

## **Gathering for Living with Intention** (January theme)

*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:  
“I set an intention to ... ”

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

We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched.

Maybe this year, to balance the list, we ought to walk through the rooms of our lives ... not looking for flaws, but for potential.

*Ellen Goodman*

**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.*

An intention is a positive call to action about something you want to do, rather than something you don’t want to do but feel that you “should.” *Diana Raab*

Change is born of the intention behind your footstep, not of the size of it. *Abhijit Naskar*

Love is an act of will, both an intention and an action. *bell hooks*

We judge ourselves by our intentions and others by their behavior. *Stephen Covey*

Our innate nature is to be pure of heart. But somewhere along the way ... [the ego] gets in the way and brings on outside elements that cover up this innate purity. *Rúben Hábito, Filipino Zen teacher*

Don’t insist that people give you credit for your intentions. *Ijeoma Oluo*

A garden requires patient labor and attention. Plants do not grow merely to satisfy ambitions or to fulfill good intentions. They thrive because someone expended effort on them. *Liberty Hyde Bailey*

If we fall, we don’t need self-recrimination or blame or anger – we need a reawakening of our intention and a willingness to re-commit, to be whole-hearted once again. *Sharon Salzberg*

Our deepest calling is to grow into our authentic selfhood, whether or not it conforms to some image of who we ought to be. *Parker Palmer*

How we spend our days is, of course, how we spend our lives. *Annie Dillard*

## **Deep Listening and Sharing**

**Round 1. Deep Sharing.** “Now we share reflections on living with intention.” *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.”