

Wisdom Circle – Nourishment

November 2017



Chalice Lighting

Optional Chalice Lighting: (You may read or sing)

And so we gather, from the ebb and flow of our lives

Thirsty for connection to ourselves

Thirsty for connection to others

Thirsty for connection to the larger life.

As we light this chalice

May all who gather here be filled:

Filled with joy and hope

Filled with compassion and love

Here, may we be filled

So that we may pour ourselves out

into the world.

- Gregory Pelley

Check-In

As you feel comfortable, take 2-3 minutes to share whatever you need to share with this group in order to be fully present. This is a time for sharing, but not for discussion.

Business (approx. 10 min)

Use this time for any new business: Welcoming new members; Scheduling future meetings; Revisiting the Covenant; Answering questions about Wisdom Circle processes; Etc...

Spiritual Exercise

Share any insight, learning, lesson gained from doing or resisting this month's spiritual exercise. (Focus on your heart/emotions/spirit/personal experience).

Because this is a section for personal sharing, attentive listening and no-crosstalk is recommended.

Choose one, two or all!

1. **Mindful Eating:** you can either choose to eat a piece of fruit mindfully or a whole meal. Set some time aside to make sure all your attention is directed to this exercise. Savor the food slowly, think about the ways in which its nutrients will nourish your body, your mind. The ways in which it makes you stronger and allows you to keep going. Feel and express your gratitude for such gifts.

2. **What Nourishes you.** What feeds your spirit? Is there an activity that you find meaningful and nourishing and that you haven't been able to do lately? Are you able to return to it? This exercise is precisely an invitation to do that which nourishes your spirit. What is it? How do you experience it in your body?

3. **Nourish your relationships.** Call someone you care about but that you haven't been in touch with for a while. Someone you think about often but that, for whatever reason, you can't seem to find the time to call or meet. Reach out to them and just let them know you were thinking of them and wanted to say hi.

Discussion of Reading and Words of Wisdom

Take turns reading the words of wisdom. Share about the one(s) that caught your attention. Discuss the reading and the questions below. Crosstalk can enrich your conversation here (avoid judging or wanting to "fix" things, and speak from your own experience, avoiding generalizations or identifying who you mean when/if you use the word "we").

Words of Wisdom

“Differ though we might with Christianity's view of what precisely our souls need, it is hard to discredit the provocative underlying thesis, which seems no less relevant in the secular realm than in the religious one--that we have within us a precious, childlike, vulnerable core which we should nourish and nurture on its turbulent journey through life.” — **Alain de Botton**

“I'm going to die one day. I know it's coming for me, too. I'll be a mountain, I'll be a stone on the beach. I'll be nourishment.” -**Mary Oliver**

“I believe in feeling connected. Love is something that grows, that comes from nourishment; it builds. But there is a great feeling that happens, that is telling you, I don't want to leave this room!” -**Gisele Bundchen**

“Kindness is the best nourishment for humanity.” — **Debasish Mridha**

“[Y]ou have to learn to intake, to imbibe, to nourish yourself and not be afraid of fullness. The fullness is like a tidal wave which then carries you, sweeps you into experience and into writing.” — **Anaïs Nin**

“Where is your water? Know your garden.” — **Hopi teaching**

“No amount of good food can nourish a starving soul.” — **Catherine Barnhoorn**

“Love is something that grows, that comes from nourishment; it builds” -**Gisele Bundchen**

Reading by Tania Márquez

When I asked my friend what first came to her mind when I said the word nourishment, she said “food”. And yes, nourishment is directly related to the foods we eat and that help our bodies grow, be in good condition, and be healthy. And this is important. However, I want to talk about the type of nourishments that is less tangible.

First, there's the nourishment that feeds your spirit and that evokes in you a sense of awe and wholeness. This kind of nourishment refers to the activities in which you engage because they awaken something within that fills you with joy, peace, love, wholeness or awe. Perhaps I ran short of words to describe the particularity of your own experience, but I hope you get the point I'm trying to make. This, of course, is of a very individual nature. You can nourish your spiritual or intellectual life with knowledge or experiences, sometimes in a group setting, but generally with a more individual goal.

Second, everything that is alive needs nourishment. This also applies to our relationships. A friend called me one day out of the blue and said "I just wanted to say hi. I haven't talked to you in a while and I knew I needed to take care of my friendships". In a more subtle or unspoken way we probably already do that with the people that matter to us. However, I was surprised by how intentional and how explicit she was. It was a good reminder that our friendships need to be care for and nurtured. But I also think that this is true of all of our relationships: co-workers, neighbors, classmates, church members, other members of our communities, etc.

I'm wondering about your own thoughts about nourishing. What, from your experience, has informed your understanding of it? How will it be shaped by your conversations in your groups this month?

Questions for Discussion

1. What do understand for nourishment?
2. What feeds you?
3. What personal story can you share about this topic?

Silence: Take two minutes of silence to reflect on the group's session.

Gratitude: Share 1-2 things that have been meaningful to you from this session

Extinguishing of the Chalice:

The Chalice is now extinguished,

but its light lives on in the minds and hearts and souls of each one of you.

Carry that flame with you as you leave this place and share it

With those you know

With those you love

and most especially, with those you have yet to meet.

-Brian Kiely