

Gathering for Expectations

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.** Complete this sentence:
“An expectation that has influenced me is ...”

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

Spirits that have once been sincerely united, and tended together a sacred flame, never become entirely stranger to one another’s life.

Margaret Fuller

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.*

Do the best you can until you know better. Then when you know better, do better. *Maya Angelou*

I do know one thing about me: I don’t measure myself by others’ expectations or let others define my worth. *Sonia Sotomayor*

If I didn’t define myself for myself, I would be crunched into other people’s fantasies for me and eaten alive. *Audre Lorde*

My happiness grows in direct proportion to my acceptance, and in inverse proportion to my own expectations. *Michael J. Fox*

That was the thing about the world: it wasn't that things were harder than you thought they were going to be, it was that they were hard in ways that you didn't expect. *Lev Grossman*

The key in letting go is practice. Each time we let go, we disentangle ourselves from our expectations and begin to experience things as they are. *Sharon Salzberg*

I have learned that as long as I hold fast to my beliefs and values and follow my own moral compass – then the only expectations I need to live up to are my own. *Michelle Obama*

If you accept the expectations of others, especially negative ones, then you never will change the outcome. *Michael Jordan*

We don't want people to have expectations of us, but then we have expectations about everybody else.
Lauryn Hill

I can't think of anything worse really, than to try to live up to someone's expectations of what you should be. You don't make art by consensus. *Tracy Chapman*

Deep Listening and Sharing

Round 1. Deep Sharing. "Now we share reflections on expectations." *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."