

## Spiritual Care Circle Curriculum

### Prep

Send out invites and flyers

Phone intake

Write out entire curriculum

Decide on readings - located online or emailed? Find out who has access to the internet so they can do the reading (everyone has a phone)

what kinds of readings? Poetry, articles, book portions - chapters are too long. Let homework be focused on reflections, journaling, spiritual practice. A good balance of thinking and doing - so the things being reflected on should be short written pieces, or series of quotes.

I can write my own curriculum and give them each their own copy with <sup>TM</sup>. Maybe the second time around - this way I can take notes and make corrections.

End of each week CLA - handwritten on index card - and final evaluation.

### Supplies

conversation cards - how to use them

Journals

pens

copies of group agreement (lateness, substances, etc)

People hanging from the tree copies

paper plates for values

Large post it for guidelines

Altar cloth

Candles (8 different colors)

lighters

Art supplies (feathers, glitter, beads, string, glue sticks, sharpies, scissors, magazines, stickers - decorate 1st & 2nd week? Have them bring in things that are important to them or decorate at home)

Butcher block paper

weekly sign-in sheet

index cards

decorated box to keep supplies in either Sally's office or in my desk

Rabbi Mira

Rabbi Sara

Tara  
Carmen  
storäe

Body drawing exercise - week 6  
coloring sheets?

Rituals

Spiritual self care

Reclaiming or creating a spiritual practice

Healing and trauma-informed movement so your spiritual practice does not have to be triggering (bring Tara in pretty early - like week 2?)

Writing - "I am from..." - week 2

Crossing the threshold

Spiritual practice - deciding on one fairly early - week one with theological reflection. Checking in 2xs throughout the 8 weeks to see how it's going

Theological reflection - first week's assignment of working through the parts and have the actual discussion of reflection be week 7.

Name tags

Crossing the threshold sign up

People handout and participation agreement on chair with a pen

## ROOM SET UP

1st week:

Copies of group agreements

People hanging papers

Paper plates for values

Large Post It for Guidelines

Altar

Art Supplies

Lighter

Weekly sign-in sheet

Journals and pens

Index Cards

Decorated box

Structure of class:

1. Opening ritual/threshold crossing (1 person or team depending on size of group)
2. Check-in w/prompt, either written or verbal + the people (ME)
3. Introduce theme of session and/or guest (ME)
4. Do the work 1hr 15 minutes
5. Debrief with 1-2 rounds of the talking piece (ME - have some questions already created)
6. Preview the coming week (ME)
7. Close 1 round (related to the crossing the threshold - the person or team who opened)
8. Clean up - everyone

### Week One - October 8, 2019

Welcome everyone and thank them for coming - say your name briefly.

**Opening** - non verbal - individual to group breathing

**Explain how the circle works**

Goes in one direction

You only speak when you have the talking piece

Always have the option to pass - except during introductions & check-ins. If you don't feel like saying anything during weekly check-ins you can just pick one of the people on the tree. If there are new people we will ask them to introduce themselves and everyone else will just have to give their name.

Be conscious of others in the group when speaking - try to be brief while still saying all you need to say so everyone gets a full chance to speak

**Introductions and Check-ins** - we'll just go in a circle

Tell us your first name, or what you preferred to be called,

Your pronouns

Which of the people, if any, do you identify with in the drawing?

## **Guidelines**

Read through the participation agreement and then ask everyone to sign them. Have it be part of the guidelines. Collect them and sign them myself and put in a folder.

**Language** - pieces of paper and bowl

**Values** - paper plates and magic markers

**Hand out journals - tell them to feel free to decorate them at home and we will decorate some the following week.**

## **3 full rounds for the first session**

Questions?

1. What aspects of your identity do you want to bring into the space?
2. What is the identity or part of your identity you feel comfortable sharing in public?
3. Is there an identity you don't feel comfortable sharing in public but might feel comfortable exploring in this group? (Yes or no is an acceptable answer but encourage them to name the identity)

(So, theological reflection - leave "I am from..." until the group is closed)

Ask for a volunteer to model theological reflection with me before the first session. They can write notes in their journals. Then we can do it as a group. Let them know that they will have a full theological reflection as an assignment due week 7 to share with the group. The theological reflection will be about the identity they are working to embrace.

Index Cards: CLA questions

**Clos-**

**ing**

## **Journal/reading assignment**

HOMEWORK - Journal about the identity you would like to explore within the group. (Come up with 2-3 prompts to write about it - have it printed as the homework assignment)

NEXT WEEK - Traditions

## HOMEWORK -

1. Decorate your journal
2. Start thinking about the identity you would like to explore embracing fully through the lens of the theological reflection - (find handouts about identity to include with theological reflection) give them the handout for the theological reflection
3. **Journal assignment:** think about the faith tradition(s) from your childhood: Did those traditions help or hinder your getting out of your abusive relationships? How so? On a scale of 1 to 10 (10 being most connected) - how connected do you feel to a faith tradition? What does that connection or lack of connection feel like?
4. Wear comfortable clothes for movement the following week (movement is optional. If you do not want to participate just let me know)
5. Always bring your journal.

\*\*\*\*Be respectful of other people's faith expressions. No attacking or arguing with other members of the group. Always use I language and speak from your own experience without demeaning someone else's experience. - That can be a guideline\*\*\*\*

### Week Two - October 15, 2019

Tradition. Tradition.

Circle Questions

How have the traditions of your childhood impacted the way you look at your life as a survivor?

Have these traditions helped, hindered and/or been neutral in the process of getting out of your abusive relationships?

What messages were you given as children that you carry over into adulthood?

Are they useful?

Do you have the same traditions now that you had then?

This will be spiritual practice week. Find a spiritual practice that consoles you. Either something from your childhood, from now or something you've always wanted to try. Pick it up and make an effort to do it every day for the next 7 weeks. Gentle movement with Tara.

## Week Three - October 22, 2019

[The Art of Wabi Sabi (perfect imperfections) and Spiritual Resilience]

Supplies - notebooks, pens, people hanging from tree, put on the altar magic markers, colored pencils and other art supplies in basket, light candles and place flowers on the altar, put out their paper plates, spiritual care cards. Have the new people fill out their value plates and review the guidelines

Registration closes - so this week ask everyone to bring a talking piece for the following week. Make sure it is something they feel comfortable with other people touching. Also "I am from..." opening prompt. Create poem which will be about spiritual resilience - "I am from...and, yet and because of that, and even through it all I still am here."

### **Opening**

#### **Check-in**

Remember that they should feel free to take care of themselves and get up and leave or walk around if they need to.

Do they want to adjust any of the guidelines?

Everyone introduces their talking piece

Three Rounds - Different week - Spiritual Resilience creating safety

6. What does safety look like for you?
7. Do you feel safe in your faith community?
8. Where do you feel safe?
9. How did you create safety for yourselves when getting out of your abusive relationships?

Check-out and assignments for the following week spiritual care cards as a jumping off point for their journal entry of free write and opening/closing reminder

Closing

## Week Four - October 29, 2019

Spiritual RX

plates, magic markers, sign-in, participation agreement, plates, people hanging from tree, journals, pens, spiritual care cards, box with stuff in it, talking pieces, basket

### **Opening**

**Check - in** should include their talking piece description

Explain that they can use anyone's talking piece

Have everyone share their's and tell why it is important to them

Remember that they should feel free to take care of themselves and get up and leave or walk around if they need to.

Do they want to adjust any of the guidelines?

### **4 Rounds**

Has violence affected your relationship with your faith community?

With your Divine Connection - explain that I am using that term to cover how everyone has different names for their Highest power. They should feel free to use whatever name they want in the circle.

With other people?

Do you feel spiritually wounded?

**Check-out with assignment:** write more about what we discussed about soul wounding and any other thoughts that may come up over the course of the week. Use their spiritual care card for a writing prompt for either homework or in class free write.

### **Opening/closing reminder**

### **Closing**

Week Five - November 5, 2019

Self-Care/Soul Care - Carmen - Tapping

### **Opening**

### **Check - in - Carmen introduction**

Remember that they should feel free to take care of themselves and get up and leave or walk around if they need to.

Do they want to adjust any of the guidelines?

Prompt with free write: How do you take care of yourself and your spirit?

Share in circle using anyone's talking piece

Figure out how to use the guidelines from that article to create questions.

One Round to share what they want from their free write

Collect plates and talking pieces and keep it in a box in my desk.

Ask everyone to journal about what kinds of rituals they do and where do they find healing

Check-out - with assignment and opening/closing reminder

### Week Six November 12, 2019

Ritual as Healing - Hopefully Rabbi Sara - Mikvah - Difference between ritual and spiritual practice? Spiritual practices are repeated actions that help align one's spirit. Rituals are for specific events, rites of passage.

#### **Opening**

#### **Check-in**

Remember that they should feel free to take care of themselves and get up and leave or walk around if they need to.

Do they want to adjust any of the guidelines?

Ask them to think about and journal about how they would like to see the circle close. What would each of them like to offer to the space and to each other.

1. What do they think of when they think "healing?"
2. Are there places in them that need to heal - and what would that look like?
3. Are there places where they feel healed and what does that look and feel like?
4. What would it be like to be completely whole - body, mind and spirit?
5. What rituals have they used for various rites of passages? Name the rites of passage.

Check-out - homework and Opening/closing reminder

### Week Seven - Butcher Block Paper

How do others see me/How do I see myself? - Theological Reflection

#### **Opening**

#### **Check-in**



Remember that they should feel free to take care of themselves and get up and leave or walk around if they need to.

Do they want to adjust any of the guidelines?

Plan the following weeks ceremony

- Wear something that feels sacred to you
- bring something to share with the group that speaks to your spirit - poem, music, artwork, video - if they don't have their own device to play music on let me know but they should and should bring it with them. Video - either on a DVD (who uses those! And we can show it there) or on their computer or if it's a link I will bring my computer - we don't have internet capabilities on the TV monitor - wait I should check and see if i connect my computer to the monitor if I can get websites to show up!)
- **Check-out** with assignments for next week - prepare to bring in all the things we discussed and writing about what made them chose those particular things to share. What does it mean to them?
- **Opening/closing reminder**

### Week Eight - November 26, 2019

Who am I ? - Butcher Block Paper activity

Butcher block paper assignment with music. Afterward present their body and then the next round they can each present what they have brought with them - sending the talking piece around the circle they will go in that order. They can explain as much or as little as they want about their offering to the circle to close us out.

Leave room for them to fill out the evaluation as part of group time in case some of them have places to be.

**Check-out** thank everyone for participating, ask them if they want to keep their journals if they didn't take them with them. Remind them to take their talking pieces, journals and body art - if they want to - hand out evaluations and pens. Leave envelope on the table for them to put it into

### **Closing**

How can we close the last session?

Rounds: What final words would you like to share with the group?

Do we do certificates of completion?

## Reminders:

Always be conscious of time- start on time/end on time. It shows you respect them

Ask at the beginning of every session if there are guidelines they would like to adjust.

Remind them to take care of themselves and leave the room if they need to. To stand up and walk around - whatever they need to do to ensure they are feeling alright.

Make sure I am there early to set up the altar, light candles, bring flowers every week, extra pens and markers, put out their paper plates, talking pieces, after I know who is in the room I will have representations of their traditions on the altar cloth.

Free write week - bring markers as well as pens in case they want to draw.

Ask Sally if there is a budget for food?

For supplies like markers, journals and pens - if not I will buy them myself

## Candle Colors

Red

Blue

Silver

White

Orange

Yellow

Green

Purple