

Facilitator Notes for Resilience Gathering

For this session, there is a Closing Ritual.

Before the Session – Establish the Closing Ritual

In years when we met in person, groups often did a Closing Ritual by writing descriptive phrases for each member on cards and then reading the phrases for each person aloud. With Zoom meetings, we need to adapt.

Facilitators can determine what kind of ritual might work best for their group. The Gathering just says “Closing Ritual.”

Here is one possibility that uses the “descriptive phrases” approach but preserves confidentiality. It requires some preparation in the week before the meeting. You can adapt it for your group or use an entirely different ritual of your own choosing.

In the week before the meeting, email each member individually, not with a group email. Send each member a list of the names of everyone in the group. Ask them to write a word or phrase to describe each person and **reply to you only**, to preserve confidentiality.

Give them an example of what to do. Here is a sample list of names with a description for each.

Amber loving
Bob attuned to the natural world
Chris sensitive and caring
Dora optimist

A few days before the meeting, compile a phrase list for each individual member.

Amber loving, great sense of humor, creative, ...
Bob attuned to the natural world, thoughtful, insightful, ...
Chris sensitive and caring, smart, loves animals, ...
Dora optimist, full of energy, listens and responds, ...

At the Closing Ritual below, be ready to read the “intro” and descriptions for each person. If your group is large, you might want to email half the list to someone else before the meeting and ask them to read as well. See the **Closing Ritual** below for more detail.

When you join the session *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 “I can nourish resilience through ...” and complete the sentence.

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.*

A time of crisis is not just a time of anxiety and worry. It gives a chance, an opportunity, to choose well or to choose badly. *Desmond Tutu*

Go within every day and find the inner strength so that the world will not blow your candle out. *Katherine Dunham*

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

Joy, collected over time, fuels resilience. *Brené Brown*

Inside the word “emergency” is “emerge”; from an emergency new things come forth. The old certainties are crumbling fast, but danger and possibility are sisters. *Rebecca Solnit*

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

In times of crisis, people reach for meaning. Meaning is strength. Our survival may depend on our seeking and finding it. *Viktor Frankl*

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

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within. *Elisabeth Kübler-Ross*

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*

Deep Listening and Sharing

Round 1. Deep Sharing. “Now we share reflections on Resilience and on the ending of our group.” *Note the time available for each person. Go first to model. Make sure everyone has an opportunity.*

Round 2. Responses and Comments. *The facilitator should note the time available and reserve time for the Closing Ritual.*

Closing Ritual

You can use a different ritual of your own choosing. This material is for the closing ritual described above.

The facilitator or a helper reads this introduction and the descriptions for each person.

__(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 descriptive words and phrases here for the individual]

Your gifts have enriched us in our journey together.

Chalice “Our group is ending, but we will remember one another and our time together. We will extinguish the chalice.”

We extinguish this flame and we remember the warmth of our community, the light of our wisdom, the generosity of our sharing. We will keep each other in our hearts.

Bell or Chime