

Gathering for Vulnerability

There are video session suggestions – speaking in turns, using Chat. Some sections use a timer / clock.

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

- Check your volume and video, if you are using video. Check your “name tag.”
- Make sure you have a copy of the Gathering available.
- **Words of the Day.** If your group is using Chat, write “To me, vulnerability means ...” and complete the sentence.

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

To face the world’s shadows, a chalice of light
To face the world’s coldness, a chalice of warmth
To face the world’s terrors, a chalice of courage
To face the world’s turmoil, a chalice of peace
May its glow fill our spirits, our hearts and our lives.

Lindsay Bates

Words of the Day “Now we’ll share the Words of the Day.” *If you’re using Chat, people can’t see chat written before they joined, so the facilitator can read. Or people can 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.*

Love is filled with uncertainties and risk ... vulnerability sounds like truth and looks like courage.
Brené Brown

There can be no vulnerability without risk. Without risk there can be no community. There can be no peace, and ultimately no life, without community. *Scott Peck*

When we were children we used to think that we would no longer be vulnerable. But to grow up is to accept vulnerability ... to be alive is to be vulnerable. *Madeleine L’Engle*

Facing vulnerability takes openness to experience that goes beyond our normal comfort level.
Anonymous

Guys have a level of insecurity and vulnerability that is exponentially bigger than you think. With the primal urge to be alpha comes extreme heartbreak. The harder we try the harder we fall.
John Krasinski

Vulnerability is the only authentic state. Being vulnerable means being open, for wounding, but also for pleasure. Being open to the wounds of life means also being open to the bounty and the beauty.
Steven Russell

I do not fear my vulnerability because I no longer confuse it with weakness. *Isabel Allende*

The closet does have a benefit. It provides safety. Which at times is important. But remember, as long as you are in there, two other things will be too. Fear and shame. *Anthony Venn-Brown*

Very little grows on jagged rock.
Be ground.
Be crumbled, so wildflowers will come up where you are.
You've been stony for too many years.
Try something different.
Surrender.
Rumi

Generous listening is powered by curiosity, a virtue we can invite and nurture in ourselves to render it instinctive. It involves a kind of vulnerability – a willingness to be surprised, to let go of assumptions and take in ambiguity. *Krista Tippett*

Deep Listening and Sharing

Round 1. Deep Sharing. “Now we share reflections on Vulnerability.” *Note the time available for each person. Go first to model. 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 use “chaining.”*

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.”