

## Sunday Spiritual Gathering – Outline

### *Setting:*

Room set up with chairs in a circle. The singing bowl is in the middle of the circle on a low table in order to create an altar. A candle, offering/prayer basket, paper and pens are also on the altar. On the floor around the altar we have our “Namaste” rock as well as our “Namaste” wall hanging. Prelude Music is playing prior to the start of the service. At 10:00 a.m. we have a small bell that we ring and announce that we will be starting our Sunday Spiritual Gathering. This is followed by the playing of the “Welcome to the Circle” song.

### *Components:*

1. Calling the Circle – the singing bowl is rung.
2. Welcome (The “Gathering Prayer” is read by everyone; or you can incorporate your own prayer, poem or a song that is sung together.)
3. Clearing or sharing (This takes the place of the joys and concerns portion of our former traditional format service. It invites participants to share what is on their mind so that they may be fully present in the circle. This portion of the service does not have to be done verbally as it can be time consuming if there is a large group. If there is a large group a suggestion for this part of the service is an exercise in 3-part breathing. On the inhalation everyone brings their breath in and fills their diaphragm, their lungs and then their throat with air, on the exhalation you release the breath in the reverse order. While you are exhaling you release any discomfort, dis-ease or distraction that is in your body or mind, release anything that is keeping you from being fully present to the circle. During the inhalation you welcome in the Spirit, love and grace that is fully present and abundant in the circle.)

*At approximately 10:10 a.m.*

4. Meditation – Grounding (A guided meditation with music in the background is most commonly used in our circle, but we are open to other forms of meditation such as a silent meditation or chanting.)

*At approximately 10:20 a.m.*

5. Inspirational Talk - this can be delivered via story, video, song, art, etc... (This portion of the service shouldn't be more than 15-20 minutes in length.)
6. Conversation – open sharing about the inspirational talk and subject matter

*At approximately 10:45 a.m.*

7. Offering – (Music related to the subject matter played at this time. People will be asked to get up and place their treasures in the basket on the altar. In the same basket are small pieces of paper and pens that can be used to place any prayers and intentions that someone would like the circle to hold. Following the service the prayers/intentions will be held in another sacred container with a lid until the next solstice or equinox at which time they will be included in part of a burning ritual.)
8. Gratitude – a prayer of thanksgiving for the gifts we give and receive and how they bless our lives.
9. Announcements (A necessary business component within the service that will be shared in circle by a board member.)
10. Integration – What one word will you carry with you through the coming week after having had this experience?
11. Song sung together.
12. Closing Benediction (This could be a prayer, poem or simply extending the word “Namaste” to everyone seated in the circle.)

*At approximately 11:00 a.m.*

13. Closing the Circle – the singing bowl is rung.

Refreshments will be available for those who would like to continue in fellowship after the service.