

Gathering for Integrity

This Gathering has suggestions for introducing sections. Some sections use a timer / clock.

Words of the Day

As people arrive, ask them to write the Words of the Day and put them in the basket.

The value that is most represents my sense of integrity is ...

Opening

Chalice Lighting *"We'll begin with the chalice lighting." Ask for a volunteer.*

The thought manifests the word;
The word manifests the deed;
The deed develops into habit;
And habit hardens into character;
So watch the thought and its ways with care,
And let them spring forth from love
Born out of compassion for all beings.
As the shadow follows the body, as we think, so we become.
Dhammapada (a Buddhist Scripture)

The Basket *"Now we'll read the Words of the Day. I'll start and pass to the right (left)."*

Being Together

Sharing of Joys and Concerns *"Now we'll share joys and concerns. I'll begin and we'll go around the circle. Will you go next?"*

Silence, holding each other in support *"Now a few minutes of silence" (2 or 3 minutes)*

Shared Readings *"I'll start the first Shared Reading. Will you go next?"*

Integrity is choosing courage over comfort. It's choosing what is right over what is fun, fast, or easy. It's choosing to practice your values rather than simply professing them. *Brené Brown*

Integrity has no need of rules. *Albert Camus*

Be yourself, everyone else is taken. *Oscar Wilde*

We are what we pretend to be, so we must be careful about what we pretend to be. *Kurt Vonnegut*

May your life preach more loudly than your lips. *William Ellery Channing*

I am no bird; and no net ensnares me: I am a free human being with an independent will.
Charlotte Brontë (Jane Eyre)

Waste no more time arguing about what a good man should be. Be one. *Marcus Aurelius*

I cannot and will not cut my conscience to fit this year's fashions. *Lillian Hellman*

But there are times in this harum-scarum world when figuring out the right thing to do is quite simple, but doing the right thing is simply impossible. *Lemony Snicket (Horse-radish)*

But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice,
which you slowly
recognized as your own ...
Mary Oliver

Deep Listening and Sharing

Round 1. Deep Sharing. *“Now we share reflections on Integrity and the preparation.” Begin, or if you're not ready, ask who can go first.*

Round 2. Responses and Comments. *After all have shared or passed, check the time. Say “We have about __ minutes for a 2nd round.” Begin your response or ask who can start.*

Closing

Closing Circle *“We'll go around the circle and say a word or sentence about what we are taking away from the session. I'll go first, and would you be willing to go next?”*

Chalice *“We will extinguish the chalice.” Read in unison or ask for a volunteer.*

We extinguish this flame and we remember the warmth of our community, the light of our wisdom, the generosity of our sharing. We keep these in our heart until we meet again.

Song/Chime *Ask for a volunteer.*

Announcements

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share responsibility for good process by watching how much time I take to speak, noticing what is going on for others, and considering problems if they occur
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, giving advice, or advocating a specific view
- to share as deeply as I can when it is my turn and to stay on the “I-message.”