

Guidelines for Worship Sharing

Worship sharing is an opportunity for group meditative reflection. The group begins by settling into a period of centering, to enable listening for divine leadings. We are drawn into a sacred space, where we can encounter each other in that which is eternal.

As you take part in worship sharing, please observe these guidelines:

- » We speak from our own experience, honestly and genuinely, sharing prayerfully from our heart and whole self. We remember and honor the differences between sharing and informing.
- » We each speak only once, at least until everyone has had the opportunity to speak. The facilitator will indicate when sharing a second comment would be appropriate.
- » We speak as we are moved, not in any predetermined order. Whether one speaks out of silence or remains in silent meditation rests with the individual.
- » When others are speaking, we listen attentively, without judgment and without the distraction of our own thoughts. We do not discuss, dispute, respond, or advise during worship sharing.
- » When one is finished speaking, we allow a period of silence for reflection before anyone else speaks.
- » We are mindful of the time so as not to take more than our share of it.
- » Everything shared is held in confidence and not to be repeated, except by or with the permission of the person having said it.

Session 1 Readings

Still, persistently, speaking truth to power.

But let justice roll down like waters, and righteousness like an ever-flowing stream."

— Amos 5:24



When a position is taken against a strong and violent adversary, it will be necessary to be firm as a rock, fully prepared to suffer any consequence rather than yield to evil...

Firmness, like that displayed by the early Christians and Friends and followers of Gandhi, is impossible in the presence of fear or doubt. It comes only from faith—the deep conviction that the position for which one stands is part of the eternal truth; that being true, it will survive and can be brought into expression by those who will uphold it at all cost.

— Lawrence S. Apsey, *Transforming Power for Peace*, 1960



Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'

— Mary Anne Radmacher, *Courage Doesn't Always Roar*, 2009

Session 1 Queries

What helps you to give your full energetic attention to the work of each day? How are you holding the overwhelm of these times?

When have you been moved like an ever-flowing stream? What propels you forward?

When the lists are long and the hours too few, what grounds you at the end of the day to say 'well done, tomorrow I will go out again'?

Session 2 Readings

Practicing 'Stilled' speaking, grounding our work in deep worship.

The Seed, or Grace of God, is small in its first Appearance,
even as the Morning Light; but as it is given Heed to, and
obeyed, it will increase in Brightness, till it shine in the Soul,
like the Sun in the Firmament at its Noonday Height.

— Elizabeth Bathurst, *Truth's Vindication*, 1705



How much of this truth can I bear to see and still live
unblinded? How much of this pain can I use?

— Audre Lorde, *Sister Outsider: Essays and Speeches*, 1984



Attention is the beginning of contemplation,
or rather its necessary condition: for through attention
Spirit [*sic*] comes close and reveals itself to the mind.

Attention is serenity of the mind, or rather it's
standing firmly planted and not wandering,
through the gift of God's mercy.

— Nicephorus the Solitary, (d. 1340) *A Most Profitable Discourse
on Sobriety and the Guarding of the Heart*



I go among trees and sit still.
All my stirring becomes quiet
Around me like circles on water.
My tasks lie in their places
Where I left them, asleep like cattle....

.....Then what I am afraid of comes.
I live for a while in its sight.
What I fear in it leaves it,
and the fear of it leaves me.
It sings, and I hear its song....

- Wendell Berry, *excerpt from*
"Sabbath Poem 1: 1979," A Timbered Choir

Session 2 Queries

How have you been impacted
by deep, grounded attention
to Presence?

What is the value and
power of a stilled mind?

What song rises
for you in Stillness?

