



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.

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Work Group Title: Welcome and Allow

Meeting day/time: Monday 11:30am - 1pm

Duration: Sep12 - Dec 5

Purpose/aim of Work Group: Welcome our life, know our part and leave the rest to God.

Sources for content or practice: [The Practice of Welcoming Prayer](#) by Cherry Haisten and [Welcoming Prayer](#) brochure; both are available for download on the Contemplative Outreach website.

Outline and timeline for study and/or practice:

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| Week 1 | Introduction - group, expectations, meditation, exercises |
| Week 2 | Welcome Welcome Welcome |
| Week 3 | I welcome everything that comes to me today because I know it is for my healing |
| Week 4 | I welcome all thoughts, feelings, emotions, people, situations and conditions |
| Week 5 | I let go of my desire for power and control |
| Week 6 | I let go of my desire for affection, esteem and approval |
| Week 7 | I let go of my desire for survival and security |
| Week 8 | I let go of my desire to change any situation, condition, person or myself |
| Week 9 | I open to the love, presence and action of the Universal Supreme God within |
| Week 10 | Release |
| Week 11 | Allow |
| Week 12 | Receive |
| Week 13 | Closing exercise |

Prerequisites for participants: a consistent daily meditation/prayer practice.

Facilitator's Name: Fred Haas

Additional comments or considerations: We will explore the Welcoming Prayer with a meditation that connects the sacredness and intention of the prayer deeply with your emotional, energetic and intuitive nature. This is a journey to integrate this response to life in a way that you can readily access. This is an experiential work group. Meetings consist of light exercise and breathing to facilitate the flow of energy generated by the meditation 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.