

CIRCLE PRACTICE

Rev. Paula Pocięcha; Regional R&R trip, August 2010
(Follow the "Basic Guidelines for Calling a Circle" from Christina Baldwin,
<http://peerspirit.com/downloadable-gifts.html>)

WELCOMING

One person read:

Isaiah 52:7-10 (New International Version)

⁷ How beautiful on the mountains
are the feet of those who bring good news,
who proclaim peace,
who bring good tidings,
who proclaim salvation,
who say to Zion,
"Your God reigns!"

ESTABLISH THE CENTER

Members around the table choose something on the table or that they have brought with them to represent being missional, and place it in the center of the table. This object represents our intentions for connecting and nurturing each other in our missional ministries.

CHECK-IN

Start with a volunteer and go around the circle clockwise, saying your name and sharing a very brief story related to your name. (5 minutes for the total group)

AGREEMENTS

- We will hold stories or personal material in confidentiality.
- We listen to each other with compassion and curiosity.
- We ask for what we need and offer what we can.
- We agree to employ a group guardian to watch our need, timing, and energy. We agree to pause at a signal, and to call for that signal when we feel the need to pause. (Choose that guardian and signal now).

CONVERSATION (15-30 minutes, depending on your time frame)

- Consider the covenant: "We welcome expression of differing viewpoints and create an environment of trust to encourage free discussion."
- Go around the circle, sharing briefly, one at a time, about a time when you experienced this kind of environment. If the turn to speak comes to you and you

are not ready, you can pass, and then go after the last person if you think of something.

- After everyone has shared, have a conversation about what it takes to create this kind of environment. You do not need to pass the talking piece—but be mindful not to “step” on each other’s sharing.
- What do you notice about both listening and being heard in this circle process?

CHECK-OUT

Start with a volunteer and go around the circle, each person sharing one word that describes the commitment they are willing to make to help create this environment (e.g., OPEN, PRESENT, NON-JUDGMENTAL; PATIENT...)

We will end with this prayer together:

WE ARE THE BELOVED OF GOD, AND WE SHINE GOD'S LIGHT OUT INTO THE WORLD! AMEN!

Reclaim the object in the center and thank your tablemates for sharing.