



## 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:** “Seva Beyond the CCH Community”

**Meeting day/time:** Tuesdays 6-7:30pm

**Duration:** January 17-May 2 (excluding 2 weeks in April)

**Purpose or specific aim of Work Group:** To discern the appropriate disposition for contemplatives/Work students to engage in community service.

**Sources for content or practice:** Excerpts from writings and audio/video offerings of Richard Rohr, Jim Wallis, Ilia Delio, Teilhard de Chardin, Parker Palmer, Thomas Keating, Jesus, OnBeing.org, Seva leader curriculum and other findings on service offered by the facilitator and all the group participants.

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

Weeks 1-3: Exploration of service including motivation, serving vs. helping, reacting vs. responding, "man cannot do" vs. "I can Work", being vs. doing, evolution toward love, relationships, and networks. We will look at Keating’s energy centers and our Enneagram types’ typical approaches to service.

Weeks 4-8: Sharing in the suffering of the world. Each member chooses and shares on a specific service area and all respond with self-observations. Feel the feelings. We will employ Work principles to transform negative emotions, work on non-identification and see in ourselves what we may object to in “others”. We will identify first, second force and third forces and ask whether we are using life or Love and the Work as Third Force to transform impressions around our service areas. Service areas to consider might include (not limited to) poverty, homelessness, healing/illness, prison, youth, refugees/immigrants, addiction, hunger, nature care or whatever members propose.

Weeks 9-11: Discernment on action: Implicit bias, gifts of the spirit, being with and listening skills, examples of servers (e.g. Dorothy Day, St. Francis, and Jim Wallis). Explore ways of serving and appropriate disposition - specifically donating money, time, or face to face service.

Weeks 12-13: Individual commitment sharing of ways each intends to serve after this exploration. Group will discuss whether to create a service project(s) to do as a group or subgroups.

**Prerequisites for participants:** A minimum of 6 months Centering Prayer practice and familiarity with Work principles. An interest in walking the Prayer into the world to serve humanity and creation.

**Facilitator's Name:** Kathryn Nichols

**Additional comments or considerations:** Must be willing to actively participate by bringing offerings on the weekly topics and presenting findings on an area of suffering of fellow humans or the planet. Consider Ilia Delio's teaching on self-organizing and open systems.