



## 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:** The Wisdom Circle of Elder Companionship

**Meeting day/time:** Tuesday 6:30 - 8pm

**Duration:** Jan 23 - May 22, 2018

**Purpose or specific aim of Work Group:** Consciously welcome the elder phase of life together and to practically serve our community.

**Sources for content or practice: scripture:** Fr Keating, Bernadette, Ilia Delio, Valentine Tomberg and others; contemporary advocates for change such as Stephen Jenkinson, Atul Gwande, Stephen Levine, Charles Eisenstein, Sogyal Rinpoche, Ira Byock, Kathleen Dowling Singh, and Quality of Life EOL Doula certification program and others.

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

The group will consist of 3 or 4 subgroups, each with a guiding facilitator under the coordination of the main facilitator. (The number and function of sub-groups will depend somewhat on total group enrollment and interest)

Proposed functions of the subgroups:

1. Conscious-raising Sub-group -Providing ongoing (monthly) education for the community and ourselves as to alternatives to the prevailing medical and cultural norms for aging and dying...to illumine the inherent God-given opportunities in the process.
2. Resource Sub-group – to provide a regional resource list of service options available (non-profit and for hire) such as hospice services, burial options, caregiver support, funeral alternatives, bereavement counseling legal considerations, etc. available to the community upon request.
3. Home Funeral and Vigil Sub-Group -Training of interested group members in guiding pre/post vigils, home funerals, alternative burials.
4. Companionship Group – This group guides the overall process and is under the guidance of the coordinating facilitator. All group members participate in this group as we companion

one another through the inevitable life processes of diminishment and kenosis and the practice of conscious labors and intentional suffering.

Timeline:

At least once a month (at the facilitator's discretion) the whole group will meet together.

- One meeting a month will be opened to the community at large for educational speaker, DVD, field trip, etc.
- Other meetings will be devoted to focusing on small group work.

**Prerequisites for participants:** 2-yr Centering Prayer practice, familiarity with Work principles, a personal calling to serve in this way, regular attendance and ongoing participation.

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