



### **Chalice Lighting**

When I dare to be powerful — to use my strength in the service of my vision, then it becomes less and less important whether I am afraid... I am deliberate and afraid of nothing **Audre Lorde**

**Check-in** *Share your highs and lows since we last met focusing on what drains you and what lifts you up. We give each other the gift of listening without asking questions or offering advice to allow people the safety to share what's in their hearts.*

### **Spiritual Exercises**

#### **Option A: Start Your Day with Intention**

*"At the beginning of the day, the mind is most open to receive new impressions. One of the most important things we can do is to take full responsibility for the power of the morning." - Marianne Williamson*

This exercise invites you to explore the power of intentional mornings. Too often our days take hold of us rather than us taking hold of them. So, for at least one week, pick one of the practices listed [on this page](#) to begin your day with a greater sense of intentionality and purpose.

#### **Option B: Filling In The Blanks With Intention**

It's not easy to stay true to your deepest intentions. But often it's even harder to figure out what they are. This exercise assumes that our deepest self already knows our core intentions and our work is to decipher what it wants us to hear. To help, you are invited to access and download [this document](#). It contains uncompleted sentences. Fill them in, then step back and see if you notice any patterns or surprises in them. When filling in the blanks, trust your instincts. In other words, don't spend a lot of time pondering what to put in the blank. Instead just write down the first or second thing that pops in your head. Think of it as a Rorschach test on intention.

**After you complete the sentences [on the linked page](#)**, use these questions to help you reflect on the answers you wrote in the blanks:

- What would you change after giving the completed sentences a second look?
- What surprises you?
- Would your closest friend or partner agree with how you filled in the blanks? (Maybe even ask them!)
- What 2 or 3 sentences seem to merit your greatest attention right now?
- What single intention are you ready to make based on listening deeply to what the list of completed sentences is trying to tell you?

Come to your group ready to share the 2-3 questions that you engaged the most and why that was so. And if you are comfortable, consider telling the group what single intention you set based on the exercise.

## **Quotes for Inspiration/Readings**

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. - *Viktor E. Frankl*

In any given moment we have two options, to step forward in growth or to step back into safety. - *Abraham Maslow*

Intentional living is the art of making our own choices before others' choices make us. - *Richie Norton*

Any dead fish can go with the flow — you have to be intentionally alive to swim against the current. - *Ann Voskamp*

At the center of your being, you have the answer; you know who you are, and you know what you want. - *Lao Tzu*

**Questions** *Pick the one question that speaks to you most and let it lead you where you need to go. The goal is to figure out what being a part of a people of intention means for you and your daily living.*

1. *What did your parents intend to do with their lives? Did they fulfill it? And whether they did or didn't, what did you learn from watching them try?*
2. *What is your intention when you wake up? Some begin the day by asking, "What do I have to get done?" Others ask, "What do I want this day to be about?" Which are you?*
3. *Are you too intentional? Is it time to put down all the "doing" and pay a bit more attention to "being"? Has your long list of intentions left you feeling exhausted and even lost?*
4. *They say intention arises from within. So, what do you do to stay in touch with the fire in your belly?*

**Sitting in Silence** *Take a few moments to sit quietly and reflect upon your thoughts.*

**Sharing/Deep Listening** *Respond with your thoughts and experiences with the topic. We create a safe space by listening deeply and not responding. When sharing, connect with what is true for you. When listening, give the speaker your full attention rather than thinking about what you will share.*

**Reflection and Gratitude** *This is a time to respond briefly to something another person said or to relate additional thoughts that may have occurred as others shared. Consider lifting up one comment or experience for which you are particularly grateful.*

## **Singing (or watching a video of someone else singing)**

Resolutions: I Promise - Spoken Word Poem - *Natalie Patterson*

<https://www.youtube.com/watch?v=kuEShLy4MA>

## **Extinguishing the Chalice**

That's the sacred intent of life, of God--to move us continuously toward growth, toward recovering all that is lost and orphaned within us and restoring the divine image imprinted on our soul. - *Sue Monk Kidd*