

The 3 Circles

Gathering liturgy

“The day of my spiritual awakening was the day I saw and knew I saw all things in God and God in all things “

(slowly)

Be still and know God.

Be still and know.

Be still.

Be.

Let us rest in God’s loving presence,
and offer God all of who we are this day.

(silence ~1min)

Each of us is welcome in this circle.

We honor the divine presence in each one.

We keep this circle in holy confidence.

It is only then that we can share openly and honestly.

All hopes and dreams, all fears and failures – even our joys and successes – are to stay within this circle. This is how we help each other.

We agree to take turns, speak briefly, use “I” statements, respect our differences, and refrain from attempts to rescue, fix, or set each other straight.

No one is obligated to speak, you may always exercise the option to pass, and we will honor silence when it arises.

Again, what we share in this circle, we share in confidence.

I ask you to uphold the following intentions:

- **Speak from the heart**
- **Listen from the heart** (without overanalyzing or quantifying)
- **Be lean of expression** (say only what needs to be said)
- **Speak in the moment when your turn arises**

***The prompt is read**

Circle I – Connecting

(What does this prompt raise in your Spirit)

Circle II – Releasing

(A second prompt may be presented.

What is the deeper level of this topic for you?)

(if time) **Circle III – Serving**

(What is God saying? What has changed for you?)

Closing – Popcorn council

- Moment of Gratitude (closing 5min)
- Where were you conscious or not of God’s presence in this session? (do not judge, just notice)
- Are there any intentions you wish to make going into this next week?
- As you settle into gratitude, what are you grateful for right in this moment?

Let us go in peace in the power of the Spirit.

Thanks be to God.