

# Gathering for Resilience

*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.*

I can encourage resilience in myself by ...

## Opening

**Chalice Lighting** *“We’ll begin with the chalice lighting.” Ask for a volunteer.*

“Let there be light!”

Let it shine in dark places,  
in moments of pain,  
in times of grief,  
in the darkness of hatred,  
violence, oppression,  
where there is discouragement and despair.

Wherever darkness is to be put to flight,

“Let there be light!”

*Gordon B. McKeeman*

**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?”*

In the depths of winter, I discovered in me an invincible summer. *Albert Camus*

You desire to know the art of living, my friend? It is contained in one phrase: make use of suffering.  
*Henri-Frédéric Amiel*

Although the world is full of suffering, it is also full of the overcoming of it. *Helen Keller*

Resilience is accepting your new reality, even if it’s less good than the one you had before.  
*Elizabeth Edwards*

I can be changed by what happens to me. But I refuse to be reduced by it. *Maya Angelou*

Ultimately, resilience is learning from your past rather than resenting it. *Rev. Scott Tayler*

Love cultivates hope; hope fertilizes resilience, and we can all be farmers of dreams.  
*George E. Miller*

Help us to be the always hopeful gardeners of the spirit who know that without darkness nothing comes to birth as without light nothing flowers. *May Sarton*

All my dreams fell apart, so I did something else. *Marty Rubin*

You are not born with a fixed amount of resilience. Like a muscle, you can build it up, draw on it when you need it. *Sheryl Sandberg*

## Deep Listening and Sharing

**Round 1. Deep Sharing.** *“Now we share reflections on Resilience 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.