



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: “Die Wise” - an ongoing exploration of conscious living, aging and dying

Meeting day/time: Wednesday 10:15-11:45am

Duration: January 18-May 24

Purpose or specific aim of work group: An exploration of the opportunities, responsibilities and purpose of the “second half of life” and of death, the ultimate kenosis. Growing in “elder wisdom” together. What do we have to offer each other and our community?

Sources for content or practice: Die Wise, a book by Stephen Jenkinson as a foundation to be expanded upon by other readings, videos, books, scripture, etc. These will be determined by the facilitators and group members as the exploration unfolds. (Sources may include Fr Keating, Bernadette, Meditations on the Tarot, Rodney Collins, Maurice Nicoll, Richard Rohr, Cynthia Bourgeault, Ilia Delio and other contemporary contributors, DVDs, YouTube, etc.)

Outline and timeline for study and/or practice: The first month will be devoted to Stephen Jenkinson’s work and from there we will organically move to areas of particular interest of the group members. Individuals may be working with different sources and bringing the understanding they have gained to share with the group on a particular topic (for example: “Is dying what happens to us, or is dying something we do?, or “Is the natural order of things in itself a miracle?”) The studies will be applied to personal life experiences and shared from this perspective.

Prerequisites for participants: Regular attendance at group meetings and the time and interest to fully engage in the exploration. An interest in ongoing participation.

Facilitator’s Name: Bonita Griffith, Judith August

Additional comments or considerations: This group is for anyone who will die or whose loved ones will die. Together we wish to learn to do the work of grieving and loving that is being asked of us. “Don’t be afraid of death. Let it free you. Let it encourage you to experience life fully. But remember, it’s not your life. You should be experiencing the life that’s happening to you, not the one you wish was happening. Don’t waste a moment of life trying to make other things happen; appreciate the moments you are given. Don’t you understand that every minute you’re a step closer

to death? This is how to live your life. You live it as though you were on the verge of death, because you are.” The Untethered Soul, Michael A. Singer