

Engaging the Inner Work of Transformation



The Spiritual Practice of Sharing in Circles of Trust Preparation for Reflection #3

Manifesto

And if we can't save the world,
and who says we can't, then
let us try anyway. Perhaps
we have no superhuman powers—
can't see through buildings,
can't fly, can't bend the bars of cages—
but we have human powers—
can listen, can stand up to,
can stand up for, can cradle.
And if we can't imagine
a world of peace, and who
says we can't, then let us
try anyway. Perhaps we start
tonight—on a Wednesday.
Thursday works, too. Or Friday.
Doesn't much matter the day.
All that matters is the choice
to meet this moment exactly
as it is, with no dream of being
anyone else but our flawed
and fabulous very self—
and then, wholly present,

bringing this self to the world,
touching again and again what is true.
What if we do? And if we can't
save ourselves, and who
says we can't, let's try anyway.

There was a time I thought
I could never be healed. That
was only because it hadn't happened yet,
so I decided it wasn't possible.
Healing happened anyway.
What have we decided isn't possible?
What if we stopped believing
that limit? What if, right now,
we used our human powers
of compassion, clarity, gratitude,
praise? What if we did it together—
opened all those closed doors inside
us? What if we let the opening do
what opening does?

Rosemerry Wahtola Trommer

- What might be a deeper invitation for me at this time – something I could “try anyway.”
 - How would I like to go deeper?
 - What do I need to let go, or let die, in order to respond to this deeper invitation?
 - How might I choose to nourish this deeper invitation?
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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: [If Not Now Tell Me When](#) (Carrie Newcomer)

... If not now, tell me when
If not now, tell me when.
We may never see this moment
Or place in time again
If not now, if not now, tell me when.

... I see sorrow and trouble in this land
I see sorrow and trouble in this land
Although there will be struggle we'll make the
change we can.
If not now, tell me when.

... I may never see the promised land.
I may never see the promised land.
And yet we'll take the journey
We'll walk it hand in hand
If not now, tell me when.

... If not now, tell me when
If not now, tell me when.
We may never see this moment

Or place in time again
If not now, if not now, tell me when.

... So we'll work it 'til it's done
Every daughter every son,
Every soul that ever longed for something better,
Something brighter.

... It will take a change of heart for this to mend.
It will take a change of heart for this to mend.
But miracles do happen every shining now and
then

If not now, tell me when?
... If not now,
Tell me when.

But miracles do happen every shining now and
then.

If not now tell me when.
If not now tell me when.
If not now tell me when.

Opening Prayer:

Though a thousand may deride this radical trust,
Ten thousand laugh as I seek to do your will,
Yet will I surrender myself to You,
Abandoning myself into your hands without reserve.

Psalm 91:7-8 Psalms for Praying: An Invitation to Wholeness
Nan C. Merrill

Check-In:

How do you come to this gathering?

Intention/Focus:

Inner work is honest, courageous searching and exploring deep within to discover new insights about ourselves and our relationships with others and God.

Inner work can help us come face to face with who we are and how that may differ from who we are called to be.

It means entering into the Paschal Mystery of dying to what no longer serves us, to what is holding us back, letting it go, grieving its loss and giving birth to new life.

It invites us to get in touch with our deepest longings, to come to recognize and reconcile our wounds and claim our authentic inner voice.

Inner work helps us to act in cooperation with grace.

The Inner Work of Transformation, Ted Dunn

Share from your preparation, prayer and reflection

- What might be a deeper invitation for me at this time – something I could “try anyway.”
- How would I like to go deeper?
- What do I need to let go, or let die, in order to respond to this deeper invitation?
- How might I choose to nourish this deeper invitation?

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

Enough
These few words are enough,
if not this breath, this sitting here.
This opening to the life
we have refused
again and again
until now.
Until now.

David Whyte

