

Engaging the Inner Work of Transformation



The Spiritual Practice of Sharing in Circles of Trust Preparation for Reflection #2

Recalculating Recalibrating

I had an early GPS unit I called Jane.
She had a BBC British accent,
She sounded book savvy and tapped in,
She sounded like she knew
What was going on in the bigger picture,
And how it was intimately connected
To all the smaller roads.

When I missed a turn,
Or got turned around,
She would politely call out from within
Her electronic box set up on the dashboard,

“Recalculating”
“Recalibrating”

I appreciated her calm
And generally genteel attitude.
It always felt like encouragement.
“Honey, there is nothing to fear
These things are going to happen,
And eventually we are going to get there—
Just a little later than you planned.”

“Recalculating”
“Recalibrating”

“Honey, it’s alright
To pull out a paper map
If you need to,
Because sometimes
You just have to place your finger
Directly on the name of the place
You most want to go.
Sometimes you need to pull over the car
And get out of the mindless stream of traffic,

Check the side mirrors and get a bead on
True North,
Or Due West,
Or Back East
Or Basically South.
It’s alright to consider your options
While your overworked engine
Hisses and ticks and cools a little.”

“Recalculating”
“Recalibrating”

Jane only actually knew
What she was programmed to know
But I appreciated her manner of dealing
With the mistake, mishap or unexpected.
This is when we pay attention,
In those vulnerable moments when we
missed the exit
Or misjudged timing,
Or lose our bearings.

This is unknown territory
But not without direction.

There are still on-ramps and off-ramps
Intersections and U-turns,
There are still landmarks
Even when there are no signs

There is still reliable inner guidance
And there is still a way.

“Recalculating”
“Recalibrating”

- How does *Recalculating Recalibrating* speak to you?
 - What are you recalculating?
 - How do you come to a place of trusting your inner guidance?
 - What would you like to share about the inner work that's happening in you these days?
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Format for Circles of Trust /Circle of Prayer Gatherings

Circles of Trust: 60-90 minutes

Circle of Prayer: 30 minutes

Review guidelines for Circles of Trust

Song: "[The Grace of Transformation](#)" Monica Brown

We are hoping, we are praying, for the grace of transformation.
O Sacred One, O Gracious One, may our hearts embrace it now.

We are longing, we are yearning, for the grace of transformation.
O Sacred One, O Gracious One, may our hearts embrace it now.

We are open, we are ready, for the grace of transformation.
O Sacred One, O gracious One, may our hearts embrace it now.

Opening Prayer:

A journey once taken alone,
we now choose to take together.
Moving forward as one body
into the future filled with possibility.

Leaving known paths behind us,
we choose to journey in faith and service.
As the journey brought us here,
so now we begin it anew, in good company,
open to the grace that leads to transformation.

Ed Hays, adapted

Check-In:

How do you come to this gathering?

Intention/Focus:

Behold, I am doing a new thing; now it springs forth, do you not perceive it? (*Isaiah 43:18*)

Share from your preparation, prayer and reflection

- How does the *Recalculating, Recalibrating* speak to you?
- What are you recalculating?
- How do you come to a place of trusting your inner guidance?
- What would you like to share about the inner work that's happening in you these days?

Check-Out:

- How do you leave this time of sharing?
- What's stirring in you now?
- What (if any) insights are you aware of at this time?

Closing Blessing/Prayer

For Solitude

May you recognize in your life the presence,
power and light of your soul.

May you realize that you are never alone,
that your soul in its brightness and belonging
connects you intimately with the rhythm of the universe.

May you realize that the shape of your soul is unique,
that you have a special destiny here,
that behind the façade of your life
there is something beautiful and eternal happening.

May you learn to see yourself
with the same delight, pride and expectation
with which God sees you in every moment.

John O'Donahue

"To Bless the Space Between us: A Book of Blessings"

Sharing in a Circle of Trust

