

Bulletin for Journey

Business

Chalice Lighting

When we kindle this light, we are joining
With earnest people everywhere who seek,
In the midst of busy lives, a deeper way,
A larger hope, a just and peaceful world.

We light this small flame in the depths of evening
Not to dispel the darkness, for its time is here
But so that we know that we are not alone in our journey.

Christine Robinson

Sharing of Joys and Concerns

Silence – holding ourselves and each other in silent support

Shared Readings

To embark on the journey towards your goals and dreams requires bravery. To remain on that path requires courage. The bridge that merges the two is commitment. *Steve Maraboli*

No man ever steps in the same river twice, for it's not the same river and he's not the same man.
Heraclitus

Our real journey in life is interior; it is a matter of growth, deepening, and of an ever greater surrender to the creative action of love and grace in our hearts. *Thomas Merton*

It is good to have an end to journey toward, but it is the journey that matters in the end.

Ursula K. Le Guin

Not I, nor anyone else can travel that road for you.
You must travel it by yourself.
It is not far. It is within reach.
Perhaps you have been on it since you were born, and did not know.
Perhaps it is everywhere - on water and land.

Walt Whitman, Leaves of Grass

The seeker embarks on a journey to find what he wants and discovers, along the way, what he needs.

Wally Lamb

We've been focusing so much on getting there that we haven't been enjoying the ride.

Elizabeth Eulberg

To journey without being changed, is to be a nomad.
To change without journeying is to be a chameleon.
To journey and to be transformed by the journeying is to be a pilgrim.

Mark Nepo

Deep Sharing/Deep Listening

Round 1

Suppose you were told, “You are going on a journey.” Share a few words that would describe your emotional reaction.

Round 2

Talk about your experiences with journeys. Share any insights you gained from the preparation materials.

Round 3

As time allows, share other thoughts about journeys, or reflect on other stories and memories shared by others.

Closing Ritual

Closing Words

May your journey through life be vibrant and full of colorful rainbows.

Harley King

Song

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the leader know if I will be absent or need to quit
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, or giving advice
- to share as deeply as I can when it is my turn.

Facilitator Notes for Journey

Before the Session

Bring an index card and writing implements for each person. You will use these in the Closing Ritual.

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Sharing of Joys and Concerns (each person about 2 minutes)

Silence – holding ourselves and each other in silent support (3 minutes)

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Deep Sharing/Deep Listening

In the rounds of deep sharing and deep listening, pay close attention to the time allotted each person to ensure that all get to share at least once. The Closing Ritual will take about 15 minutes, so leave enough time. This may mean shortening Round 3.

Round 1 (each person about 2 minutes)

Suppose you were told, "You are going on a journey." Share a few words that would describe your emotional reaction.

Round 2 (each person about 5 minutes)

Talk about your experiences with journeys. Share any insights you gained from the preparation materials.

Round 3 (may be shortened or eliminated to leave time for the Closing Ritual)

As time allows, share other thoughts about journeys, or reflect on other stories and memories shared by others.

Closing Ritual (15 minutes)

Pass out an index card to everyone. Ask each person to write his/her name on one side. Each person will pass the card to the next person, who will read the name on the card and write a characteristic, adjective or phrase on the back of the card describing the person whose name is on the card. For instance on one card there might be phrases like loving, deep, compassionate, great hugger, etc. On another – sensitive, optimist, etc.

When everyone has added a phrase to each person's card, gather around the chalice. Mix the cards and pass out in any order (preferably one would not get his/her own card).

The leader starts by reading this "speech":

 (Name of person) , you have been a valuable presence in our group. You have shared your story with us, told us your joys and sorrows and allowed us to enter into your life. You are (read the phrases written by group members). Your gifts have enriched us.

(This "speech" is found on the last page of this document. Pass it around as each person gives the "speech" when giving the card to its owner.)

Closing Words

May your journey through life be vibrant and full of colorful rainbows.
Harley King

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Speech to be used during the Closing Ritual

 (Name of person) , you have been a valuable presence in our group. You have shared your story with us, told us your joys and sorrows and allowed us to enter into your life. You are (read the phrases written by group members). Your gifts have enriched us.

Preparation for Journey

Journey – from the *Merriam-Webster Dictionary*

1: an act or instance of traveling from one place to another; trip

2 *chiefly dialect:* a day's travel

3: something suggesting travel or passage from one place to another <the *journey* from youth to maturity> <a *journey* through time>

Many of us think of the first definition when we hear the word *journey*. Exploring other places and meeting other people expands our horizons and enriches our lives. Our journeys have broadened our understanding of our world. Sometimes these journeys have challenged us physically, mentally, and emotionally and we are different from who we were before the experience.

As suggested by the third definition, though, journeys do not have to be physical. Growing up is a journey as is growing old. Our relationships with our families of origins, our partners, our friends, and our children are often journeys full of change and discovery. If our work is interesting and causes us to grow, our careers can take us on a variety of journeys. As we learn to know ourselves and understand our place in the world, we undertake journeys of self-discovery.

Sometimes we initiate our own journeys. We know where we want to end up and how we plan to get there. Often, the path we choose is not the one we end up following. Sometimes the detours are fulfilling; other times they are painful. Other times life takes us on unanticipated journeys and we have experiences we never expected. When on a journey, we are often caught in the moment—being, doing, and experiencing. Afterwards, though, it can be good to reflect on the journey and how we have been changed by it.

Below are some quotes that give others' insights into journeys.

The most important reason for going from one place to another is to see what's in between, and they took great pleasure in doing just that. *Norton Juster*

The beautiful journey of today can only begin when we learn to let go of yesterday.
Steve Maraboli

You take people, you put them on a journey, you give them peril, you find out who they really are. *Joss Whedon*

I am no longer afraid of becoming lost, because the journey back always reveals something new, and that is ultimately good for the artist. *Billy Joel*

Your journey has molded you for your greater good, and it was exactly what it needed to be. Don't think you've lost time. There is no short-cutting to life. It took each and every situation you have encountered to bring you to the now. And now is right on time. *Asha Tyson*

The path to our destination is not always a straight one. We go down the wrong road, we get lost, we turn back. Maybe it doesn't matter which road we embark on. Maybe what matters is that we embark. *Barbara Hall*

The path leading to the attainment of enlightenment is a steady development of our positive qualities of mind. Each step of spiritual training brings us closer to the goal.
Geshe Kelsang Gyatso

The only journey is the one within. *Rainer Maria Rilke*

Returning home is the most difficult part of long-distance hiking; you have grown outside the puzzle and your piece no longer fits. *Cindy Ross*

In the hero stories, the call to go on a journey takes the form of a loss, an error, a wound, an unexplainable longing, or a sense of a mission. When any of these happens to us, we are being summoned to make a transition. It will always mean leaving something behind The paradox here is that loss is a path to gain. *David Richo*

End? No, the journey doesn't end here. Death is just another path, one that we all must take. The grey rain-curtain of this world rolls back, and all turns to silver glass, and then you see it.
J.R.R. Tolkien

When you reach for the stars, you are reaching for the farthest thing out there. When you reach deep into yourself, it is the same thing, but in the opposite direction. If you reach in both directions, you will have spanned the universe. *Vera Nazarian*

Questions to Ponder

As you prepare for the meeting on journeys, you may want to reflect on some of these questions.

1. What are some of the meaningful journeys of your life? Some sad ones? Some happy ones?
2. Which journeys have been planned? Did they work out as you intended? Which ones just happened? How was it for you to not be in control?
3. What role have family, friends, and others had along your journey? How have they helped or hindered your progress?
4. How have the journeys of your life changed you? What insights and ways of being have you brought back from them?
5. What journeys do you wish had been different? How could you have been able to change them?
6. What journeys are left in your life?