

Gathering for Fear, Courage, and Faith

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

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

- Check that you are unmuted and have video. Check your volume. Edit your name tag if necessary.
- Make sure you have a copy of the Gathering available.
- **Words of the Day.** In Chat, write the sentence “One fear I am living with now is ... and to live with it I bring the practice of ...” and fill in the blanks.

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

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

Albert Schweitzer

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.*

Many a time of freedom has been rolled back, and always for one sorry reason – fear. *Molly Ivins*

Just as courage imperils life, fear protects it. *Leonardo da Vinci*

Don’t be afraid of your fears. They’re not there to scare you. They’re there to let you know that something is worth it. *C. JoyBell C.*

If you’re offered a seat on a rocket ship, don’t ask what seat, just get on. *Sheryl Sandberg*

I’m not afraid of death; I just don’t want to be there when it happens. *Woody Allen*

Change in life is like a cold bath in winter, we hesitate at the first plunge. *Letitia Landon*

I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. *Nelson Mandela*

Men go to far greater lengths to avoid what they fear than to obtain what they desire. *Dan Brown*

Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free. *Jim Morrison*

Scared is what you're feeling. Brave is what you're doing. *Emma Donoghue*

Deep Listening and Sharing

Round 1. Deep Sharing. “Now we share reflections on living with fear and the preparation.”
Note the time available for each person and ask people to mute or remain quiet for each speaker.

Go first to model. Then ask people to raise their hand if they're ready to go next. 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 to 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.”