

Gathering for Healing (November theme)

There are suggestions for Zoom sessions – speaking in turns, muting, and using Chat. Some sections use a timer / clock.

When you join the meeting *Facilitators – do these for yourself first and help others.*

- Check your volume and video (if using video). Check your name tag.
- Make sure you have a copy of the Gathering available.
- **Words of the Day.** In Chat, write “I hope for healing by ” and complete the sentence.

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

When this ends, may we find that we have become more like the people we wanted to be,
we were called to be,
we hoped to be.

And may we stay that way – better for each other because of the worst.

Laura Kelly Fanucci

Words of the Day “Now we’ll read the Words of the Day from the Chat box.” *People can’t see Chat written before they joined the meeting, so you might want to read these yourself or ask people to read their own.*

Sharing of Joys and Concerns “We’ll share joys and concerns.” *Begin, and then either call on people or ask them to “chain” to the next person. Make sure everyone has an opportunity.*

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

Shared Readings “I’ll start the first Shared Reading.” *Begin, and then either call on people or ask them to “chain” to the next person. Make sure everyone has an opportunity to read.*

Healing takes courage, and we all have courage, even if we have to dig a little to find it. *Tori Amos*

Reconciliation occurs between equals. *Curtiss Paul DeYoung*

do not look for healing / at the feet of those / who broke you
Rupi Kaur

Resolution, like responsibility, is a product of ownership, and kids can’t resolve a conflict until they figure out how they contributed to it. *Richard Eyre*

We thought we could cure everything, but it turns out that we can only cure a small amount of human suffering. The rest of it needs to be healed, and that’s different. *Rachel Naomi Remen*

If you have come to help me you are wasting your time. But if you recognize that your liberation and mine are bound up together, we can walk together. *attributed to Lilla Watson*

The wound is the place where the Light enters you. *Rumi*

I thought faith would say, “I’ll take away the pain and discomfort,” but what it ended up saying was, “I’ll sit with you in it.” *Bréne Brown*

No one heals himself by wounding another. *St. Ambrose*

Rarely, if ever, are any of us healed in isolation. Healing is an act of communion. *bell hooks*

Deep Listening and Sharing

Round 1. Deep Sharing. “Now we share reflections on Healing and the preparation.” *Ask people to mute or remain quiet for each speaker and note the time available for each person.*

Go first to model. Then ask people to raise their hand if they are ready. Assist with un-muting if needed. Make sure everyone has an opportunity.

Round 2. Responses and Comments. *Note how much time is available for Round 2. People can unmute for freer exchange. Go first as a model for the group.*

Closing Circle “We’re going to say a word or sentence about what we are taking away from the session.” *Begin, and then either call on people or “chain.” Make sure everyone has an opportunity.*

Chalice “We will extinguish the chalice.” *Ask for a volunteer to read.*

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.

Bell or Chime

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.”