



**The 2003 fall theme:
relationships — sustenance for living your creativity**

This season sister i circles will engage in discussions and activities that highlight the importance of fostering healthy, supportive relationships for living your creativity. The first meeting begins by defining the creative goals and stepping stones you would like to focus on throughout the season. Following meetings will include deep processing and sharing in the creative inventory discussion and reflective conversation, a workshop creating postcards and a revisiting exercise where one or more circle sisters share a creative pursuit. The season closes with a celebration to honor your circle's commitment and achievements.

Your fall jewel boxes™:

opening fall — get ready

creative inventory — relationships

workshop — postcards

revisiting exercise — sharing creative pursuits

reflective conversation — asking for support

closing fall — celebrate!

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 ([LINK](#))

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.



sister i circle calendar — your six meeting itinerary for fall

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.

lead sister(s):

first meeting **opening fall — get ready**

date:

second meeting **creative inventory — relationships**

date:

third meeting **workshop — postcards**

date:

fourth meeting **revisiting exercise — sharing creative pursuits**

date:

fifth meeting **reflective conversation — asking for support**

date:

sixth meeting **closing summer — celebrate!**

date:

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

*Post your community gathering on the sister i website!



opening fall — get ready

opening: mission statement

introductions

silent time word: i

intro sentence: I am...

stepping stones/synchronicities: share past creative journeys and guiding influences and state your short-term goals for the next meeting.

business notes: discuss the season schedule and materials needed for the jewel boxes!

jewel box: opening fall — creative goals for the season

closing: brief silent time

Welcome to the opening of the fall 2003 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. Take some time on your own before your group gathers and answer the following questions. Share with the group during the jewel box.

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.)

stepping stones for my creative journey through the seasons include:

example: journal writing, light yoga, write a daily/weekly affirmation, draw in sketchbook

Goals for the season	affect on creative well-being (mind, body, spirit)	stepping stones
Example: spend 2 hours painting each week	time alone to express myself on the deepest level	Get baby sitter, clear out space for studio



creative inventory — relationships

opening: mission statement

silent time word: wolves

intro sentence: Today I offered emotional support...

stepping stones/synchronicities: share past creative journeys and guiding influences and state your short-term goals for the next meeting.

goals for next meeting:

business notes: Who will present for revisiting exercise?

jewel box: creative inventory — relationships

closing: 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.

This season you will take a close look at your past and present relationships and discuss their importance and impact on your creative journeys. This will open your awareness to the positive and sometimes-unhealthy impact relationships can have on the complexity of your creative path. Use the topics below to guide your discussion or suggest your own topics for discussion.

Use the following questions to help guide your discussion:

Which relationships do you need to focus on to maintain your creative sense of well-being?

How would you describe your ideal relationship with your significant other as it relates to your creative journey?

Have you ever used your creativity to help heal a relationship wound? Can you describe this time in your life?

Can you describe your parents' relationship and how it affected their individual creative journeys? How has this affected your relationships?

Do you feel that you nurture the creative spirit in those you care about? Please share some example or stories?

Are you more apt to express yourself artistically or creatively when a close relationship has been wounded?

Describe any transformations of significant relationships (endings or beginnings) that have had a life changing effect on your creative path.

Can you describe or share a significant time in your life when your bond with another person sparked or stomped your creative spirit?

Can you identify relationship conflicts that inhibit your creativity? What are you presently doing to avoid such conflicts? Are you open for suggestions?

Write your notes and ideas for the creative inventory discussion here:



workshop — postcards

opening: mission statement

silent time word: mailbox

intro sentence: I'd love to get a letter from...

stepping stones/synchronicities: share past creative journeys and guiding influences and state your short-term goals for the next meeting.

goals for next meeting:

business notes: remind one another to read creative inventory questions before next meeting

jewel box: workshop — postcards

closing: brief silent time

The sister i workshop is designed to initiate 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.

A brief note on a postcard sent to someone far or near can be just the gesture needed to warm an otherwise tender relationship. Creating personalized postcards is a way to explore the creative process with the intent of sharing your creative spirit with others! Fill your junk boxes full of materials to collage, draw and paint on postcard size cardboard or heavy paper. Share your materials with the circle and let your spontaneous heart get to work!

junk box suggestion!

thin cardboard or heavy paper cut no smaller than 5"x7"

paper scraps (anything from decorative to bubble gum wrappers!)

fabrics, ribbons, lace

photos

paints, markers and pencils

a variety of paper glues

magazines for cutting

dried flowers

ink and stamps

postage!

***camera** — Send photos in and we will post them in the gallery. When you revel in your inventiveness, you inspire not only yourself, but help other sisters to blossom as well!



revisiting exercise — sharing creative pursuits

opening: mission statement

silent time word: mystique

intro sentence: Today my mask is...

stepping stones/synchronicities: share past creative journeys and guiding influences and state your short-term goals for the next meeting.

goals for next meeting:

business notes: make plans for the last meeting — celebrate!

jewel box: revisiting exercise — sharing creative pursuits

closing: 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 can also be offered as a workshop that engages the whole circle. 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 breathe 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 come 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, the circle members offer supportive and encouraging comments and questions. Remember, 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?

Has summer influenced your creative pursuit?

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?



reflective conversation — asking for support

opening: mission statement

silent time word: myriad

intro sentence: I'd like to let go of...

stepping stones/synchronicities: share past creative journeys and guiding influences and state your short-term goals for the next meeting.

goals for next meeting:

business notes: discuss materials for next meeting — closing fall

jewel box: reflective conversation — asking for support

closing: 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.

You will begin the reflective conversation by writing a letter to a person you envision as a possible mentor for your creative journey. This could be someone within your inner circle of friends, an acclaimed person within your creative field of interest, a passed on spirit you feel connected to or anyone you envision as supportive. These letters will be written for the purpose of exploring your relational needs as a creative woman. All letters are confidential and not intended for sending, allowing each of you to be fully honest and open.

After everyone has completed her letter (limiting your time might be a good idea!), the circle will gather, share and discuss the process of writing their letters. During your discussion explore the interwoven impact all relationships fabric have on global creativity.

Write your thoughts for your discussion here:



closing fall — celebrate!

opening: mission statement

silent time word: sisterhood

intro sentence: I say good-bye to fall/2003...

stepping stones/synchronicities: review seasonal goals from opening season

business notes: discuss details for next season — see below

jewel box: closing fall — celebrate!

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 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 next season.

To honor the end of the season, gather and celebrate in a place where your creative energy will touch and inspire other women. Plan a circle gathering where one or more women within your community (a teacher, someone's grandmother, a friend) are invited to share and learn about your circle. Hold your meeting by following the format above with a simple celebration at a restaurant or encourage several women within your community to live their creativity by hosting a seasonal party on your circle's behalf!

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 lead sister.

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 sister i circle! kei@sisteri.com