



## 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:** Dying Wiser - an ongoing exploration of wrestling meaning from the aging process and in recognizing that aging and dying well is a moral, political, and spiritual obligation each of us gratefully owes all of creation.

**Meeting day/time:** Wed 10:15-11:45 am. Optional - participants will also be invited to attend some of the Tues evening work group “Enlightened Eldering” A/V and guest presentations.

**Duration:** Sept 6 - Nov 29 (group meets every other week)

**Purpose or specific aim of Work Group:**

- To explore the God-given opportunities inherent in the natural process of aging and dying and to become aware of how our culture thwarts this natural process.
- To affirm gifts we can offer as we experience later life events and to explore practical efforts which can be made on behalf of all.
- To determine and implement a service project to further the group aim.

**Sources for content or practice:** These will be finally determined by group members’ previous involvement and interest, availability of material and guidance of the Spirit. At each meeting, discussion will follow assigned reading or viewing from the group’s recommended reading list and from YouTube, documentaries and DVDs shown during group sessions. An extensive recommended reading and viewing enrichment list will be included as well as readings, viewings and questions via weekly emails between meetings for optional individual enrichment activities and grist for reflection and discussion.

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

Sept 6, 20, Oct 4, 18, Nov 1, 15, 29

**Prerequisites for participants:**

- minimum of 1 yr Centering Prayer practice

- participation in the Work of Inner Christianity class would be useful;
- recommended preparatory reading (any or all!)  
Die Wise by Stephen Jenkinson or DVD Griefwalker  
Being Mortal by Atul Gwande or DVD by same name (Netflix)  
The More Beautiful World our Hearts Know is Possible by Charles Eisenstein

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