

# Gathering for Resilience

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

**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 about 20 minutes for the Closing Ritual.*

**Closing Ritual** *The facilitator leads the group in a closing ritual.*

**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**

### **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.”