

Reconnecting with Purpose Closing Retreat, March 22nd – 24th
Light on the Hill Retreat Center, Van Etten, NY

Wednesday, March 22nd		
11:00am – Noon	Arrive, Register, Check-in	Lodge
Noon – 1:00pm	Lunch	Dining Hall
1:00pm – 3:00pm	Session 1: Reconnecting with the Practices and Each Other Open, Honest Questions 2.0	Lodge
3:00pm – 3:30pm	Rest & Renewal	Lodge, Labyrinths, Stillpoint Sanctuary, 236 Acre Grounds
3:30pm – 5:00pm	Session 2: The Journey to Purpose Takes Courage	Lodge
5:00pm - 6:00pm	Rest & Renewal	Lodge, Labyrinths, Stillpoint Sanctuary, 236 Acre Grounds
6:00pm – 7:00pm	Dinner	Dining Hall
7:00pm – 8:30pm	Dance Sanctuary with Neko Three Sixty Campfire with smores Self-organized activities	Lodge Fire Pit

Thursday, March 23rd		
8:00am – 9:00am	Breakfast	Dining Hall
9:00am – 10:45am	Session 3: Courage Takes Trust – Relational Trust	Lodge
10:45am - 11:15am	Break & Snack	Lodge
11:15am - Noon	Session 3, continued: Faithfulness and Effectiveness	Lodge
12:00pm – 1:00pm	Lunch	Dining Hall
1:00pm - 2:00pm	Rest & Renewal	Lodge, Labyrinths, Stillpoint Sanctuary, 236 Acre Grounds
2:00pm – 4:30pm	Session 4: Discernment Circles	Lodge and Grounds
4:00pm - 6:00pm	Rest & Renewal	Lodge, Labyrinths, Stillpoint Sanctuary, 236 Acre Grounds
6:00pm – 7:00pm	Dinner	Lodge, Labyrinths, Stillpoint Sanctuary, 236 Acre Grounds
7:00pm – 8:00pm	New Moon Meditation/Tea with Jawhara Taitt Campfire with smores Self-organized activities	Lodge Fire Pit

Friday, March 24th		
8:00am – 9:00am	Breakfast	Dining Hall
9:00am – 10:40am	Session 5: The Path to Wholeness	Lodge
10:40am - 11:00am	Break, Pack Belongings, Check-Out	
11:00am – Noon	Closing Circle & End of Program Celebration, Photos	Lodge
Noon – 1:00pm	Lunch & Depart	Dining Hall

Community Activities

Please note: The activities below are provided for those seeking community and connection during late afternoon and early evenings. You may be seeking solitude and rest during these stretches. Please spend your free time in whatever way serves you best.

Wednesday, March 22nd 7pm – 8:30pm

Dancy Sanctuary with Neko Three Sixty

Dance Sanctuary is a safe space for all genders to utilize the freedom of expression, sound tracked by Neko Three Sixty who features conscious music of many varieties. The soundscape allows one to go on a journey into their heart, into the shadow, the light, deep into the earth, up into the cosmos and everywhere in between. It is a glorious interplay within and without. Inner children are welcome here, and you do not need to know how to “dance” in the mainstream sense of the word at all to attend and thoroughly enjoy yourself. We offer this consciously minded, free form dance to nourish mind, body, soul and to honor and foster community.

Thursday, March 23rd, 7pm - 8pm

New Moon Tea Meditation with Jawhara Taitt

What are your limits? What limits you within self? This Moon goes against teamwork, so it works best for personal challenges and working against your own limits. This is the time to think about the things in life that you want to explore and do, the seeds that you want to plant. The Aries new Moon is a time to break old habits and experiment with new visions. Remember to thank the teas and the plant spirits for their help and nourishment. Teas may include:

Root chakra tea - burdock root ,rose hips,
cinnamon, ginger
Sacral chakra tea- mugwort, peppermint
lavender
Solar plexus chakra - wormwood
,chamomile lemongrass,

Heart chakra- hawthorn , hibiscus ,
astragalus , passion flower
Throat chakra- thyme , skullcap, chamomile
Pineal chakra - rosemary lemon balm sage
Crown chakra- skullcap gotu kola ginkgo
biloba

Evening Campfire and Smores at the Fire Circle – Self-organized

Participants are invited to self-organize this campfire, weather permitting. Bench seating, fire-making supplies and smore ingredients will be provided.

TBD: Guided Nature Walk: Learn about Wildflower, Herb and mushroom ID

Join MaryJo Lane for a walk on the property trails, weather permitting. Learn to identify wildflowers, herbs & mushrooms. MaryJo welcomes others to join in with their knowledge & curiosity of fungi and herbs.

Ongoing: Arts/Crafts Sessions in the Dining Hall

Crayons, colored pencils, paper, scissors, glue sticks and coloring inspiration will be provided

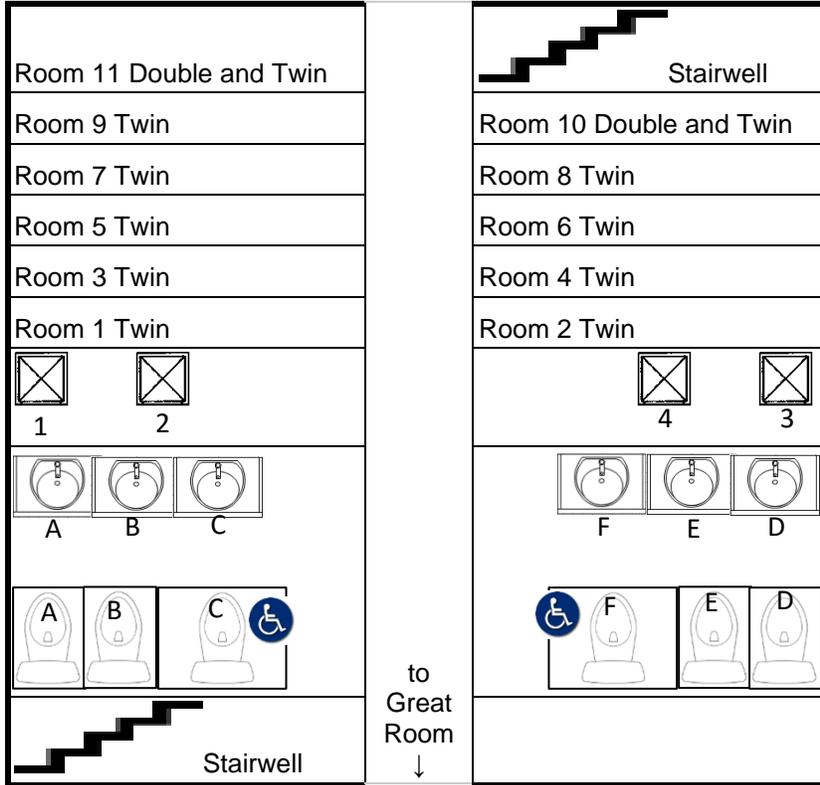
Upper Level

Inner Light Lodge

West Exit



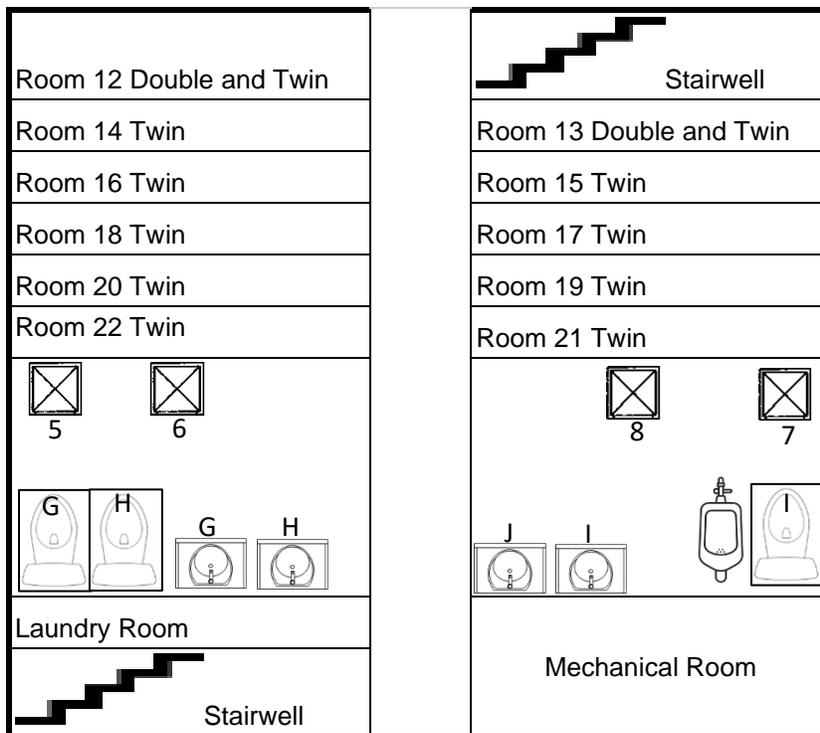
MEADOW

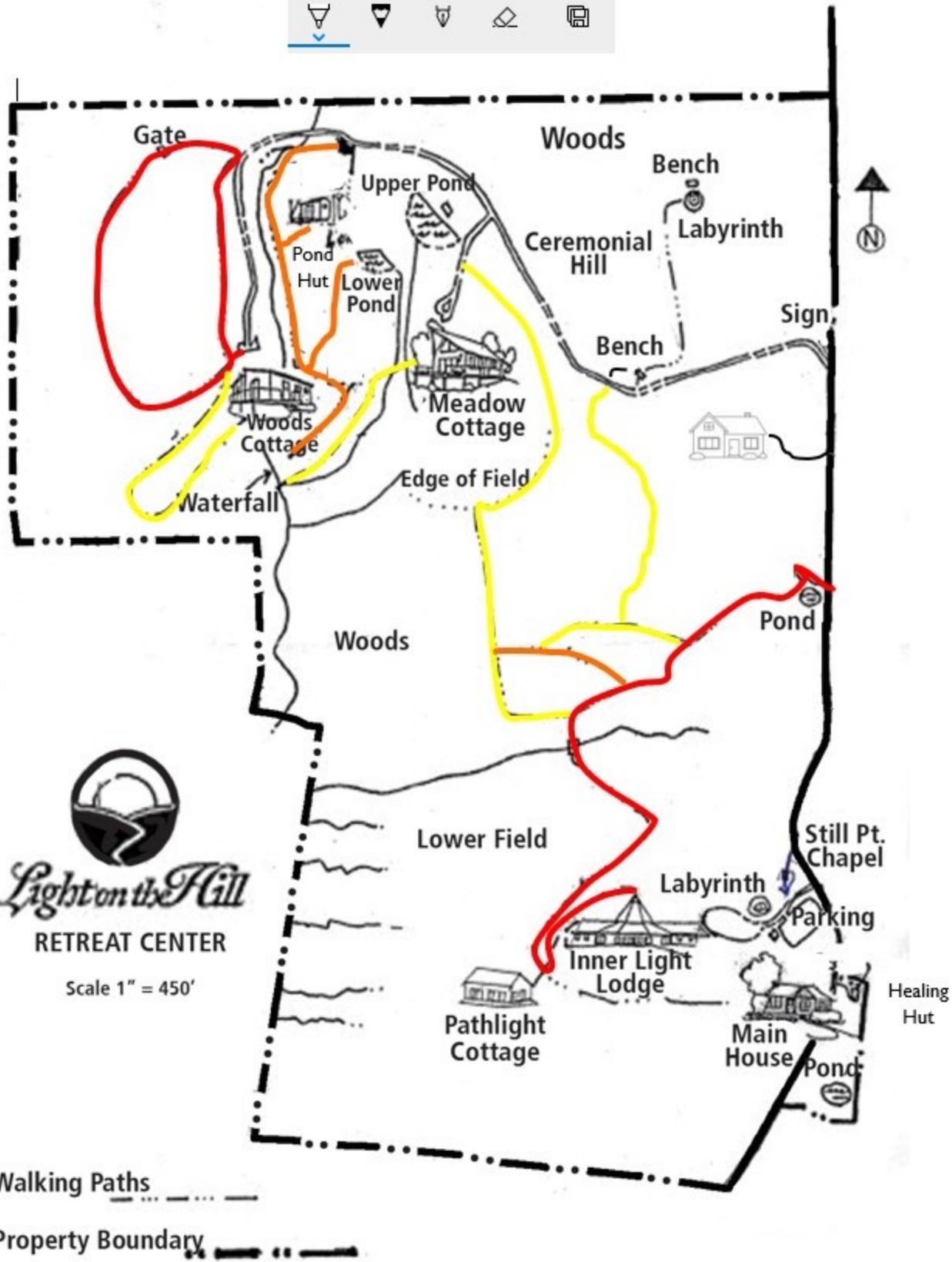
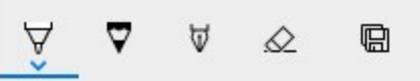


Lower Level

West Exit

MEADOW





Gate

Woods

Upper Pond

Bench

Pond Hut

Lower Pond

Ceremonial Hill

Labyrinth

Sign

Woods Cottage

Meadow Cottage

Bench

Waterfall

Edge of Field

Woods

Pond

Lower Field

Still Pt. Chapel

Labyrinth

Parking

Inner Light Lodge

Pathlight Cottage

Main House

Healing Hut

Pond


Light on the Hill
RETREAT CENTER

Scale 1" = 450'

Walking Paths

Property Boundary

Light on the Hill Housekeeping Instructions

The guiding principles for Light on the Hill are love, harmony, and beauty. We ask all our guests to **be respectful of the property and the buildings**, and to leave each area in the same condition in which they found it.

What to Know About Your Room & the Lodge

Outdoor shoes are not permitted in the Lodge beyond the entranceway. We encourage guests to bring slippers or cozy socks to wear inside the Lodge.

Outside towels are available in the downstairs laundry room. Please do not take interior blankets, towels or bedding outside.

Please be careful about **locking yourself out of your rooms**. The locks flip easily and because of new code regulations, the door handles still move even when the door is locked. Thus, it is easy to not realize one has locked one's door. Ask a facilitator for help if you do get locked out.

Most of the **shades** work on a loop system. Just pull one of the strings to get desired height. Be gentle! They are delicate.

Please do not open any of the windows all the way and, if there is a wind, close them most of the way. Open windows hit by wind strip the crank mechanism, which then must be replaced. To close the windows, use the crank to move the window to ½" from the frame. Use the lever to close the window the rest of the way.

No candles or incense can be lit/burned in the individual rooms (it will set off the fire alarm).

The **laundry rooms are for staff use only**. Please do not use the machines for personal laundry.

The **restrooms** are marked: 2 female (one upstairs, one downstairs), 1 male (downstairs), 1 gender neutral (upstairs). In the gender-neutral restroom, one toilet stall and one sink are reserved for female staff.

It is important to **flush the toilets** after each use, otherwise the septic system gets blocked. The toilets are low water use and there is also plenty of water on the property. Kindly do not flush feminine hygiene products. Use the receptacle next to the toilet for tampons and pads.

Food/Drink/Meals

The **beverage station** is available to you at any time for water or tea.

Food and beverages are not allowed outside the dining room. People are free to put your food on the dining room table closest to the meeting space, or in the small refrigerator. **Only water** is permitted in the building beyond the dining room.

There is a **small refrigerator** in the dining room. You are welcome to put any food you bring in this refrigerator. You'll find OJ, grapefruit juice, dairy milk, plant milk, and ½ and ½ there.

We ask guests to **bus your dishes**. All food we serve is compostable. Please scrape uneaten food into the compost bin. Place napkins, paper towels, and foil wrapping into the trash bin.

We **recycle** CLEAN plastic and metal containers, as well as paper. Check the recycling sign above the bin if you are unsure whether something is recyclable. If your container is recyclable but dirty, please place it in the bins with the dirty dishes.

Check Out & Departure

On the day of departure please **strip your bed and bring your towels and sheets to the appropriate bins in the laundry room** (1 on each floor). There are laundry rooms on each floor. Guests do not need to strip the quilts, comforters, blankets, or mattress covers, just sheets and pillowcases. We also request that you close the **windows**, turn off **the ceiling fan** and set the **thermostat** to its lowest setting.

Enjoying the Grounds:

People are free to **wander the property**, walk the labyrinths, and visit the chapel. Maps are provided. Please do not drive or walk near any of the cottages or huts in order to ensure the privacy of the retreatants staying there.

You may walk the labyrinth or meditate/pray in **Stillpoint Sanctuary** at any time. We for silence in the sanctuary. When you leave, be sure to fully latch the door (so the wind doesn't blow it open).

LOH on-call phone—607.592.4450 (call or text)

The Practice of Asking Open & Honest Questions

Adapted from the work of Parker Palmer, John Morefield, Marcy Jackson and Susan Kaplan.
Inspired by the work of Parker J. Palmer and Center for Courage & Renewal
(www.couragerenewal.org)

Open & Honest Questions are a thoughtful pathway for inquiry and discernment, moving us beyond our normal patterns of communication. Often our questions are laden with advice, problem solving, or meeting our needs to be a “competent leader or engaged Helping Professional.” Open & Honest Questions serve to invite a more spacious, authentic conversation.

This practice enables us to:

- Create a more authentic and deeper exploration of a problem or question for both the person talking and the one listening;
- Step away from our tendency to jump to solutions, assign blame, or otherwise approach our exchanges attached to a specific end (teaching with a specific goal in mind, defend what we know, problem solve, or respond as a “good educator” would);
- Invite a person to call upon their own wisdom and knowledge of self. This builds capacity for their own leadership from within by exploring their own assets, truth, questions, and answers, inviting a discovery of their own “hidden wholeness.” A person accesses their inner teacher by thinking about the situation in new ways, applying past learning and experience to now, while listening to both feelings and thoughts.
- Support a deeper inner conversation within oneself;
- Slow down the pace of our conversation and develop a deeper mutual engagement;
- Expand and deepen an exploration rather than narrow or restrict possibilities;
- Explore and “hold” important questions or complicated issues. This practice recognizes significant value in listening without judgment with a view for understanding instead of reacting with a quick, simple or incomplete answer for an immediate direction (that may make things worse in the long run);
- Use meaningful metaphors to reframe or help “step out” of the situation;
- Invite more authentic responses rather than second guessing the “right answer”;
- Changes the dynamic of our tendency to want to fix, “save”, change or give advice. In these responses, we see the person as “broken” or with deficits. Our new role is to create a safe and meaningful process in which we help the person access their own “hidden wholeness”.

Framing Open & Honest Questions

1. The best single hallmark of an open, honest question is that the questioner could not possibly anticipate the answer to it. *What surprises you? What moves or touches you about this? What inspires you? What was easy? What was hard?*
2. Ask questions that aim at helping the person rather than satisfying your curiosity. Ask questions directed to the person as well as to the problem – about feelings as well as facts. *Have you ever had an experience that felt like your current issue? Did you learn anything from that prior experience that feels useful to you now? How do you feel about the experience you just described?*
3. Stay with the person's language --use words the person is using not what you think they might or should be feeling. *You said this was an impossible situation -could you say more about what this means to you? What do you mean when you said you felt frustrated? as opposed to Don't you ever feel angry?*
4. Formulate questions that are brief and to the point rather than larding them with background considerations and rationale. *What are your expectations or hopes for your project?*
5. Trust your own intuition, even if your instincts seem off the wall. Listen deeply to the story and allow questions to come from your heart rather than your head.
6. Avoid long storytelling or speech making that may draw attention to yourself.
7. Consider waiting to ask a question if you're not sure what type of question it is. If it keeps coming back to you, see if you can re-frame it into an open-ended question.
8. The best questions are simple. *How does this work for you? What questions do you have? What is the hardest aspect of this situation? What is the easiest aspect of this situation?*
9. Avoid questions with right/wrong answers. Consider re-framing *Don't you think you should do this project instead?* to *What interests you about the other approach?*
10. Use images or metaphors that the person might relate to, to open things up in ways that more direct questions do not. *If you were writing a book about this experience, how would you name this chapter? If you were using a roadmap to navigate this issue, what would be on your map – the rest stops, the destinations, the detours?*
11. Know when to use Open & Honest Questions. These questions are not appropriate for all situations. There is a time to give information, to make a decision and to share your own opinion and experience.



Right Here

Stop moving. Stand in one place – this place. Breathe slowly; in, then out. Repeat.

Repeat again. Let your shoulders sink and relax. Unclench your jaw; slowly close your eyes.

Listen for your heartbeat; really listen. Feel it pulse in your fingertips.

Lessen expectations. Under-do all your efforts. Requisition the time for your soul

to catch up. Lean into the wind; feel it like a tree and test the ground.

Learn to trust the resilience. It would be treason to move quickly – left or right –

from this place. It is alright to be exactly what you are, who you are, where you are. Right here, right now.

- Dane Anthony

Give and receive welcome.

People learn best in hospitable spaces. In this circle we support each other's learning by giving and receiving hospitality.

Be present as fully as possible.

Be here with your doubts, fears and failings as well as your convictions, joys and successes, your listening as well as your speaking.

What is offered in the circle is by invitation, not demand.

This is not a "share or die" event! Do whatever your soul calls for, and know that you do it with our support. Your soul knows your needs better than we do.

Speak your truth in ways that respect other people's truth.

Our views of reality may differ, but speaking one's truth in a circle of trust does not mean interpreting, correcting or debating what others say. Speak from your center to the center of the circle, using "I" statements, trusting people to do their own sifting and winnowing.

No fixing, saving, advising or correcting each other.

This is one of the hardest guidelines for those of us who like to "help." But it is vital to welcoming the soul, to making space for the inner teacher.

Learn to respond to others with honest open questions.

Do not respond with counsel or corrections. Using honest, open questions helps us "hear each other into deeper speech."





When the going gets rough, turn to wonder.

Turn from reaction and judgment to wonder and compassionate inquiry. Ask yourself, "I wonder why they feel/think this way?" or "I wonder what my reaction teaches me about myself?" Set aside judgment to listen to others—and to yourself—more deeply.

Attend to your own inner teacher

We learn from others, of course. But as we explore poems, stories, questions and silence in a circle of trust, we have a special opportunity to learn from within. So pay close attention to your own reactions and responses, to your most important teacher.

Trust and learn from the silence

Silence is a gift in our noisy world, and a way of knowing in itself. Treat silence as a member of the group. After someone has spoken, take time to reflect without immediately filling the space with words.

Observe deep confidentiality

Safety is built when we can trust that our words and stories will remain with the people with whom we choose to share, and are not repeated to others without our permission.

Know that it's possible...

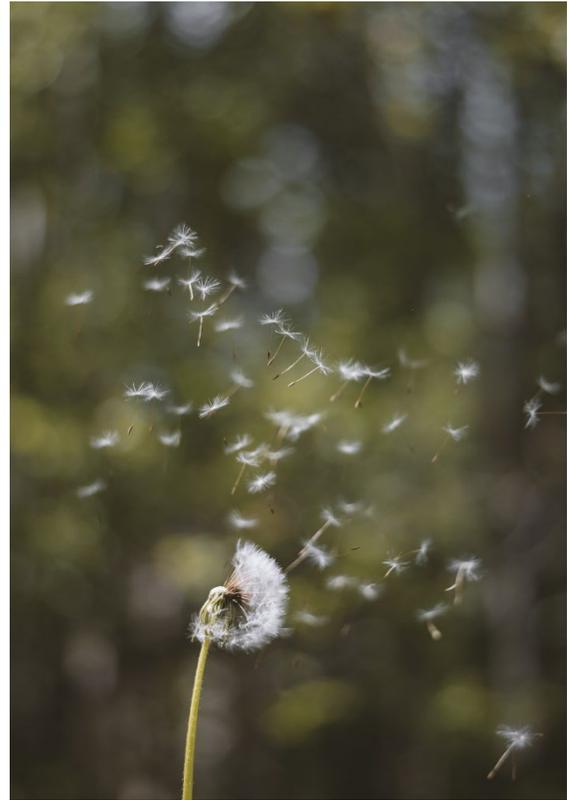
to leave the circle with whatever it was that you needed when you arrived, and that the seeds planted here can keep growing in the days ahead.



To Be of the Earth

To be of the Earth is to know
the restlessness of being a seed
the darkness of being planted
the struggle toward the light
the pain of growth into the light
the joy of bursting and bearing fruit
the love of being food for someone
the scattering of your seeds
the decay of the seasons
the mystery of death and
the miracle of birth.

— *John Soos*



"The quality of a person's attention determines the quality of other people's thinking."

- *Time to Think* by Nancy Kline



"Listening like a Cow"

"What I'm trying to construct here is a theory of attention that depends little on therapeutic skills and formal training: listening like a cow. Those of you who grew up in the country know that cows are good listeners. And barns are great contemplative spaces—at least the old ones were. I recommend to you this kind of dairy barn listening. We don't need fixing, most of us, as much as we need a warm space and a good cow. Cows cock their big brown eyes at you and twitch their ears when you talk. This is a great antidote to the critical listening that goes on in academia, where we listen for the

mistake, the flaw in the argument. Cows, by contrast, manage at least the appearance of deep, openhearted attention."

"If you are listening, if you are turning your big brown or blue eyes on somebody and twitching your ears at them, you are earning your silage. You are listening people into existence. You are saving lives. You are producing Grade A."

-*Mary Rose O'Reilly*

A Purification

At start of spring I open a trench
in the ground. I put into it
the winter's accumulation of paper,
pages I do not want to read
again, useless words, fragments,
errors. And I put into it
the contents of the outhouse:
light of the sun, growth of the ground,
finished with one of their journeys.
To the sky, to the wind, then,
and to the faithful trees, I confess
my sins: that I have not been happy
enough, considering my good luck;
have listened to too much noise;
have been inattentive to wonders;
have lusted after praise.
And then upon the gathered refuse
of mind and body, I close the trench,
folding shut again the dark,
the deathless earth. Beneath that seal
the old escapes into the new.



- *Wendell Berry, New Collected Poems (Counterpoint, 2012)*

Session 2: Questions for Reflection

What are my winter's accumulations that I might want to tuck into the ground and close the trench?

What wonders might I have missed through inattention?

How might the old escape into the new in my life?

The Four Courages

“Upon reflection, I recognized that I’ve had to summon courage at different periods of my life. I discovered four basic courageous actions that have given me the impetus to improve my life”

- ❖ The courage to shut the door...
- ❖ The courage to release history...
- ❖ The courage to wonder...
- ❖ The courage to capture potential...

-Nancee Killoran

Question for Reflection: As you think about showing up as fully as you can in your life and work, how would you name some of the courages that you might need to summon to engage in honest, open and courageous conversations? To engage in your life authentically?

Types of Courage from the Courage Way, The Courage Way: Leading and Living with Integrity

- ❖ Physical -- we think about heroics but sometimes it takes courage to get out of bed to face the day, when the harsh realities of life seem like too much.
- ❖ Moral -- taking the risk to speak truth to power. Movements for social change draw on this form of courage, when people choose to live divided no more.
- ❖ Social courage -- -- the kind of courage we risk in being vulnerable for the sake of relating to others with authentic presence. It means overcoming shame, grief, embarrassment, sorrow, and disappointment for the possibility of love, joy and happiness.
- ❖ Creative -- it might be the least recognized type of courage and the one we may most need to cultivate. It's the courage to come up with creative solutions, to create community, to create meaning from challenges, to create new visions and symbols that other people can rally around. It might mean investigating change, claiming your place at the table.

-Shelly Francis

It takes COURAGE to _____.

It takes courage
to teach
to lead
to serve
to heal
to speak up
to stand out
to look inward
to right wrongs.

It takes courage
to walk your talk
to stand your ground
to make waves
to ride waves
to find wholehearted ways
to be known as vulnerable
to love after loss
to love, period.

It takes courage
to say “I was wrong”
to say “I don’t know”
to say “Let’s find out”
to take enough time
to ask better questions
to seek better answers
 instead of quick fixes
to give yourself fully
to try making a difference
when the outcome is
not guaranteed.

It takes courage
to choose wisely and well
to go against the grain
to go into the wind
to point your boat
toward your true north
to lead others forward
to have faith in the future
and be fully present today.

It takes courage
to trust in the process
to be part of the process
to process your parts that
 are shadows
to embrace your shadows
 as part of your self
to also embrace your beauty
and light.

It takes courage
to know yourself well enough
to choose where your energy
 comes from and goes
to trust it’s possible
to trust what courage can do
and give yourself time to
find out.

It takes courage
to give yourself time to renew
to give yourself over to grief
to give silence a chair at the table
to give doubt a chance to show
 other options
to give the world your best self
 and ideas
without giving up on your soul.

It takes courage to
be your whole self
so you can
do your best work
so you can
be the change you want to see
so you can
do what your worthy cause most needs
 you to do.

It takes courage
to ask “How shall I be
so that I can do [what?]
so the world can be
better
for all.”

Leadership takes courage
and gives courage, too.

And courage takes trust.

— SHELLY L. FRANCIS
FROM *THE COURAGE WAY*
www.courageway.org

The Parable of the Trapeze: Turning the fear of transformation into the transformation of fear

Sometimes I feel that my life is a series of trapeze swings. I'm either hanging on to a trapeze bar swinging along or, for a few moments in my life, I'm hurtling across space in between trapeze bars.

Most of the time, I spend my life hanging for dear life to my trapeze-bar-of-the-moment. It carries me along at a certain steady rate of swing and I have the feeling that I'm in control of my life.

I know most of the right questions and even some of the answers.

But, every once in a while as I'm merrily (or even not-so-merrily) swinging along, I look out ahead of me into the distance and what do I see? I see another trapeze bar swinging toward me. It's empty and I know, in that place in me that knows, that this new trapeze bar has my name on it. It is my next step, my growth, my aliveness coming to get me. In my heart of hearts I know that, for me to grow, I must release my grip on this present, well known bar and move to the new one.

Each time it happens to me I hope (no, I pray) that I won't have to let go of my old bar completely before I grab the new one. But in my knowing place, I know that I must totally release my grasp on my old bar and, for some moment in time, I must hurtle across space before I can grab onto the new bar.

Each time, I am filled with terror. It doesn't matter that in all my previous hurtles across the void of unknowing I have always made it. I am each time afraid that I will miss, that I will be crushed on unseen rocks in the bottomless chasm between bars. I do it anyway. Perhaps this is the essence of what the mystics call the faith experience. No guarantees, no net, no insurance policy, but you do it anyway because somehow to keep hanging on to that old bar is no longer on the list of alternatives. So, for an eternity that can last a microsecond or a thousand lifetimes, I soar across the dark void of "the past is gone, the future is not here yet."

It's called "transition." I have come to believe that this transition is the only place that real change occurs. I mean real change, not the pseudo-change that only lasts until the next time my old buttons get punched.

I have noticed that, in our culture, this transition zone is looked upon as a "no-thing," a no-place between places. Sure, the old trapeze bar was real, and that new one coming towards me, I hope that's real, too. But the void in between? Is that just a scary, confusing, disorienting nowhere that must be gotten through as fast and as unconsciously as possible?

NO! What a wasted opportunity that would be! I have a sneaking suspicion that the transition zone is the only real thing and the bars are illusions we dream up to avoid the void where the real change, the real growth, occurs for us. Whether or not my hunch is true, it remains that the transition zones in our lives are incredibly rich places. They should be honored, even savored. Yes, with all the pain and fear and feelings of being out of control that can (but not necessarily) accompany transitions, they are still the most alive, most growth-filled, passionate, expansive moments of our lives.

So, transformation of fear may have nothing to do with making fear go away, but rather with giving ourselves permission to "hang out" in the transition between trapezes. Transforming our need to grab that new bar, any bar, is allowing ourselves to dwell in the only place where change really happens. It can be terrifying. It can also be enlightening in the true sense of the word. Hurtling through the void, we just may learn how to fly.

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Five Dysfunctions of a Team, by Patrick Lencioni

According to the book, the five dysfunctions are:

- **Absence of trust—unwilling to be vulnerable within the group.**
- Fear of conflict—seeking *artificial harmony* over constructive passionate debate.
- Lack of commitment—feigning buy-in for group decisions creates *ambiguity* throughout the organization.
- Avoidance of accountability—ducking the responsibility to call peers, superiors on counterproductive behavior which sets *low standards*.
- Inattention to results—focusing on personal success, *status and ego* before team success

Positive Approach:

- **We trust one another.**
- We engage in unfiltered conflict around ideas.
- We commit to decisions and plans of actions.
- We hold one another accountable for delivering against those plans.
- We focus on the achievement of collective results.

Four Lenses of Relational Trust

- ❖ **Respect** – honoring each role, recognizing the important roles each play and the mutual dependencies.
- ❖ **Personal Regard** – the care for each other in the complex web of work life roles, relationships and vulnerabilities.
- ❖ **Competence** – how we measure leaders' and coworkers' performance and the value of their contributions, which is not just "objective criteria" but also informal observations and recognitions that are always being made. Our own shadows color this.
- ❖ **Integrity** – both congruence between what one says and does, but also a commitment to deeper moral/ethical ideals.

- *The Courage Way: Leading and Living with Integrity, Shelly Francis*

Session 3: Questions for Reflection

Think of a work, community, or personal situation of which you were a part, in which relational trust was strong.

- ❖ What contributed to the presence of relational trust?
- ❖ What part if any did you play in strengthening/developing relational trust?
- ❖ How did the level of trust impact you?
- ❖ What else did you notice?

Now think about a work or community or personal situation in which relational trust was lacking or weak, what contributed to that?

- ❖ How did it affect you? What was the ultimate result of the lack of trust?
- ❖ What is your work regarding trust? Trusting others? Gaining trust?

How does this impact your journey toward reconnecting with your purpose?

Discernment Circles: Questions for Consideration

What have I discovered these past five months about how I spend most of my time?

What did I learn through time spent with my Peer Learning Circles?

Why am I doing what I'm doing? For what purpose?

What have I learned about my courage to reconnect with my purpose?

In reconnecting with my purpose, to what am I most faithful?

How/where might increasing relational trust bring more fulfillment to my work life?

What question above, or of my own, might I most appreciate open and honest questions to guide me more deeply in reflection?

Session 4: Discernment Circles

“Real help, professionally or personally, consists of listening to people, of paying respectful attention to people so that they can access their own ideas first.”

— Nancy Kline, *Time to Think: Listening to Ignite the Human Mind*

Schedule

2:00 – 2:30 Large Group Preparation

2:30 – 3:00 Session 1

3:00 – 3:10 Short Break*

3:10 – 3:40 Session 2

3:40 – 3:50 Short Break*

3:50 – 4:20 Session 3

* Take a 10-minute break and when you come back, switch roles.

Guidelines:

- Our whole task is not to problem solve, but to provide space for the focus person to think and reflect on what they would like to do.
- Our primary support will be to ask open, honest questions
- Questions should be concise and presented one at a time. Avoid giving background as to why you are asking a question or explaining the reason for the question. If you are unsure exactly how to phrase the question, it is better to wait silently to let the question develop and become more focused
- Allow our focus to remain on the focus person.
- Confidentiality is essential, both during and after the process

Session Format

5 minutes: Contexting. Focus person describes the question/challenge along with any relevant background or foreground

15 minutes: OH Questions. Peer members offer open-hearted, attentive listening and ask open, honest questions

5 minutes: Mirroring. Peer members reflect, or mirror, what the discerner said or did, but might not be aware of. “When you talked about X, your voice dropped and you seemed tired, but when you spoke of Y, your energy rose and your eyes got bright.” You may also offer images or metaphors that arose as you listened to the focus person.

5 minutes: Affirmation & Appreciation. Acknowledgement of focus person’s gifts, strengths. Appreciation for all that was shared. Focus person offers a closing reflection.

Exploring Wholeness

The divided life may be endemic, but wholeness is always a choice. Once I have seen my dividedness, do I continue to live a contradiction – or do I try to bring my inner and outer worlds back into harmony?

“Being whole” is a self-evident good, so the answer would seem to be clear. And yet, as we all know, it is not. Time after time we choose against wholeness by slipping into a familiar pattern of evasion that can be powerful and persistent:

- First comes denial: surely what I have seen about myself cannot be true!
- Next comes doubt: the inner voice speaks softly, and truth is a subtle, slippery thing, so how can I be sure of what my soul is saying?
- Next comes fear: if I let that inner voice dictate the shape of my life, what price might I have to pay in a world that sometimes punishes authenticity?
- Next comes cowardice: the divided life may be destructive, but at least I know the territory, while what lies beyond is *terra incognita*.
- Then comes greed: in some situations, I am rewarded for being willing to stifle my soul.

- Excerpt, Parker Palmer, *A Hidden Wholeness: the Journey Toward an Undivided Life*



Reflection

In each other, let us see ourselves.

—Alberto Ríos, “Who Has Need, I Stand with You”

Sometimes when I look in the mirror,
my eyes see only my own reflection.

I forget to see the eyes of my mother,
and her mother, and her mother.

I forget to see the eyes of my sisters
who live in other towns, other countries.

I forget to see the eyes of my brothers
who teach, who fight, who rule, who beg.

I forget how my heart is fueled
by the same electric impulse

that drives every other beating heart.
I forget how my skin is made and remade

from the same carbon, hydrogen, nitrogen and
oxygen
that comprises every other human’s skin.

Oh, to remember. Not just when I look in the
mirror,
but when I walk down the street.

Not just when I feel drawn to another,
but also when I feel defensive, averse.

Oh, to remember the strange and certain math
that seven point seven five three billion people

equal one cohesive expression
of what it means to be alive.

Your hands, my hands. Your breath, my breath.
Your eyes in my eyes. My eyes in your eyes.

This life, ours.

-Rosemary Wahtola Trommer