



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: Altered ‘I’s’

Meeting day/time: Friday 6 - 7:15pm

Duration: January 26 - February 23

Purpose or specific aim of Work Group: Group discussion based on deep use of Work ideas on the journey and struggle of health issues. Also, exploration of the way Centering Prayer changes your mind, brain, and body during these times.

Sources for content or practice:

Altered Traits, Daniel Goleman and Richard J. Davidson
WoIC commentaries on Work ‘I’s’ and Real I suggested by group members
Prerequisite: listen 3 times to Sunday **12/3/17** message by Tim Cook.

Outline and timeline for study and/or practice: Participants will receive an agenda during the week before each meeting. Therefore, we will start with a discussion of Chapter 1 at the first meeting .

1. The Deep Path and the Wide Ch 1
2. The After Is the Before for the Next During Ch 3
3. A Mind Undisturbed Ch 5
4. Hidden Treasure Ch 12
5. Altering Traits Ch 13

Prerequisites for participants: Minimum 1-year practice of Centering Prayer and 1-year participation in WoIC class or any long term practitioners of CCH ‘Rule of Life’.

Facilitator’s Name: Virginia Maxwell, Don Hale, Mikail Davenport

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Additional comments or considerations: This is considered an intensive experience of use of Work and Centering Prayer practices during times of pain or suffering whether short or long term.