



**The 2002 winter theme:
The healing power of creativity**

This winter's sister i seasons guide takes you on a journey of self-expressive healing. We'll make guardian pendants, share stories of challenges and triumphs, pay tribute to monuments around the world and celebrate the positive, healing energy shared by the sister i circle.

opening winter — get ready

workshop — guardian pendants

creative inventory — exploring our brave hearts

revisiting exercise — sharing our creativity

reflective conversation — memorials

closing winter — the feast

start a sister i or mother i circle in your community!

1. Gather like-minded women.
2. Find places and times to meet. Designate lead sisters/moms for season.
3. Meet—use the sister i format and seasons guide to direct your meeting.

circle format — each meeting looks like this!

opening: read mission statement

silent time word: use word provided to help center quietly

intro sentence: take turns finishing the sentence exercise

stepping stones/synchronicities: share creative journeys and guiding influences

business: schedules, materials and matters to be discussed

jewel box: the project, activity or discussion for the meeting!

closing: state goals until next meeting — end with brief silent time

*Refer to the circle elements and starter guides for further information on facilitating a sister i/mother i circle in your community — freely available at www.sisteri.com.



winter sister i circle calendar — your six meeting itinerary for winter

Schedule your meetings two weeks apart, preferably on the same day and time of each week. Schedule places according to the needs of that meeting's jewel box.

circle leader(s):

first meeting: opening winter — get ready

date:

second meeting: workshop — guardian pendants

date:

third meeting: creative inventory — exploring our brave hearts

date:

fourth meeting: revisiting exercise — sharing our creativity

date:

fifth meeting: reflective conversation — memorials

date:

sixth meeting: closing winter— the feast

date:

*sister i/mother i circle's community gathering day and date:

*Post your community gathering on the sister i website!



opening winter— get ready

opening: mission statement

introductions

silent time word: i

intro sentence: I am...

stepping stones/synchronicities: share creative journeys and guiding influences

business notes: discuss materials needed for next meeting-workshop!

jewel box: opening winter — creative goals for the season

closing: state goals until next meeting — end with brief silent time

Welcome to the opening of the winter 2002 sister i season. This is the time to introduce ourselves and state our intentions for coming together. During the jewel box we will begin by stating our creative visions for the season. Let this be a time of encouragement — allowing us to share our visions with freedom of mind and spirit. We'll use the questions and statements below to help define our creative goals for the season and refer to them at each meeting during the stepping stones section of the meeting.

My long-term vision for living my creativity is:

My current creative outlets and goals for the season are:

Here is a list of the areas in my life that are essential to my creative well-being and the goals I hope to achieve throughout the season. Set seasonal goals and action steps under the headings for "mind, body and spirit". Define your goals and choose some action steps to get you started. (Take the creative well-being quiz found on the sister i website to help you define your goals.)

	season goals	action steps
mind		
body		
spirit		
other		

Example:

mind	spend 2 hours each week painting	get babysitter, clear out space for studio
------	-------------------------------------	---



guardian i pendants (winter workshop)

opening: mission statement

silent time word: sparkle (hold workshop stone to share your energy!)

intro sentence: I am surrounded by...

stepping stones/synchronicities: share creative journeys and guiding influences

business notes: discuss preparations for closing season

jewel box: workshop — guardian pendants

closing: state goals until next meeting and brief silent time

The sister i workshop is designed to initiate creative problem solving through fun and innovative projects that will inspire your creative journey. Basic instructions encourage members to share ideas and explore a variety of materials with one another.

From the monolithic monuments of Stonehenge to the pebbled shoreline beaches of Lake Superior people since prehistoric times have been fascinated by the timeless knowledge, silent wisdom and beauty of stones. Stones speak to the spirit and symbolize connection and bond between all things on earth — their power is mystical. This winter's sister i workshop invites the healing power of stones to the circle. Bring your favorite small gem, stone, rock or pebble to your sister i circle and suspend it as a symbol of your brave creative spirit. Search your home for a stone that holds meaning to you or take a silent walk and unearth one. There are also many specialty stores and websites that carry semi precious stones and crystals. Consider painting your stone or applying a thin layer of clear nail polish to give your stone sheen (polish can also be applied after the pendant is completed). In preparation for the workshop you'll also want to collect the supplies necessary to suspend your pendant, consider whether this piece is going to be hung around your neck as a necklace, dangling in space or fixed as a sacred wall ornament — see junk box suggestions for some material ideas.

Once you gather with your circle, begin the workshop by placing your stones in the middle of the table or floor that you'll be working from. Each of you will then introduce your stone to the circle — describe where you found it and explain the type of guidance you are searching for. After your turn, put your stone back and let the person next to you go. Do this until everyone has had a turn.

Now it's time to get busy! How you attach your stone to the material you've chosen for suspension is the creative problem solving perplexity of the workshop— share your ideas and let your imagination lead you (hint: Super Glue is a miracle problem solver!). Once you have completed your guardian pendant take a moment with your finished piece and share your energy from within — ask for creative inspiration and guidance!

junk box suggestions:

thin leather lace, silk ribbon, thin wire, chain, pendant latches (found at craft and bead stores), beads, nail polish, super glue or some other bonding adhesive, music — decide who will bring a CD player, camera — send us a photo and we'll post it in the gallery!



exploring our brave hearts — winter creative inventory

opening: mission statement

silent time word: sky

intro sentence: I am standing on the edge, imagining...

stepping stones/synchronicities: share creative journeys and guiding influences

business notes: who will present for revisiting exercise?

jewel box: creative inventory — exploring our brave hearts

closing: state goals until next meeting and with brief silent time

The creative inventory meeting is a time for digging deep and finding answers that will help us understand our creative development through a selection of questions and topics related to the theme of the season. The circle selects questions and then engages in discussions from the list.

Our creative journeys are filled with stories as we face the challenges in our lives that define who we are today and where we are headed in the future. Whether it's the tragic events of our current world situation, a relationship ending or losing the game our creative spirits shine brightest during the many challenging moments of our lives. We may process, heal and move forward in uniquely different ways, but we are all owners of brave hearts.

This season's sister i creative inventory takes us back to those moments when the hard times challenged us to move forward and make positive change. We will also share stories of mentors and how they taught us to face challenges by being witness to their own process of healing.

winter creative inventory questions and topics:

Please share with the circle a "light bulb" moment that initiated positive change in your life.

As a child, how were you encouraged to move forward? Does this child still speak through you at difficult times.

Throughout your life how have you nurtured your mind, body and spirit during challenging times? What was your creative expression during these moments?

How did your mother (parent, mentor, relative) nurture her creative spirit during trying times? What was their creative expression during such moments?

How would you explain your healing process to the circle? Do you have any creative outlets that are part of this process?

What risks do you take that express your creative spirit?

As a child did you experience any trauma that is expressed through your creativity today?

List three things in your life that feel extremely risky, but would certainly give your creative spirit inspiration.

What other questions involving this subject would you like to discuss?

List your creative inventory questions here:



sharing creative pursuits — revisiting exercise

opening: mission statement

silent time word: snow

intro sentence: I am shining with...

stepping stones/synchronicities: share creative journeys and guiding influences

business notes:

jewel box: revisiting exercise — sharing creative pursuits

closing: state goals until next meeting and brief silent time

The revisiting exercise invites the circle to share their individual creative pursuits through a question and answer discussion forum. Each season a few members volunteer to show and describe examples of their creativity and ask the circle for support and encouragement. This is designed to 1. help the circle better understand one another's creative pursuit and 2. receive positive support, encouragement and inspiration from the circle. Whether you are fully engaged in or exploring a new creative pursuit, this is a powerful exercise in opening ourselves up to the genuine support of the group. It teaches us to step back and take the information that others are willing to share and then consciously pocket what is of value and discard what is not. Breaking ourselves from the fears associated with showing our work will bring exciting revelations and insights that will breath new fire and life into the creative process — be brave! The presenter first shows her work and explains her creative pursuit to the circle. Examples may in the form of color swatches of a home decorating project, journal entries, drawings, finished manuscripts, photos, a business plan — anything you would like support on. Then she asks for supportive and encouraging comments and questions from the circle — this is a time of goodwill, positive regard and inspiration! Please refrain from critiquing no matter how well intentioned or constructive.

explore and support questions:

How does it feel to do this work?

When are you most productive?

Where do you want to go next with this?

What dreams do you envision for your passion?

What would support you most to take the next step?

How can the group support you best?"

Describe how your creativity has evolved to this level.

How has working on this filled your creative spirit?

How have you explored your creativity through the process?

Describe the choices you've made.

What is the "meaning" of this piece?

What kind of challenges have you faced?

Where do you see this leading?

What kinds of "truths" are you learning about yourself through the process?



memorials (reflective conversation)

opening: mission statement

silent time word: brave

intro sentence: I witnessed hope and it inspired me to....

stepping stones/synchronicities: share creative journeys and guiding influences

business notes: discuss materials for next meeting — closing winter

jewel box: reflective conversation — memorials

closing: state goals until next meeting and brief silent time

The reflective conversation engages the group in thoughtful discussions that awaken our senses to the creative world around us. Use the topics and questions suggested by the theme of the season to initiate your discussion.

A culture's need to heal through the creative process is openly expressed by the thousands of monuments and memorials around the world that pay tribute to those who have lost their lives. Memorials symbolize a significant time and place that changed history, embracing their own story and healing — there are sculptures, preservations of land, fallen structures, tombstones, gardens and artistic creations. The reflective conversation asks that you gather with your sister i circle and discuss the uniquely different ways cultures heal through creative expression. Share images from books and use the topics below to help get your discussion started.

Before you meet write a few questions and topics that will inspire a great discussion on the subject!

Suggestions for discussions:

Compare and contrast monuments within a given culture,

Compare and contrast the meaning of several monuments.

Express why particular monuments have significant meaning to you...your culture.

How is time significant to the way a monument was created?

some monuments

Sitting Bull Monument — USA

Berlin Wall — Germany

Terra Cotta Soldiers — China

The Egyptian Pyramids

Stonehenge

Mount Rushmore — USA

Vietnam Veterans Memorial



the feast (closing winter)

opening: mission statement

silent time word: sisterhood

intro sentence: I say good-bye to winter...

stepping stones/synchronicities: review goals from first meeting

business notes: discuss details for next season — see below

jewel box: closing fall — exchanging tokens of peace

closing: no goals for next meeting (a time to pause) — end with brief silent time

The closing season meeting celebrates the creative journey of the circle by sharing creative accomplishments and bringing closure to the season. An outing is often suggested that follows the theme of the season. This is also the time to make arrangements for the next season.

We join one another and close the winter season with a feast that celebrates the power of relationships and honors the positive, healing energy shared by the sister i circle. The circle can choose to feast at either a restaurant or at someone's home. If you decide to gather at someone's home everyone will participate in hosting the occasion. This acknowledges the equal importance of each member of the circle and enriches the celebration. For example one person might be responsible for candles while another brings bread, another decorates the table, chooses the wine, grills the fish, bakes the pie, provides the music and the list goes on. All costs should be evenly divided, so remember your receipts. Before you begin eating share in a silent time and thank the creative spirit for being able to share with one another on this level — strengthening our nature to heal ourselves and our world. Close the meeting with everyone participating in clearing the table, washing the dishes and cleaning.

closing season to do list:

Discuss each member's creative accomplishments (include everything from baking/cooking to starting a new business!). Write them in the circle journal.

Choose the next season's circle leader.

Get a group photo.

Make sure every member has written in the circle journal.

Thank one another for the circle!

Please write the sister i website and share your experience of being a member of a mother i circle! colleen@sisteri.com