

Women's Wisdom Circle "Letting Go"

When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need.

Lao Tzu

Facilitators' Annotated Agenda

Framework: Appreciative, reflective, strengths-based, aging well, integrative, "the answers are inside you"

Blue = Something we need to bring or do before the session starts

Green = Handout

Purple = Tool – point out the use of this tool to participants

Goals for this session:

1. Strengthening connection and community
2. Maintaining a safe environment (sacred space)
3. Exploring the importance of letting go
4. Using the talking stick to do the group check-in and dreamwork as tools for building community

2:00 Welcome and Opening

Announcements and logistics

Opening the Circle

Lighting candle (R will bring)

Quote from above – Write on board

Find volunteer to hold cord (group intentions)

Centering exercise

Group check-in

Dreamwork – "If it were *my* dream..." (previously given at "Doing My Wisdomwork" assignment between sessions)

2:40 Introduction of This Month's Topic – Letting Go

Pass out quotes. Have each person select one quote that speaks to them. Invite them to journal about that quote. Invite participants to share their “words of wisdom” about letting go.

Scribe their “words of wisdom” and read as a group poem.

3:10 Break

3:20 Further Work on Letting Go

Social meditation: What Do I Have to Let Go Of?
Personal reflection/journaling

Whole-group harvest (if time permits)

3:50 Closing Circle

Ideas for December meeting

Volunteer returns “Cord of Intentions” to altar
Closing Reading: *Letting Go* by Louise Hay

Doing My Wisdomwork:

Reminder to share this work with others between meetings (partners, friends, others from group)

My “Letting Go List” in the Next Twelve Months
(Handout)