

## *"Thank You for Your Loving Hands"*

Thank you for your loving hands, your loving heart,  
your loving ways—

Thank you for the gifts you bring into the world each day.

And if you ever doubt yourself, remember us, who love you well—

We know all the gifts you bring into the world each day.

So thank you for your loving hands, your loving heart,  
your loving ways,

Thank you for the gifts you bring into the world each day.

—by Judy Fjell and Lisa Bregger

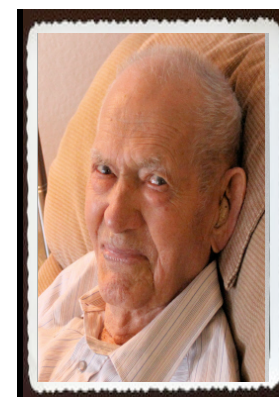
## The Covenant

### *I commit myself:*

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to honor the group by letting the leader know if I will be absent, and to come to the group one last time and say good-bye if I need to quit
- to avoid cross talk, giving feedback or trying to fix anyone
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others
- to not gossip about what is shared in the group, and not tell other people's stories
- to listen to what others share with an open heart, and to share deeply in my turn

## Covenant Groups

# *Snapshots of My Life*



# Snapshots of My Life

## *Chalice Lighting*

We come together in an attitude of openness—not knowing quite what will happen, yet daring to receive a new idea, a new experience, sustenance for our minds and our hearts.

We come with an attitude of humility, knowing how much we need one another, how alone we can be in the world, how vulnerable if we face life solely by ourselves.

We come in the spirit of love, seeking human warmth and fellowship in the hands and faces of those around us.

—Adapted from Peter Lee Scott

## *Sharing of Joys and Sorrows*

### *Silence*

Silence, holding ourselves and each other in silent support.

### *Shared Readings*

As I reflect back on these photos, they all represent a time, truly a snapshot, in my life when I felt carefree. Even if that feeling was an illusion upon closer inspection, it was what it felt like in that moment—that was the reality. This project helped me to remember that part of myself, the carefree, fun, empowered, unencumbered self, still exists.

—Linda Myers

Don't try to capture a man in one synthetic portrait, but rather in lots of snapshots taken at different times and in different circumstances!

—Aleksander Rodchenko

Snapshots of feelings, images, perceptions define the abstract soul.

—Samantha Long

It is by speaking and listening to each other that out of the darkness of our separate mysteries is brought to light the truth of who we are.

—Frederick Buechner

## *Deep Sharing and Deep Listening*

**Round 1:** The facilitator will pose a question related to the topic, and everyone has an opportunity to respond briefly.

**Round 2:** Everyone can speak about how you felt about this topic, something that touched you, a story you want to share.

**Round 3:** In the final round, the facilitator may introduce another question or the group may continue sharing as they have been.

During the sharing, one person speaks at a time into an appreciative silence. The only responses are non-verbal, although the leader may express thanks if that seems comfortable. A brief moment of silence between speakers lets the sharing “sink in.” Then, going in any order, the next person will share. This may seem awkward at first, but most groups find it very satisfying once they get used to it.

The one who is sharing has the job of speaking deeply from their heart about the topic. Listeners have the task of keeping an open heart to what is shared. The facilitator is responsible for helping speakers stay in their allotted time. It is assumed that everyone in the group will speak, but if someone does not want to speak, they may pass.

## *Closing Words*

Each of us brings a separate truth here,  
We bring the truth of our own life, our own story.  
We don't come as empty vessels.  
But rather we come as full people—people who have our own story  
and our own truth.

This room is rich with truth, rich with experience . . .

We gather together.

Together we have truths.

Together we have a story.

Together we are a community.

—Penny Hackett-Evans, adapted

## *Closing Song*

“Thank You for Your Loving Hands”

## *Group Business*

Homework for the next meeting.