



## Work Group Proposal Form

From the Bylaws, “The Church of Conscious Harmony exists for the sole purpose of facilitating the spiritual journey for people who want to make God-devotion the center of their lives”. To this end, in addition to the regularly-scheduled core classes (e.g., Lessons in Truth, Simple Explanations of Work Ideas, new member classes, the Gospel & Work class, etc.), a new form of small group spiritual enrichment is encouraged. “Work groups,” are small (generally 7-12 people), self-directed, semester oriented and focused on a particular topic or practice related to the two foundations of the Church: the Christian contemplative tradition and the Work of Inner Christianity.

The aim of work groups is to provide participants with transforming spiritual enrichment, inspiring love of God and love of neighbor.

∞

**Work Group Title:** Open Heart

**Meeting day/time:** Tuesday 11:30am-1:00pm

**Duration:** Sep 5-Dec 15. We will take off the week of Thanksgiving.

**Purpose or specific aim of Work Group:** Open our hearts and express that openness through our life experiences.

**Sources for content or practice:** Open Mind, Open Heart by Thomas Keating - Chapter 13 Guidelines for Christian Life, Growth and Transformation

**Outline and timeline for study and/or practice:**

- |         |   |
|---------|---|
| Week 1  | Introduction - group, expectations, meditation, exercises                                   |
| Week 2  | Our basic core of goodness is our true Self...  |
| Week 3  | God and our true Self are not separate...   |
| Week 4  | Grace is the presence and action of Christ at every moment of our lives...                  |
| Week 5  | Our basic core of goodness is dynamic and tends to grow of itself...                        |
| Week 6  | Divine love is compassionate, tender, luminous, totally self-giving, seeking no reward,...  |
| Week 7  | The experience of being loved by God enables us to accept our false self as it is...        |
| Week 8  | Progress in the spiritual journey is manifested by the unconditional acceptance of other... |
| Week 9  | Solitude is not primarily a place but an attitude of total commitment to God...             |
| Week 10 | Obedience is the unconditional acceptance of God as He is...                                |
| Week 11 | Humility is an attitude of honesty with God, oneself, and all reality...                    |
| Week 12 | Hope springs from the continuing experience of God’s compassion and help...                 |
| Week 13 | Human effort depends on grace even as it invites it...                                      |
| Week 14 | What Jesus proposed to his disciples as the Way is his own example...                       |

**Prerequisites for participants:**

It is recommended that participants have a consistent daily meditation/prayer practice.

**Facilitator's Name:** Fred Haas

**Email:** fred.haas@sbcglobal.net

**Additional comments or considerations:**

This work group will use a guided meditation to facilitate the experience of connecting to and opening our hearts. Please note this meditation is more “active” than previous work group meditations we have done. There are also weekly inquiries to help us practice and explore opening and staying open in our day to day lives. New to this work group there will be a weekly Lectio Divina commitment to add to your daily practice that will take about 11 minutes or so.

This is an experiential work group. Meetings consist of light exercise to facilitate the flow of energy generated by the meditation and a breathing exercise to balance and quiet the mind prior to the meditation, the guided meditation, and then, light exercise to integrate the energy after the meditation. This takes about 50 minutes to an hour.

The remainder of the meeting is devoted to sharing our experiences from the weekly inquiries that we explore as a group. Creation and facilitation of the discussion of these inquiries are rotated among the group members based on the weekly topic. These inquiries are typically experiential in nature as a way of integrating the meditation experience into your daily lives.

We also ask that you commit to adding the “weekly Lectio Divina” to your daily practice. This will take about 11 minutes.

The topics for these inquiries and the content for the “Lectio Divina” will come from Chapter 13 or the book Open Mind, Open Heart by Thomas Keating. This book is supplemental and not the primary focus of this work group.