

<p>WATC SMALL GROUP MEMBERS SGL:</p> <hr/> <p>(Name, age, city, state)</p> <p>1)</p> <p>2)</p> <p>3)</p> <p>4)</p> <p>5)</p> <p style="text-align: center;">** Make Cards for the "Image of Christ" **</p> <p style="text-align: right;">1</p>	<p>DINNER TABLE (1 of 3) Friday #1</p> <hr/> <p><i>NOTE: Most senior staff women lead first (this is not necessarily the SGL)</i></p> <p>Teaching: To bring awareness that the past can still impact the present and that These are messages, positive/negative that we take into our adult lives from the past.</p> <p>Energy: Intentional, interested, compassionate</p> <p>Material: None</p> <p>The SGL introduces herself to the group and tells them that they are going to start with introducing themselves and telling where they are from. She goes first and the Attendees follow.</p> <p style="text-align: right;">2</p>
<p>DINNER TABLE (2 of 3) Friday #1</p> <hr/> <p>Prescence Attendees to the Dinner Table</p> <p>Remain sitting in the circle and say:</p> <p><i>"I invite you to close your eyes. Take a few deep breaths. Imagine your dinner table and who was around it when you were between the ages of eight and 12 years old. (pause)</i></p> <p><i>--Imagine what the physical table looked like. (pause)</i></p> <p><i>--Imagine the mood of the people sitting at the table. (pause)</i></p> <p><i>--Imagine what you were like and how you felt as you sat at that table.</i></p> <p>(Pause for an extended time to allow them time to access these memories.)</p> <p><i>When you are present to this time in your life between the ages of eight and 12, go ahead and open your eyes."</i></p> <p style="text-align: right;">3</p>	<p>DINNER TABLE (3 of 3) Friday #1</p> <hr/> <p><i>NOTE: Most senior staff women lead first (this is not necessarily the SGL)</i></p> <p>Instruct them that they are now going to go through the exercise that was just modeled. You may mention to your group that other staff members will be joining your group for support</p> <p>Dinner Table Process for Attendees</p> <p>After Dinner Table Questions:</p> <ul style="list-style-type: none"> ● <i>"What was that like for you?"</i> ● <i>"What was that like to watch other women go through?"</i> ● <i>"Anything else that came up for you?"</i> <p style="text-align: right;">4</p>

FALSE SELF (1 of 2)**Friday #2***NOTE: SGL goes first***Teaching:** Give the women time to apply the teaching to their personal lives.**Energy:** Reflective, Intentional, Inquisitive**Material:** Colored Sharpies, attendee tote bags, one piece of drawing paper**SGL: False Self on Paper**

- 1)
- 2)
- 3)
- 4)
- 5)

5

FALSE SELF (2 of 2)**Friday #2***NOTE: SGL must fill out for self*

Attendees draw on write their False Selves on their tote bags. SGL does this on on a piece of drawing paper.

After done with drawing False Selves on Tote Bags:

- Tell the women that they will each have 2 minutes to share their artwork and explain their False Selves to the group.
- *SGL goes first*, and then asks for a volunteer to go next.

NOTE: Avoid teaching or dominating the conversation; this is a time for the women to get to know one another.

6

FEAR EXERCISE (1 of 3)**Friday #3***NOTE: SGL goes first***Teaching:** Takes the group safety to the next level of depth; women discover they are not alone.**Energy:** Reflective, Serious, Sobering**Material:** Completed Fear Exercise document**SAY:** "We will go around the circle clockwise 3 times without stopping. The person on my left will begin by asking me: "Tell me your greatest fear." I will respond: "My greatest fear is" She will respond with: "Thank you." Next woman will ask "Tell me your greatest fear." With three go arounds, each woman will ask the question three times for each group member.**1st Woman to left of SGL:** "Tell me your greatest fear?" **SGL:** "My greatest fear is ..."**1st Woman to left of SGL:** "Thank You."**2nd Woman to left of SGL:** "Tell me your greatest fear?" **SGL:** "My greatest fear is ..."**2nd Woman to left of SGL:** "Thank You." **CONTINUE**

7

FEAR EXERCISE (2 of 3)**Friday #3****After Fear Exercise Questions:**

- "What was that like for you?"
- "What came up for you?"
- "What did you notice about what was shared in the group?"
- "What are you aware of?"

When one woman shares something ask the group:

- "Anyone else identified with that?"

8

FEAR EXERCISE (3 of 3)**Friday #3**

Give final instructions and lead them back to their cabins/rooms.

- Tell them that tomorrow is a big day, and they should not stay up talking and try to get as much rest as possible.
- Pray a brief prayer for them and for the rest of the Weekend.
- Put chairs back into the circle.
- SGLs lead their group back to the cabins/rooms. They should have flashlights and remember that **SAFETY** is our primary concern. You will be the cabin guide and lead your group back to their cabins. Use flashlights and ensure their safety.

9**SHAME EXERCISE – Part 1 (1 of 2)****Saturday #1**

NOTE: SGL goes first

Teaching: To continue to build a container of acceptance and freedom. women taking risks to be known and loved.

Energy: Serious, Sober, Accepting, Honoring

Material: Paper hand out

Have attendees place items on the floor to focus on the woman who has volunteered.

SGL shares first. Share ONLY items “a-c”. Leave item “d” for Part II Debrief if time allows.

**** REMIND Small Group ****

"What is shared in the group stays in the group."

10**SHAME EXERCISE – Part 1 (2 of 2)****Saturday #1**

NOTE: SGL must fill out for self

A. The three most shameful things done to be me...

- 1.
- 2.
- 3.

B. The three most shameful things I have done are...

- 1.
- 2.
- 3.

C. Three things about me that I'm ashamed of are...

- 1.
- 2.
- 3.

11**ROCK WORK DEBRIEF****Saturday #2**

Note: Carpet Leader will let you know if there is time

After Rock Work Questions:

- “What was it like to do your process?”
- “What was it like to watch everyone else’s process?”
- “What are you aware of in yourself and in the other women?”
- “What was coming up for you as you observed and participated in the work of your sisters?”
- “What might be different about you as you go back into your world?”
- “Who can support you to carry on your growth?”

12

SHAME EXERCISE—Part 2 (1 of 4)**Saturday #3**

Teaching: Owning how we show up false in our lives at times. At This time the women will be sharing the last item (D) on their list: *"How I cover my shame is..." (False Selves)*

Energy: Sober, Reflective, Respect the ritual. This is not a time for laughter or humor. SGL models the appropriate energy here.

Material: Face wipes, hair ties, small mirror

D. The way I cover my shame is... (SGL updates with three of their false selves.)

1. I become the _____.
2. I become the _____.
3. I become the _____.

13**SHAME EXERCISE—Part 2 (2 of 4)****Saturday #3**

NOTE: SGL goes first

SPREADING ASHES – These are your false selves

1. Have the person on your left hold the container of ashes for you.
2. Take the ashes and rub on your **forehead** and say, *"The way I cover my shame is..."* (example...by pretending I'm too busy to meet with friends).
NOTE: Take your time with This. Don't rush it. Don't just put a little bit of ashes on your face. Get a good bit on your hands each time.
3. Get more ashes on your hands and **rub on one cheek** and say, *"The way I cover my shame is..."*
4. Get more ashes on your hands and **rub on the other cheek** and say *"The way I cover my shame is..."*

14**SHAME EXERCISE—Part 2 (3 of 4)****Saturday #3**

5. Have the woman holding the ashes pass the container to the woman on her left. Repeat until all women have gone.

SGL **SAYS** with sober energy,

"Sisters, look around at each other. This is how we live our lives - covered, masked, hidden from ourselves and from those we love most."

MIRROR: Without saying anything, SGL picks up the mirror and looks into mirror for 5 seconds; pass mirror to next woman.

15**SHAME EXERCISE—Part 2 (4 of 4)****Saturday #3**

WASHING OFF ASHES: SGL takes a wipe and turns to woman on her left --*"In the name of Christ, I your sister, wash and cleanse you of your shame."*

- Pray over the woman as you wash her face and hands; speak words of encouragement. Go with the flow here and say whatever else comes to mind and heart as you wash off the ashes.
- That woman then repeats the line and washes the face and hands of the woman to her left while speaking words of encouragement.
NOTE: SGL's face is last to be washed.

PRAY: After all are washed; press in and pray. When done, journal in big circle.

16

B&B: BROKEN RITUAL (1 of 2)**Sunday #1**

Purpose: to speak the truth that we are human - simultaneously broken in our fallenness and beloved by God

Energy: sovereign, lover, reverent, blessing

Materials: Container of ashes

SGL says, *"We are going to take these ashes and make the sign of the cross on our forehead as a symbol of embracing the truth about us – that God's image is broken within us. We are human and in need of Him. Once you put the ashes on your forehead you will say, 'I am Broken.' The women in the group will reply, 'Yes, you are.'"*

SGL Goes First: Take the ashes and make the sign of the cross on your forehead and say, *"I am Broken."* Have them reply, *"Yes, you are."*

17

B&B: BROKEN RITUAL (2 of 2)**Sunday #1**

SGL holds the bowl and continues around the group until all have gone.

ASK: *"What have you become aware of around your brokenness this weekend?"*

Allow for everyone to share a sentence or two. Keep the sharing going until the Broken Speaker draws you back to the circle. Keep them focused. **DO NOT LET YOUR GROUP DISINTEGRATE INTO TALKING, JOKING, ECT. KEEP THEM FOCUSED.**

If group members begin to get distracted gently say, *"Let's stay focused and allow this truth to sink in."*

Rejoin the large circle when called back but remain standing.

18

B&B: BELOVED RITUAL (1 of 3)**Sunday #2**

Purpose: to speak the truth that we are human - simultaneously broken in our fallenness and beloved by God

Energy: sovereign, lover, reverent, blessing

Materials: Beloved pendant for each Attendee; your Staff pendant (keep out of sight until it's time to begin); small mirror

Stand in a small circle for this part of the process:

Say, *"Sisters, this is a time where we affirm our belovedness before God and one another. I am going to give you a symbol of your belovedness in God."*

Say, *"I am going place this pendant on each of you. When I say, You are Beloved, you will reply, 'I am Beloved.'"*

19

B&B: BELOVED RITUAL (2 of 3)**Sunday #2**

- Turn to the woman on your left and place a pendant over her head.
SAY, " _____ (her name), *"You are Beloved."* She responds, *"I am Beloved."*
SAY, " _____, (her name) *You are a Beloved daughter of God. Stand in this truth. Walk in this truth."*
- Go to the next woman to the left and repeat all of the above.
NOTE: group leader places the pendant on each woman.
- When everyone has received the pendant, ask if any of the group would like to place your pendant on you. (Hand the woman the pendant when she volunteers.)

20

B&B: BELOVED RITUAL (3 of 3)**Sunday #2**

MIRROR: Bring out the mirror and say, *"In silence, we each in turn will take a moment to look at ourselves and soak in this reality—that we walk in this world simultaneously broken and beloved."*

- Examine yourself in the mirror (for several seconds) and then pass the mirror to the woman on your left (and so on).
- When all have viewed themselves and the mirror has returned to you, ask the women, *"What have you become aware of around your belovedness this weekend?"*

Invite anyone to pray a brief prayer (two or three sentences) to wrap up process together.

21**IMAGE OF CHRIST (1 of 4)****Sunday #3**

NOTE: SGL goes LAST

Teaching: A time for blessing, both giving and receiving, and using our voices to encourage our sisters

Energy: Encouraging, reflective, blessing

Material: Image of Christ 4x6 or 5x8 cards (one for each woman and SGL)

Communion Items: Saucer, Bread/GF Crackers, Goblet of Grape Juice

"We are going to spend time blessing one another and sharing communion with one another, one woman at a time. One woman will volunteer to go first. We will serve her communion and then we will tell her how we see the image of Christ in her."

22**IMAGE OF CHRIST (2 of 4)****Sunday #3**

Communion: Give the bread to the woman to the left of the volunteer and the cut to the woman on the right

To the woman holding the bread:

"You will say 'This is Christ's body, broken for you.'"

To the woman holding the cup:

"You will say, 'This is Christ's blood shed for you.'"

Instruct the Volunteer:

"When he offers you bread, break off a piece, and then when you are offered the cup, dip the bread in the cup and then take communion."

23**IMAGE OF CHRIST (3 of 4)****Sunday #3**

NOTE: SGL goes LAST

Blessing – Once the woman has taken communion

Say to the Volunteer: *"Now sit back and relax and risk receiving the blessings of your sisters." Encourage to keep your eyes open and have hands open and receptive to receive.*

Say to the Group: *"Sisters, the things you are going to hear are how other women perceive you; sometimes it's hard for us to believe these things, but I encourage you to risk believing these things are the truth about you and how you show up, as opposed to the lies we tell ourselves."*

24

IMAGE OF CHRIST (4 of 4)

Sunday #3

NOTE: SGL goes LAST

Instruct the women - *SGL will model*

“Ladies, now we want to bless _____ by telling her how we see Christ’s image within her. We will do this by saying, “The image of Christ I see in you is.....” Please use short phrases or even one word. We will not do this in any order. Whenever you have something to say just speak it out. You can say more than one thing.”

SGL will pray a short prayer over the first woman; after that the SGL will have a woman that has already received blessing by the group pray for the next woman. *NOTE: The group will want to bless you as well. You should go last.*

25

26

27

27