

# Women's Wisdom Circle Facing Our Mortality

## Facilitator's 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. Maintaining a safe environment.
2. Strengthening connection and community through ritual and sharing.
3. Using group check-in and dreamwork as tools for building community.
4. Encouraging the sharing of personal experiences and wisdom about facing death.

### **2:00 Welcome and Opening**

Welcome

Announcements and logistics

### **2:05 Opening the Circle**

Lighting the candle ([invite someone to light it](#))

Community Agreement (reminder, if needed)

Centering/focusing exercise:

Reflect for a moment on the Intention you set for our time together. What one thing will you do today, right now, in our next two hours together, to bring yourself closer to fulfilling your intention? Take a moment to journal about any insights or decisions you make.

Invite someone to wear the cord of intentions (we do this each month, like the Lakota pipekeeper who holds the intentions of the tribe)

## **2:15 Circle Sharing** (using the Heartstone)

Placing an item in the sacred space and sharing how it reflects:

From the email sent to them in between sessions: “something that embodies the changes that are happening for you on your spiritual journey - an object, an item from nature, a poem - something that you can share with us and place in the sacred space that we are creating together. The item could represent something that you have let go of or something that you are moving toward - something that will help you let us know what's up with you.”

or

How has it been for you this past month?

or

Here's where I'm at on my “Aging as a Spiritual Journey...”

Then, if there's time, a second circle-sharing opportunity:

Doing Dreamwork

Re-introduce dreamwork from an earlier session.

Group sharing of dreams

## **2:45 Topic Introduction: Facing Our Mortality**

Introduce topic of facing our mortality as part of aging well.

Then, introduce the Who Dies? Social Meditation.

Depending on the “feel” in the room at this point, you can invite folks to do some personal reflection/journaling.

## **3:05 Break**

### **3:15 (More on...) Facing My Mortality**

Spiritual Task: Facing Death

Read: Mary Oliver poem “When Death Comes”

Reflection/Journaling **(H)** – **Deathbed Exercise**

Dyad sharing

And, if there's time, whole-group harvest

## **3:50 Closing**

Silence. Focusing on breath.

Reading: Wendell Berry quote

*It may be that when we no longer know what to do  
we have come to our real work,  
and that when we no longer know which way to go  
we have come to our real journey.*

*The mind that is not baffled is not employed.*

*The impeded stream is the one that sings.*

Wendell Berry