

## Covenant Groups

### The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group.
- to honor the group by letting the leader know if I will be absent and to come to the group one last time and say goodbye if I need to quit.
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others.
- to avoid cross talk, giving feedback or trying to fix anyone
- to not gossip about what is shared in the group, and not tell other people's stories.
- to listen to what others share with an open heart, and to share deeply in my turn.



## Adventure

# Adventure

## **Chalice Lighting**

We light our chalice  
Fragments of stars and sun  
To light our hopes and dreams,  
To make a way for peace and love

## **Sharing of Joys and Sorrows**

## **Silence, holding ourselves and each other in silent support.**

## **Shared Readings:**

*Security is mostly a superstition. It does not exist in nature . . . Avoiding danger is no safer in the long run than outright exposure. Life is a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable.*  
~Helen Keller

*Plunge boldly into the thick of life, and seize it where you will, it is always interesting.* ~Johann Wolfgang Von Goethe

*You can't cross the sea merely by standing and staring at the water.*  
~Rabindranath Tagore

*All adventures, especially into new territory, are scary.* ~Sally Ride

*Who dares nothing, need hope for nothing.*  
~ Johann Friedrich Von Schiller

*The purpose of life, after all, is to live it,  
to taste experience to the utmost,  
to reach out eagerly and without fear  
for newer and richer experience.* ~Eleanor Roosevelt

*Security is an attempt to try to make the universe static so that we feel safe.* ~Anne Wilson Schaef

*I see my path, but I don't know where it leads. Not knowing where I'm going is what inspires me to travel it.* ~Rosalia de Castro

*We live in a wonderful world that is full of beauty, charm, and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open.* ~Jawaharial Nehru

## **Deep Sharing/Deep Listening**

**Round I** What is one adventurous thing you have done in the last year or two?

**Round II** Using insights you gained from doing the homework, talk about the role of adventure in your life. Discuss how you balance your need for adventure with your need for security.

**Round III** What was especially meaningful for you in today's session?

## **Closing Ritual**

## **Closing Words**

*We're the bridge across forever, arching above the sea,  
adventuring for our pleasure, living mysteries for the fun of it,  
choosing disasters, triumphs, challenges, impossible odds,  
testing ourselves over and again,  
learning love and love and LOVE!* ~ Richard Bach

## **Song "Go Now in Peace"**

## **Group Business**

## **Leader's Notes for *Adventure***

**Preparations:** Bring an index card and writing implements for each person.

### **Chalice Lighting: (2 min)**

Ask someone to read the chalice lighting reading found in the bulletin

### **Sharing of Joys and Concerns: (5 min)**

Ask group members to tell in one or two sentences...How you are today? Share information about absent members.

**Silence: (3 min)** Give your group the gift of three minutes of silence. Time it!

**Shared Readings: (5 min)** Go around your group, letting each person in turn read from Shared Readings found in the bulletin until all readings are finished.

**Deep Sharing/Deep Listening:** Do your rounds of deep sharing/deep listening. Pay close attention to the time allotted each person to ensure all get to share at least once.

#### **Round I (5 min)**

What is one adventurous thing you have done in the last year or two?

#### **Round II (40 min)**

Using insights you gained from doing the homework, talk about the role of adventure in your life. Discuss how you balance your need for adventure with your need for security.

#### **Round III (15 min)**

What was especially meaningful for you in today's session?

### **Closing Ritual (15 Min)**

Pass out an index card to everyone. Ask each person to write his/her name on one side. Each person will pass the card to the next person, who will read the name on the card and write a characteristic, adjective or phrase on the back of the card describing the person whose name is on the card. For instance on one card there might be phrases like loving, deep, compassionate, great hugger, etc. On another – sensitive, optimist, etc.

When everyone has added a phrase to each person's card, gather around the chalice. Mix the cards and pass out in any order (preferably one would not get his/her own card).

The leader starts by reading this "speech":

          (Name of person)          , you have been a valuable presence in our group. You have shared your story with us, told us your joys and sorrows and allowed us to enter into your life. You are ..... (read the phrases written by group members). Your gifts have enriched us.

(This "speech" is found at the bottom of this document. Pass it around as each person gives the "speech" when giving the card to its owner.)

**Closing Words (1 min)**

We're the bridge across forever, arching above the sea,  
adventuring for our pleasure, living mysteries for the fun of it,  
choosing disasters, triumphs, challenges, impossible odds,  
testing ourselves over and again,  
learning love and love and LOVE! ~ *Richard Bach*

**Song (1 min)**

Go Now in Peace

**Group Business: (5 min)**

Remind people about the potluck. One person will help set up or clean up. One person will bring a table decoration.

Sunday, April 5th

5:30 to 7:30

In the Shulte-Cahalan Social Hall

Bring a dish serving about 8 people to share. Persons with last names starting with

A-C bring appetizer

D-G bring salad

H-N bring a main course

O-R bring vegetable or bread

S-Z bring dessert

Plates and silverware, tea, wine and coffee will be provided.

**SPEECH TO BE USED DURING THE CLOSING RITUAL**

      (Name of person)       , you have been a valuable presence in our group. You have shared your story with us, told us your joys and sorrows and allowed us to enter into your life. You are ..... (read the phrases written by group members). Your gifts have enriched us.

## Adventure

The word *adventure* conjures up visions of climbing Mt. Everest, diving the Great Barrier Reef, or exploring the jungles of Africa. Yet, whenever we let go of the safe and familiar in our lives and risk experiencing the unknown, we are adventurers. Our exploits may be as tiny as trying new foods or a new look. They may be short-term as when we travel to unknown destinations or try out new hobbies. They may be internal such as attempts at personal growth or new ways of thinking. They may also be as life-changing as entering into new relationships or careers.

When we dare to break through the limits of the ordinary and predictable in our lives, we test our resilience and resourcefulness. As we explore new possibilities, we are able to see ourselves, our lives, and our world in a new way. The new insights we gain can leave us changed even when we re-enter our everyday worlds.

Below are some ideas to think about as you reflect on the role of adventure in your life.

*A man practices the art of adventure when he breaks the chain of routine and renews his life through reading new books, traveling to new places, making new friends, taking up new hobbies and adopting new viewpoints. ~Wilfred Peterson*

We should come home from adventures, and perils, and discoveries every day with new experience and character. ~Henry David Thoreau

*It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power. ~Alan Cohen*

Vision is not enough, it must be combined with venture. It is not enough to stare up the steps, we must step up the stairs. ~ Vaclav Havel

*Security is a kind of death ~ Tennessee Williams*

It is only in adventure that some people succeed in knowing themselves - in finding themselves. ~ André Gide

*There are two kinds of adventurers; those who go truly hoping to find adventure and those who go secretly hoping they won't. ~ Rabindranath Tagore*

Uncertainty and expectation are the joys of life. ~William Congreve

*Unless you try to do something beyond what you have already mastered, you will never grow. ~ Ronald. E. Osborn*

Man cannot discover new oceans unless he has the courage to lose sight of the shore. ~Andre Gide

### **Questions to Ponder**

1. Close your eyes and contemplate the word *adventure*. What emotions does it evoke? What memories from the past and possibilities for the future come to mind?
2. In what areas of your life are you most adventurous? In what areas do you need security? How happy are you with the balance between adventure and security in your life? What if anything would you like to change?
3. In what periods of your life have you been most adventurous? In what stages have you strongly valued safety? What do you think caused the differences?
4. Think about a time when you turned down a chance for an adventure. In retrospect, how do you feel about your choice? Have you ever embarked on an adventure that turned out to be a disaster? What did you learn from the fiasco?
5. Imagine some adventures you would like to embark on. Which ones are doable? Which ones are totally impractical, but you would really like to experience them anyway?
6. Do you want a little more daring in your life? If so, how could you accommodate a few more adventures, big and small?