Gathering for Nurturing

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 feel a sense of accomplishment when I nurture …"

Chalice Lighting "We'll begin by lighting the chalice." *Ask for a volunteer to read.*

We nurture the highest in each other
without depleting granary of our offering
we pour ourselves out to make room
for the best is yet to come.
Nalini Priyadarshni, Doppelganger in My House

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.*

Taking care is one way to show your love. Another way is letting people take good care of you when you need it. *Fred Rogers*

We should try to leave the world a better place than when we entered it. As individuals, we can make a difference, whether it is to probe the secrets of Nature, to clean up the environment and work for peace and social justice, or to nurture the inquisitive, vibrant spirit of the young by being a mentor and a guide. *Michio Kaku*

Our talents are living things, we give birth to them, nourish them till they grow and become immortal. *Michael Bassey Johnson*

She'd wanted to run an inn. To welcome people, to mother them. They had no children of their own, and she had a powerful need to nurture. *Louise Penny, The Brutal Telling*

I had a dream that I didn't care anymore … when I woke up I realized that I was stuck with a big heart. *Starley Ard*

The gardener cultivates wildness, but he does so carefully and respectfully, in full recognition of its mystery. *Michael Pollan, Second Nature: A Gardener's Education*

Empathy nurtures wisdom. Apathy cultivates ignorance. *Suzy Kassem*

Love is the capacity to take care, to protect, to nourish. *Thich Nhat Hanh*

Nurturing your self-compassion is anti-oppression work within yourself. *Joy Donnell*

For in every step,
The earth's roots will drink from you,
And you from it.
Tavisha Sh, Dancing On The Line Of Insanity

Deep Listening and Sharing

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