



Work Group Proposal

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.

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Work Group Title: “Reality of Being”

Meeting day/time: Tuesday 6-7:30pm

Duration: Sept 7 - Dec 11

Purpose or specific aim of Work Group: To experience a deepening relationship with The Work and our community; to practice directed attention with guidance from Mme de Salzmann.

Sources for content or practice: The Reality of Being; lectio practice principles; utilization of The Bible, other teachings associated with CCH

Outline and timeline for study and/or practice: prayer; centering practice; sharing week’s exploration; reading aloud in lectio style; discussion; aim for week’s exploration; prayer.

Prerequisites for participants: Prior participation in the Work of Inner Christianity class is helpful. Centering Prayer practice is helpful. But this group is open to all who wish to make effort.

Facilitator’s Name: Caren Betz

Email: carenbetz@gmail.com

Additional comments or considerations:

Mme de Salzmann’s book deepens the experience of The Fourth Way. She was a disciple of Gurdjieff and he charged her to establish his teachings. Her writings invite us to an incarnational experience and to liberate ourselves from the state of waking sleep.