous in love.

To open the heart like a lilac in May,

knowing freeze is possible

and opening anyway.

To take love seriously.

To give love wildly.

To race up to the world

as if I were a puppy,

adoring and unjaded,

stumbling on my own exuberance.

To feel the shock of indifference,

of anger, of cruelty, of fear,

and stay open. To love as if it matters,

as if the world depends on it.

-Rosemerry Wahtola Trommer

Question for Reflection: Although you may not 'save the world', what acts or practices are you most wanting to come through you on this summer day?

Deep Listening

Deeply listening is not just hearing enough of what's being said to formulate my own response. Nor is it merely being able to repeat what I've just heard. Deeply listening is attending to what the speaker is saying and to what is happening within me as they speak. It is developing my capacity to be aware of what is being said and what I'm feeling at the same time. When I'm listening to myself as well as to the speaker, I can hear more deeply what is really being communicated.

Peer Learning Circles Schedule

1:00p – 1:05p	Introduce yourselves and decide who will be time-keeper
1:05p – 1:20p	First person shares. Spend 2-5 minutes contexting the question or challenge you're bringing. The remaining 10 – 13 minutes should be to receive Open & Honest questions.
	Pause, Stretch, Transition
1:20p – 1:35p	Second person shares. Spend 2-5 minutes contexting the question or challenge you're bringing. The remaining 10 – 13 minutes should be to receive Open & Honest questions.
	Pause, Stretch, Transition
1:35p – 1:50p	Third person shares. Spend 2-5 minutes contexting the question or challenge you're bringing. The remaining 10 – 13 minutes should be to receive Open & Honest questions.
	Pause, Stretch, Transition
1:50p – 2:00p	Appreciations & Learnings

Asking Honest & Open Questions

- The best mark of an honest, open question is that you cannot anticipate the answer, nor do you have an expectation for what the answer should be: e.g., What was easy? What was difficult? What surprised you? What did you learn?
- Stay with the person's language: e.g., You said this was an impossible situation. Could you say more about what that means to you?
- The best questions are often simple and straightforward, without a long preamble or rationale.
- Ask questions aimed at helping the person explore their own understanding rather than satisfying your curiosity.

Examples of Honest, Open Questions

- How do past experiences inform your current situation?
- How might that choice play out in your life?
- What outcomes do you foresee in each possibility you are considering?
- Can you say more about how this is challenging for you?
- How are you feeling as you relate this story?

A Summer's Singing

Where does that singing start, you know,
that thin sound—almost pure light?
Not the birds at false dawn or their song
when morning comes, feathered throats
warm with meaning. A different kind of music.

Listen, it is somewhere near you.
In the heart, emptied of fear,
stubbornly in love
with itself at last, the old
desires a ruined chorus,
a radiant bloody choir.

Where does the singing start?
Here, where you are, there's room
between your heartbeats,
as if everything you have ever been
begins, inside, to sing.

-Lorna Crozier

