



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: “Reality of Being”

Meeting day/time: Tuesday 6:15-7:45pm

Duration: January 17 - May 23

Purpose or specific aim of Work Group: To focus on digestion of what is offered by Madame de Salzmann and deepen understanding and application of Work ideas; To awaken an emotional centeredness within application of Work ideas and balance the energy in our centers; To ‘try on’ Work ideas and apply them practically in our daily lives.

Sources for content or practice: The Reality of Being (Jeanne de Salzmann)

Outline and timeline for study and/or practice: We will explore chapter 6 – To Be Centered (p 130). Each member is encouraged to re-read the portion read in group over the following week, and come prepared to share observations.

Each gathering is begun with prayer and a centering exercise lead by a member of the group in a rotational order. Sharing of the previous week’s exploration and application to the reading among the group frequently includes The Work, Fr. Keating, Sr. Bernadette Roberts, Ilia Delio, and other resources from the teaching of CCH. Reading of material proceeds at the pace that supports the group and group discussion, and is in the manner of Lectio. Discussion of the reading is included to deepen our experience. At the conclusion, a weekly Aim is chosen by the group, and prayer closes the meeting.

Prerequisites for participants: Two-years in the WoIC class or TMS; prior reading of the Psychological Commentaries. Read the fifth chapter of The Reality of Being (pg 105) on working with others.

Facilitator’s Name: Caren Betz

Additional comments or considerations: Madame de Salzmann’s examination of Working with Others (p105) is foundational to this Work – we practice building community not as a goal to accomplish but in relationship. “Our aim is to be centered in the sense of a concentration of our energies and of finding the center of our being.” (p.130)